

LCHF DIVA

THE REAL-LIFE LOW-CARB HIGH-FAT STARTER GUIDE

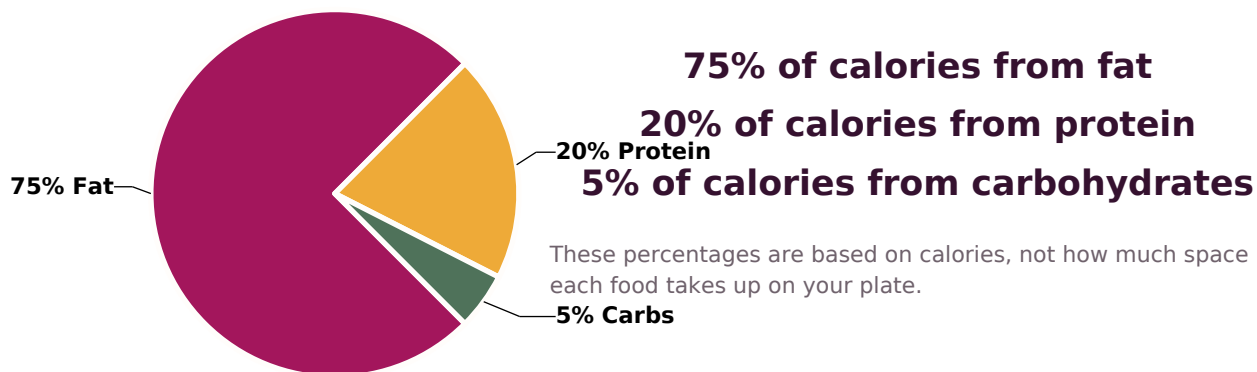
75% FAT 20% PROTEIN 5% CARBS

Simple food. Honest guidance. No perfection required.

LCHFDiva.com

Start Here: What LCHF Means

LCHF stands for low carb, high fat. The approach I use and talk about is built around a simple calorie breakdown:



My goal is not to make food complicated. I focus on keeping net carbs low, eating enough protein, and using fat for satisfaction and energy.

What the percentages look like in grams

Daily calories	Fat (75%)	Protein (20%)	Carbs (5%)
1200	100 g	60 g	15 g
1500	125 g	75 g	19 g
1800	150 g	90 g	22 g
2000	167 g	100 g	25 g

The gram amounts are examples, not personal calorie targets. Your needs may differ.

Count Net Carbs, Not Just Total Carbs

This is the calculation I use when I read a Nutrition Facts label:

$$\text{TOTAL CARBOHYDRATES} - \text{FIBER} - \text{SUGAR ALCOHOLS} = \text{NET CARBOHYDRATES}$$

Quick example

A serving lists 12 grams total carbohydrates, 5 grams fiber, and 3 grams sugar alcohols.

$$12 - 5 - 3 = 4 \text{ grams net carbohydrates}$$

Read the serving size first

The numbers on the label apply to one listed serving. If you eat two servings, double every number before calculating net carbs.

Sugar is not subtracted

Sugar is already included inside total carbohydrates. Do not subtract total sugar or added sugar from the total.

A practical sugar-alcohol note

My method subtracts the sugar alcohols shown on the label. Different sugar alcohols can affect people differently, so pay attention to the ingredient list and to how a product affects you.

Labels and formulas help, but they do not turn a highly processed product into an unlimited food. Serving size still matters.

Build Your LCHF Grocery List

Start with foods you already like. You do not need a cabinet full of expensive specialty products.

Protein	Eggs, beef, chicken, pork, turkey, bacon, sausage without added fillers or sugar
Fats	Butter, olive oil, avocado oil, mayonnaise, heavy cream, full-fat dressings with low net carbs
Cheese and dairy	Hard cheeses, cream cheese, full-fat sour cream, unsweetened dairy products that fit your carb limit
Low-carb vegetables	Leafy greens, cabbage, cauliflower, broccoli, zucchini, cucumbers, mushrooms, peppers
Flavor	Salt, pepper, herbs, dry spices without added sugar, mustard, vinegar, hot sauce
Easy backups	Broth, sugar-free gelatin, pickles, olives, canned chicken, frozen low-carb vegetables

Foods I leave out during a strict start

Bread, pasta, rice, flour, regular sweets, sugar-sweetened drinks, and other foods that push carbohydrates above my limit.

Choose products by their labels

Words such as keto, low carb, natural, or sugar free on the front of a package do not replace checking total carbohydrates, fiber, sugar alcohols, serving size, and ingredients.

