

# Your Low Carb Mastery

## Timeline

This is Your GO-TO document for Low Carb Mastery (LCM).

It sets out exactly what you can expect throughout the program. It is also a tool to keep yourself accountable, informed and inspired ensuring you continue to move in the direction of your goals. Please print out a copy of this document so that you can refer to it often and mark off your weekly check ins.

## At the time of signing up:

- Email 1: "Welcome to Low Carb Mastery" containing:
- Video to watch: What to expect during Low Carb Mastery
- Resource to download: Your Low Carb Mastery Timeline
- Important: Access to the **Low Carb Library!**

- Email 2: "Defining Your Specific Guidelines" containing:
- Videos to watch: How to determine your position on the Insulin Resistant Spectrum AND Your Specific Low Carb Mastery Guidelines (based on **your** degree of IR - Mildly; Moderately; Markedly; Severely or Morbidly). Week 1-4 Fasting Protocol - Alternate Day Protocol
- Resource to download: Low Carb Mastery Guidelines (based on your degree of IR)

## Week 1 - Day 1

- Email: "Setting yourself up to succeed during Low Carb Mastery" containing:
- Video to watch: Your LCM Challenge - Your weekly 'check ins' explained

## Week 1 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

## Week 2

- Email: In focus... "Behaviour change and mindset"

## Week 2 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 3

- Email: In focus... "Intermittent fasting and time restricted feeding - a deep dive"

## Week 3 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 4

- Email: In focus... "Performance and fat adaptation"

## Week 4 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 5

- Email: NEW Fasting Protocol: Week 5-8 - 3 day fasting protocol

## Week 5 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 6

- Email: In focus... "Gut microbiome"

## Week 6

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 7

- Email: In focus... "Just keep moving"

## Week 7 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 8

- Email: In focus... "Understanding FODMAP"

## Week 8 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 9

- Email: NEW Fasting Protocol: Week 9-12 - Time restricted eating

## Week 9 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 10

- Email: In focus... "Grassfed, free-range, organic - what's all the fuss?"

## Week 10 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 11

- Email: In focus... "Is low carb real food really more expensive?"

## Week 11 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Week 12

- Email: In focus... "Can low carb stall the ageing process?"

## Week 12 Check in

- Staying accountable:** Posted or commented in the Easy Low Carb Living Facebook Group
- Staying informed:** Watched at least 1 video from the Low Carb Library
- Staying inspired:** Tried a new recipe OR a new ingredient OR something new to improve my health - e.g. a meditation app; a different exercise class; took time out!

# Final Day

- Email: Staying accountable, informed and inspired for life!

# What Is The Low Carb Library?

- An ever growing collection of Masterclasses, Presentations, Interviews, Resources, Cooking demos and Recipes
- Tools to grow your knowledge and stay on track with your health and lifestyle goals
- Information at your finger tips so you can select topics that are of interest to you at times suitable to you
- New or up-dated information introduced at regular intervals addressing the latest research and popular areas of interest