



# 3-STEP FAIL-PROOF LOW-CARB JOURNEY FROM OUR FOUNDER

*Are you still looking to lose that last 20 pounds?  
Learn what research has to say!*

*Backed by 6 years of in-depth low-carb research readings,  
insights from 5 leading low-carb doctors & scientists, and  
4 years of direct client interviews from TeamHealthy.*



## STEP 1: LOW-CARB TRANSITION

- Reduce portion sizes of High-Carb food like rice, bread, Pinoy kakanins, pansit, spaghetti, and the like.
- Immediately swap processed carbs, they're destructive to your physical and mental health:
  - swap packed & canned goods like noodles, ramen, pancit canton, chichiria, "curls", and chocolate biscuits, to whole foods & homemade goods
  - swap all colored drinks to water or homemade iced tea & lemon juice w/ natural sweeteners instead of sugar.



## STEP 2: STRICT KETO WITH INTERMITTENT FASTING (IF)

- This starts if you are already fat-adapted
- This is weight-loss on steroids, it will boost everything!
- Want IF guidelines? Email us!



## STEP 3: LIBERAL LOW-CARB (OPTIONAL)

- Once you lose the weight off and still fat-adapted, you might want to be more liberal w/ carbs.
- Low-Carb daily carb limit is 50g
- Focus on whole foods
- This is our secret: this is the time to hit the gym to keep the weight off!



*I hope nobody's reading, but if you are,  
please keep it to yourself.*





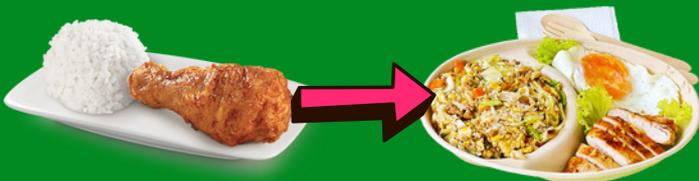
## Important considerations

- These steps are for general information only and does not constitute to official weight loss program or medical advise.
- These steps are not advisable if you have pre-existing condition. Consult a low-carb doctor first before trying it out.

## Make it more effective!

- Having proper meals every time is the key. Hidden carbs & sugar from your meals will sabotage your results.
- It is always better to prepare your meals. Buy groceries and do meal plan in advance.
- No time to cook or so busy to prep? Meal plans are available at TeamHealthy.

## Sample Swaps



- Swap empty calories to nutrient-dense meals.
- You can make your own meal like this shirataki fried rice to avoid feeling deprived of rice.
- Keep carbs low and vegetables loaded.
- This sample Shirataki sinangag “shilog” has only 10g net carbs!

- Swap sugary overpriced drinks with naturally-sweetened drinks.
- You can make your own drinks at home using black coffee and some creativity!

No time to cook? DM us “MEALS”!  
 FB page: @TeamHealthyZambo  
<https://facebook.com/teamhealthyzambo>

### Our Top 6 recommended Low-Carb Doctors: Local

- Dra. Josephine Grace Rojo Tan (@josephinegracerojotanmd)
- Dra. Iris Radev (irisradev)
- Dr. Brian Aubrey Castillo (brianaubrey.castillo)

### International

- Dr. Eric Berg (drberg.com)
- Dr. Andreas Eenfeldt (dietdoctor.com)
- Dr Benjamin Bikman (https://cell.byu.edu/directory/benjamin-bikman)

**The “3-STEP FAIL-PROOF LOW-CARB JOURNEY”** shared in this newsletter is based on the experiences and insights of our founder. While we aim to provide helpful information, this content is for informational purposes only and should not be considered medical advice, diagnosis, or treatment. It is essential to consult with a healthcare professional or a registered dietitian before starting any new diet plan, particularly if you have underlying health conditions or are taking medications. Your individual needs and health status may require different approaches.