



Fat Adapt – Snacks & Eating out

Snacks

We've been told for years to eat many small meals throughout the day to keep blood sugar levels balanced, but this is quite contrary to recent research showing that snacking increases your insulin levels, keeping your body in the fat storing mode. Snacks are something of a habit, but completely unnecessary. Our bodies are built to withstand long periods of famine very well, and we certainly do not need to eat every few hours.

For weight loss, it's best to get out of the habit of snacking, but if you are having a very low carb snack, this has limited impact on insulin. See the low carb snack recipe options in this plan and keep to only 1 snack per day.

When your body is a fat burning machine, you should not feel hungry between meals and this will be much easier to follow in the long term.

Social events & eating out

If you need to break the low carb plan and have a meal which is high carb (e.g. a wedding or birthday), this will not reverse all your hard work, but I would recommend adding on an extra week of low carb eating if this is the case. Follow this section of the plan for a maximum of 4 weeks.

Eating out

Eating out might seem tough when going low carb, but as long as you are wise with your choices, it is quite possible to do! Firstly, skip on any bread offered at the start of the meal, and in fact, ask them to take it away to avoid the temptation. For your main dish, a simple option of meat and veg or fish and veg is usually the best option. If the mains only come with potatoes, which is often the case, ask for a simple swap from potatoes to green vegetables. There are also usually many vegetable side dishes to choose from, so pick the lowest carb option for your fibre top up. For drinks, sparkling water with a slice of lemon is a great choice.

Restaurant choices

If you are eating out at an Italian restaurant, they may have a few grilled meat / fish options, and mozzarella salads and aubergine parmigiana (aubergine and mozzarella dish) are also good options! In a Japanese restaurant, sashimi and green sea vegetables and a small portion of edamame beans would be a low carb choice. If eating out at an Indian, opt for a meat / fish or paneer and spinach curry, and have with a side salad instead of rice. Poppadoms are actually quite low carb (at around 3g per Poppadom) as they are made from chick peas, so tuck into a couple of these for your starter. If you are going for Mexican, they may have ceviche - a low carb raw fish meal, guacamole and meat dishes.