

Bored—Need Recipes!

I've probably seen thousands of people join lowcarb lists, especially "repeat offenders" returning to lowcarb from another failed attempt, announcing

PLEASE SEND RECIPES!! Last Time I Failed Because I Got Bored. I'm Not Gonna Let That Happen THIS Time.

Heck, I often expressed this same sentiment myself as a reason for failing to be able to stick to an eating plan for life.

But standing on the other side of that problem for a very long time now, I have a different view. I realize now that not being ABLE to abide being bored with food was much more of the problem. I was looking to food to provide a distraction much like an alcoholic looks to vodka and a shopaholic looks for a new handbag.

I'm one of the worst people to help you with recipes because I believe that getting bored with food is actually a vital part of this process, in fact I think it's a good thing. It is a place that a lot of us, especially those of us who are both physiologically and psychologically addicted eaters, NEED to spend a lot of time, in order to begin understanding and slowly shifting our life-approach to NOT centering around food as any kind of mood altering substance.

So if you came here looking for recipes as your salvation, I think you'll be disappointed, heck I HOPE you'll be disappointed. (It's good practice with having a "bad" feeling and not eating it down!)

All that said, a few fancy recipes can SOMETIMES have a place, especially early in the journey. I do believe that the changes must come gradually. And you can find lowcarb recipes all over the internet, but I'd urge you to pay very careful attention to the posted statistics *over time* of the people who offer them and whether they change over time. If you read lowcarb message boards and lists VERY carefully, I think you will eventually make the connection that although there are a few exceptions, most of the tiny few people who get all the way to goal and then maintain it for years, find that a shift to simplicity in their eating choices is one of the primary—and surprisingly most helpful—factors in what enables them able to truly stay the course and achieve the lasting success.

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