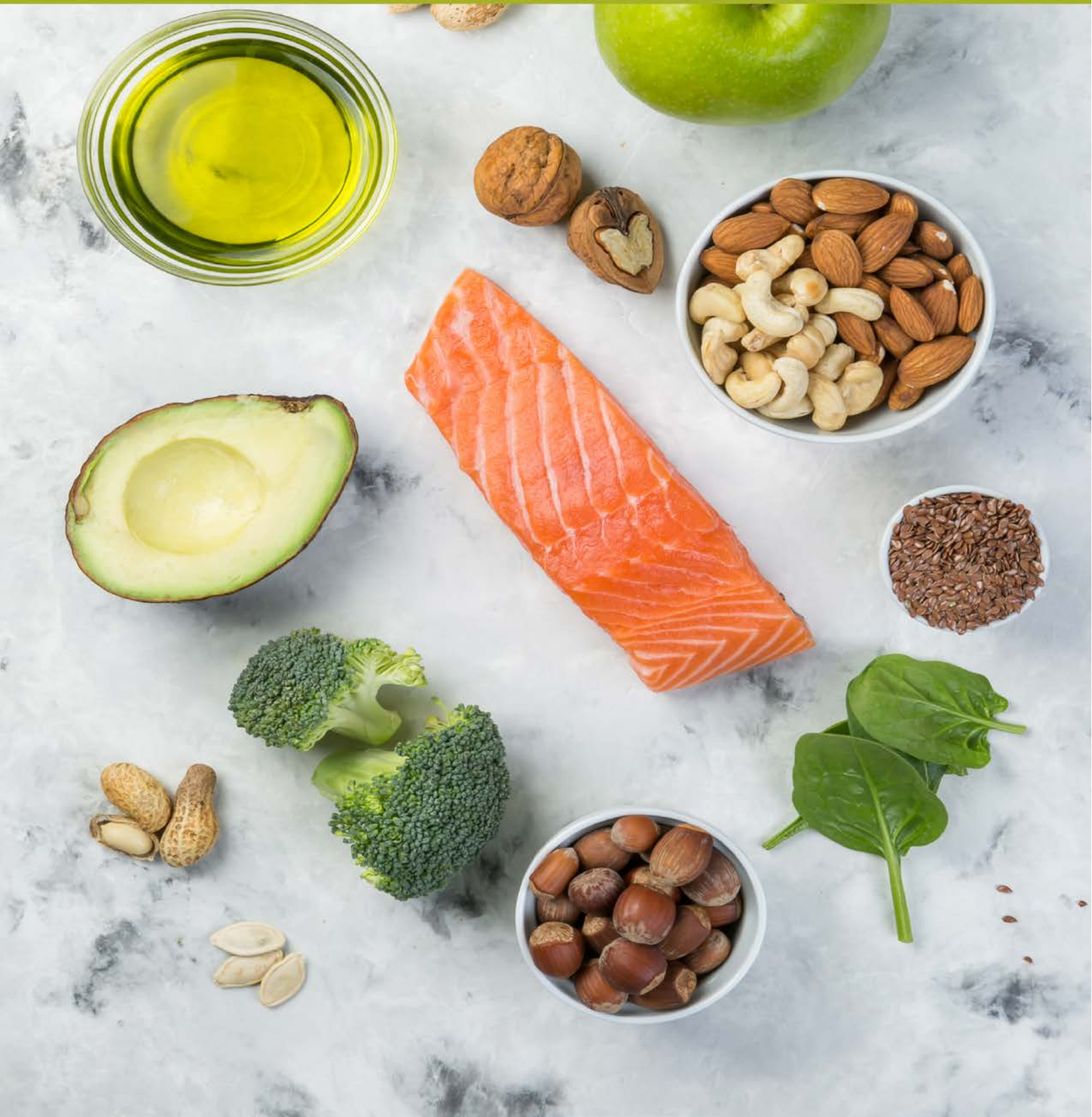


# A Complete Beginners Guide to Keto Dieting the Easy Way



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# Introduction

Before we share information about keto, we need to mention that keto is not for everyone. Some people don't do well on a ketogenic diet. One reason may be that some people don't digest fats well and do much better on a low-fat diet. Or someone may have a preexisting medical condition that makes this diet unsuitable. If you have any medical issues or concerns, please consult your doctor before undertaking any type of diet or supplement program.

If you feel keto is not for you, rest assured you can still have great success. The best option is to eat healthy whole foods that have minimal processing and use a free app like Carb Counter. (This app is also recommended if you do choose to do a keto diet). Once you install the app it will help you calculate the number of calories to eat to lose weight. It will calculate fats, carbs, and, protein to help guide you on your keto journey too.

No matter which diets you follow, keto, whole foods, or any other to lose weight you will need to consume fewer calories than you are expending. If you eat more calories than you are (expending)

burning you will not lose weight. This is where the app can help you stay on track. It can help count calories and or carbs, protein and fats.

Keto is a low-carb, high-fat diet. When followed correctly, this diet puts your body into a metabolic state known as ketosis. When in this state, your body becomes very efficient at burning fat, converting it into ketones in the liver which drive metabolism, suppress appetite, support muscle function, and provide energy and focus.

When in ketosis, our bodies produce three different types of ketones – Beta-hydroxybutyrate (BHB), Acetoacetate (AcAc), and Acetone. BHB is the most abundantly produced of the three, accounting for up to 80% of all ketones. Not only is BHB produced naturally within the body, but it can be taken in supplement form for myriad benefits.

