

THE KETO BEGINNING

COMPLETE GUIDE & 30-DAY MEAL PLAN



Creating lifelong health and lasting weight loss
with whole food-based nutritional ketosis.

Leanne Vogel

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PREFACE

I'm in the best (hottest) shape of my life. The kind-of-hot that makes you want to pinch yourself to validate if what you're experiencing is actually real life. I don't count calories, I dip my bacon in mayonnaise and snack on jars of almond butter with zero guilt.

My body has found it's happy place. Weight loss is effortless (I've lost 20lbs in 2 months), my skin is glowing, and I'm not a slave to pack-along snacks, cravings, or energy lulls anymore.

The secret? Switching into a state of nutritional ketosis, where the body goes from burning glucose as energy to burning fat as energy. In nutritional ketosis, the body becomes a fat-burning machine, effectively breaking down fatty acids into ketone bodies that are used, even by the brain, as fuel. And we do this by following an eating style of high-fat, low carb and moderate protein, also known as "keto" or "ketogenic".

While many keto-goers use dairy as their primary source of fats and rely on processed low carb foods to reduce their carb intake, *The Keto Beginning* proves that following a ketogenic eating style can be done without the use of dairy or processed foods. In *The Keto Beginning*, we focus on benefiting the body, long-term, through paleo-friendly strategies, packed with whole foods and rich nutrition.

MY INTENTION

This book is meant to highlight how easy and effortless living a dairy-free keto life can be.

You may be thinking, but she has only been on this for 2 months, how could she possibly know that this lifestyle can be a lifelong ticket to lasting health? Great question.

My answer, in short, is because everything in The Keto Beginning acts to counteract the issues that get in the way of lifelong health. Blood sugar, especially.

I've experienced more life-altering, positive changes with this next evolution in my eating style than I have with any other pattern. It's the easiest, most effortless, most rewarding approach I've ever experimented with. A double bonus - the medical studies and research I've read points to blood sugar regulation through a high-fat, low carb diet being the ticket to lasting health. I have no doubt that the 2 months I've spent exploring this whole food-based ketogenic eating style has brought me closer to a life filled with endless happy, healthy days than any other approach I've tried in the past. It's an evolution.

Coupled with my dairy-free, whole foods-loving approach, The Keto Beginning satisfies all of the markers necessary for lifelong health - the natural reduction in calories, boosted saturated fats, blood sugar

control, boosted cell health, ample mitochondria action, and more.

I am not a scientist. I am a holistic nutritionist with an outrageous interest in self experimentation. I've listed medical studies, papers and resources in the back. After you've read a couple, I have a strong suspicion that (like me) you'll begin to see the holes in the low-fat, high-carb approach we've been led to believe is best for our health. The science just doesn't add up! The Keto Beginning documents everything that I experienced in the first 30 days of getting into, and maintaining a state of nutritional ketosis. Because my body is different than your body, your experience will likely be different than mine. And that's cool.

I hope this guide will act as a safe and healthy jumping off point for you.

There aren't a lot of "recipes" in the meal plan. Why? This is an introduction to nutritional ketosis. I found that; when I was first getting started, I had no idea what 75% fat, 10% carbs and 15% protein looked like on a plate, let alone what it felt like in my body.

With 30 days of eating very simple meals, I built a strong base (a feeling and an eye) for what my eating pattern looked and felt like – on a plate, and in my body. Getting hung up with fancy recipes, make-ahead meal prep and the combination of oodles of ingredients makes it harder to fully understand what exactly is going on in your body, and how you truly react to the meals you're eating.

If you're looking for a ketogenic guide with endless recipes with combinations of ingredients this way and that, this is not the book for you.

If you are ready to make a lifestyle change by building a solid base of understanding so that you can live your life with nutritional ketosis quietly running in the background, The Keto Beginning is here to support your journey.

You are ready. And I am here to guide you all the way through.

Chapter 1

IT BEGINS HERE

THE BASICS

Though not mandatory (you can skip over this piece if you don't care to know how this all works) understanding how the body functions, fully knowing what's at play here, makes following the ketogenic lifestyle more meaningful. At least, it does for me.

To fully understand what's going on here, we have to start from the very beginning. And the digestive system is the very best place to start.

The Digestive Process

When we consume food...

