

# Freshwell

## LOW CARB RESOURCES

These resources have been taken from the Freshwell App, details available at [www.lowcarbfreshwell.com](http://www.lowcarbfreshwell.com). The food list overleaf gives you a rough guide as to what types of food you can eat with a low carb lifestyle. Safety information: Before embarking on a low carb lifestyle, please speak to a doctor or nurse if you suffer with any significant health conditions. This is especially important if you are on any medication, particularly for diabetes or high blood pressure, because you may find very quickly that you no longer need this medication and may need to stop taking it or reduce the dose. You should not do this without medical supervision.

Use the guide below, alongside our low carb food list on the next page, to help you plan your meals.

### Pick a **Protein**

(including dairy  
and substitutes):

for building muscle, feeling  
full, and micronutrients

#### **Meat**

All types of meat including  
beef, pork, lamb, duck.

#### **Poultry**

Chicken, turkey

#### **Fish**

All types of fish including  
fresh, frozen and canned.

#### **Eggs**

Cook them the way  
you like them.

#### **Dairy**

Full fat milk, yogurt,  
cheese

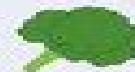
#### **Plant based protein**

Beans and pulses  
Tofu  
Quorn  
Nuts and seeds



Pick some low carb  
**Veggies**  
(and a little bit of fruit):  
for fibre, feeling full,  
and micronutrients

Fill up on vegetables  
from the green zone.  
Add in additional  
veggies from the  
amber zone to eat  
instead of higher  
carb foods.



**AVOID** potatoes and  
sweet potatoes  
where possible.

**Note:** Some plant-based  
protein foods such as beans,  
nuts and seeds also provide  
a good source of fibre.

### Add some natural **Fat**

a source of essential fatty  
acids and helps the body  
absorb vitamin A, vitamin  
D and vitamin E

Add fats from the green zone,  
including olive oil, butter,  
coconut oil and cream.

**And/or include** protein  
foods that are also good  
sources of natural fat  
including oily fish, nuts  
and seeds, dairy foods  
such as yogurt milk and  
cheese, eggs, meat as  
well as avocado pears.



Include non-sugary dressings  
and sauces such  
as mayonnaise and pesto.



**AVOID** margarine and  
vegetable seed oils.

# Cd Rates Low Carb Recipes Guide

**Tao Wei**



## **Cd Rates Low Carb Recipes Guide:**

The Complete Idiot's Guide to Cooking—for Guys Tod Dimmick, 2004-10-05 No more burnt offerings Whether it s nachos or crock pot kielbasa a party something quick for the kids lunch a romantic date night or dinner for one this guy friendly cookbook features over 230 real food recipes for everything from vegetables pasta and desserts to leftovers appetizers and grilling Instead of relying on shortcuts canned food or unhealthy processed ingredients it pares down complex cooking instructions explains basic cooking terms figures in prep time and cook time and allots larger portion sizes Notes high salt or high cholesterol recipes Includes more than 230 recipes Provides special tips advice and recipe construction for beginners plus bigger portion sizes for hungry men     Book Marketing Demystified Bruce T. Batchelor, Bruce Trelawny Batchelor, 2007-06 Book Marketing DeMystified SELF PUBLISHING SUCCESS Do you want to sell more copies of your self published book Of course you do This book reveals how you will achieve publishing success Discover which sales and marketing tactics are creating results for other authors Learn how the modern book publishing industry actually functions including little known practices that could hold the key to your profitability Each concept is explained and illustrated with inspiring true life stories of authors who have achieved success on their own terms Book Marketing DeMystified SELF PUBLISHING SUCCESS is based on 10 months of interviews with industry insiders and bestselling indie self publishing authors who have used iUniverse Xlibris Trafford Lulu and other services or have done it all on their own Learn how one author sold over one million copies hardly any of those through bookstores Each author reveals the hits and misses of sales and marketing where innovation and clever choices bring best results and satisfaction In this book author Bruce Batchelor who invented the print on demand publishing process that has enabled indie authors to sell tens of millions of books helps you pick which specific marketing efforts will be most time efficient and cost effective for you your book and your purpose By creating the right marketing mix you will be successful in selling your book and will enjoy yourself along the way About author BRUCE BATCHELOR A bestselling author Bruce speaks at writers conferences and consults to the publishing industry He is the editor and CEO at Agio Publishing House and lives with his wife and son in Victoria BC Canada     **The Complete Idiot's Guide to Buying Foreclosures** Bobbi Dempsey, Todd Beitler, 2005 To a growing number of people foreclosures represent a failure to achieve the American dream But to another group also growing in number these same foreclosures represent investment opportunities that pay higher returns than these individuals could ever hope to see from their stock portfolios When it comes to foreclosures one man s money pit is another man s money hit The Complete Idiot s Guide to Buying Foreclosuresteaches readers how to find and finance those foreclosed and soon to be foreclosed residential properties with the highest potential return Covering both bank owned REO and government owned properties the book focuses on helping buyers distinguish between good investment properties and those plagued with liens and other pitfalls     **Complete Idiot's Guide Big Book of Needle Arts and Crafts** Laura Ehrlich, Gail Diven, Mary Ann Young, Lydia Willis, 2004 The

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**The Everything Healthy Meals in Minutes Cookbook** Patricia M Butkus, 2005-02-01 300 tasty time saving recipes that keep you trim and fit Want to lose weight and indulge in easy to make great tasting food at the same time With The Everything Healthy Meals in Minutes Cookbook you're on the path to quick cooking and good eating Packed with recipes that suit any taste this cookbook offers meal alternatives low in calories carbs and or fat You'll find tons of recipes that use all of your favorite ingredients without tempting you to deviate from your diet Delicious appetizers and entrees will satisfy all your cravings without adding the calories you don't want From salads and seafood to meaty meals and desserts you have hundreds of options for any time of day including Scrumptious appetizers such as Shrimp Skewers with Pineapple Light salads such as Arugula Salad with Summer Squash Easy lunches such as Pan Seared Veal Chops with Spinach Dishes for one such as Chicken Apple Sausages with Dijon Glaze Family dinners such as Thai Inspired Spicy Beef Lettuce Wraps Delicious desserts such as Chocolate Fudge Mousse with Coffee Whipped Cream Complete with a nutritional breakdown of carbohydrates protein and fat The Everything Healthy Meals in Minutes Cookbook is all you need to satisfy your hunger the smart way at home or on the go

**8 Weeks to Maximizing Diabetes Control** Laura Hieronymus, Christine Tobin, 2008-05-01 In just 8 weeks you can learn the tricks of the trade for managing your type 2 diabetes Whether you've just been diagnosed or have been living with diabetes for years 8 Weeks to Maximizing Diabetes Control gives you the tools and resources you need to reach your treatment goals

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*PC Concepts* Charles S. Parker, Deborah Morley, 2002 Comprehensive and current approach to computer concepts with a dynamic new web presence **Subject Guide to Books in Print**, 2001 **The Hanson Guide to the Internet & Internet Databases**, 2000 Drug Topics Price Book, 1943 *Gale Guide to Internet Databases* Gale Group, 1999-11 This directory tells how to access and retrieve more than 5 000 Interact databases approximately 1 000 new databases have been added for this 5th edition Five comprehensive indexes master subject host provider white pages and alternate format provide quick access to the desired database

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