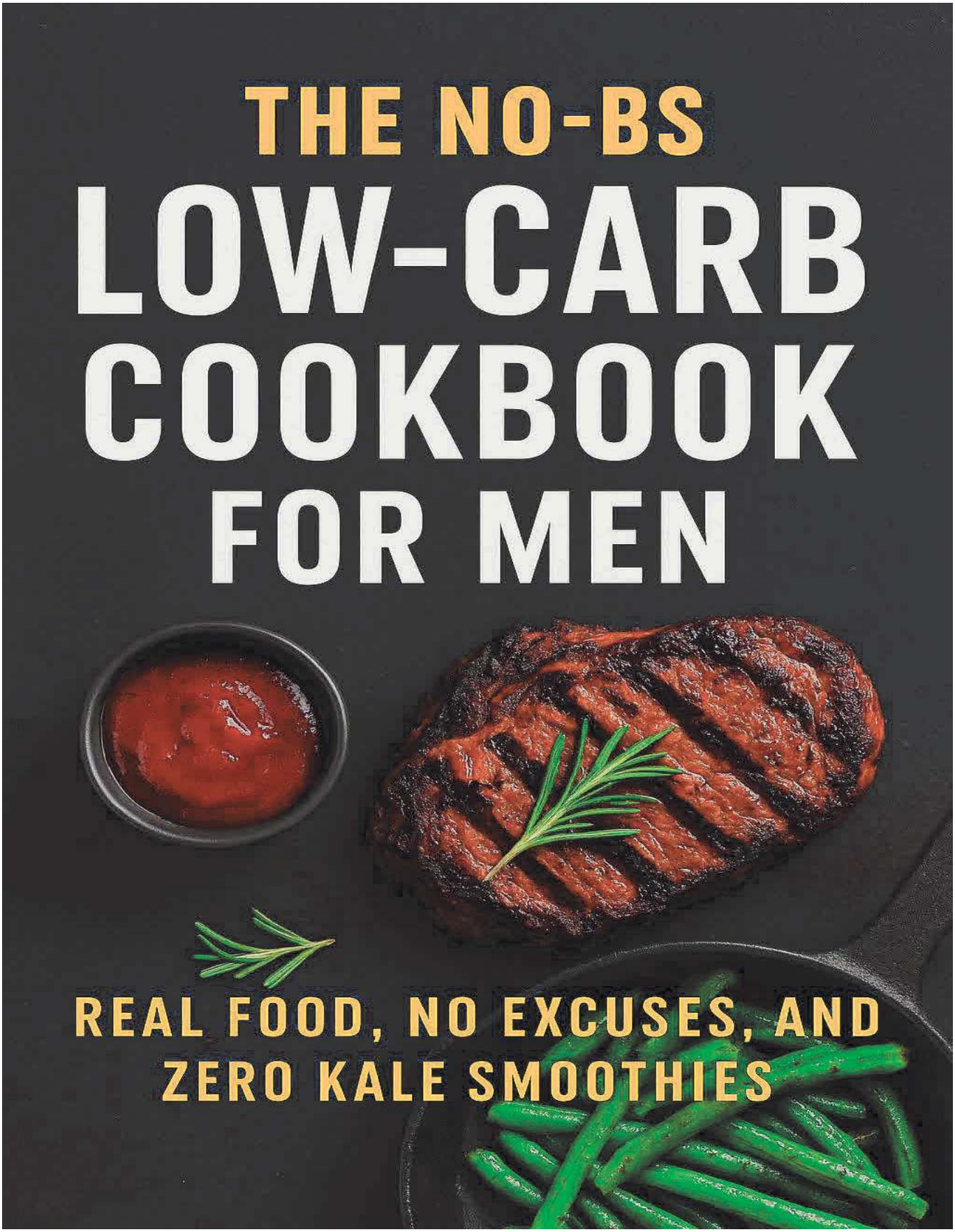

THE NO-BS
LOW-CARB
COOKBOOK
FOR MEN
REAL FOOD, NO EXCUSES, AND
ZERO KALE SMOOTHIES

Preface

Let me level with you.

I didn't write this book because I've got it all figured out. I wrote it because I spent too many years doing everything except what actually works.

I tried the complicated meal plans. I counted points, bought expensive shakes, and followed diets built for people who seem to have personal chefs and zero stress. And every time I "started strong," it ended the same way — frustrated, hungry, and back where I started.

