

Carbohydrate Withdrawal

Carbohydrate withdrawal can take three days to two weeks to overcome. Symptoms that may occur include headache, bowel changes, irritability, intense cravings, fatigue and/or shakiness. The goal during withdrawal is to balance your blood sugar. Consider this: It is like withdrawing from a drug. Take time, be kind to yourself and rest.

Rule #1 ~ Always eat a protein breakfast within one hour after getting up and before caffeine.
This is non-negotiable!

Rule #2 ~ Do not weigh yourself! Try an article of clothing on weekly!

Reset™ by Usana©

This is a five-day program that includes Nutrimeal™ shakes for breakfast, lunch and dinner. Usana© nutrition bars for mid-morning and mid- afternoon snacks and an am and pm vitamin/supplement pack. You will also eat one serving of fruit and one serving of vegetable per day.

This is a lovely way to withdraw from carbohydrates as you don't have to prepare food and you are eating small, frequent meals. This also helps you begin to look at portion control ~ how much food do you really need? www.usana.com for Reset™.

Weight Release Program by Usana©

- Nutrimeal™ shake for breakfast and lunch
- Usana© bar for mid-morning snack, low glycemic snack mid-afternoon
- Low glycemic meal for dinner ~ protein and vegetables

Healthy Maintenance Program by Usana©

- Nutrimeal™ shake for breakfast, Usana© bar for mid-morning snack
- Low glycemic meal for lunch and dinner, low glycemic snack mid- afternoon

Food Withdrawal

Prepare your food for the week ~ protein amount is your body weight divided by 2, divided by 3 = grams of protein per meal, max 40 gm per meal

- Breakfast ~ egg frittata, eggs, ham, chicken ~ some type of protein
- Lunch ~ chicken salad or protein with veggies
- Dinner~ protein and veggies
- Snacks ~ nuts, peanuts, peanut butter, cheese
- Multi vitamin, Calcium 1000 mg, Vitamin D 3 1000 IU or Pro Bono (multi vitamin/bone health); may need Potassium 99 mg if you experience muscle cramping. HealthyVitality.biz for Pro Bono™

You may need the snacks as you go through withdrawal. Your blood sugar can fluctuate wildly as you go through carbohydrate withdrawal. Once you are on the low carbohydrate diet for a period of time, you will have balanced blood sugar and find you are not hungry all the time. You **must** eat three meals per day to maintain blood sugar balance.

Weight Release with Food

Continue with above food plan. Add one serving of carbohydrate to one meal per day. Measure! Avoid trigger foods!

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