

Ryan's Health and Weight Loss Tools and Resources

Food Tracking and Other Apps:

- **CarbManager:** Amazing food tracking app that will keep you on track and let you easily check the nutritional facts about any food you can think of, with voice recognition and barcode scan. This one is easily my favorite – Free and Pro versions available.
 - iOS: <https://thecarbsituation.com/CMiOS>
 - Android: <https://thecarbsituation.com/CMandroid>
 - **MyFitnessPal:** The most popular food tracking platform and the oldest. Great to use and connects to almost any popular service/device but based more around a calorie counting mentality. Still a fantastic app – Free and Pro versions available.
 - iOS: <https://thecarbsituation.com/MFPiOS>
 - Android: <https://thecarbsituation.com/MFPandroid>
 - **Sleep as Android:** An amazing sleep app that will help you optimize your sleep in ways you can't even imagine yet: <https://thecarbsituation.com/SAAandroid>
 - **Sleep Cycle for iOS:** A fantastic sleep tracking app for Apple to help optimize your sleep and wake you up more comfortably: <https://thecarbsituation.com/SCiOS>
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Various Tools I use:

- **My Scale:** Etekcity Smart Bluetooth Body Fat Scale, Digital Wireless BMI Weight Bathroom Scale with 12 Essential Measurements and ITO Conductive Glass, Body Composition Analyzer with App: <https://amzn.to/2MQImzF>
 - **Book: Why We Get Fat: And What to Do About It** by Gary Taubes: <https://amzn.to/2YngCV1>
 - **Heart Rate Monitor: Polar OH1+ Optical Heart Rate Sensor** - This is the super-accurate heart rate sensor (arm band, not chest – very simple) that I use in all of my workouts, strength and cardio to build my endurance and maximize fat burning. Use in concert with the MAF Method (Google it) for optimal training at low heart-rate: <https://amzn.to/2LGLUom>
 - **Keto-Mojo:** The best (and quite affordable) blood-sugar and ketone measuring device I know of. Very accurate and simple to use: <https://amzn.to/2YvWVdV>
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Relevant Blood Work/Tests:

- Lipid Panel
 - Comprehensive Metabolic Panel
 - HOMA-IR (Homeostatic Model Assessment - Insulin Resistance)
 - CBC (Complete Blood Count) – I feel like this one is optional and doesn't give much relevant info to us in this context. But the results will improve like the others. 😊
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Low-Carb Recipes:

Of course, eating a low-carb diet means you need to know what to cook! I've never found a more comprehensive, detailed place for 'keto', low-carb recipes than here. It's also available through the Carb Manager App, but this will take you right there – check it out! <https://www.carbmanager.com/recipes/>