

FOOD

Carb Contol

Carbohydrates do raise blood sugar, because they provide so much of your body's preferred source of fuel: glucose. When glucose levels rise, your pancreas releases a flood of insulin that prompts cells to store sugar. Advocates say that eating a diet low in carb makes weight loss easier because low, steady blood sugar conquers food cravings. But the next step in the low-carb equation is open to debate: Proponents say these diets also change your metabolism so your body breaks down more fats, and—voilà—fewer of the calories you eat are stored as flab.



Getting Started on a Low Carb Diet

Six Steps for the Beginner

So you've decided to reduce the carbohydrate in your diet. Now what? It's time to think ahead a bit so you can have your best chance of success. Here are six steps to give you a strong start.

1. Become Informed

Read about various low carb diets, or zero in on one. Above all, don't fall for the common myths about eating low carb — such as that there are no vegetables or fruit, that it can't be healthy, that it has to be boring, etc. Like other ways of eating, low carb eating can be healthy or not, balanced or not, and there is certainly no reason for it to be boring.

2. Start Making Easy Changes

While you are learning about low-carb eating, you can start to make some changes towards reducing unhealthy carbs in your diet. Choose one or two things to change at a time. You may be surprised that some results can be achieved with less effort than you thought.

3. Decide on an Approach

There is no one low carb diet. The popular plans span a range of carb levels and food choices, though essentially all of them cut out most sugars and starches.

Alternatively, if you just know you're not the kind to read a book and follow someone else's idea of a diet, the "No White Diet" works for many people. Basically, you just stop eating food with sugars, white flour (pasta, bread, cake, donuts, etc), white rice, and potatoes (some include milk). This effectively cuts back on the carbohydrate in your diet, especially the high glycemic types. Just realize that there are also white foods, such as tofu, cauliflower, and onions, which are low in carbs and good for you!



4. Get Familiar with What You Can Eat

It's easy to fall into thinking a lot about what you can't eat, but much more productive to focus on what you can eat. At first, it's probably best to keep it simple — for example, you can just eat the same dinner as before, substituting vegetables for the starch.

5. Plan Your First Week

Nothing stops a new eating plan faster than getting to the fourth day and realizing you have no idea what to snack on, or fix for dinner. Planning a full week of menus and snacks gives you a buffer period when you don't have to worry about it.

6. Get Support

Inevitably, things you didn't think of will come up. The first two weeks of a diet change can be difficult. The temptation when trying something new is to chuck it overboard at the first obstacle. To be successful, you must accept that unexpected "speedbumps" will happen, and make a commitment ahead of time to work through them. This is the time to get advice from others who are ahead of you on the road.



Low Carb Chicken Cordon Bleu

"'Cordon Bleu' is a French term, literally translated as 'blue ribbon'. This yummy version adds paprika and a creamy white wine sauce worthy of its own blue ribbon."

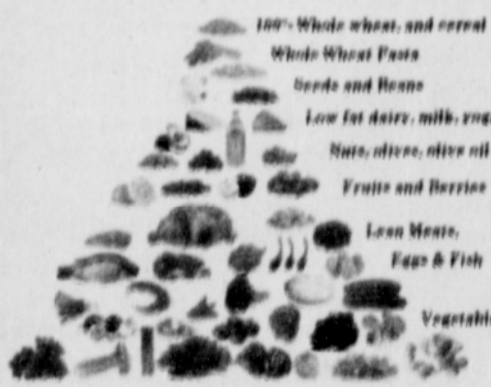
Calories: 580
Total Fat: 40.8g
Total Carbs: 6.7g

Ingredients

- 6 skinless, boneless chicken breast halves
- 6 slices Swiss cheese
- 6 slices ham
- 3 tablespoons all-purpose flour
- 1 teaspoon paprika
- 6 tablespoons butter
- 1/2 cup dry white wine
- 1 teaspoon chicken bouillon granules
- 1 tablespoon cornstarch
- 1 cup heavy whipping cream

Directions

1. Pound chicken breasts if they are too thick. Place a cheese and ham slice on each breast within 1/2 inch of the edges. Fold the edges of the chicken over the filling, and secure with toothpicks. Mix the flour and paprika in a small bowl, and coat the chicken pieces.
2. Heat the butter in a large skillet over medium-high heat, and cook the chicken until browned on all sides. Add the wine and bouillon. Reduce heat to low, cover, and simmer for 30 minutes, until chicken is no longer pink and juices run clear.
3. Remove the toothpicks, and transfer the breasts to a warm platter. Blend the cornstarch with the cream in a small bowl, and whisk slowly into the skillet. Cook, stirring until thickened, and pour over the chicken. Serve warm.