**Fortunately, our New Weight Loss Support Product may help you no matter which diet you follow. The product has been expertly formulated to contain the perfect balance of Calcium, Magnesium, and Sodium BHBs. When used in conjunction with a keto diet, this product can help you get into ketosis faster and help you stay there, minimize**

**“Keto flu” symptoms, and provide an optimal balance of natural and exogenous BHB ketones. On its own, (without going into ketosis and following the keto diet), the product may support natural energy and stamina, improve focus and cognitive function, increase metabolism, and appetite suppression. \***

**The product also contains the added benefits of Fucoxanthin and Fucoidan, which may promote natural, fat-burning thermogenesis, and Ashwagandha, an adaptogen that can help you better manage stress, support a healthy metabolism, and improve sleep and overall well-being.**

**To learn more about this exciting product and see success stories from product users you can join our Facebook Group. Please contact the person who shared this information with you to purchase this product or find out more.**



## **Success Stories**

### **Ray Hutchison**

**“Starting this product has been a blessing beyond belief.**

**After my first 30 days, I’m down 30 lbs. I have to admit my first two weeks were a learning curve, but using this product and the path to the right type of food has made this great. I had the Keto flu for a few days, but then more energy curved appetite and the rest will be easier now thanks to the changes this product has given me.”**



## **Doc Fizz**

“I started the keto diet and new product regimen with excitement. In 2007, I was hit by a car at 65 mph and I spent two years in a wheelchair or on crutches. I didn’t get much exercise and my metabolism went down drastically. It didn’t take long for me to gain 60 lbs. Since beginning the keto diet and New Product regimen, I’ve noticed already that I’m not overly hungry, but don’t feel a loss of energy. I’m sleeping better. I’m anxious to see where this goes. It is motivating to see the results so far. I’m shooting for 70 lbs. weight

loss and I'm going to stick with it."

### **Amanda Coblentz**

"I've been using the product for about three weeks and have lost 11lbs and lost 1 ½ inch around my waist. The first week I got the "Keto Flu" but did the keto diet strictly and lost eight lbs. with no exercise. I cheated twice the second week but felt amazing. I'm still taking the product and started exercising regularly and have noticed I have more energy and am sleeping more soundly. I can't wait to see more results!"

### **Katie Beiler**

"My goal with the product was to lose 20 lbs. and I am already down 10 in the first month! I made the decision to do this and absolutely love the way I am feeling. On days where I have not followed the keto diet to perfection, the product still helps me stay on track. It has helped to curb my appetite tremendously and improved brain clarity. I would like to encourage everyone to make the decision to better their lives and go for it!"

**\* These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or, prevent any disease or illness.**

**Although the ketogenic diet has been around for almost a century, it is rapidly gaining popularity today. There is a reason why keto is so highly regarded. It's not a fad diet. It actually works.**

**The keto diet focuses on low carbohydrates, which the body converts into energy to help speed up weight loss.**



When you consume fewer carbohydrates, the body goes into a state referred to as ketosis. Thus, the name for this low-carb diet.

Ketosis helps the body survive on less food. By being in ketosis, you 'train' your body to utilize fats as the main source of energy instead of carbs, simply because there are close to zero carbs to begin with. During ketosis, the liver breaks down fats into ketones, which enables the body to use the fat as energy. During a keto diet, we don't starve ourselves of calories; we starve the body of carbohydrates. This makes weight loss easy and natural. Later on,

you'll learn that the keto diet has many additional health benefits besides fat loss.

The keto diet is easy, but some people do miss beans and breads. It takes a bit of getting used to, starting anything new is challenging after all. But ultimately, you'll feel much better, both physically and mentally that you'd be happy to avoid carbs once and for all. And being able to eat bacon on a diet does have its rewards!

# 1

## WHAT IS KETOGENIC DIET?



# **Chapter 1: What is Ketogenic Diet?**

The keto diet is a low or zero carbohydrate diet, but it differs from other low-carb diets (such as Paleo) in that it deliberately manipulates the ratios of carbs, fats, and protein to switch fat into the body's primary source of fuel. Our bodies are used to using carbohydrates as fuel. Fats, which are a secondary source of fuel, are rarely tapped on. That means the extra fat is stored and keeps adding on the pounds.

The only ways to reduce fat in a 'normal' diet are to consume less fat and workout a lot in order to increase energy expenditure over daily calorie intake, which is why most people fail to lose weight on, conventional diet.



On the other hand, the ketogenic diet uses fat for fuel, which means it gets used instead of being stored. So, weight loss becomes easy. In addition to weight loss, the ketogenic diet is known as the “healing” diet. The lack of sugar intake has been proven to help and prevent many diseases such as heart disease, high blood pressure, cancers, epilepsy, and many symptoms of aging.

The manipulation of carbs, fats, and protein is crucial in order to get into ketosis. It's a state when the body, deprived of the usual carbohydrates and sugar, is forced to use fat as its primary fuel. So

the ratio of fats and protein instead significantly higher than carbs in general.

Of course, consuming less carbs also means lowering the amount of insulin in your body. Less insulin; Less glucose and fat storage. That is why the keto diet has been so successful in helping people with diabetes. It adjusts the sugar level naturally.

The ratio of carbs, fat, and protein can vary. Many people allow themselves up to 50 grams of carbohydrates a day and still lose weight. On a stricter regime, the carb intake can be between 15 and 20 grams daily. The less carbs, the quicker the weight loss, but the diet is very flexible.

On the keto diet, you don't count calories. You count carbohydrates and adjust the intake of carbs vs. fat and protein. A typical keto diet will get 60 percent of its calories from fat, 15 to 25 percent of calories from protein, and 25 percent of calories from carbohydrates. The only limitation of the diet is sugar, which you need to avoid.

The ketogenic diet is not a fad. Many scientific studies have shown the benefits and healing effects of ketosis. Discuss the ketogenic diet with your doctor if you are interested in consuming less sugar,

losing weight, or as preventive measures against vulnerable health problems.

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## BENEFITS OF KETO DIET



## Chapter 2 -Benefits of Keto Diet

Although ketogenic diet is popularly known as a ‘rapid fat loss diet’, it is actually more to this than meets the eye. In fact, weight loss and higher levels of energy are only by-products of the keto diet, a kind of bonus. It has been scientifically proven that the keto diet has many additional medical benefits.



Let's begin by stating that a high carbohydrate diet, with its many processed ingredients and sugars, has absolutely no health benefits. These are merely empty calories, and most processed foods ultimately serve only to rob your body of the nutrients it needs to remain healthy. Here is a list of actual benefits for lowering your carbohydrates and eating fats that convert to energy:

## **Control of Blood Sugar**

Keeping blood sugar at a low level is critical to manage and prevent diabetes. The keto diet has been proven to be extremely effective in preventing diabetes.