The Simple Meal Formula

When I do not know what to make, I build a meal from three parts:

1	Choose a protein	Eggs, chicken, beef, pork, or turkey
2	Add satisfying fat	Butter, cheese, oil, cream sauce, mayonnaise, or full-fat dressing
3	Add a low-carb side	Cabbage, cauliflower, broccoli, zucchini, mushrooms, peppers, or a small salad

Three easy days using LCHF Diva recipes

Day	Breakfast	Lunch	Dinner
1	Cream Cheese Pancakes	Philly Steak n Cheese Bowl	Crack Slaw
2	Egg Loaf	Everything Chicken Salad	Cheesy Chicken and Veggies
3	Steak and Bacon Omelette	Italian Grinder Bowl	Bacon-Wrapped Meatloaf

Find every recipe at LCHFDiva.com. Adjust portions and foods to fit your own needs and carb target.

Why I Started With the 1972 Atkins Approach

When I started learning how to eat low carb, the original 1972 Atkins approach gave me a clear list and simple boundaries. I did not have to guess what counted as low carb.

The strict beginning focused on:

- Meat, poultry, eggs, and limited hard cheese
- Butter, oils, mayonnaise, and other fats
- A small amount of low-carb vegetables and salad
- Water, coffee, tea, broth, and zero-carb drinks
- No bread, pasta, rice, flour, regular sugar, fruit, or alcohol during the strict start

This is the historical approach I followed and discussed on LCHF Diva. It is not a command that everyone must follow exactly.

My modern LCHF focus

I describe my own approach with the 75% fat, 20% protein, and 5% carbohydrate breakdown, while counting net carbohydrates from food labels.

Read the original posts

Start Here: Atkins 1972 Version

LCHFDiva.com/2014/08/atkins-1972-version/

1972 Atkins Food List - These Are the Foods I Eat

LCHFDiva.com/2014/08/1972-atkins-food-list-foods-eat-lchf/

Common Beginner Questions

Do I have to buy special keto food?

No. Meat, eggs, butter, cheese, seasonings, and low-carb vegetables can carry most meals.

What should I drink?

Water is the simplest choice. Check labels on every flavored drink, creamer, mixer, and packet because carbohydrates can add up quickly.

What if I am hungry?

Build complete meals instead of chasing tiny snacks. Include protein and enough fat to make the meal satisfying, then check whether hidden carbohydrates are driving cravings.

What if the scale moves up and down?

Daily weight can change because of water, sodium, digestion, hormones, and timing. Look at the longer trend and at how consistently you are following your plan.

Can I use sugar-free products?

I use them when they fit my net-carb count. I still read the full label, check the serving size, and pay attention to how the ingredients affect me.

Do I need to be perfect?

No. You need a plan you can return to. One imperfect meal does not erase every good decision you made before it.

Before You Begin

Talk with a qualified health professional before making a major diet change if you are pregnant, have kidney, liver, gallbladder, pancreatic, eating-disorder, or other significant health concerns, or take medicine that affects blood glucose or blood pressure.

Your first-week checklist

- ☐ Choose the calorie level or carb limit you plan to use.
- ☐ Write down your 75/20/5 targets in grams.
- ☐ Check serving sizes before calculating net carbohydrates.
- ☐ Remove or set aside the foods that make staying on plan harder.
- ☐ Pick three breakfasts, three lunches, and three dinners you will actually eat.
- ☐ Keep simple backup foods ready for busy days.
- ☐ Track honestly, learn from the numbers, and adjust with qualified guidance when needed.

A note from LCHF Diva

This guide shares the approach I use and talk about. It is educational information, not medical diagnosis or individualized treatment. Bodies, health conditions, and medication needs are different.

Keep Going

You do not need to learn everything today. Start by reading labels, counting net carbs, and building meals from foods that fit the plan.

**127 original recipes, cooking videos, and the
complete LCHF Diva archive**

LCHFDiva.com

References and further reading

UCLA Health. Net carbs are carbs minus fiber and sugar alcohols.

uclahealth.org/news/article/net-carbs-are-carbs-minus-fiber-and-sugar-alcohols

NCBI Bookshelf. The Ketogenic Diet: Clinical Applications and Evidence-Based Research.

ncbi.nlm.nih.gov/books/NBK499830/

National Institute of Diabetes and Digestive and Kidney Diseases. Low Blood Glucose and Diabetes Medicines.

niddk.nih.gov/health-information/diabetes/overview/preventing-problems/low-blood-glucose-hypoglycemia

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