

WEIGHT LOSS MADE EASY

WITH LOW CARB EXPRESS

At LowCarb Express, we're here to help you start a new healthy lifestyle that includes regular exercise, meal replacement and health coaching. Our programs are based on three fundamental concepts: rapid start, meal replacement, and accountability.

The concept is this: You begin your diet by eating pre-packaged – portion controlled meals, and essentially stop or significantly reduce eating grocery store bought food for a few weeks. This is to give your body exactly what it needs for nutrients and nothing else. With our program, you'll be comfortable, without hunger or cravings and will enjoy rapid weight loss. Then, after a few weeks, you've broken some bad habits, started eating healthier and are on your way to a new, healthier lifestyle.

The next step is to gradually begin to reintroduce "normal food" in a more controlled way. As you wean off the meal replacements, and start eating healthy grocery items, you can more easily monitor if certain foods trigger more cravings or begin to sabotage your weight.

Some studies have shown that up to 85% of people who have lost weight will regain it, but that is if they don't have support. Those who have support, be it coaching or just someone to report your progress to, will typically have a much better chance of maintaining their weight loss.

Our team at Low Carb Express is experienced in offering you the tips, suggestions and encouragement we all need when trying to make lifestyle changes.

The logo for LowCarb Express is centered within a white circle with a blue border. The word "lowCarb" is in a blue sans-serif font, with "low" in lowercase and "Carb" in title case. Below it, the word "Express" is in a green sans-serif font, with a stylized green arrow pointing to the right that forms the letter "X".

lowCarb
Express

A close-up photograph of a stainless steel pan filled with a variety of colorful vegetables, including red bell peppers, green beans, and onions, being cooked on a stove. Steam is rising from the pan. A wooden spoon is visible on the right side of the pan.

FOR MORE INFORMATION VISIT
lowcarbexpress.com



MEAL TIME	WOMEN'S MEAL PLAN
Breakfast	1 Fully Alive / Health Wise Meal Replacements +1 Fat serving (yogurt, nuts, cheese)
Morning Snack	1 Fully Alive / Health Wise Meal Replacement
Lunch	1 Fully Alive / Health Wise Meal Replacement + 1 Veggie Serving + 1 Fat Serving
Afternoon Snack	1 Fully Alive / Health Wise Bar
Dinner	2 Protein Servings + 2 Veggie Servings + 1 Fat Serving
Evening Snack	1 Fully Alive / Health Wise Meal Replacement or Snack
Average Daily Totals	Calories 1,000 - 1,200 Protein ~105g Carbohydrates ~50g Fat ~50g

***Take 1 multivitamin daily and drink plenty of water to remain well hydrated.**

MEAL TIME	MEN'S MEAL PLAN
Breakfast	2 Fully Alive / Health Wise Meal Replacements +1 Fat serving (yogurt, nuts, cheese)
Morning Snack	1 Fully Alive / Health Wise Meal Replacement
Lunch	2 Fully Alive / Health Wise Meal Replacement + 1 Veggie Serving + 1 Fat Serving
Afternoon Snack	1 Fully Alive / Health Wise Bar
Dinner	2 Protein Servings + 2 Veggie Servings + 1 Fat Serving
Evening Snack	1 Fully Alive / Health Wise Meal Replacement or Snack
Average Daily Totals	Calories 1,000 - 1,200 Protein ~105g Carbohydrates ~50g Fat ~50g

***Take 1 multivitamin daily and drink plenty of water to remain well hydrated.**

Protein | Each option is 1 serving and approximately 15g of protein

Animal Sources

- Skinless chicken breast (2 oz.)
- Lean pork (2 oz.)
- Turkey breast (2 oz.)
- Lean lamb (2 oz.)
- Beef, lean cuts (2 oz.)
- Canadian bacon, lean (2 oz.)
- Turkey bacon (6 strips)
- Ham, lean (2 oz.)
- Beef Jerky (2 oz)

Fish Sources

- Cod, Salmon, Catfish, Halibut, etc. (3 oz.)
- Shrimp (3 oz.)
- Tuna (2 oz.)
- Dairy Sources (Low Fat)**
- Mozzarella cheese (2 oz.)
- Cottage Cheese (1/2 cup)
- Greek Yogurt (6 oz)

Egg Sources

- Egg whites (4)
- Egg Beaters (1/2 cup)
- Whole egg (2)
- Vegetarian Sources**
- Tofu (2 oz.)
- Protein powder (2/3 oz.)
- Soy burgers (1 patty)

Vegetables | 1 cup raw or 1/2 cup cooked is considered 1 serving and less than 5g of carbs

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|-----------------|-----------------|------------------|------------------|-------------|
| Alfalfa sprouts | Curly Kale | Zucchini | Cauliflower | Mushrooms |
| Watercress | Cucumber | Lettuce, Iceberg | Leeks | Cabbage red |
| Bamboo shoots | Spinach | Radish, red | Okra | Asparagus |
| Celery | Lettuce, romain | Eggplant | Tomato | Beansprouts |
| Broccoli | Fennel | Pumpkin | Brussels Sprouts | Carrots |

Fat | Serving Sizes Vary - follow guidelines on product label - 1 serving = 100 cal. or 11g of fat

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| Almonds (nuts, butter & milk) | Cheese | Flax seed | Olives (raw and oil) |
| Avocado | Chia seeds | Greek yogurt | Pecans |
| Blue cheese | Coconut | Heavy whipping cream | Pistachios |
| Brazil nuts | Cream cheese | Lard | Sour Cream |
| Butter | Dark chocolate (80%+) | Macadamia nuts | Sunflower seeds |
| | Fish oil | Mayonnaise | Walnuts |

SUGGESTED MEAL PLAN