Many people suffering from diabetes are also overweight. That makes an easy weight-loss regime a natural. But the keto diet does more. Carbohydrates get converted to sugar, which for diabetics can result in a sugar spike. A diet low in carbohydrates prevents these spikes and allows more control over blood sugar levels.

## **Mental Focus**

The keto diet is based on protein, fats, and low carbohydrates. As

we've discussed, this forces fat to become the primary source of energy. This is not the normal western diet, which can be quite deficient in nutrients, particularly fatty acids, which are needed for proper brain function.

When people suffer from cognitive diseases, such as Alzheimer's, the brain isn't using enough glucose, thus becomes lacking in energy, and the brain has difficulty functioning at a high level. The keto diet provides an additional energy source for the brain.

A study by the American Diabetes Association found that Type 1 diabetics improved their brain function after consuming coconut-oil.

That same study indicated that people who suffer from Alzheimer's may experience improved memory capacity on a keto diet. Those with Alzheimer's have seen improved memory scores that might correlate with the amount of ketones levels present.

What does this study mean to an average person? With the emphasis on fatty acids, such as omega 3 and omega 6 found in seafood, the keto diet is likely to fuel the brain with the additional nutrients to help achieve a healthier mental state. The brain tissue is made up largely of fatty acids (you've heard fish referred to as

“brainfood”), and the increased consumption of those fatty acids will logically lead to improved brain health.

Our body does not produce fatty acids on its own; we can only obtain them through our diet. And the keto diet is rich in fatty acids.

A diet high in carbohydrates can lead to a “foggy” brain, where you have difficulty focusing. Focusing becomes easier with the increased energy provided by the keto diet. In fact, many people who have no need or desire to lose weight use the keto diet to improve and enhance brain functions.

## **Increased Energy**

It’s not unusual, and has become almost normal, to feel tired and drained at the end of the day as a result of a poor, carbohydrate-laden diet. Fat is a more efficient source of energy, leaving you feeling more vitalized than you would on a “sugar” rush.

## **Acne**

While most of the benefits of a keto diet are well-documented, one benefit catches some people by surprise: better skin and less acne.

Acne is fairly common. Ninety percent of teens suffer from it, and many adults do, as well.

While it was always thought that acne was at least exacerbated by poor diet, controlled research is still being conducted. However, many people on the keto diet have reported clearer skin. There may be a logical reason. A 1972 study found that high levels of insulin can cause the eruption of acne. Since a keto diet keeps insulin at a low and healthy level, it may very well affect skin health.

In addition, acne thrives on inflammation. The ketogenic diet eases and reduces inflammation, thus enabling the body to decrease acne eruptions. Fatty acids, which are found in abundance in fish, are a known anti-inflammatory.

While research is still being done, it seems likely that a keto diet has beneficial effects for clearer, healthier, more glowing skin.

## **Keto and Anti-Aging**

Many diseases are a natural result of the aging process. While there have not been studies done on humans, studies on mice have shown brain cell improvement on a keto diet.

Several studies have shown a positive effect of the keto diet on patients with Alzheimer's disease. What we do know is that a diet filled with good nutrients and antioxidants, low in sugar, high in protein and healthy fats, while low in carbohydrates, enhances our overall health. It protects us from the toxins of a poor diet.

There is also research indicating that using fatty acids for fuel instead of sugar may slow down the aging process, possibly because of the negative effects that sugar has on our overall wellbeing.

In addition, the simple act of eating less and consuming fewer calories is a matter of basic health, as it prevents obesity and its inherent side effects.

So far, studies have been limited. However, considering the powerful positive effects of the ketogenic diet on our health, it is logical to assume this diet will help us grow older in a more natural way while delaying the natural effect of aging. A normal western diet laden with sugars and processed foods is certainly detrimental to warding off the signs of aging.

## **Keto and Hunger**

One of the major reasons diets fail is hunger. People who diet feel hungry and deprived and simply give up. A low carbohydrate diet naturally leaves people feeling full and satisfied. Less hungry means people will actually remain on the diet longer while consuming fewer calories.

6

WHAT DO I  
EAT ON A  
KETO DIET?



## **Chapter 6 - What Do I Eat on a Keto Diet?**

Some people associate the keto diet with the bad word “fat,” and are quick to dismiss it. Nothing could be further from the truth. Fat *is* allowed because it is converted into energy. Our body needs healthy fats to thrive. Other foods on the diet could not be healthier. When you’re eating ketogenic, you’re filling your body with nutrition. Let’s take a look at the foods you’ll be eating.



As this book has already pointed out, the elimination of processed foods and sugar is one of the best things you can do for your health in general. Processed foods are filled with toxic preservatives that do nothing for you but rob you of your good health. Fresh is always better. When purchasing anything at the market, get into the habit of reading labels. They can be very sneaky and revealing.

Keep your carbohydrates under 50 grams a day, and you'll feel the difference. A stricter ketogenic diet will contain approximately 20 grams of carbs a day.

# **Food to Eat on a Ketogenic Diet**

## **1. Seafood**

Everyone knows about the healthy fatty acids, vitamins and minerals in seafood. Very few of us eat enough. The keto diet encourages the consumption of all things from the sea. Shrimp and crabs are carb-free, and other shellfish contain only a low amount of carbohydrates.

Fatty fish, such as salmon and sardines, are highly recommended because of their high omega-fatty acid content. Fish truly is brainfood. Enjoy at least two servings or more of seafood a week on the keto diet. Simple canned tuna counts as seafood.

## **2. Vegetables**

Can a diet that recommends unlimited green, leafy vegetables be anything but healthy? They are extremely low in carbohydrates and bursting with vitamins, antioxidants, and the fiber we need daily. Green vegetables such as broccoli, spinach, and kale are believed to decrease the risk of heart diseases and cancer. Cauliflower and turnips can be prepared to look and taste like rice or mashed potatoes, with much less starch and carbohydrates. Mushrooms,

peppers, cucumber and tomatoes are excellent keto suitable foods. “Starchy” vegetables, such as potatoes or beets do have carbs and should be limited to the keto diet.

### **3. Dairy Foods**

a. There are cheeses to satisfy everyone’s taste. They are high in fat content for energy, high in protein and calcium, and low in carbohydrates. When choosing dairy, opt for the full-fat version of cheeses, butter, sour cream, yogurt, and milk.

b. Yogurt and cottage cheese are a great source of protein and calcium. They are low-carb and fit well into the ketogenic lifestyle. Be sure to stick with plain yogurt, as the flavored types contain a lot of sugar, as are the so-called “low fat” versions of yogurt. You can flavor yogurt and cottage cheese yourself with a few berries and nuts.

### **4. Avocados**

Avocados are a “superfood.” They are high in important vitamins and minerals, including potassium. According to a study, avocados are also believed to help lower cholesterol by 22 percent.

Loaded with nutrients and delicious taste, avocados only have 2 grams of net carbohydrates. Use them in salads and sandwiches.

## **5. Meat and Poultry**

The keto diet lets you eat plenty of meat. Meat contains very few carbs and is high in protein to help you build muscles. Whenever possible, choose healthy, grass-fed meats, which are higher in fatty acids.

## **6. Eggs**

Eggs are high in protein and contain a mere 1 gram of carbohydrates. As they are also inexpensive, they are ideal for anyone on a ketogenic diet.

Eggs also make you feel full, thereby helping you eat less. Many people take pride in only consuming the whites of eggs, but the true nutrition lies in the yolk, so be sure to eat the egg in its entirety.

## **7. Coconut Oil**

Too many people are unfamiliar with coconut oil, another “superfood.” It is perfect for people dealing with diabetes and has been used with Alzheimer’ patients.

Coconut oil can be used in most recipes in place of butter or oil. You can also use it for frying and sautéing.

## **8. Dark Chocolate**

Did you know that dark chocolate has a high number of antioxidants? As a matter of fact, dark chocolate is reaching superfood status. Chocolate with 80 percent or higher real cocoa powder can lower your blood pressure.

An ounce of 80 percent dark chocolate contains 10 grams of carbohydrates, so it definitely counts as a healthy snack. Keep in mind the lower of cocoa content, the less healthy the chocolate will be. Milk chocolate does not count as healthy chocolate.

## **10. Nuts**

Pecans, Brazil nuts, Chia seeds, Macadamia nuts, Flax seeds, Walnuts, Hemp Seeds, Hazelnuts, Peanuts, Sesame seeds, Pine

nuts, Sunflower seeds, Almonds.

Nuts and seeds are filling, nutritious foods. They are low carb and high fat which perfectly for keto.

They add texture and delicious flavors to your food. They are rich in nutrients and contain good sources of fats.

You can add them to all sorts of foods, including salads, shakes desserts and any other dish of your liking. You can also use nuts to create keto friendly milk, spreads and flours. Walnuts, almonds, filberts, and sunflower and pumpkin seeds.

## **Foods to Avoid on a Ketogenic Diet**

The keto diet has a lot less restricted foods than many other diets. Sugar, of course, should be avoided. That doesn't mean you can't enjoy sweet desserts. Many keto-friendly recipes substitute unsweetened apple sauce for sugar in baked goods. Substitute sweeteners such as Stevia can also be used in moderation.

Keep in mind that fruits are healthful, but they do contain a great deal of sugar, so limit the amount you eat to just a few slices a day. Fruit juices are concentrates that have vitamins but lack fiber. And their sugar content is extremely high. Read the label on any bottle of juice before buying. The best juices are "green" with just a hint of fruit for flavoring.

Be careful with cereals. Most are packed with sugar and robbed of any nutrients. Many claims, "nutrition added," but all that means is that all nutrition has been removed and replaced with a small amount, and a whole lot of sugar for taste. One hundred percent bran cereal will fit into your keto diet, and you can sweeten it with a handful of berries. Just be sure to examine all labels in the cereal

aisle. They can be very tricky. Also, remember that honey, too, is considered as sugar.

Totally omit white starches from your diet. They are nothing but empty calories. This includes white bread, pasta, and rice. Buy the wholegrain version, instead, and enjoy in moderation.

Legumes and beans are healthy for you, but they are high in carbohydrates. You can have them occasionally; just make sure you keep it within your daily 20 – 50 carb-gram count.

Alcohols tend to be empty calories, but certain spirits will be better for you than others. Beer is filled with carbs and should be off your keto diet. The expression “beer belly” exists for a reason. Enjoy a glass of wine, instead. Of course, there are variances in different types of wine. Dry wines contain a minimum amount of sugar, while sweet dessert wines contain much more.

Pure alcohol such as whiskey and vodka are carb-free, but they do contain calories, so have care. Mixing alcohol for fancy cocktails usually creates a haven for sugar, so avoid those.

Wine coolers may be a tasty treat, but in reality, they are just sugary sodas with some added alcohol. They should definitely not be on your keto diet at any time.

# CHAPTER

# 7

## GETTING STARTED ON THE KETO DIET



## Chapter 7 - Getting Started on the Keto Diet

You're ready for a new and improved you. Congratulations. There are so many wonderful benefits to the ketogenic diet, you can expect many positive changes, both physical and mental. So, let's not delay and get the journey started.



## **Clear Your Pantry**

We're sure you have plenty of willpower, but there is no need to confront a kitchen filled with tempting sugars and carbohydrates. Make a clean sweep and pack the offending items in a box. Then donate the loot to a needy neighbor or a soup kitchen. They will appreciate your gesture, and you are on your way to a keto lifestyle. If you have family, try to get them involved. If they refuse to refrain from eating carbs and sugar, at least insist they do so away from home. It's a fair request.

## **Weigh Yourself**

The keto diet does not require you to live by the tyranny of the scale. As a matter of fact, as you build up healthy muscles, you might notice a slight initial gain. That's great, so don't worry.

You should, however, have an idea of what your starting point is. If you opted for the keto diet solely to lose weight, you'll be able to track your progress. But don't become a slave to the scale. The occasional weigh-in, perhaps once a week, is enough.

## **What About Your Favorite Meals?**

Perhaps the very thought of giving up your favorite foods has prevented you from getting started on the keto way of life. Relax. The truth is, for every dish that you love and can't live without (yes, that includes cheesecake and mashed potatoes!), you can easily find a low-carb substitute that is just as tasty.

