

Daily Menu Ideas

Eat: Meat, fish, eggs, vegetables growing above ground and natural fats (like butter). Saturated fats!

Avoid: Sugar and starchy foods (like bread, pasta, rice and potatoes). Unsaturated fats!

Things to eat:

- **Meat:** Any type, including beef, pork, game meat, chicken, etc. Feel free to eat the fat on the meat as well as the skin on the chicken. If possible try to choose organic or grass fed meat.
- **Fish and Shellfish:** All kinds: Fatty fish such as salmon, mackerel or herring are great. Avoid breading.
- **Eggs:** All kinds: Boiled, fried, omelettes, etc. Preferably choose organic eggs.
- **Natural Fat, High-Fat Sauces:** Using butter and cream when you cook can make your food taste better and make you feel more satiated. Try a Béarnaise or Hollandaise sauce, check the ingredients or make it yourself. Coconut oil and olive oil are also good options.
- **Vegetables that Grow Above Ground:** All kinds of cabbage, such as cauliflower, broccoli, cabbage and Brussels sprouts. Asparagus, zucchini, eggplant, olives, spinach, mushrooms, cucumber, lettuce, avocado, onions, peppers, tomatoes etc.
- **Dairy products:** Always select full-fat options like real butter, cream (40% fat), sour cream, Greek/Turkish yogurt and high-fat cheeses. Be careful with regular milk and skim milk as they contain a lot of milk sugar. Avoid flavored, sugary and low-fat products.
- **Nuts:** Good to eat instead of candy in front of the television (preferably in moderation).
- **Berries:** Okay in moderation, if you are not a super strict or sensitive. Good with whipped cream.

Remember, natural animal fats are good. Dairy products should always come from grass fed organically raised cattle, when possible. Please don't just start putting away all kinds of cheese now! Processed things are still the devil. If it needed machinery to create it, you might want to think twice about eating it.

Try to avoid:

- **Sugar:** The worst. Soft drinks, candy, juice, sports drinks, chocolate, cakes, buns, pastries, ice cream, breakfast cereals. Preferably avoid sweeteners as well.
- **Starch:** Bread, pasta, rice, potatoes, French fries, potato chips, porridge, muesli and so on. "Wholegrain products" are just less bad. Moderate amounts of root vegetables may be OK (unless you're eating extremely low carb).
- **Margarine:** Industrially imitated butter with unnaturally high content of omega-6 fat has no health benefits, tastes bad. Statistically linked to asthma, allergies and other inflammatory diseases. It's the omega-3 fat that you want.
- **Beer:** Liquid bread. Full of rapidly absorbed carbs, unfortunately.

- **Fruit:** Very sweet, lots of sugar. Eat once in a while. Treat fruit as a natural form of candy.

Sample Meals-

Breakfast:

- Eggs and bacon
- Omelet
- Leftovers from last night's dinner
- Coffee with cream
- A can of mackerel/tuna and boiled eggs
- Boiled egg with mayonnaise or butter
- Avocado, salmon and crème fraiche
- Sandwich on *Oopsie-bread
- A piece of very thin hard bread with lots of butter, cheese, ham, etc.
- Cheese with butter on it
- Boiled eggs mashed with butter, chopped chives, salt and pepper
- A piece of brie cheese and some ham or salami
- High-fat yoghurt with nuts and seeds (and maybe berries)

Lunch and Dinners:

- Meat, fish or chicken dishes with vegetables and a rich full-fat sauce. There are many alternatives to potatoes, such as mashed cauliflower.
- Stews, soups or casseroles with low-carb ingredients.
- You can use most recipes in cookbooks if you avoid the carbohydrate-rich ingredients. It's often a good idea to add fat (e.g. butter, cream) to the recipe.
- Drink water with your meal or (occasionally) a glass of wine.

Snacks:

When you eat a low-carbohydrate diet with more fat and a bit more protein you will probably not need to eat as often. Don't be surprised if you no longer need to snack. Many people do well on two or three meals per day. If you need a snack:

- Rolled-up cheese or ham with a vegetable
- Olives
- Nuts
- A piece of cheese (organic)
- A boiled egg from the refrigerator
- Canned tuna in Caesar dressing or any fatty dressing.

Olives and nuts can replace potato chips in front of the TV. If you always get hungry between meals you're probably not eating enough fat. Don't fear fat. Eat more fat until you feel satisfied.

Dining out:

- Restaurants: Usually not a big problem. You can ask to have potatoes/fries switched for a salad. With meat dishes, ask for extra butter.
- Fast food: Kebab can be a decent option (preferably avoid the bread). In hamburger chains the hamburgers are usually the least bad option. Avoid soft drinks and fries, obviously. Drink water. Pizza toppings are usually OK, and the stricter you are the less of the pizza crust you will eat.
- If you eat strictly everyday it's less of a problem to make a few exceptions when you are invited out. If you're not sure what will be served you can eat something at home before you leave.
- Nuts or cheese is good "emergency food" when there are no other adequate options to be found.