

Date of 1 st column:	Day #	Day #	Day #	Day #	Day #	Day #	Day #	Notes:
Weight								
Fish (4 oz or 115 g)								
Olive Oil (2-3 tbsp or 30-45 ml)								
Nuts & Seeds (1 oz or 28 g)								
Vegetables & Fruits (14 oz or 400 g)								
Wine & Alternatives*								
Supplements								
Exercise								
LCMD Additions (7.5 g more carb/wk)								
Blood Sugars fasting								
before lunch								
before dinner								
bedtime								
1 hr after meal								
2 hr after meal								

Notes:

*Wine & Alternatives: Wine (6-12 fl oz or 180-360 ml), vegetables (7 oz or 200 g), dark chocolate (20 g), 80 proof distilled spirits, (1.5 fl oz or 45 ml), low-carb beer (12 fl oz or 360 ml).

Unlimited foods: fish, meat, poultry, eggs, lobster, shrimp, fried pork skins.

Cheese: up to 3 oz or 85 g/day.