Low Carb Food Pyramid

Low Carb Oreo Cookie Bark

"For this batch I used the mint Oreos. This is really more of a candy than a cookie, but it is always a hit on my cookie trays!!"

Ingredients

- 1 (20 ounce) package chocolate sandwich cookies with crème filling
- 2 (18.5 ounce) packages white chocolate

Directions

1. Line a 10x15 inch jellyroll pan with waxed paper. Coat paper with non-stick vegetable spray and set aside.
2. In a large mixing bowl, break half of the cookies into coarse pieces with fingers or the back of a wooden spoon.
3. In a microwave safe glass or ceramic mixing bowl, melt one package of the white chocolate according to package directions. Remove from microwave and quickly fold in broken cookie pieces. Pour mixture into prepared pan and spread to cover half the pan.
4. Repeat process with remaining chocolate and cookies, spreading mixture into the other half of pan. Refrigerate until solid, about 1 hour.
5. Remove bark from the pan and carefully peel off waxed paper. Place bark on a large cutting board and cut with a large chef's knife. Store in airtight container.

Calories: 59

Total Fat: 2.7g

Total Carbs: 8.5g

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1.29 lb
Pork Shoulder Country Style Ribs
Bone-in. SAVE up to \$2.00 lb.

1.99 lb
Rancher's Reserve® Boneless Beef Chuck Steak
SAVE up to \$3.00 lb.

79¢ lb
Safeway Chicken Drumsticks or Thighs
Marinate. Or Chicken Leg Quarters. SAVE up to \$1.00 lb.

4.99 lb
Cooked Shrimp
16 to 18-oz. 0-cholesterol. 2-oz. per lb. \$4.19 lb. Freshly Shrimp. SAVE up to \$2.00 lb.

10¢ (10¢)
Fresh Express Green & Crisp Salad
1 to 12-oz packages. Selected varieties. Club Price: \$2.99. SAVE up to \$1.00 lb.

77¢ lb
Sweet Green Seedless Grapes
SAVE up to \$2.25 lb.

77¢ lb
Vine Ripe Tomatoes
16 to 26-oz. Selected varieties. SAVE up to \$2.00 lb. Also by White or Black. Multicultural \$2.99.

2 for \$7
Refresh Water
24-Pack. 16.9-oz. Club Price: \$3.50 ea. SAVE up to \$3.98 on 2.

2 FREE
Lay's Potato or Tostitos Tortilla Chips
9 to 13.5-oz. Selected varieties. SAVE up to \$7.58 on 4.

1 FREE
Classico Pasta Sauce
16 to 26-oz. Selected varieties. SAVE up to \$3.49 on 1 FREE.

5
Lucerne® Yogurt
6 to 8-oz. Selected varieties. Club Price: 50¢ ea. SAVE up to \$1.00 on 10.

1 FREE
Safeway SELECT® Ice Cream
1.75-qt. Selected varieties. SAVE up to \$5.99 on 1 FREE.

3
Safeway Wheat Breads
22-oz. 100% Whole Wheat and Crushed Wheat. Club Price: \$1.50 ea. SAVE up to \$2.18 on 2.

1.99
Hot or Lean Pockets
7.5 to 9-oz. Selected varieties. SAVE up to \$1.00.

9.99
Tide Laundry Detergent
100-oz. 2X Liquid. 40 to 64 loads. SAVE up to \$5.00.

11.99
18-Pack Bud, Coors or Miller
12-oz. bottles or cans. Selected varieties. SAVE up to \$4.00.

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