

The 10 Habits of Highly Successful Lowcarbers

1. They eat mostly (often exclusively) no-frills lowcarb, not only to get to goal but to stay there! They eat primarily unprocessed meats, eggs and lowcarb vegetables and salads with healthy oils (olive), and water, and little else very often. They eat cream, cheese, nuts, processed meats and foods, grain products (even "lowcarb" ones), shakes, alcohol, diet drinks, lowcarb bars or other lowcarb imitation products and desserts only very occasionally and in very small amounts.
2. They plan plan plan plan plan. They *a/ways* know what they're eating for their next meal, usually for the next day too, and they have it and have it ready to eat or ready to cook. They don't run out of lowcarb food, they engineer their own success in this way. They find ways to eat simple lowcarb no matter where they are and no matter what else is going on in their lives--they eat this way through family crises, moving, death, job loss, divorce. They eat this way even when they would rather not, when it would be simpler, physically or emotionally, to cheat.
3. They exercise almost daily, incorporating both strength training (2-3 times per week) and aerobic exercise (3-4 times per week) into their lives
4. They do not rely on others to do this or make it easier for them. They don't ask a host not to serve sweets at the party, they simply go to the party and don't eat what isn't appropriate.
5. They don't try to change the world or anybody else to lowcarb. While available to help others who ask, they know that the biggest help one can be is to show by example.
6. They make and keep their commitment to clean eating and exercise their #1 daily priority.
7. They let go of caring what others think of what/how they eat (and often anything else about them). They let go of being indignant and defensive, and instead just concentrate as positively as possible on what they know they must do.
8. They don't cheat.
9. They learn other ways of handling their past hurts and failings, their stress and their fears instead of trying to eat them down.
10. They surrender. They stop fighting the notion that there is something WRONG with them because they must eat this way, and come to actually embrace it as one of the most basic, helpful things in their lives.