

Slow Carb Diet

What did I do?



Why I did it



What I've tried & didn't work



What I've tried & didn't work



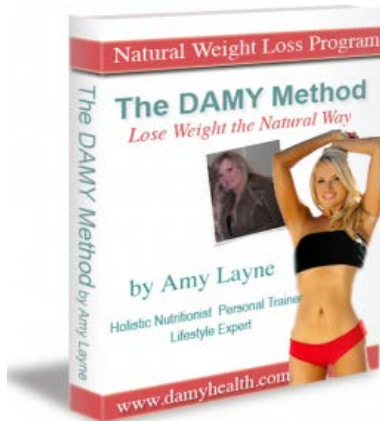

But the problem was...

The Paradox of choice



THE GROUNDBREAKING DVD WORKOUT **METABOLIC MAX PROGRAM**

BEACHBODY® GUARANTEES YOU'LL SEE It's Weight Loss Personalized to Your **METABOLISM**



Get At The **ROOTS**™
Weight Loss

LOSE WEIGHT BY GETTING YOUR BODY HEALTHY!

What worked



LOSE FAT **BUILD MUSCLE**

P90X

THE FITNESS PROGRAM
THAT CAN CHANGE **YOUR LIFE.**

THE GROUNDBREAKING DVD WORKOUT THAT'S ALREADY CHANGED MILLIONS OF LIVES!

BEACHBODY® GUARANTEES YOU'LL SEE RESULTS OR YOUR MONEY BACK. [LEARN MORE](#)

The advertisement features a muscular man in a black tank top holding a dumbbell. The background is dark and textured. The text is arranged in a clean, modern layout with a mix of white, red, and grey colors.

But the problem was...

2 hours / day

90 days

For the past 5 years...

18%-21%

body fat

The Slow Carb Diet

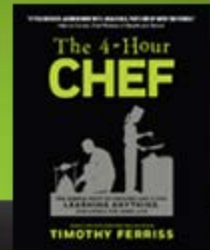
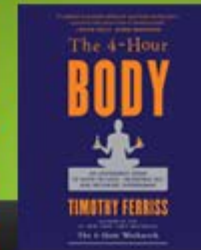
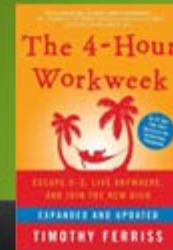
THE BLOG OF **TIM FERRISS**
EXPERIMENTS IN LIFESTYLE DESIGN

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**How to Lose 20 lbs. of Fat in 30 Days...
Without Doing Any Exercise**

5 basic rules

1. Avoid “white” carbohydrates

Prohibited:

- All bread
- Rice (including brown)
- Cereal
- Potatoes
- Pasta
- Tortillas
- Fried food with breading

2. Repeat the
same meals

Proteins

Allowed:

- Eggs
- Chicken breast or thigh
- Beef (preferably grass-fed)
- Fish
- Pork
- Turkey
- Other meats

Legumes

- Best pick: lentils
- No gas, unlike some beans
- Better taste

Vegetables

Allowed:

- Spinach
- Mixed veggies
- Sauerkraut, kimchee
- Broccoli
- Asparagus
- Peas
- Green beans

3. Don't drink calories

Prohibited:

- Milk
- Soft drinks
- Fruit juice
- Soy milk

4. Don't eat fruit

Allowed:

- Tomatoes
- Avocados – only one cup/day

5. Cheat day!

- It's mandatory
- Must spike caloric intake

5. Sleep 8h+/ night

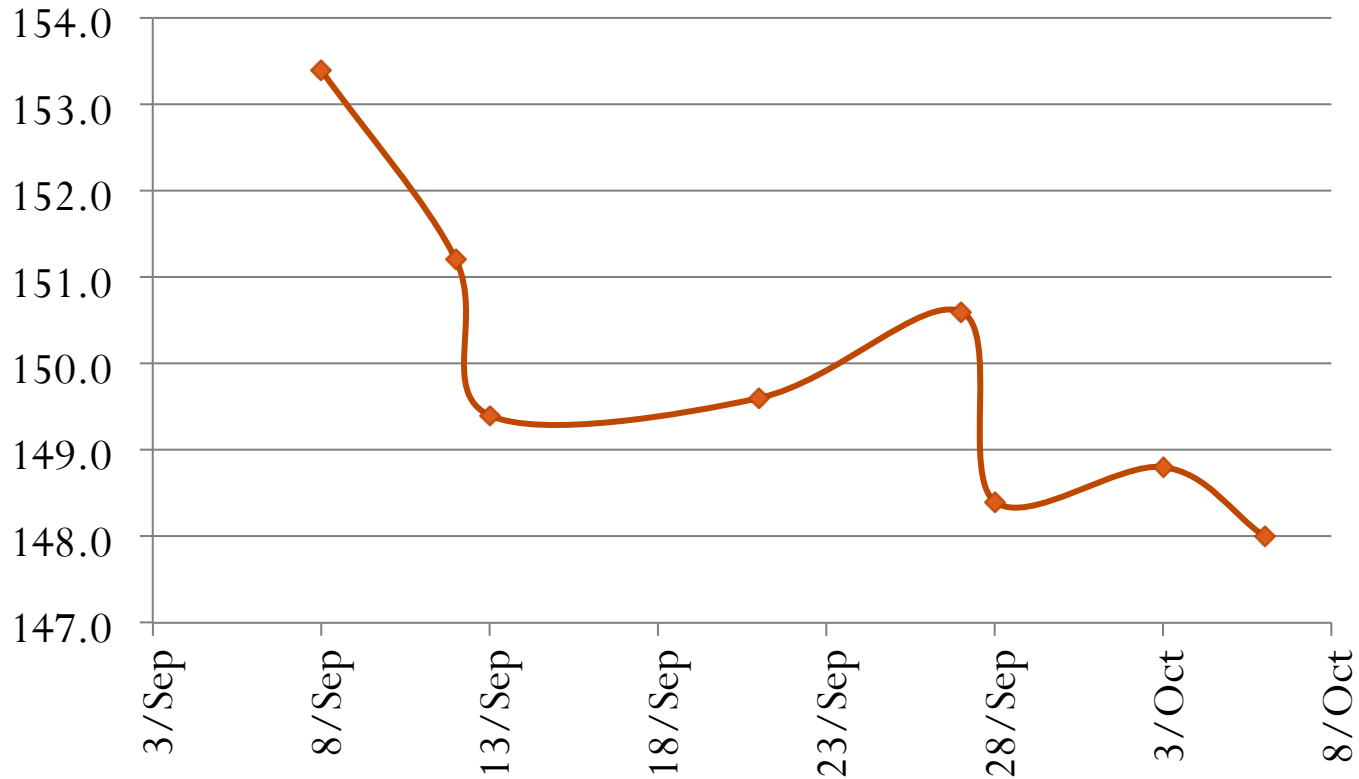
- Not mentioned in the book
- But critical

What I learned

- Four weeks in so far (2013-10-09)
- No significant body composition changes
- Why?

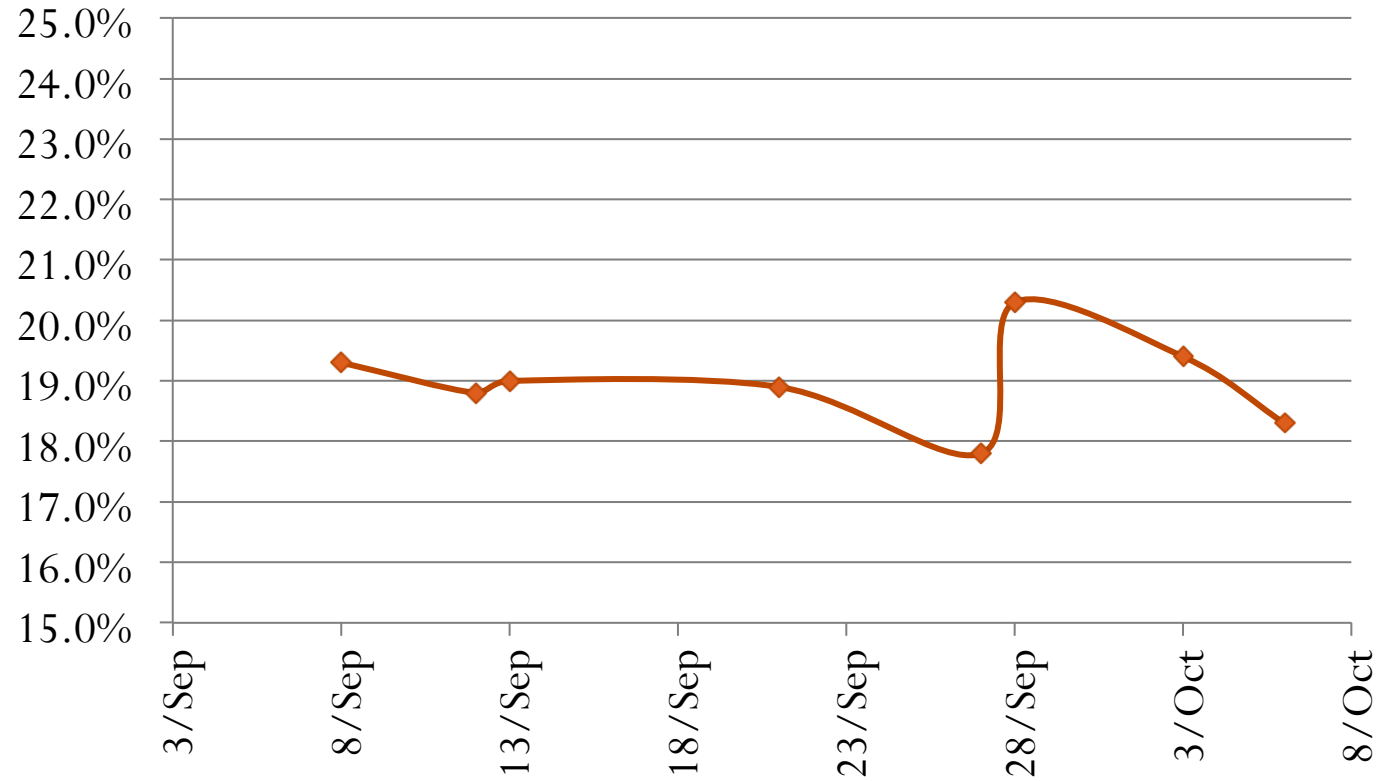
Initial weight drop, then plateau

Weight

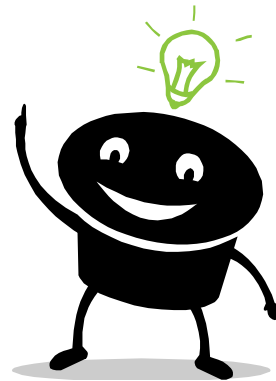


Four weeks in – no result

Body fat, measured with OMRON 516-B scale



It's boring but you can do it



Water

- Drink more than 2 liters per day
- Add a dash of 15-cal lemonade
- But beware of aspartame

Critique your diet

- 4hbtalk.com, in “Subtracting fat”
- 4hourpeople.com

My foods spreadsheet

- Trader Joe's focus

A	B	C	D	E	F	G	H	I	J	K	L
Date & time	Food	Taste	Serving size OR # of servings	Prot./ g	Cal./s ervin g	Carbs	Sugars	Choleste	Fat	Sat. Fat.	Sodium
	Oscar Mayer lean Honey Ham water added		1.0	4g	23	1g	1g	10mg	1g	0g	247mg
	Trader Joe's Uncured Turkey Hot Dog		2.0	24g	180	4g	4g	100mg	6g	2g	1340mg
20-Sep-2013 08:50	Trader Joe's Organic Jumbo Grade A Brown Eggs		1.0	8g	90	1g	0g	270mg	6g	0g	0mg
	Chicken massala + garbanzo beans, cabbage, tomatoes			20g	400	8g					
20-Sep-2013 23:00	Trader Joe's Alaskan pink salmon (canned)		1.0	12g	90	0g	0g	40mg	5g	1g	270mg
	Trader Joe's Steamed Lentils		1.5	14g	180	30g	3g	0mg	0g	0g	360mg
21-Sep-2013 00:15	Trader Joe's Just... Grilled Chicken Strips		3.5	56g	318	4g	0g	141mg	5g	0g	1200mg
	Trader Joe's Traditional Style fat free refried beans		0.3	7g	126	23g	1g	0mg	0g	0g	546mg
	Trader Joe's Petite Peas		2.0	10g	140	24g	0g	0mg	0g		
	Trader Joe's organic tomatillio roasted yellow chili salsa		0.3	0g	30	6g	3g	0mg	0g	0g	720mg
	spinach, mustard										
	TOTAL today			155g	1577	100g	11g	561mg	23g	3g	4683mg

Concerns

- High cholesterol
- High sodium
- How many calories should you really consume?
- Imprecision (e.g. max cottage cheese or peas amount)

Do different next time

- Get quality sleep ($\sim 8\text{h}/\text{night}$)
- Use DEXA or BodPod
 - not my OMRON body fat scale
- Eat 25% more calories **every day**
- More exercise

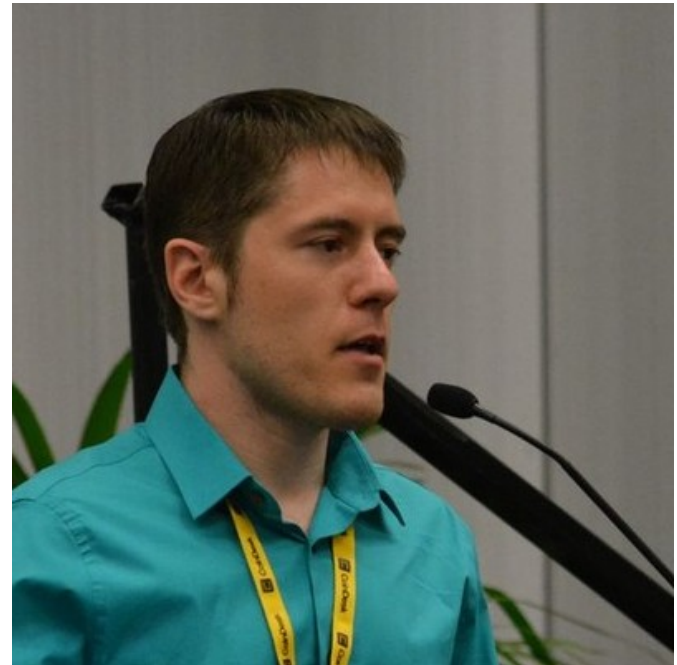


Stick with it

- 4-6 weeks until results for some people
- No known explanation
- This is a work in progress
- Can't conclude more before fixing the sleep factor

More information

bit.ly/QSSCD



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