

BIOslim

Weight Management



"Low Carb Eating: A Delicious and Healthy Way to Transform Your Lifestyle"

Are you tired of traditional diets that leave you feeling deprived and unsatisfied, having to count calories? Look no further than low carb eating! This popular dietary approach has gained a massive following for its ability to promote weight loss, improve overall health, and offer a wide range of delicious and nutritious meals. Here, we'll explore the wonderful world of low carb eating and why it's a great option for you.

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10. Just What is Accepted on a Low Carb Lifestyle?

The trick is to eat real foods, which means avoiding processed foods that are often crammed with sugars. Tuck into healthy meats, implying that they should be unprocessed and, if possible, preferably organic and grass-fed. Seafood is a fantastic source of protein, especially wild-caught fish such as wild salmon.

If you're not big on meat at every meal, an egg or three is a fabulous alternative. Fortunately, they are probably the world's most versatile food type. Scramble them, fry them, poach them, or pop them in an omelette.

What about those greens? Munch on veggies which are leafy, such as cauliflower, cabbage, celery, asparagus, spinach and broccoli, or other vegetables grown above ground, such as zucchini (baby marrow) and (our personal favourite!) avocado. Add a splash of colour to your meals with red and yellow peppers, radish, or a dash of orange carrot. Join the craze and indulge in kale, boosting your fibre levels and aiding your digestion.

If you're in need of a snack between meals, try some biltong or a handful of nuts or seeds, instead of those 'low-fat' so-called healthy treats, such as drinking yoghurts or granola bars. You'd be surprised if you counted the sugar alternatives tucked away in there.

11. And Then There Were Fats

You'll get your fats from meat and some dairy like cheese and cream, but when you cook, go ahead and use that butter or coconut oil. Generously sprinkle olive oil onto your salads instead of sugary dressings, as a healthy alternative packed with flavour. It's about making smart choices, eating real foods rather than processed foods, all the while remembering that a healthy diet should be coupled with a healthy lifestyle.

12. Get moving!

Go for a daily walk; take the stairs instead of the elevator. If you are stuck behind a desk all day, take some time out to walk barefoot on the grass, this will have amazing benefits! If you're a gym bunny, hit the treadmill. Whatever you do, just make sure you do a little something to get that heart pumping for at least 15 to 20 minutes per day!

Conclusion:

Low carb eating is not only a fun and exciting approach to revamping your eating habits but also a proven way to lose weight, improve your health, and enjoy a plethora of delicious meals.

Embrace this dietary lifestyle with the help of BIOSLIM and embark on a journey toward better well-being, fuelled by wholesome ingredients and a renewed perspective on healthy eating.

*As with any new lifestyle change, please consult your healthcare practitioner.

AND NOW, FOODY TIME!

Quick Breakfast Roll-Up

For a healthy keto breakfast on-the-go, try this hassle-free roll-up to kick start your day.

Serves 5

Ingredients:
10 large eggs
Salt and pepper to taste
1 ½ cups grated cheese
5 slices bacon
5 sausages patties



Method:

1. Pre-heat a pan and whisk together 2 eggs in a bowl. Cook the eggs on medium-low heat, with non-stick cooking spray. Season with salt and pepper.
2. Cover with a lid for a few minutes until the egg is almost cooked through.
3. Sprinkle about a third of a cup of cheese over the egg. Add a strip of bacon and two halves of a sausage patty on top of the mixture.
4. Roll the egg over the filling. Try to roll it up in thirds to avoid any breakage.
5. Repeat the process to create 5 delicious breakfast roll-ups.

Chili Cheese Muffins

Start your day with a little bite!

Serves 9

Ingredients:
1¼ cups blanched almond flour (not almond meal).
½ teaspoon Celtic Sea salt.
½ teaspoon baking soda.
3 large eggs.
2 tablespoons red pepper flakes.
2 cups grated cheddar cheese.



Method:

Preheat oven to 180 degrees Celsius.
Combine almond flour, salt, and baking soda.
Add eggs and mix well.
Add 1 tablespoon red pepper flakes and cheddar cheese. Blend together.
Scoop a ¼ cup of batter into each paper lined muffin cup.
Garnish with remaining 1 tablespoon of red pepper flakes.
Bake at 180 degrees Celsius for 25 to 30 minutes.
Enjoy hot or cool!

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Crustless Spinach Quiche

Try your hand at this flop-proof quiche for a warm winter lunch.

Serves 4

Ingredients:

- 1 tablespoon coconut oil
- 1 onion, chopped
- 1 package frozen chopped spinach, thawed and drained
- 8 eggs, beaten
- 3 cups grated cheese
- ¼ teaspoon sea salt
- ¼ teaspoon black pepper



Method:

1. Preheat oven to 180 degrees Celsius and grease a 23cm pie pan with coconut oil.
2. Heat onions over medium heat in a pan until soft. Stir in the spinach and cook until excess moisture has evaporated.
3. Combine eggs, cheese, salt and pepper in a bowl. Add the spinach mixture and stir.
4. Put the entire mixture into the greased pan and bake for 30 minutes.
5. Remove and enjoy, perhaps with a keto-friendly salad.

Chili Roasted Pumpkin Seeds

For a quick and easy mid-afternoon snack, try these scrumptious seeds.

Serves: 1

Ingredients:

- 1 cup pumpkin seeds
- 2 teaspoons olive oil
- 1 tablespoon chili powder, adjusted to taste
- 1 teaspoon celtic sea salt, adjusted to taste



Method:

1. Put pumpkin seeds in a large cast iron skillet over medium heat
2. Stir often, until seeds make a crackling noise, usually within 3 to 5 minutes. Some seeds will pop.
3. Remove pan from heat and stir in the olive oil, followed by the chili powder and salt.
4. Cool and enjoy.

Bacon-Wrapped Chicken Bombs

A dinner the whole family will enjoy!

Serves 6 chicken bombs.

Ingredients:

- 1kg boneless, skinless chicken
- 300g frozen spinach.
- 110g cream cheese, softened.
- ½ cup full-fat ricotta.
- Salt and pepper to taste.
- 12 slices bacon.



Method:

- Preheat oven to 190 degrees Celsius. Thaw the spinach, ringing out as much water as possible. Mix the spinach with the cream cheese and ricotta. Season with salt and pepper. Cut chicken breasts in half. They should still be thick. Cut pockets into one end of each piece of chicken. Stuff the pockets with the cheese filling. Wrap two slices of bacon around each piece of chicken. Seal up the open end and any holes, if possible. Pan sear in a hot skillet. Once all the chicken pieces have been seared, bake for 35 to 45 minutes until the bacon is well crisped and the chicken is cooked through. Tuck in!

Potato Salad without the Potatoes

Feel like you're cheating without all those carbs with this great 'potato' salad.

Serves 4

Ingredients:

- 1 head cauliflower.
- 2 stalks celery, diced.
- 1 small onion finely chopped.
- 1 tablespoon parsley finely chopped.
- 2 large eggs, hard boiled and diced.
- 2 tablespoons mayonnaise.
- 1 tablespoon Dijon mustard.
- ½ teaspoon Celtic Sea salt.



Method:

- Chop cauliflower into small florets and steam until tender. Allow to cool and then add to bowl. Add celery, onion, parsley and eggs. Stir in mayonnaise, mustard and salt. Enjoy.

Healthy Pizza

Eat an old favourite, the healthy way.

Serves 2

Ingredients:

- Base:**
- 4 eggs.
 - 170g grated Mozzarella.

Toppings:

- 3 tablespoons tomato paste.
- 1 teaspoon dried oregano.
- 140g grated cheese.
- 40g salami.
- Olives as desired.



Method:

- Preheat oven to 200 degrees Celsius. To make the base, crack the eggs into a bowl and beat, adding in the grated cheese. Spread the mixture onto a lined baking sheet with a spatula. Either form two round pizza base circles or create one rectangular pizza base. Bake for 15 minutes until golden. Remove and allow to cool for a minute or two. Increase the oven temperature to 225 degrees Celsius. Spread tomato paste onto the pizza base and sprinkle the oregano. Top with the cheese, salami, and olives. Bake for 5 to 10 minutes, or until pizza is golden. Enjoy with a fresh side salad.

ENJOY!

OLD FOOD PYRAMID

NEW FOOD PYRAMID

VS



1. What is Low Carb Eating?

Low carb eating is a dietary approach that involves reducing carbohydrate intake while increasing consumption of proteins and healthy fats. By limiting your carb intake, your body transitions into a state of ketosis, where it primarily burns fat for energy instead of carbohydrates.

2. Weight Loss Made Easy:

One of the main reasons people embrace low carb eating is its effectiveness in weight loss. By reducing carbs, your body starts burning stored fat, resulting in significant weight loss. This scientific approach has proven successful for countless individuals who struggled with traditional calorie restriction diets. Carbohydrates are the body's primary source of energy, and when consumed in excess, they are stored as fat. By reducing carbohydrate intake, you are more likely to burn stored fat for energy, leading to a decrease in overall body weight. Additionally, consuming higher amounts of protein and healthy fats can increase satiety (feeling of fullness), leading to reduced food cravings and calorie intake!

3. Boosting Mental Clarity and Energy:

Low carb eating not only transforms your physical appearance but also enhances your mental clarity and energy levels. By stabilizing your blood sugar levels, this way of eating keeps your brain fuelled consistently, sharpening your focus, and reducing brain fog.

