

Chapter 7: Other Low-Carb Lifestyles

Perhaps the best low-carb diet is one that you can stick to. There are a number of popular low-carb diets including The Atkins, the carnivore diet, the South Beach diet, and the whole 30 diet to name a few. Some have phases you need to follow. Others, have no phases and are thought of as a lifestyle. Below is a brief description of some of the more popular low-carb diets.

Atkins diet: The Atkins diet has 4 phases. The Atkins diet is generally composed of high-protein, moderate fat and low carb. It includes meats, dairy, nuts and seeds, oils, both non-starchy and starchy vegetables, both low glycemic foods and high glycemic foods, grains, legumes, soy and alcohol.

Carnivore diet: The carnivore diet is made solely of meats> That's it! No vegetables.

The Paleo diet: The paleo diet includes, nuts and seeds, both low glycemic and high glycemic foods and alcohol. It does not include, grains, legumes or soy.

South Beach diet: The South Beach diet has 3 phases. The South Beach diet includes meats, dairy, nuts and seeds, oils, non-starchy vegetables, low glycemic foods, grains, legumes, soy and alcohol. It does not include starchy vegetables or high glycemic foods.

Whole 30 diet: The whole 30 diet is touted to 'reset' your metabolism. It includes meats, nuts and seeds, oils, non-starchy vegetables and low glycemic foods. It does not include dairy products, starchy vegetables, high glycemic foods, grains, legumes, soy or alcohol.














Diet	Atkins	Eco-Atkins	Bulletproof	Dukan	Keto	Scandinavian LCHF	Paleo	Slow Carb	South Beach	Whole 30	Zero Carb	Zone
Energy source	Fat	Fat	Fat	Protein	Fat	Fat	Fat	Fat	Protein	Fat	Fat	Protein
Approach	4 phases	3 phases	Lifestyle	4 phases	Lifestyle	Lifestyle	Lifestyle	Lifestyle	3 phases	Reset	Lifestyle	Lifestyle
Net Carbs	20-150g	130g	-	-	30g	-	-	-	-	-	>20g	-
Meats 	✓	✗	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Dairy 	✓	✓	✓	✓	✓	✓	✗	✗	✓	✗	✗	✓
Nuts & seeds 	✓	✓	✗	✗	✓	✓	✓	✓	✓	✓	✗	✓
Oils 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Non-starchy veggies 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓
Starchy veggies 	✓	✓	✓	✓	✗	✗	✓	✗	✗	✗	✗	✗
Low-glycemic fruits 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓
High-glycemic fruits 	✓	✓	✓	✓	✗	✗	✓	✗	✗	✗	✗	✗
Grains 	✓	✓	✓	✓	✗	✗	✗	✗	✓	✗	✗	✓
Legumes 	✓	✓	✗	✗	✗	✗	✗	✓	✓	✗	✗	✓
Soy 	✓	✓	✗	✓	✗	✗	✗	✓	✓	✗	✗	✓
Alcohol 	✓	✓	✓	✓	✓	✓	✓	✓	✓	✗	✓	✓
PERFECT KETO 												

Figure 1. 12 Low-Carb Diets Compared