First, let's consider items at your market labeled "low carbohydrate." Labels are frustratingly deceiving, and you'd have to be a nutritional expert to understand them. All-too-frequently, off-the-shelf low carb products have simply substituted sugar for carbs, so don't fall for that bit of deceit. You need to learn to read labels with the diligence that you'd read your wealthy uncle's will, but your best bet is to stay away from these products and simply find healthier substitutes. The same goes for anything labeled "low fat," which inevitably means added sugars.

Craving a taco? Use a lettuce wrap instead of a taco shell. Do you want rice or mashed potatoes? Grate or rice a cauliflower, and you won't be able to tell the difference. Can't give up your favorite pasta dish? Turn zucchini into "zoodles" by slicing it or using a spiral cutter and enjoy your pasta. Can you have your favorite dessert? On the keto diet, you can. Just bake with almond

flour and use unsweetened applesauce and/or avocado to create some sweet smoothness.

Learn about coconut oil, which can be used as a butter substitute in sautéing, frying, and baking. Coconut oil has incredible health benefits, especially for Type-2 diabetics.

On the keto diet, you'll be able to enjoy all your favorite meals, only better.

## **Always Stay Hydrated**

The keto diet tends to lower your insulin level, so your kidneys may be excreting more liquid than usual. Be sure to drink plenty of water.

## **Condiments Can Be the Enemy**

Don't assume condiments don't count on a diet. On the keto diet, they most certainly do. Ketchup is filled with sugar. Not all salad dressings are equal. Read the label, and never opt for the "fat-free" version. They have merely substituted sugar for fat.

Ordering salads when eating out is one of your best options but beware of the dressing that the restaurant serves. Either ask about the ingredients, or better, bring your salad dressing. Don't hesitate to do that, even in a posh eatery where the Maître d' might become spastic at the sight of you pulling salad dressing out of your bag.

## **Keep Track of Your Ketone Level**

It's especially important to remain aware of how your body is responding to the keto diet at the start of the diet. You can do so by doing a simple urine test. You can also purchase a blood ketone meter. It is recommended to perform the test early in the morning.

## **Friends and Family Can Be Annoying – Bless Their Hearts**

Those nearest and dearest to you may not always understand what you are doing. When eating as a group, they may put subtle pressure on you to “just try a bite,” or “one slice of cake won't kill you.” Or worse, “but I cooked it especially for you!”

It will take resolve to stick to your diet. It may help to fill up on keto-friendly snacks before you sit down and eat. Enjoy some nuts, an avocado, or just a leg of chicken *before* you eat, and you will be less tempted.

## **Celebrate!**

Celebratory occasions, especially if you're the guest of honor, can be a huge hurdle. When the gang at the office or your parents enter a room with a cake yelling "Surprise!" on your birthday, it's hard to refuse. So, try being a bit sneaky, instead.

By all means gush over the offering. You are expected to do that. You can even help cut slices. Then, discover a sudden and irresistible urge for coffee, which you verbalize loudly and clearly. Gently remove yourself from the center of activity to get coffee for yourself and anyone else. By the time anyone notices, hopefully, they've missed the fact that you haven't eaten anything.

## **Traveling**

Traveling while on the keto diet can be a challenge, so be prepared. Pack a personal blender with some avocados and berries or a few quick and healthful smoothies. Pack some anchovies or tuna for protein.

## **Eating Out**

Eating out isn't as difficult as you may think. Even fast-food places have salads, these days. In any restaurant, stick to meat and vegetables and forego the potatoes and noodles.

You can even navigate the tricky maze in a Chinese restaurant. While abstaining from rice, you can enjoy the following: clear soups, steamed fish with vegetables, egg foo young, stir-fried dishes, Mu Shu without the wrappers are just a few suggestions. Ask your server if your meal can be prepared without cornstarch which is frequently used as a thickener.

Even if you end up in a fast-food place that doesn't have salad, simply toss the buns from your burger and just eat the meat. You can do the same at a friend's house or a BBQ.

## **Exercise**

The keto diet will build muscle mass and give you added energy. Don't forget to incorporate exercise into your daily routine. It can be as simple as walking more, taking the stairs, or joining a gym.

