

LCHF Dietary Advice from www.dietdoctor.com/lchf

Eat all you like

- **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.

Basic tip for beginners: Maximum 5 grams of carbohydrate (excluding fiber) per 100 grams of food



Avoid if you can

- **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.
- **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.

Once in a while

You decide when the time is right. Your weight loss may slow down a bit.

- **Alcohol:** Dry wine (regular red or dry white wine), whisky, brandy, vodka and cocktails without sugar.
- **Dark chocolate:** Above 70 % cocoa, preferably just a bit.

Drink most days

- **Water**
- **Coffee:** Try it with full-fat cream
- **Tea**



Tips and recipes

Breakfast suggestions

- Eggs and bacon
- Omelet
- Leftovers from last night's dinner
- Coffee with cream
- A can of mackerel 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 dinner

- 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 (some people even spread butter on cheese)
- Olives
- Nuts
- A piece of cheese
- A boiled egg from the refrigerator
- Canned mackerel in tomato sauce

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 or meals with friends

- 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.

Shopping list for beginners

Print this list and bring it to the store:

- *Butter*
- *Heavy cream (40% fat)*
- *Sour cream (34% fat)*
- *Eggs*
- *Bacon*
- *Meat (minced, steaks, stew pieces, fillets, etc.)*
- *Fish (preferably fatty fish like salmon or mackerel)*
- *Cheese (preferably high-fat)*
- *Turkish yoghurt (10% fat)*
- *Cabbage (cabbage, cauliflower, Brussels sprouts, kale, etc.)*
- *Other vegetables that grow above ground*
- *Frozen vegetables (broccoli, wok vegetables, etc.)*
- *Avocados*
- *Olives*
- *Olive oil*
- *Nuts*



Clean out your pantry

Want to maximize your chances of success? Especially if you have difficulty with cravings / sugar addiction, it is smart to throw out (or give away) sugary and starchy foods, “light” products, etc. These include:

- *Candy*
- *Potato chips*
- *Soft drinks and juices*
- *Margarine*
- *Sugar in all forms*
- *Bread*
- *Pasta*
- *Rice*
- *Potatoes*
- *Breakfast cereals*
- *Everything that says “low fat” or “no fat”*
- *Ice cream*
- *Cookies*

Instead of bread

Will you have a hard time living without bread? [Oopsies](#) are a good option. It's a "bread" without carbs and can be eaten in a variety of ways.

Oopsies 6–8 depending on size.

3 eggs

100 grams (3.5 ounces) of cream cheese

a pinch of salt

½ tablespoon [fiberhusk](#) / psyllium seed husks (can be excluded)

½ teaspoon baking powder (can be excluded)



- Separate the eggs, with the egg whites in one bowl and the egg yolks in another.
- Whip the egg whites together with the salt until very stiff. You should be able to turn the bowl over without the egg whites moving.
- Mix the egg yolks and the cream cheese well. If you choose, add the psyllium seed husk and baking powder (this makes the Oopsie more bread-like).
- Gently fold the egg whites into the egg yolk mix – try to keep the air in the egg whites.
- Put 6 large or 8 smaller oopsies on a baking tray.
- Bake in the middle of the oven at 150° C (300° F) for about 25 minutes – until they turn golden.
- You can eat Oopsies as bread or use them as a bun for a hotdog or hamburger. You can also put different kinds of seeds on them before baking them, for instance poppy, sesame or sunflower seeds. One big Oopsie can be used for a swiss roll: Add a generous layer of whipped cream and some berries. Enjoy.

Less strict: some bread

Can't live without real bread? Then have a thin piece of bread and add lots of butter and toppings. The more butter and toppings the less bread you need to feel satisfied.

Instead of potatoes, rice, pasta

- **Mashed cauliflower:** Divide the cauliflower into smaller pieces and boil them with a pinch of salt until soft. Remove the water. Add cream and butter and mash.
- **Salads** made from above-ground vegetables, perhaps with some kind of cheese. Try out different kinds.
- **Boiled broccoli**, cauliflower or Brussels sprouts.
- **Vegetables au gratin:** Fry squash, aubergine and fennel (or other vegetables you like) in butter. Add salt and pepper. Put in baking dish and add grated cheese. Heat at 225° C (450° F) until the cheese melts and turns golden.
- **Vegetables stewed in cream**, e.g. cabbage or spinach.
- **Cauliflower rice:** Grate cauliflower, boil for a minute or two. Great substitute for rice.

Avocado

Snacks and dessert

- **Mixed nuts**
- **Sausage:** Cut it in pieces, add a piece of cheese and stick a toothpick through them.
- **Vegetables with dip**, Try cucumber sticks, red, yellow or green peppers, cauliflower, etc.
- **Cream cheese rolls:** Roll some cream cheese in a piece of salami, air-dried ham or a long slice of cucumber.
- **Olives**
- **LCHF chips:** On a baking tray, form small piles of grated Parmesan cheese. Heat in oven at 225° C (450° F). Let them melt and get a nice color (be careful – they burn easily). Serve as chips, perhaps with some dip.

