

Tough Love For a Lackadaisical Lowcarber

In July 2004 I had this exchange with a lowcarber struggling with regain less than halfway to goal...

I haven't put any of the 20lbs I lost back on, BUT when I start to lose again and get back on track and begin to drop the pounds, life gets in the way.

Brutal honesty time. Life doesn't get in the way, YOU get in the way of what you want. You make decisions that support your whims, not what you want more in the long term. On lowcarb losing the first layer is usually pretty easy.

I can tell you my monthly cycle is a true trigger to stray from LC. I am sure this is not healthy. I am afraid Laziness is a problem. There is very little convenience to LC food. You must take the time to prepare.

Nobody and nothing (including TOM) is holding a gun to your head and forcing you to stray, you make that decision every single time. And there is also nothing more convenient than unprocessed meats and veggies, the food that will propel you past this point. Here's an example: buy a family pack of chicken pieces, line a baking pan with foil, lay the chicken pieces in the pan, put it in the oven at 350 for 1 hour. At the same time put a big batch of frozen lowcarb veggies (green beans, broccoli, cauliflower, or a mix of those) in your microwave and cook. Divide meat and veggies into meal-sized containers. There. You've got several meals and almost no clean-up because of the foil.

I actually find that laziness helps me...stick to un-fancy foods.

I guess I am just tired and feeling the woe-is-me syndrome.

But not tired or woeful enough to do the minimal amount of thinking/planning work to pass through this? When you're ready for the bigger rewards, you'll be ready to make the adjustments.

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