## **How Long Should You Stay on a Ketogenic Diet”**

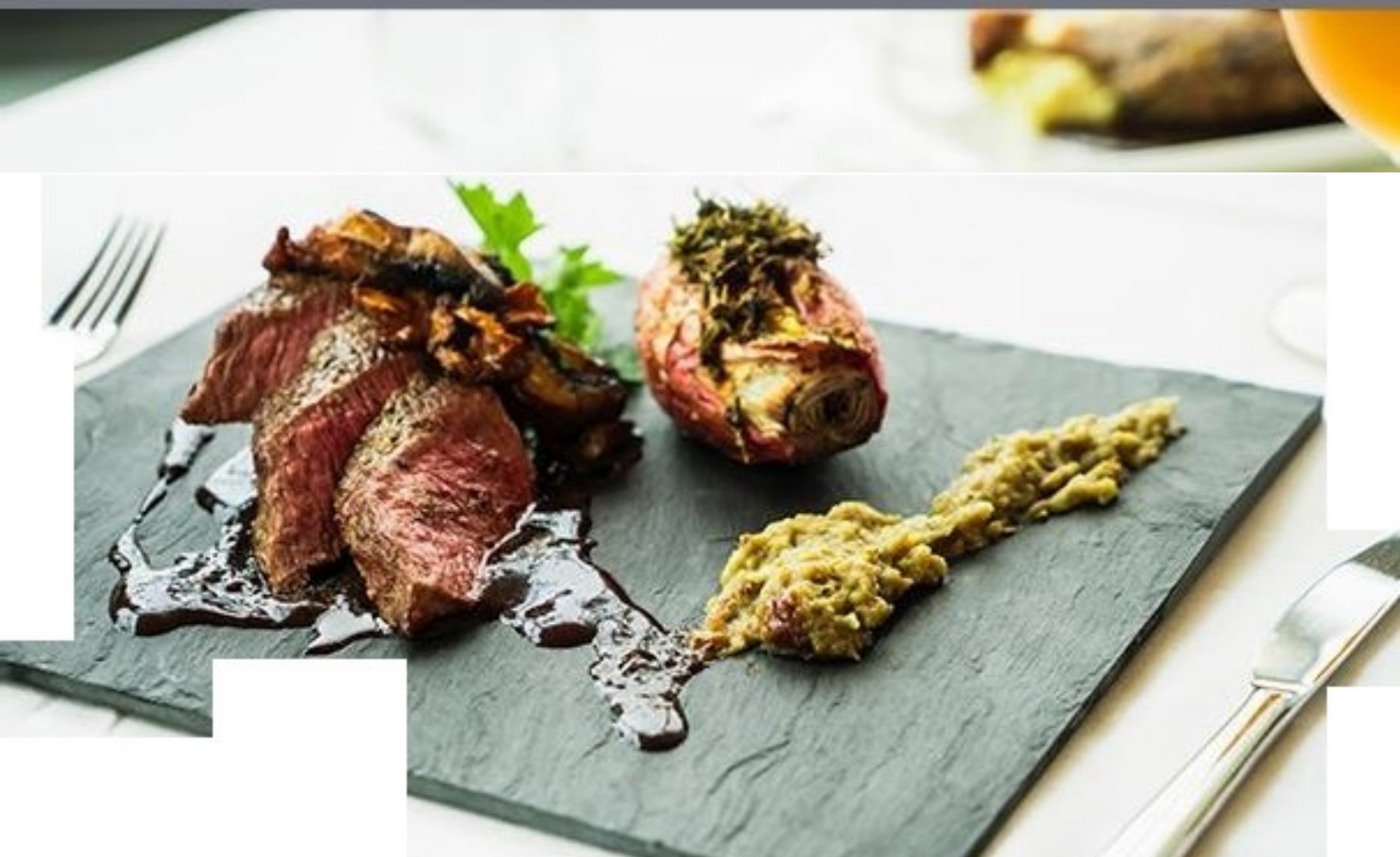
The amount of time spent on the diet can vary and should be discussed with your doctor. Many people who use the ketogenic diet for weight loss remain on the diet for several weeks, until they have achieved a goal, then they turn to a paleo diet or other maintenance eating. You do not want to lose weight only to return to your old eating habits.

If you are on the ketogenic diet for medical or therapeutic reasons, check with your doctor to ascertain if you should remain on the diet for a longer period of time.

**CHAPTER**

**8**

**KETO  
RECIPES**



## **Chapter 8 – Keto Recipes**

You can take your favorite recipes and turned into “keto.” Below are a few recipes to show you how easy it is. It might be an excellent idea to buy a keto cookbook for your kitchen.

Two of the most important keto recipes are the simple cauliflower rice and “zoodles.” They couldn’t be easier to prepare. People can get frustrated the keto diet when they crave pasta and rice. These two recipes definitely satisfy those cravings; they taste just like the real thing. The zoodles can be used for any pasta dish.



Invest in an app that helps you track calories, fats, protein and carbohydrate. The Carb Counter is a useful free app. Having this will help to increase your success.

## **Omelet Muffins**

Make plenty of these ahead of time. They'll go fast.

### **Ingredients:**

1 tbsp. butter

10 eggs

Salt and pepper to taste

1/2 cup diced ham  
1/4 cup drained spinach  
1/4 cup diced onion  
1/4 cup chopped red bell pepper  
1/4 cup shredded Pepper Jack cheese

**Directions:**

Preheat the oven to 350 degrees.

Coat a muffin pan with non-stick spray.

Whisk the eggs, then stir in the remaining ingredients.

Fill the muffin pan with the mixture

Bake for 25 minutes.

Nutritional Facts: Calories 155; carb. 2 g; fat 10 g; protein 12.5 g.

## **Breakfast Casserole**

This is a delicious casserole everyone can enjoy. It will leave you satisfied until lunch.

**Ingredients:**

10 eggs  
1/4 cup whipping cream

1 cup ricotta cheese  
1 diced onion  
Salt and pepper to taste  
1 package thawed frozen spinach  
1 cup sliced mushrooms  
1 lb. crumbled sausage meat

**Directions:**

Preheat oven to 350 degrees.  
Whisk the eggs, whipping cream, ricotta cheese and onion well  
Season with salt and pepper.  
Add the spinach, mushrooms, and crumbled sausage.  
Bake for 30 minutes.

**Keto Pancakes**

Serve these pancakes with butter and sugar-free syrup or with berries.

**Ingredients:**

1 ¼ cup almond flour  
2 tbsp. honey  
Dash of salt

1 tsp. baking powder  
1 tsp. cinnamon  
6 beaten eggs  
¼ cup plain Greek yogurt  
3 tbsp. melted butter  
1 tsp. lemon extract

**Directions:**

Stir the flour, baking powder, and cinnamon in a bowl.

Combine the eggs, honey, yogurt, lemon extract and butter in another bowl.

Slowly stir the egg mixture into the flour mixture.

Use two tablespoons of batter and drop on a hot griddle.

Cook for 4 minutes, then flip and cook for another 2 minutes.

Continue until all batter has been used.

Nutritional Information: 413 calories; 34 g fat; 18.4 g carbohydrates; 16.3 g protein.

## **Apple Red Cabbage**

Cabbage is a great vegetable to have on keto. This red cabbage side dish is yummy.

### **Ingredients:**

8 slices of bacon, cut into pieces

1 large diced onion

1 peeled and sliced apple

2 cup chicken broth

3 tbsp. red cider vinegar

2 tbsp. coconut palm sugar or sugar substitute, such as Splenda

1 tsp. ground cloves

½ tsp. allspice

½ tsp. nutmeg

Salt and pepper to taste

1 shredded red cabbage

### **Directions:**

Fry the bacon in a skillet until crispy.

Add the onion and sauté for 5-6 minutes.

Stir in the broth, sugar, vinegar, spices, salt and pepper.

Add the cabbage and cook on low for 45 minutes.

Nutrition Facts: 160 calories; 7.8 g fat; 16 g carbohydrates; 4 g protein.

