

The Low Carb Journey

What is this program?

- **The Low Carb Journey** is a self-guided, 16-week program that teaches you how to follow a very low-carbohydrate meal plan (less than 50 grams of carbs per day).
- The program content includes 3-5 minute videos, handouts, recipes, tips, and check-in messages on topics like meal planning, carb counting, dining out, and more.
- Along with reading and watching the learning materials, you will track your weight and the carbs you eat and drink (your carb intake) every week.



Is this program for me?

This program is for you if:

- You want to follow a very low-carbohydrate meal plan (less than 50 grams carbs per day).
- You are willing to complete tasks through an online program (using a mobile app or web browser).
- You have an active patient portal account ([MyUofMHealth.org](https://myuofmhealth.org)). Ask your clinic if you are interested in signing up for the patient portal.
- You are comfortable recording your weight and carb intake using the portal. (If watching your weight is upsetting or stressful to you, this may not be the right program for you.)
- You are willing and able to check your blood pressure or blood sugar if you are taking medications for high blood pressure or diabetes.

How does the program work?

- You must have an active patient portal account to participate. Learn more at: UofMHealth.org/patient-visitor-guide/patient-portal
- All program content is delivered through **MyUofMHealth's Patient Portal Care Companion** platform, through either the mobile app or a web browser. You can find your tasks by reviewing your **To Do List** or **Care Companion**, which are both located in the menu.
- Once your doctor has enrolled you in the program, you will start receiving Care Companion tasks. You can stop or leave the program at any point.
 - **If you are using the mobile app:** You must turn on push notifications to get alerts through your device that you have Care Companion tasks to complete.
 - **If you are using a web browser:** You will receive e-mails about Care Companion tasks you need to complete.

Who do I contact if I need help?

- The “Ask a Question” button in your tasks lets you contact the doctor who referred you to the Low Carb Journey program. The button will redirect you to the patient portal’s “Ask Educational Question” form.
- If you need help with a technical issue in Care Companion, please contact Patient Portal Support at (734) 615-0872, option 1, on Monday through Friday from 7:00 AM – 7:00 PM or Saturday 8:00 AM – 1:00 PM.
- **Please do not use the patient portal to report emergencies. For medical emergencies, please call 911.**

The Low Carb Journey program outline:

Week	Title	Description
Week 1	Introduction	Learn the foundations of what you need to know on a very low-carb meal plan, including topics like understanding carbs, counting carbs, and meal planning.
Week 2	Breakfast Basics	Looking for low-carb breakfast ideas? You'll want to check out this week for recipes, tips, and strategies to help stay on track.
Week 3	Lunch Basics	Lunch is often a busy time of day. Week 3 focuses on strategies to plan ahead and save time. We share ideas for low-carb snacks too!
Week 4	Dinner Basics	In Week 4, we talk about dinner! We explore low-carb substitutions, grocery shopping, and creative uses for leftovers.
Week 5	Review Week	We take a break from new content by reviewing all we've learned so far, with extra tips, recipes, and resources.
Week 6	Low-Carb on a Budget	It's budget week! We share suggestions on how to eat low-carb on a budget, with ideas for low-carb items at the dollar store.
Week 7	Family Meals	In Week 7, we discuss tips to make meals for more than one person. You'll learn to make simple changes to your favorite meals for everyone to enjoy.
Week 8	Dining Out	This week, we'll guide you through some strategies to help you with dining out on a very low-carb meal plan.
Week 9	Low-Carb Fast Food	Following last week's content, we take a deeper dive into low-carb menu items found at common fast-food restaurants.
Week 10	Review Week	We take a break from new content by reviewing all we've learned so far, with extra tips, recipes, and resources.
Week 11	Navigating Social Gatherings, Holidays and Travel	In Week 11, we explore social gatherings, holidays, and traveling. We will share strategies to help you handle these events successfully.
Week 12	Challenges and Support	This week, we discuss ways to handle possible challenges and share more resources to help you build your support network.
Week 13	Review Week	We take a break from new content by reviewing all we've learned so far, with extra tips, recipes, and resources.
Week 14	Intro to Physical Activity	In Week 14, we introduce physical activity and its health benefits, and explore ways we might fit it into our lifestyle.
Week 15	Overcoming Barriers to Physical Activity	Part 2 of physical activity covers some of the possible barriers to physical activity and how we might overcome them.
Week 16	Reintroducing Carbohydrates	In the final week of the program, we discuss the strategies to reintroduce carbs into your diet if you want to.

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