



50 Ways To Help Lower Carbs / Sugar and Change The Food Mindset!

This is a step-by-step approach to helping reduce carbs and sugars. Some tips are switching out normally bought products for a substitute version. Other changes are more hands on. Play with these ideas. To try implementing everything at once may seem daunting. To gradually make changes, will not see so overwhelming and will give you time to adjust as you see fit. Commit to You is a Pre-Requisit!!

STEP 1

Purchase Sugar Free Ketchup. No Sweetner added and it tastes identical!
Purchase Sugar Free Marinara Sauce. Tastes just like those with sugar
Purchase low net carb bread or wraps. 2-6 Net carbs is a good goal
Drink a glass of water with lemon or superfoods powder mix or veggie focused smoothie first in the morning
Take away those sugary flavored creamers in coffee. Often even the sugar free have a high carb count. If over a few grams of carbs I'd say skip it
Do not look at your phone in the morning until after your morning routine.
Do a 5 minute stretch before bed. So important for a goods night sleep. Stretch arms, legs, hips, stomach, sides, wrists, ankles and back.
Say Thank you to your creator when you open your eyes in the morning. Gratitude for another day.
Add seeds and nuts into your diet for snacking- if you have no health restrictions such as diverticulitis.
Limit fruit juices
Buy real mayo. No soybean oil
Morning Routine should consist or gratitude, water/superfood drink for now

STEP 2

Try Spaghetti Squash in place of normal spaghetti
Try Cauliflower Rice in place of rice. This has become a game changer at my house!
Cauliflower- the new potato. Mashed, potato salad, with cheese or with chives. Cauliflower is a must try. Steam verses boil to avoid too soggy
Journaling. You can keep a journal of your thoughts, dreams or to do list, but also of your food intake. Pay attention to how your body feels
Roasted Peanut and oil only Peanut Butter. Sorry Peter Pan and Skippy
Try adding in avocados or walnuts to breakfast or snacking for healthy fats to our bodies need
Each week take a few minutes to cut up a veggie tray (or buy one) This will help when its time for a quick snack or to use in a salad/side dish
Watch breakfast selection. Cereals, Bagels, English Muffins all have typically high carb counts
Buy Almond flour. Its expensive and you do not want to eat it every day but it serves as a good alternative to white/wheat flour. Ideas coming in Step 3
Purchase a low carb sweetener- Stevia, monk fruit are my favorites for most baked goods and coffee/tea
Drink water 60-90 mins before bed
Pair your sweet fruit with protein. Ie- Banana with peanut butter. This includes apples, oranges, pineapple, peaches. Berries and Melon are lowest in sugar
Go fresh or frozen for fruit and veggies, limit the canned goods
Avoid breaded chicken fingers, opt for chicken tenders instead
Do a 5 minute stretch upon waking. Add this to your morning routine before you look at your phone

STEP 3

Make your salad dressing. Homemade Ranch will last a week-10 days and olive oil based can last longer. If you buy dressing avoid soybean oil.
Try making cookies or muffins with Almond flour. Try an even substitute with your favorite recipe. Buying is another option- the market has a lot of variety
Buy crackers with almond flour or ancient grains. The grains will have higher carb count, but better than white or wheat flour
Add hearty salads or soups in at lunch time. Homemade is the best to control veggies, broth. Thicken with corn starch not flour or use clear broth
Dips are great! Use veggies instead of chips. There's also hemp chips without the carbs that provide that salty crunch!
Replace soda with sugar free sparkling water
Watch your beer carbs or liquor mixers. Avoid the grenadines and syrupy drinks
Add deep breathing into your morning & bedtime routine (or whenever you need calming) inhale through nose, hold 3 secs and exhale through mouth
Look into local veggie CSA shares for organic vegetables. Amazing pricing and quality can be found. There is work of washing and cutting the vegetables
Switch to dark chocolate rather than milk chocolate. This can be a tough one, but start at lower % cocoa and gradually go higher.
Switch to plain yogurt and add berries or peanut butter to sweeten it
Increase amount of fish consumed. Try broiled vs fried or breaded
Add the deep breathing into your morning routine- try 5 breathes.

STEP 4

Try a meat crusted pizza. Flatten ground meat on pan (beef, chicken, turkey), Bake, 350 25mins add your favorite toppings and bake another 10 minutes
Purchase a low carb ice cream. Usually the keto friendly ice creams are really delicious
Look into bulk organic meat at a local farm. The quality and pricing will be better than what you may find elsewhere
Play with making different veggie Omlettes or frittatas
Love pickles? The one ones found in the refrigeration section seem to have less sugar
Aim for 30 mins of movement each day. If nothing else put on a few favorite songs and dance. Just get your body moving
Try making a dessert with no flour. Avocados or black beans make incredible bases for brownies. Pinterest is your new BFF
Limit the amount of corn you eat. Corn is sadly delicious and terrible for us. Also limit root vegetables- potatoes, turnips, even red beets
When you do have dessert or low carb breads, have one sandwich or one wrap or 1-2 cookies. Fill up on veggies
Switch to low carb syrup if you're going to have pancakes. It exists and is rather good!!
Get accustomed to saying no croutons or no fries, veggies please. If it's on your plate- its tempting. Save the carbs for what you truly find worth eating
Many hot sauces and mustards are a good choice for condiments when you are out
Stevia sweetener (from plant) comes in small packets. I carry them when I go out for tea, coffee. Many places only carry sweet n low (chemical)
Medicinal Mushrooms are amazing to help balance us. Look into how they support our organs and body systems -bringing them back to harmony

Keep food simple. We eat to live. Change your mindset that all meals must taste amazing to eat them. Keep in mind we need nutrition!
Tell yourself you are worth it! You will feel better and hopefully live happier and healthier!