## **Cinnamon Granola**

Store-bought granola usually has a high sugar content. Try this instead.

### **Ingredients:**

1 cup chopped walnuts

½ cup shredded coconuts

¼ cup sliced almonds

2 tbsp. sunflower seeds

½ tsp. cinnamon

1 tbsp. coconut palm sugar

1 tbsp. melted butter

### **Directions:**

Preheat the oven to 375 degrees.

Combine the walnuts, shredded coconut, sliced almonds, and sunflower seeds.

Add cinnamon and coconut palm sugar and stir into the nut mixture.

Spread the mixture in a single layer on a baking sheet.

Drizzle with the melted butter.

Bake for 20 minutes.

Nutrition Facts: 180 calories; 19 g fat; 4.1 g carbohydrates; 4 g protein.

## **Herbed Omelet with Smoked Salmon**

You can enjoy this omelet anytime, but a breakfast of protein and fatty acids gets the day started right.

### **Ingredients:**

2 tbsp. butter

2 beaten eggs

1 tsp. tarragon

1 tsp. thyme

Salt and pepper to taste

1 tbsp. butter

2 tbsp. chopped onions

4 very thin tomato slices

2 smoked salmon sliced

1 tsp. capers

**Directions:**

Whisk the eggs and add the tarragon, thyme, salt, and pepper.

Melt the butter in a skillet and add the beaten eggs and chopped onions.

Cook for 3-4 minutes, until the eggs begin to set.

Transfer the omelet to a plate and top with the tomato and salmon slices. Sprinkle with capers.

Nutrition Facts: Calories: 239; fat 15 g; carbohydrates 4 g; protein 22 g.

## **Cheeseburger Salad**

This is your favorite cheeseburger without the bun.

**Ingredients:**

1 lb. ground beef

Salt and pepper to taste

3 cups chopped lettuce

1 small diced onion

1 sliced tomato

¼ cup shredded cheddar cheese

4 tbsp. oil and vinegar dressing

**Directions:**

Fry the ground beef in a skillet for 4 minutes.

Add the onion and cook for another 5 minutes.

Place the beef and onions in a bowl and add the remaining ingredients, except the dressing.

Coat with the salad dressing.

Nutrition Facts: Calories 290; Fat 14 g; Carbohydrates 6; Protein 25 g.

## **Cauliflower Rice**

This very simple recipe is for basic rice. You can dress it up with vegetables, spices, or stir fry it. Use this anytime you need rice as a side dish or in a recipe.

**Ingredients:**

1 cauliflower head

**Directions:**

Chop the cauliflower into florets.

Place the florets in a food processor and pulse until you have a rice-like consistency.

Cook the rice in a pan of salted water for 5 minutes.

Nutritional Facts: Calories 21; Carbohydrates 5; Fat 0; Protein 0

**Zoodles**

These zoodles made from zucchini taste like noodles. A spiralizer is the easiest way to create zoodles, but you can also use a mandolin. Zoodles get soggy very easily, so do not cook for more than 1 minute. Season with butter or shredded cheese.

**Ingredients:**

1 zucchini

**Directions:**

Use a spiralizer to create pasta strands.

Bring a pot of salted water to boil and cook the zoodles for 1 minute.

## **Bacon-Wrapped Chicken**

A very decadent and delicious way to enjoy chicken.

### **Ingredients:**

2 lbs. boneless and skinless chicken breast

2 cups chopped spinach

1 cup sliced mushrooms

1 cup cream cheese

½ cup cottage cheese

Salt and pepper to taste

12 slices bacon

### **Directions:**

Preheat the oven to 375 degrees

Combine the spinach, mushroom, cream cheese and cottage cheese in a bowl.

Season the mixture with salt and pepper.

Use a mallet to flatten the chicken pieces to a 1/2 -inch thickness.

Use a sharp knife to cut pockets in one end.

Spoon the mixture into the pockets.

Wrap two bacon slices around each chicken piece.

Brown the wrapped chicken in a skillet 5 minutes each side.

Place the chicken pieces in a baking dish.

Bake the chicken for 45 minutes. The bacon should be crispy and the chicken done.

Nutrition Facts: Calories 390; Fat 22 g; Carbs 3.9 g; Protein 41 g.

## **Cobb Salad**

This salad is very high in protein. Enjoy.

### **Ingredients for Dressing:**

1 tbsp. olive oil

1 tbsp. white vinegar

1 tsp. Dijon mustard

2 tbsp. diced onion

Salt and pepper to taste

**Ingredients for Cobb Salad:**

¾ cup cubed cooked chicken

½ cup diced tomatoes

½ cup blue cheese

2 tablespoons blue cheese

1 sliced hard-boiled egg

2 cups chopped greens

1 sliced avocado

4 cooked and sliced bacon slices

**Directions:**

Arrange the greens on a plate

Arrange rows of chicken, diced tomatoes, blue cheese, egg slices, avocado slices and bacon pieces on top of the greens.

Combine all dressing ingredients.

Drizzle the dressing over the salad.

Nutrition facts: Calories 295; Fat 11 g; Carbs 4 g; Protein 22 g.

## **Slow Cooker Pot Roast**

This pot roast is prepared without potatoes or carrots. If you add them, adjust the carbs accordingly.

### **Ingredients:**

2 lb. chuck roast

Salt and pepper to taste

1 tbsp. olive oil

2 minced garlic cloves

1 chopped onion

2 ½ cup beef broth

½ cup dry red wine

### **Directions:**

Season the roast with salt and pepper.

Salt and pepper the roast.

Heat the olive oil in a skillet and brown the roast on all sides.

Place the roast and remaining ingredients in the slow cooker.

Stir the ingredients to combine.

Cook on low for 6 hours.

Nutrition facts: Calories 242; Fat 12 g; Carbs 9.8 g; Protein 21g.

# **Spinach and Sausage Soup**

This soup is loaded with flavor while remaining very low in carbs.

## **Ingredients:**

1 lb. spicy crumbled Italian sausage

1 tbsp. olive oil

1 chopped onion

2 sliced carrots

1 minced garlic clove

2 tbsp. red wine vinegar

½ tsp. oregano

Dash of hot sauce

4 cups chicken broth

½ cup whipping cream

2 cups baby spinach

Salt and pepper to taste

## **Directions:**

Heat the olive oil in a skillet and sauté the crumbled sausage for 5 minutes, until it is no longer pink.