When I was younger, I could drop a few pounds just by cutting back on the junk—skip the cookies, skip the candy, and the weight came off. But once I hit my 50s, those little tricks didn't work anymore. I tried counting calories, living on Lean Cuisine meals, and basically taking the easy way out with processed foods. It worked for a while… but the weight always came back. I was still eating the same stuff, just less of it—and that wasn't fixing anything.

It wasn't until someone I love deeply showed me how to simplify things that it finally clicked.

Real food. No gimmicks. Just better choices, one meal at a time. That's what helped me lose weight and actually feel better without turning my life upside down. And that's what this book is built on.

So no, you won't find 100 recipes in here. You'll find the right ones — straightforward, guy-friendly meals that taste damn good and won't wreck your progress.

This isn't a diet book. It's a playbook for how to eat like a man and still hit your goals — even if you've tried everything else and nothing stuck.

I'm proof it doesn't have to be complicated.

Let's get to it.

Dedicated to the love of my life, who inspired me to take control of my health when everything else I'd tried had failed.

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Real Food, No Excuses, and Zero Kale Smoothies

Let's Keep This Simple

Look, you're not here for kale smoothies or chia seed pudding. You want real food that fills you up, tastes damn good, and doesn't wreck your carbs for the day. Welcome to The No-BS Low-Carb Cookbook for Men, where we skip the diet lectures and jump straight into the good stuff.

This book is for guys who:

- Hate counting calories but still wanna drop some weight.
- Don't have time for 30-step recipes.
- Think flavor = fancy.
- Want to eat like a grown man without living on protein shakes.

If you've ever looked up "low-carb meals" and ended up with grilled tofu and a side of steamed air, this book is your comeback. I'm talking steak, cheesy skillet meals, hearty breakfasts, and grill-worthy dinners that don't taste like diet food.

No weird ingredients you have to Google. No seven-hour prep time. No measuring things in grams like you're in a science lab.

Here's how this works:

- Every recipe is guy-proof (translation: simple as hell).
- You'll get seasoning tips because bland food is a crime.
- And yes, I'll give you the macros at the end of every recipe so you know exactly what you're eating, without whipping out a calculator.

This isn't a "clean eating" book.

This is a "you can eat like a man and still lose weight" book.

If you're cutting carbs to burn fat, keep your energy up, or stop living off chips and gas station sandwiches, this is your new playbook.

Quick Start — **The 60-Second Low-Carb Playbook**

Low-carb isn't complicated. It's meat, low-carb sides, and flavor — minus the bread, pasta, and sugar. You don't need special products or a degree in nutrition. Just build each meal around a protein you like, keep the carbs low, and season like you mean it.

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Your 3 Moves This Week

1. Pick 2 proteins you actually want to eat. Grill, sear, or bake enough for a few meals.
2. Make 1 batch of cauliflower rice (Chapter 4). It works with almost everything.
3. Make 1 sauce (Chapter 5) to change the flavor game. Garlic butter, pesto, chipotle cream — whatever you like.

Your Full Playbook Is in These Chapters

- Gear & Kitchen Setup: Chapter 2
- Complete Food List: Chapter 3
- Cooking Basics: Chapter 4
- Sauces: Chapter 5

Do that this week, and you'll already be eating better, saving time, and avoiding drive-thru disasters.

Grab a pan, grab some meat, and let's get to work.

Chapter 1 – Low-Carb Minus the BS

Let's be real, "low-carb guides" sound like they were written by a nutrition professor who's never missed a meal in their life. Charts, glycemic indexes, macros broken down to the decimal. Not here.

This chapter is for guys who want to know just enough to win without wasting time.

So… What Is Low-Carb Anyway?

Low-carb means precisely what it sounds like — you cut way back on carbs. Not all of them. Not forever. Just enough to get your body burning fat instead of sugar.

Instead of living on bread, pasta, potatoes, and donuts, you're loading up on protein, healthy fats, and a few low-carb veggies that don't suck. Simple.

Can I Still Eat Carbs?

You can, just not a boatload of them. Think of carbs like credit card debt: a little won't kill you, but go overboard and it's gonna bite you. You're aiming for around 20–50 grams of carbs per day if you're going strict, or up to 100 grams if you're playing it casual.

What You Can Eat

- Meat: beef, chicken, pork, bacon, sausage
- Eggs
- Cheese
- Low-carb veggies: broccoli, cauliflower, green beans
- Butter, olive oil, mayo
- Greek yogurt (plain, full-fat)
- Mustard, hot sauce, basic seasoning blends

What You'll Be Skipping

- Bread, tortillas, bagels
- Pasta, rice, potatoes
- Most chips and crackers
- Soda and sugary drinks
- Candy, pastries, cereal

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The Big Idea: Eat Real Food, Cut the Junk

You're not starving yourself, you're eating smarter. You'll still eat plenty. You're just cutting out the carb-loaded filler that makes you tired, bloated, and stuck at the same belt notch.

You Don't Need to Be Perfect

Don't sweat the occasional cheat or slip-up. If you eat a slice of pizza or grab fries on a road trip, don't trash the whole week over it. Get back on track and move on. This book is about progress, not perfection.

Real Talk: Thought I Couldn't Eat Anything?

When I first decided to go low-carb, I had one major thought: "Yikes. There goes everything I like."

No more hot dogs. No more burgers. Definitely no more Mexican food.

I'm a taco hound. Man, I lived on tortillas. Breakfast, lunch, and dinner, they were in heavy rotation. So I figured if tortillas were off the table, I was screwed. Might as well start gnawing on lettuce and sadness.

But here's what happened.

I got fed up with feeling like crap. I hit a point where my usual weight loss tricks no longer worked. I'm pushing 60, my metabolism ain't what it used to be, and I had to face the music: I couldn't just "try harder", I had to do something different.

So I started cold turkey. I cut the carbs and sugar, and figured I'd just suffer through it.

Except... I didn't suffer.

Turns out, you can still eat the stuff you love — you have to change how you do it.

🍔 Burgers? Still in.

I eat burgers all the time. No bun, no problem. Once you realize the meat, cheese, onions, and mustard are where the flavor is, you won't miss the bread. Smash it flat, melt the cheese on top, and load up a plate. Boom! Patty melt without the guilt.

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🌭 Hot dogs? Still in.

Two dogs, a slice of cheese, some mustard, maybe a little jalapeño if I'm feeling fancy, nuke it for 30 seconds, and I've got lunch. Zero effort, zero bread, zero BS.

🌮 Mexican food? Still in.

I thought I had to give up tacos forever. But nope. I just ditched the tortillas and made bowls instead. Lettuce, seasoned ground beef or chicken, cheese, sour cream, and salsa. Same flavor, none of the carb crash. You can even get wild with egg wraps or cheese crisps if you want, but honestly? Most of the time, I eat it with a fork and don't miss the wrap at all.

And about those so-called "low-carb" tortillas? Use with caution. They say "keto-friendly" on the label, but if you're not careful, they'll stall your progress and bloat you up. I learned the hard way. You've been warned.

🍪 About That Sweet Tooth...

I used to hammer cookies like a job. Couldn't walk past the snack aisle without grabbing something sweet. A buddy told me, "Once you stop eating sugar, the cravings go away."

Yeah, okay, I thought. "Sounds like BS."

Except it actually happened. First week was rough, not gonna lie. But after that? The cravings just... stopped. I can walk past cookies, candy, soda, all that junk now and not even flinch. It's like my brain rewired itself.

Turns out, your body isn't supposed to be a sugar-burning machine 24/7. Once you break that cycle, it chills out and stops screaming for Oreos.

🧠 Here's the Truth

This isn't about starving yourself. It's about eating smarter. Eating real. And realizing you're not doomed to a life of rabbit food and protein shakes.

You don't need perfection. You need momentum. And a little help finding the stuff that actually works for guys like us.

So if you're looking at this whole low-carb thing like it's a punishment, it does not have to be. You can still eat like a man. You have to learn how to do it differently.

Please stick with me. We're gonna eat well and feel better doing it.

Chapter 2 – Low-Carb Kitchen Survival Kit

You don't need a pro chef's setup to eat low-carb; you just need gear that works and food that fuels.

Gear You Actually Need

- Cast iron or nonstick skillet
- Sheet pan
- Sharp knife + cutting board
- Tongs & spatula
- Microwave
- Optional: blender or stick blender

Pantry Staples

- Salt & pepper
- Garlic & onion powder
- Smoked paprika
- Chili powder, cumin
- Italian seasoning
- Hot sauce
- Soy sauce or coconut aminos
- Olive or avocado oil
- Mustard, mayo
- Broth cubes or boxed stock

Fridge MVPs

- Eggs
- Cheese
- Bacon, sausage
- Chicken thighs
- Ground beef
- Butter & heavy cream
- Full-fat Greek yogurt
- Low-carb veggies
- Sour cream
- Deli meats

Freezer Goods

- Frozen green beans, broccoli, and cauliflower
- Frozen sausage, beef, or chicken
- Low-carb breakfast bowls (read the label)

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The Low-Carb Playlist — Mini Reference Guide

(Quick-start only. For the complete detailed "Go-To Macro List," see Chapter 3.)

🟢 Grab Freely

- Eggs
- Meat (beef, chicken, pork)
- Bacon or sausage (check labels)
- Fish
- Low-carb veggies (broccoli, cauliflower, green beans)
- Cheese (full-fat, moderate)
- Butter, olive oil, avocado oil

🟡 Go Easy

- Low-carb tortillas (rarely)
- Nuts & nut butters
- Heavy cream
- Protein bars/shakes (check carbs)
- Berries (small amounts)

🔴 Skip It

- Bread, pasta, rice, potatoes
- Chips, crackers, cereal
- Sugary drinks, juice, alcohol
- Candy, pastries, fried breaded foods

🍺 Alcohol (If You Drink)

Beer is basically liquid bread. Regular beer is packed with carbs, and even light beers add up faster than you think. Straight liquors like vodka, gin, tequila, and whiskey have zero carbs once distilled, but flavored versions and sugary mixers will wreck you. Dry wines are lower in carbs than sweet ones, but like any alcohol, they still hit pause on fat burning because your body burns alcohol before anything else.

🟢 Best Choices

- Straight spirits (vodka, gin, tequila, whiskey, scotch, brandy) — neat, on the rocks, or with soda water + lime
- Dry wine (brut champagne, dry red/white like cab, pinot, sauv blanc) — 1 glass •
- Unsweetened hard seltzer labeled 0–2g carbs

🟡 Go Easy

- Light beer — 1 can occasionally
- More than 1 glass of dry wine
- Spirits with diet mixers (read labels; "sugar-free" ≠ carb-free in every brand)

🔴 Skip It

- Regular/craft beer, IPAs, stouts, ciders
- Sweet/dessert wines, sangria
- Flavored spirits & liqueurs (Fireball, coconut rum, Baileys, Kahlúa, schnapps)
- Sugary mixers (juice, regular soda, tonic, margarita/daiquiri mixes)

Chapter 3 – Macro Cheat Sheet

Because guessing doesn't work when you're counting carbs.

Let's be honest, macros can feel like math homework. But if you want results on a low-carb diet, knowing your macros (short for macronutrients: protein, fat, and carbs) matters. You don't need to obsessively weigh everything or punch numbers into an app all day. But you do need a rough idea of what's going into your body so you can adjust based on how you feel, how you perform, and whether or not that belly's finally backing off.

This section gives you the real-world numbers that actually help — no fluff, no science class reruns.

What Are Macros?

- Protein builds and repairs your muscles. It keeps you full and helps burn fat.
- Fat keeps you satiated, fuels your brain, and makes your food not suck.
- Carbs are limited here for good reason. Too many, and you're back on the blood sugar rollercoaster.

What We Track (and Why)

Each recipe in this book comes with:

- Calories (so you don't accidentally bulk when you're trying to lean out)
- Total Carbs (because net carbs can be misleading)
- Sugars (we flag this even if it's from vegetables, so you're aware)

We don't bother with fiber or net carbs here because it opens the door to too much mental gymnastics. Keep it simple. Track total carbs, and you'll always know where you stand.

Ballpark Macros for Common Foods:

Coming up next, you'll find 3 quick-hit lists:

1. Go-To Proteins
2. Watch Your Back (Moderation Zone)
3. Hard No List

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These aren't full-on nutrition labels. They're practical cheat sheets. If you double a recipe, double the macros.

Bottom line: this cheat sheet isn't here to micromanage you. It's here to keep you out of the dark.

Quick Reference Lists

✅ Green Light Proteins — Eat freely.

- Eggs (whole or just whites, but don't fear the yolk)
- Ground beef (80/20 or leaner)
- Ribeye, NY Strip, sirloin, flank steak
- Pork chops, pork tenderloin
- Bacon (check for added sugars)
- Sausage (read the label — some sneak in sugar)
- Chicken breast or thighs (skin-on or skinless)
- Turkey breast or ground turkey
- Deli meat (turkey, ham, roast beef — check carb count)
- Salmon, tuna, cod, halibut, sardines
- Shrimp, scallops, mussels, crab
- Canned tuna in oil or water
- Rotisserie chicken (no sugary glaze)
- Lamb (chops, ground)
- Venison and wild game
- Cheese (cheddar, provolone, Swiss, Gouda, cream cheese, etc.)
- Greek yogurt (plain, full-fat)

⚠️ Moderation Zone — Fine sometimes, but watch your portions.

