

## Keto Basics

To begin a ketogenic diet it's a good idea to remove carbohydrate temptations from your cupboards and make sure you have plenty of keto friendly foods and snacks in your kitchen. The more restrictive you are on your carbohydrates the faster you will enter ketosis and begin burning fat. Try and keep it simple at first and eat single source foods. For example, chicken, and broccoli sautéed in butter for dinner or eggs, 2 slices of bacon, and sliced avocado for breakfast. Have some almonds and a little cheese for a snack.

### Don't blame fat for what sugar has done!

I understand that it is a difficult paradigm shift for us to not think negatively about consuming fat but it has been wrongfully vilified. Healthy fats are traditional natural fats and oils such as butter, olive oil, tallow, cream, lard, and coconut oils. They are needed in the body for cell function, growth and development of the human brain, hormone production, and optimal function of the heart.

### Keeping Track Of things

It's a good idea to use an app such as **MyfitnessPal** or **Stupid Simple Keto** on your smartphone to help you track your macros and foods you eat for the first month until you get a feel for things. You plug in your height, weight, and goals and it will calculate your daily calories for you. Then adjust your macros to match the chart below. Read all nutrition labels and be on the lookout for carbs and sugar. Google is good to look up nutrition facts of foods too.

## Keto Friendly Foods

### Do Eat

Meats ~ fish, beef, lamb, poultry, eggs, etc.  
Leafy Greens ~ spinach, kale, etc.  
Above ground vegetables ~ broccoli, cauliflower, etc.  
High Fat Dairy ~ cheeses, high fat cream, etc.  
Nuts and seeds ~ macadamias, walnuts, sunflower seeds, etc.  
Avocado and berries ~ raspberries, blackberries, strawberries.  
Sweeteners ~ stevia, erythritol, monk fruit.  
Healthy Fats ~ coconut oil, butter, ghee, olive oil, MCT oil, etc.

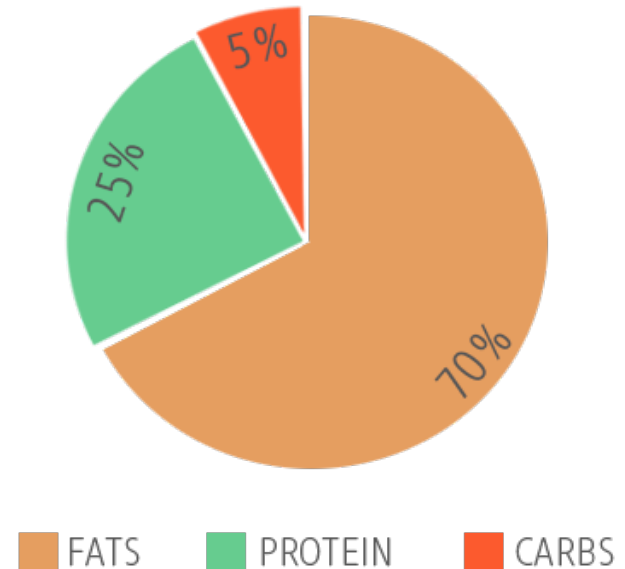
### Do Not Eat

Grains ~ wheat, corn, rice, cereal, etc.  
Sugar ~ honey, agave, maple syrup, etc.  
Fruit ~ apples, bananas, oranges, etc.  
Tubers ~ potato, yams, etc.

### Carbs Are Our Primary Macro Focus. Keep them as low as possible!!!

Between 20-30g of **net carbs** per day is recommended but the lower you keep your carbohydrate intake the better the overall results will be. If you're doing keto for fat loss it's a good idea to keep track of both your **total carbs** and **net carbs**.

## KETO MACROS



## Protein and Healthy Fat

Once you have your calorie requirements figured out try to eat 70 percent of those calories in fat and 25% of those calories in protein. You will burn dietary fat and also body fat. So if you're under on your fat grams for the day don't fret because you'll burn it off your belly instead!

## Vegetables on a Ketogenic Diet

Dark green and leafy is always the best choice for vegetables. Most of your meals should be a protein with vegetables, and an extra side of fat such an example would be a chicken thigh basted in olive oil, with broccoli and cheese as a side.

## What is a Net Carb?

A net carb is total carbs minus dietary fiber.

For example

1 cup of broccoli has 6 carbs and 2 grams of fiber.

6 grams carbs minus 2 grams fiber = 4 net carbs

Okay enough math! Just use this chart instead.



Vegetable	Amount	Net Carbs
Spinach (Raw)	1/2 Cup	0.1
Bok Choi (Raw)	1/2 Cup	0.2
Lettuce (Romaine)	1/2 Cup	0.2
Cauliflower (Steamed)	1/2 Cup	0.9
Cabbage (Green Raw)	1/2 Cup	1.1
Cauliflower (Raw)	1/2 Cup	1.4
Broccoli (Florets)	1/2 Cup	2
Collard Greens	1/2 Cup	2
Kale (Steamed)	1/2 Cup	2.1
Green Beans (Steamed)	1/2 Cup	2.9

## It's About Eating Healthy Foods and Enjoying Life

Take it slow at first and forgive yourself if you get off track but try to get right back at it the next day. This is about eating healthy but you're still going to be able to enjoy yourself too. Go out to dinner with your friends, there are always keto options. Substitute vegetables for carbs and pass on the desert. Get adventurous and try new recipes! Make some keto deserts or keto pizza on the weekend! There are lots of recipes online and I've had great luck finding them on Pinterest.

## Helpful Supplements

**Electrolytes** are essential on a ketogenic diet. The first week on keto you can experience an electrolyte imbalance known as the Keto Flu. You might have a slight headache or be little achy. Taking an electrolyte supplement will keep this to a minimum. **MCT OIL** and **Exogenous Ketones** will help you get into ketosis and burning fat quicker and they will help to get you back on track if you have a cheat meal. A keto specific protein shake with healthy fats can be helpful for a quick meal and it's always a good idea to take a high quality multi-vitamin.

Online Resources:	Books:	Youtube Channels for Keto Information:
<a href="http://www.draxe.com">www.draxe.com</a>	The Keto Diet by Dr. Josh Axe	Dr Eric Berg
<a href="http://www.ketogenic.com">www.ketogenic.com</a>	The Ketogenic Bible by Dr. Jacob Wilson	Thomas Delauer
<a href="http://www.dietdoctor.com">www.dietdoctor.com</a>	Primal Body, Primal Mind by Nora T. Gedgaudas	Diet Doctor