

STELLAR *Life*

Hosted By *Orion*

How to Turn Your Low Carb & GF Diet Into a Delicious Lifestyle

10 Point Checklist **Carolyn Ketchum**

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Have fun with your family. Make it about the food but don't make it **all** about the food."

CAROLYN KETCHUM

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Think of fun ways to eat healthy. Your diet doesn't have to be bland since there are tons of healthy and delicious recipes to choose from.
- Refrain from eating foods that are high in sugar and carbohydrates. They can be especially harmful if you're trying to lose weight or control your blood sugar.
- Bring your own food to work instead of eating out at restaurants. You can control your portions and ingredients by creating your own meals.
- Incorporate healthy fats in your diet. Research types of oil to use in different kinds of food preparation.
- Pack your grocery list with vegetables, fruits and nuts. Find "good carbs" like broccoli, cauliflower, zucchini, avocado and almonds.
- Start your low-carb, low-sugar diet by going cold turkey and getting rid of things you shouldn't eat. It might be difficult, but your body will thank you later.
- Replace flour and dairy with healthier options like almond milk, almond flour, and zucchini noodles.
- Let yourself give into the occasional craving. The key is portion control.
- Keep practicing new recipes and don't be discouraged when you fail. Even chefs fail at cooking sometimes.
- Grab a copy of [Carolyn Ketchum's book](#) and follow All Day I Dream About Food on [Facebook](#) to get updates on the latest recipes.