

LOW CARB PREPARATION TIMELINE

DAY 1: AUDIT

Clear pantry of high-carb staples (sugar, flour, pasta, rice).

Check labels for hidden sugars and starches in condiments.

DAY 2: PLANNING

Calculate daily macro targets (Protein/Fat/Carbs).

Map out 7 days of meals and snacks.

DAY 3: SOURCING

Purchase bulk proteins (meat, poultry, fish, eggs).

Stock up on healthy fats (olive oil, avocado, butter, nuts).

Acquire non-starchy leafy greens and cruciferous vegetables.

DAY 4: PREP

Pre-cook proteins and portion into containers.

Wash and chop vegetables for quick stir-fries or salads.

Prepare electrolyte supplements (sodium, magnesium, potassium).

DAY 5: LAUNCH

Begin first 24 hours of strict low-carb intake.

Increase water consumption (target 2-3 liters).

NOTES & ADJUSTMENTS: