Not sixty grams of carbohydrate on this diet but zero grams. During the first week on this diet, you cut your intake of carbohydrates down to what is biologically zero.

My notes: pg 102 Explaining Biological Zero Carbs:

"Where you start the diet, of course, is with a daily intake of zero grams of carbohydrate. Although we allow salad on the diet from the start, and lettuce has carbohydrate in it, the amount it contains is so minute as to be biologically the equivalent of zero."

I believe that is where he first explained that term. The point he is trying to make is that tiny amounts of carbs sporadically consumed won't make an iota of difference as far as your body is concerned, and allows ketosis to continue without hindrance. On that same page he said that you must "drastically reduce" the carbs to ...

"...well below 40 grams of carbohydrate a day. And that's is the upper limit. That's where most of you will end your diet and start maintenance."

This creates a unique chemical situation in the body, the one favorable to the fastest possible burning of your body’s stored fat. Ketones are excreted, and hunger disappears.

You see, the first fuel your body burns for energy comes from the carbohydrates you eat and drink. If any carbohydrate is available, your body burns this rather than stored fat-and maintains its old metabolic pathways. But carbohydrates, as such, are not stored in the body beyond forty-eight hours.

So when no carbohydrate is taken in, your body must draw upon the major reserve source of fuel-the stored fat.

It is forced to take a different metabolic pathway. In this process your body converts from being a carbohydrate-burning engine.

This is The Diet Revolution: the new chemical situation in which ketones are being thrown off-and so are those unwanted pounds, all without hunger.

A gradual addition of carbohydrate to keep your body burning it’s fat as fuel. We must maintain this chemical situation if you’re to continue to lose without hunger. And if we add carbohydrate very gradually in tiny amounts-we can do just this... keep your body converted into a fat-burning engine.
So that is just what we do. The second week you might add a few grams of carbohydrate to your diet. Every week thereafter a little more carbohydrate (around five grams) may be returned to the diet.

The Diet Revolution Rules [pg 138]:

1. Don’t count calories
2. Eat as much of the allowed foods as you need to avoid hunger.
3. Don’t eat when you are not hungry.
4. Don’t feel you must finish everything on your plate just because it is there.
5. Drink as much water or calorie free beverages as thirst requires. Don’t restrict fluids... but it is not necessary to force them either.
6. Frequent small meals are preferable.
7. If weakness results from rapid weight loss, you may need salt.
8. Every day, take a high-strength multivitamin pill.
9. Read the labels on “low-calorie” drinks, syrups, desserts. Only those with no carbohydrate content are allowed.

THE FIRST LIFE-CHANGING WEEK. Eat nothing that is not on the list [pg135]:

**Meat:** Steaks, Corned Beef, Lamb Chops, Tongue, Hamburger, Bacon, Any kind of meat in any quantity—except meat with fillers such as sausage, hot dogs, meatballs, most packaged “cold cuts”

**Fowl:** Duckling, Turkey, Chicken, Anything with wings, No stuffing

**Desserts:** Gelatin with artificial sweeteners

**Condiments:** Salt, pepper, mustard, horseradish, vinegar, vanilla, and other extracts; artificial sweeteners; any dry powdered spice that contains no sugar

**Drinks:** Water, Mineral water, Vichy, Club soda; Beef or Chicken broth, bouillon; Sugar free diet soda; coffee*, tea, decaffeinated coffee

*Special note on caffeine and Diet Cola. Because most heavy people have some hypoglycemia, coffee, tea and diet colas, which contain caffeine, should be limited to six servings a day (cups). If you know you have low blood sugar, better limit it to three.

**Fish:** All fish, including canned salmon, tuna; any kind of seafood, including oil-packed and smoked, except oysters, clams, mussels, scallops, and pickled fish

**Eggs:** Boiled, fried, scrambled, poached, omelet – any style and without limitations

**Salads:** Two small green salads a day (each less than one cupful, loosely packed) made only of leafy greens, celery, or cucumbers and radishes. Dressings with vinegar, oil, salt,
dry spices, herbs, grated cheese, or anchovies. Or else a sour pickle in place of a salad. Plus... green olives.

**Diet Revolution Salad Material** [pg 138]: Celery, Chicory, Chinese cabbage, Chives, Cucumber, Endive, Escarole, Fennel, Lettuce, Olives (Green or Black), Onions, Pickles (Sour or Dill), Parsley, Peppers, Radishes, Scallions, Watercress.

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Another quoted explanation from pg 134 about "Biological Zero Carbs:

"**PLUS NUMBER 2: GREEN SALADS PLUS...**The second plus is that you’re allowed green salad with your lunch and dinner. Yes, even though this first week of the diet is call a carbohydrate-free diet and lettuce contains a tiny bit of carbohydrate. But in biological systems an approximation can do the job. **Biology isn't quite like engineering.** Given the amount of carbohydrate in these two salads, what happens in the body is approximately the same in 99 percent of dieters as if no salad had been eaten..."

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**[pg 137]**

**Butter & Mayonnaise) Fats:** Butter, margarine, oils, shortening, lard & mayonnaise (Fats have no carbohydrates.)

**Juice:** Juice of one lemon or lime

**Cheese:** Four ounces a day of any hard aged cheese. No cream cheese or cheese spreads.

**Heavy Cream:** Four teaspoons a day. (Cream has less carbohydrate than milk – so don’t use milk.)

**The DIET REVOLUTION NO-NO’s** [pg 140]

(This is not a complete list, by any means.) For you they’re poison-- don’t forget it.

<table>
<thead>
<tr>
<th>Bananas</th>
<th>Crackers</th>
<th>Pears</th>
</tr>
</thead>
<tbody>
<tr>
<td>Beans (except for Green or Wax)</td>
<td>Dates</td>
<td>Pickles, Sweet</td>
</tr>
<tr>
<td>Bread</td>
<td>Figs</td>
<td>Potatoes, White</td>
</tr>
<tr>
<td>Cake</td>
<td>Flour</td>
<td>Potatoes, Sweet</td>
</tr>
<tr>
<td>Candy</td>
<td>Fruit, dried</td>
<td>Raisins</td>
</tr>
<tr>
<td>Cashews</td>
<td>Honey</td>
<td>Relish, Sweet</td>
</tr>
<tr>
<td>Cereal</td>
<td>Ice Cream</td>
<td>Rice</td>
</tr>
<tr>
<td>Chewing Gum</td>
<td>Jam</td>
<td>Spaghetti</td>
</tr>
<tr>
<td>Cookies</td>
<td>Catsup</td>
<td>Sugar</td>
</tr>
<tr>
<td>Corn</td>
<td>Macaroni</td>
<td>Syrup</td>
</tr>
<tr>
<td>Cornstarch</td>
<td>Milk</td>
<td>Yams</td>
</tr>
<tr>
<td></td>
<td>Pancakes</td>
<td>Yogurt, Sweetened</td>
</tr>
</tbody>
</table>

No “MISTAKES”. Sometimes a single stick of chewing gum, or putting milk in your coffee could put you right back to level one by upsetting the new chemical balance in your body. Yes, even that much carbohydrate can turn off your fat mobilizing hormone.
Then you'll need at least two no-carbohydrate days to get it circulating again so that you’re un-hungry, feeling high and burning off fat again.

**WHAT HAPPENS AFTER THE FIRST WEEK’S DIET?** [pg 143]

Most diets are fixed formulas and are therefore short-termed and self-limiting. This diet is fixed only for a week. After that – because it must be a lifetime diet, it is, as variable as are individual tastes.

I’ve labeled the additions of carbohydrate that follow’ second level’, ‘third level’, ‘fourth level’, ‘fifth level’, but in fact the additions are interchangeable and flexible. You can make any of these additions any week that you choose.

I am so committed to making this a livable lifetime diet that I am letting you select your own variations, within the rules set up by your biological rulebook.

Put back what you’ve missed the most: The idea is simply to graduallly return to your diet first what you missed most. Custom-tailor the diet to suit your carbohydrate additions to suit your lifestyle. All that matters is that you add back to your diet a little carbohydrate at a time, and that you stop adding carbohydrate when you reach your CCL.

How to know when to put back a little carbohydrate: Ask yourself: Are the keto-stix still turning purple? Am I still un-hungry? Have I stopped eating at night? Do I have more energy? Am I still losing weight or inches nicely?

[pg 144] **Remember, your tape measure is a lot better friend than your scale, not only more accurate, but better able to report on the actual fat (not just temporary water) losses this diet achieves.**

**THE SECOND LEVEL: CHEESECAKE FOR DESSERT?** [pg 145] At each level, remember you add approximately five to eight grams of carbohydrate daily for a week and analyze the results. Most people agree the best way to handle the second level is to add cottage cheese...

**The Diet Revolution Vegetables (not for level one)** [pg 138]: All of the above plus; Asparagus, Avocado, Bamboo Shoots, Bean Sprouts, Beet Greens, Broccoli, Brussels Sprouts, Cabbage, Cauliflower, Chard, Chinese Cabbage, eggplant, Kale, Kohlrabi, Mushrooms, Okra, Onions, Peppers, Pumpkins, Rhubarb, Sauerkraut, Snow Pea Pods, Spinach, String Beans, Summer Squash, Tomatoes, Turnips, Water Chestnuts, Wax Beans, Zucchini Squash