4. Reducing Health Risks:

Embracing a low carb diet can significantly reduce several health risks, especially those associated with excessive carbohydrate intake. Studies have shown that low carb eating can help lower blood pressure, improve cholesterol levels, and reduce the risk of type 2 diabetes.

5. Delicious Low Carb Substitutes:

Contrary to popular belief, low carb eating doesn't mean sacrificing taste or saying goodbye to your favourite meals. With a wide range of creative and delicious low carb substitutes available, you can still enjoy foods like pizza, bread, and pasta using alternative ingredients such as cauliflower, almond flour, and zucchini (baby marrow) noodles.

6. Nourishing Options for Every Meal:

Low carb eating offers an abundance of nourishing options for every meal of the day. From hearty omelettes loaded with vegetables for breakfast to satisfying chicken stir-fries for dinner, this way of eating allows you to indulge in nutrient-dense, whole foods that leave you feeling satiated and energized.

7. The Importance of Balance

While low carb eating provides numerous benefits, it's essential to maintain a well-balanced diet. Ensure you incorporate a wide variety of vegetables, lean proteins, and healthy fats to meet your nutritional needs.

8. To Eat or Not to Eat

When committing to the low carb lifestyle, while there are plenty of foods which you can enjoy as part of a healthy, balanced diet, there are also some big no-nos. Let's start with what not to eat in order to maintain a low carbohydrate, moderate protein eating plan. First off, sugar is obviously the proverbial big bad wolf. Toss out those junk foods such as sweets, chocolates, and sugary breakfast cereals. The challenge is finding all the hidden sugar, since most foods nowadays contain added sugar, often under a fancy name such as "dextrose".

Be sure to read those food labels for hidden sugars, such as those contained in your favourite sauces and salad dressings. A healthy salad is often ruined by drizzling it in a sugary dressing, adding empty carbohydrates. Toss out processed foods too, like processed cheese, polonies, biscuits, and fast food.

If your mouth waters at the very thought of a chocolate treat, go ahead and try a dark chocolate alternative, like those bars containing 70% or more cocoa. It's a great way to indulge your sweet tooth, without adding to the scale! And who does not like strawberries and whipped cream? Melt a few blocks of 70% dark chocolate in a bowl, and use to dip the strawberries, for a delicious, mouth-watering treat! Be wary of starch, such as breads, pastas, potatoes, rice and even legumes like lentils and beans, which are chock-a-block full of carbohydrates. Fruit is another food group where you should tread lightly when maintaining a low carb lifestyle. The odd piece of fruit here and there is certainly better than chomping on a chocolate but do remember that fruit is high in sugars.

While we're talking about fruit, don't forget that indulging in a packet of dried fruits should not be viewed as a healthy snack. Jam-packed with natural sugars already, dried fruit is often coated with sugar, making it a treat which is sure to affect the waistline if eaten in excess.

9. Next Up, Let's Discuss "Liquid Diets"

Beer contains some carbs, which quickly add up when the beers add up. Sugary alcoholic beverages, likewise, ought to be avoided, such as cocktails, even if those little umbrellas make it seem all too innocent.

Cans of soda (no matter what the label says) are best avoided. Also avoid the fruit juice aisle at the grocery store – their lack of fibre means the sugar goes straight to your blood). Even vitamin water, a so-called healthy alternative, should not pass your lips, as it is packed with sugar masquerading as a healthy thirst quencher.

At this point, you might be asking just what it is that you can drink. Of course, water is always a must, but change it up with a slice of lemon, sliced strawberries and cucumber, or a dash of turmeric, black pepper and ginger to help with inflammation!

Feel free to enjoy black tea, black coffee, dry wine, and spirits, provided that the latter is consumed in moderation. Why black tea and coffee? Milk contains lactose, which is a sugar. Cream, on the other hand, is better, as it is lower in carbs and higher in good fats.

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7-Day Low Carb Meal Plan

DAY 1

Breakfast:

2 x Poached eggs, salt & pepper over steamed kale.

Lunch:

Tuna salad with 1 hard-boiled egg, baby spinach and cucumber slices. Add salt and pepper to taste.

Dinner:

Beef stir-fry served with steamed cauliflower.

DAY 2

Breakfast:

Egg, Cheddar cheese, and ground pepper on rye toast.

Lunch:

Chicken Salad: Mix grilled chicken fillet with homemade, low carb mayo, add in herbs, salt and pepper, tomatoes, chopped onions and celery. Put salad on top of two rice cakes.

Dinner:

Ground beef sautéed with onions and low-carb tomato sauce, served with zucchini noodles.

DAY 3

Breakfast:

Protein smoothie: Two scoops of any no-added sugar, plant-based protein powder, one cup unsweetened almond milk, two tablespoons pure cocoa powder, almond butter and ice for consistency.

Lunch:

Salad with bacon, avocado, cheese, pumpkin seeds, and a few cherry tomatoes, mixed with a low-carb salad dressing.

Dinner:

Grilled chicken served with eggplant, yellow squash, and zucchini along with a few cherry tomatoes, sautéed with garlic in olive oil.

DAY 4

Breakfast:

Spinach, mushroom, and feta omelette.

Lunch:

Take half an avocado and season with salt and pepper, crack an egg in the middle and bake for 15-20 minutes at 180°C. Add a bit of Mozzarella cheese in the last few minutes.

Dinner:

Ground beef with broccoli, zucchini (baby marrows) and cherry tomatoes.

DAY 5

Breakfast:

Unsweetened plain yoghurt mixed with chia seeds, raspberries, and sour cream.

Lunch:

Tuna salad with chopped celery stalks.

Dinner:

Roasted chicken with sautéed mushrooms and asparagus.

DAY 6

Breakfast:

2 x Eggs fried in coconut oil with bacon and avocado slices.

Lunch:

Grilled chicken breast salad with baby spinach, balsamic vinegar and olive oil dressing. Sprinkle with finely chopped almonds.

Dinner:

Baked Haddock, drizzled with olive oil and lemon juice, and steamed asparagus.

DAY 7

Cheat Day! Have your cake and eat it!

A healthier, happier you is around the corner!

TIPS & TRICKS

FEELING PECKISH?

- Spread some full-fat cream cheese between two cucumber slices, add salt & pepper to taste.
- Celery sticks with guacamole.
- Roasted sunflower seeds sprinkled with sea salt.
- Blueberries topped with coconut cream.
- Full-fat Greek yogurt with cinnamon and walnuts.
- Bacon-wrapped asparagus.
- Hard-boiled eggs with sea salt and black pepper.
- Raw almonds and cheddar cheese cubes.
- Carrot sticks & blueberries.
- Raw almonds and dried cranberries.



SUGAR (*know the danger*)

Consuming too much added sugar, especially from sugary beverages, pap, pasta, rice, pizza, burgers and bread, increases your risk of weight gain, can lead to visceral fat accumulation and serious ailments such as cancer, diabetes, high blood pressure and heart disease.

These products should be avoided completely when one wants to lead a healthy lifestyle and lose the extra kilograms!

When reading a food label, product ingredients are listed by quantity from highest to lowest amount. The first 3 ingredients normally make up the largest part of what you're eating.

Did you know that there are more than 60 names for added sugar? To identify added sugar, one should be wary of words ending in -ose, e.g., fructose, sucrose, maltose, dextrose as well as fruit nectars, concentrates of juices, honey and molasses as these are all sugars.

Simple carbohydrates, or sugars, occur naturally in foods such as fruit (fructose) and milk (lactose) or come from refined sources such as table sugar (sucrose) or corn syrup.

The best way to evaluate a food label is to look at the nutrients per 100ml or 100g, keeping in mind that 1 teaspoon equals 4g. If for example you look at the nutritional value of a 500ml fruit juice, the total sugar content will be listed per 100ml, you therefore have to multiply the 100ml sugar content by 5 to establish the total sugar content per bottle of fruit juice.

If the sugar content per 100ml is for example 12g per 100ml, that equates to 60g of sugar per bottle! That's like having 15 teaspoons of sugar! Once you start diligently checking food labels, you will be absolutely amazed at all the hidden sugars!

TIPS & TRICKS

- Eat regular meals. Studies have shown that eating regular meals will help you lose weight by burning calories faster!
 - Eat foods with a high fibre content. By doing so, you will feel fuller for longer and it will also aid your digestive health.
 - Keep your pantry free of any junk food! Avoid stocking up on chocolates, crisps, biscuits and fizzy drinks. Instead, opt to load your pantry with healthy snacks such as nuts, berries, celery, biltong and dry wors.
 - Buy a pedometer
 - Switch on the vacuum cleaner and start cleaning! If you spend roughly 30 minutes vacuuming, you can burn up to 120 calories!
 - Stuck at home? A brisk 5-minute walk every hour will double up into an extra 20-minute walk by the end of the day.
 - Spend 10 minutes a day walking up and down the stairs. This will increase blood flow to the brain and help reduce fatigue.
 - Make sure you stay hydrated! Drink at least 2 litres of water during the day.
 - Avoid sugary drinks and fruit juice.
 - Drink a glass of water before meals. This will help reduce calorie intake.
 - Eat slowly! Eating slowly makes you feel fuller and boost weight-reducing hormones.
 - Get good sleep! Poor sleep is one of the biggest risk factors for weight gain.
 - You can use butter, ghee, olive oil, coconut oil, lard, chicken fat, duck fat and bacon fat to cook with.
 - For a milk substitute, use heavy whipping cream, almond milk, coconut milk or soy milk, ensure to check they are sugar free.
- If you want to add something sweet to your tea or coffee, use stevia or erythritol.