- Nuts (almonds, cashews, pistachios, walnuts)
- Nut butters (peanut, almond — check the label)
- Beans and legumes (small servings only)
- Cottage cheese
- Milk (even whole milk has sugars)
- Protein bars (check labels)
- Protein powders
- Low-carb tortillas (sparingly)
- Tomato-based sauces (carbs can spike fast)
- Some veggies: carrots, peas, corn, beets
- Some fruits: berries in small amounts

🚫 Hard No List — Just skip 'em.

- Bread, buns, biscuits
- Pasta (yes, even whole wheat)
- Rice (all types)
- Potatoes, yams, sweet potatoes
- Chips, crackers, pretzels
- Cereal, granola, oats
- Most baked goods
- Sugar in any form
- Soda (regular or diet)
- Juice, smoothies, Starbucks sugar bombs
- Beer, sugary cocktails
- Fast food
- Most frozen dinners
- Candy, chocolate bars (unless it's 90% dark)

Chapter 4 – How to Cook Basics (Foundations)

This is where your foundational "guy-proof" cooking skills go, so you have them in your pocket before jumping into meals.

Eggs: The Perfect Low-Carb Weapon

Let's take a minute and give eggs the respect they deserve. They're dirt cheap, crazy versatile, and packed with protein. Plus, they're low in calories, easy to cook, and keep you full without wrecking your carb count.

Here's the Truth:

If you ate nothing but eggs, you'd lose weight and stay healthy. They're that complete. You're getting quality protein, healthy fats, and essential nutrients all in one shell-covered miracle.

You can scramble them, fry them, bake them into casseroles, or turn them into grab-and-go muffins. And unlike cereal, they won't leave you starving an hour later.

Bottom line? Eggs are your low-carb ride-or-die. Embrace them.



How to Make a Damn Good Egg Muffin

Why This Works: Egg muffins are the workhorse of low-carb eating. They're cheap to make, easy to prep in batches, and super forgiving. You can eat them hot or cold, customize the flavor any way you want, and they actually keep you full — because they're loaded with protein and fat, not empty carbs.

Base Recipe: Egg Muffins (Makes 6)

What You Need:

- 6 large eggs
- Optional: 2 tbsp heavy cream (for fluffier texture and added richness)
- Optional: 1/2 cup shredded cheese
- 1/2 cup pre-cooked meat (bacon, sausage, diced ham)
- Salt and pepper to taste
- Cooking spray or butter for greasing
- Optional: 1/4 cup chopped veggies (onion, bell pepper, spinach — go light and keep them dry)

Instructions:

1. Preheat oven to 350°F.
2. Grease your muffin tin.
3. In a mixing bowl, beat eggs and cream (if using). Add salt and pepper.
4. Stir in cheese, meat, and any optional veggies.
5. Pour mixture into muffin cups, about 3/4 full.
6. Bake 20–25 minutes, checking at 20. Toothpick test — if raw egg comes out, give it another 2–3 minutes.
7. Let cool slightly. Pop them out and store or eat.

Overcook Warning:

To check if the egg muffins are done, stick a butter knife into the center of one. If the knife comes out with wet egg on it, they need a couple more minutes in the oven. They're ready when the knife comes out clean. Just keep in mind that melted cheese might stick to the knife too, so focus on whether it's egg or cheese before deciding. If the tops are golden brown, you've gone too far. Pull when just barely set with a faint touch of color.

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Why This Belongs in Your Fridge:

Egg muffins are your low-carb utility belt. You can batch cook a dozen, keep them in the fridge all week, or freeze extras.

Build-Your-Own Flavor Bombs

Meats:

- Crumbled Italian sausage
- Diced Polish kielbasa
- Leftover pork roast
- Chorizo or breakfast sausage

Seasonings:

- Garlic powder
- Taco seasoning (1 tbsp per 6 eggs)
- Crushed red pepper, paprika, and onion powder
- Cajun, Italian, southwest blends

Cheeses:

- Picante provolone
- Asiago
- Gruyere cheese
- Sharp cheddar, pepper jack

Quick Combos:

- Italian sausage + Asiago
- Ham + sharp cheddar + green onion
- Chorizo + pepper jack + jalapeño
- Kielbasa + provolone + sautéed onion

Storage + Reheat Tips:

- Fridge: Up to 5 days in an airtight container.
- Freezer: Wrap individually or in a freezer bag, up to 2 months.
- Reheat from fridge: Microwave 30 seconds.
- Reheat from freezer: Microwave 60–75 seconds or thaw overnight.