

DOC NO. 06 · HEALTH CONCEPT

# Carbs, Honestly.

*Why the plan caps carbohydrate exposure at the broccoli-and-avocado floor — and the audit that finds the sugar hiding in your kitchen.*

06

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DOC HUB

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PROTOCOL

**High-Protein · Low-Carb**

EDITION

**01**



## HEALTH CONCEPT

# Carbs, Honestly

*There is no required dietary carbohydrate. Your liver makes glucose from protein on demand. Once you accept that, the question stops being 'how many carbs?' and starts being 'where are the carbs hiding?'*

## WHAT THE PLAN ALLOWS

## Two whole foods, two ranges.

**Broccoli** brings 6 g total carb / 2.4 g fiber per cup — netting roughly 4 g. **Avocado** brings 12 g total carb / 9 g fiber per fruit — netting roughly 3 g. Together they account for 100% of the plan's daily carbohydrate exposure: about 10–14 grams of net carbs per day. That's a tenth of what most American adults eat.

## WHERE CARBS HIDE

## The audit your kitchen needs

**Marinades + BBQ sauces.** Almost all are sweetened. Read the label; if sugar, dextrose, syrup, or honey appears in the first three ingredients, return it to the shelf.

**Breaded chicken anything.** The 'chicken' in many products is up to 35% breading by weight. Buy whole breasts and bread them yourself if you must — but the plan does not.

**Most salad dressings.** Even 'savory' dressings hide 4–8 g of sugar per tablespoon. Olive oil, vinegar, salt is the answer.

**Cured meats with maltodextrin.** Bacon and breakfast sausage are often sweetened. Look for sugar-free brands or buy from a butcher.

**Restaurant fish.** Glazed, blackened, and brushed proteins almost always carry sugar. Ask for plain grilled with butter and lemon.

**'Healthy' protein bars.** An average bar holds 18–32 g of net carbs. They are candy with extra steps.

## THE FIRST WEEK

## What to expect, and how to fix it

Days 3–6 can feel hollow — headaches, light dizziness, low energy. This is electrolyte loss, not carbohydrate withdrawal in any meaningful sense. The fix is boring and total: salt, water, magnesium, and potassium. Pinch of sea salt at every meal. Three liters of water a day. A magnesium glycinate before bed. Avocado covers your potassium — keep eating it.

*"The week-one wall is mineral, not moral. Salt your food, drink your water, sleep your eight hours, and the wall stops being a wall."*