Transfer the sausage to a plate and drain on a paper towel.

Sauté the onion, garlic, and carrot in the same pan.

Deglaze the pan with the red wine vinegar.

Add the chicken stock, whipping cream, oregano and hot sauce and stir well. Season with salt and pepper.

Simmer the soup for 5 minutes.

Transfer the sausage back into the pan and stir in the spinach.

Cook for 1 minute to allow the spinach to wilt.

Nutrition facts: Calories 137; Fat 7.8 g; Carbs 2 g; Protein 11g.

## **Tandoori Chicken**

Tandoori chicken is all about the spice marinade. Serve it with some cauliflower rice.

### **Ingredients:**

2 lbs. chicken thighs

### **Ingredients for Marinade:**

1 cup plain yogurt

2 tsp. lemon juice

Salt and pepper to taste

2 tbsp. olive oil

2 minced garlic cloves

1 tsp. chili powder

1 tsp. grated fresh ginger

1 tsp. garam masala

½ tsp. cumin

**Directions:**

With a sharp knife, cut several slits into the chicken thighs.

Season the chicken with salt and pepper and drizzle with the lemon juice.

Combine the remaining ingredients in a large bowl.

Place the chicken in the bowl and coat thoroughly.

Refrigerate up to 24 hours. The longer you marinate, the more flavor is absorbed.

Preheat the oven to 375 degrees.

Line a baking sheet with aluminum foil and layer the chicken on top.

Bake for about 45 – 50 minutes, until the skin is nice and crispy.

Nutrition facts: Calories 145; Fat 5.8 g; Carbs 2.3 g; Protein 17g.

## **Curried Lamb**

Filled with exotic spices, this curry dish is perfect with keto rice.

### **Ingredients:**

2 lbs. lamb meat

1 tbsp. olive oil

1 diced onion

3 minced garlic cloves

½ tsp. grated ginger

½ to. turmeric

½ tsp. curry powder

½ tsp. garam masala

2 cups beef stock

1 cup plain Greek yogurt

1 tsp. lemon juice

### **Directions:**

Cut the lamb meat into small pieces

Sauté the onion in the olive oil for 5 minutes, then add the garlic, ginger, turmeric, curry powder and garam masala. Stir for another 5 minutes.

Add the meat and brown it for 10 minutes.

Pour in the beef stock and simmer for 40 minutes.

Remove from heat and stir in the yogurt and lemon juice.

Nutrition Facts: Calories 329; Fat 17 g; Carbs 9.1 g; Protein 36 g.

## **Cheddar Biscuits**

These tasty biscuits are great anytime. They freeze well, so keep them handy.

### **Ingredients:**

2 cups almond flour

1 cup shredded cheddar cheese

1 cup coconut oil

1 cup cream cheese

3 eggs

2 tsp. baking powder

1 tsp. baking soda

Dash of salt

### **Directions:**

Preheat oven to 325 degrees.

Cover a baking sheet with aluminum foil.

Place the flour and the cheese in a food processor and pulse to a grainy consistency.

Add the baking powder and baking soda.

Heat the cream cheese and coconut oil in a small pan and warm until they melt. Stir to a creamy smoothness.

Whisk the eggs and add the salt.

Stir the flour mixture into the egg mixture and stir until a dough form.

Use a tablespoon to drop the dough onto the baking sheet.

Bake for 25 minutes.

Allow the biscuits to cool for slicing.

Nutrition Facts: Calories 106; Fat 11.1 g; Carbs 2 g; Protein 3.9 g.

## Conclusion

Congratulations. You've mastered the ketogenic diet. You've lost weight, feel better, look fabulous, and are enjoying an abundance of energy. You've put a lot of effort into improving your health, so what happens when you've reached your goal it's important to continue to make healthy food choices and become more conscious about what you eat to maintain a healthy weight.



You certainly don't want to lose momentum and return to the unhealthy, all-American, sugar and carbohydrate swamp, with

your lost weight returning. The options below are undoubtedly best at maintaining your current state of health.

Consider your options *before* you stop the keto diet. Have a plan in place and execute it. Since the keto diet provides you with many options, it will be easier to adjust to a maintenance style.

## **Shift from Losing Weight to Gaining Muscles**

With the increasing energy you enjoy on the keto diet, you may wish to focus on improving your muscle tone. Many athletes are fans of the keto diet. This means retaining your low body fat but adding muscle and definition. Strong muscles help strengthen bone density and keep you strong as you age.

The best way to gain strong muscles is to consume more calories in the form of lean proteins. This option is difficult to maintain unless it includes a resistance training exercise program.

## **Remain on Low Carb but not on Keto**

When you use the keto diet to lose weight, your carbohydrate restrictions are fairly strict. You can still maintain your weight with a low carb diet, but not as rigid as keto. There are many healthy

beans and legumes you can enjoy by adding a few more carbs to your diet.

How much more carbs is very individual, because everybody is different. Add a few cups of beans, lentils, or another serving of carrots to your diet each week and see how your body reacts. If you continue to maintain your goal weight, you're on the right track. Add 10 grams of carbohydrates a week until you are satisfied with the results. Remember to use the Carb Counter App and keep track of your food intake.

The advantage of this option is that it allows you to eat good, healthy foods that were off limits on the keto diet. Having a greater variety of foods from which to choose will make it easier to maintain your weight.

If you find yourself gaining weight, simply cut down on the added carbs just a bit.

## **Use Intermittent Fasting**

Intermittent fasting gives you additional options. Remember that fasting forces your body to burn fat.

Here are some ways you can fast intermittently:

1. Eat what you want for 5 days, then fast for 2 days.
2. Eat two meals a day instead of three, providing for a longer period where you are not consuming food.

When you begin to embrace keto, you will be enjoying all the benefits of healthy eating. By continuing to consume fewer carbohydrates as a lifestyle, your body will remain sleek and strong. You will also be providing it with ammunition to ward off many chronic diseases.