1. The site of initial carbohydrate breakdown occurs in the mouth. Your teeth and tongue take the first steps in battering food into bits. As they are shredding and grinding, more saliva is squirted into the food to moisten and soften it. The saliva contains chemicals called enzymes, which break down the carbohydrates in food (this enzyme release triggers insulin to start prepping for action).
2. When you have finished chewing, you swallow, and the mouthful of food makes its way down the esophagus, to the stomach. Food does not free fall down to the stomach but is squeezed along by the muscles in the esophagus. This squeezing/pushing action by the muscles is called peristalsis (perry-STAL-sis).
3. The site of initial protein breakdown occurs in the stomach, where food is treated to a strong acid bath as it's churned around by the stomach's muscular walls. These walls are

protected by a mucus lining, which protects the stomach from its own gastric juices (made up of pepsin enzyme and acids.)

4. Up until now, carbohydrates have been broken down slightly in the mouth and proteins have been broken down slightly in the stomach. Fats have not had their turn.
5. Now, for the breakdown of fats and further breakdown of carbohydrates and proteins. Food is now a mashed-up milky liquid, thanks to the stomach. It enters the duodenum (the beginning of the small intestine) where it is treated with a round of enzymes and bile to break the carbohydrates, proteins and fats down even further.
6. From there, the substance enters the small intestine - a 20-foot long, curly tube with a shaggy lining. The walls of the small intestines are lined with millions of tiny finger-like projections called villi. The villi absorb the usable parts of the broken down food into the bloodstream.
7. The non-useful parts of the food continue to move into the large intestines. The large intestines absorb some of the water and salt. The remainder of the material is compacted and then sent out the anus as solid waste or feces.

Carbohydrate Digestion

Carbs are organic molecules that are made up of carbon, hydrogen and oxygen. There are three principal carbohydrates present in foods...

1. Simple Sugars (aka Simple Carbohydrates)

2. Polysaccharides (aka Complex Carbohydrates)
3. Fiber

Simple Sugars (aka simple carbohydrates) have 3 classifications, and several sub-segments below each class. It's a web of sugary confusion! The most simplest of simple sugars are: glucose, fructose and galactose. These are called monosaccharides – this is how all sugars end up in our body when all is said and done.

For instance, if you consume white sugar (sucrose) the body will break it down into glucose and fructose. If you consume a glass of milk (lactose) the body will break it down into galactose and glucose.

Then there are oligosaccharides – simple sugars that consist of several sugars bound together. These unique carbohydrates cannot be easily digested by our regular digestive path and have to go to the large intestine to be eaten up by the bacteria there. Examples of oligosaccharide foods are... onions, asparagus, garlic, banana, and chives.

Polysaccharides (aka complex carbohydrates) undergo substantial digestion before being absorbed. Starch is a polysaccharide – the main carbohydrate source for plant seeds and vegetables grown in the ground. Think potatoes, corn, rice, pasta, and cereal. Starches are broken down into glucose by the body.

Another polysaccharide is cellulose, a carbohydrate that is indigestible in the body, adding bulk to the stool.

Fiber is another form of carbohydrate, one that is present in many polysaccharides. Fiber's main purpose is to aid in elimination.

The body converts digestible carbohydrates (the parts of the carbohydrate that are non-fiberous) into glucose, which our cells use as fuel. Some carbs (simple sugars, aka simple carbohydrates) break down quickly into glucose while others (polysaccharides aka complex carbohydrates) are slowly broken down and enter the bloodstream more gradually.

The major takeaway here is that ALL dietary forms of carbohydrates are made up of sugar (glucose). Sweet potato, white bread, whole grains, candy, potato chips, fruit, kale, all contain components that become sugar in the body.

So that you fully “get the picture” on this carbohydrate thing, perhaps it would be helpful for me to list some sources of carbohydrates, yes?

Okay, here goes...

Bagels, bread, stuffing, buns, croutons, pancakes, English muffins, pita bread, tortillas, corn, waffles, wraps, beans, oatmeal, cornmeal, lentils, flour, hummus, rice, quinoa, pasta, peas, potatoes, squash, sweet potato, cow’s milk, rice milk, soy milk, yogurt, apples, cantaloupe, banana, apricots, dates, grapefruit, prunes, raspberries, watermelon, carrot juice, apple juice, tomato juice, cranberry juice, kiwi, alcohol, biscuits, cookies, Danish, donuts, muffins, fruit pie, cupcakes, chocolate, potato chips, pretzels, crackers, sherbet, ice cream, tortilla chips, Jell-O, granola, cereal, French fries, apple butter, barbecue sauce, oats, cranberry sauce, salad dressing, ketchup, jams, jellies, candies, mints, gum, soda, gravy, honey mustard, dipping sauces,

plum sauce, hollandaise sauce, maple syrup, honey, agave nectar, coconut sugar, coconut nectar, noodles, lasagna, egg rolls, cream soups, soups, chutney, arrowroot, tapioca, chickpea flour, sorghum, millet, amaranth, muesli, shredded wheat, popcorn, rice cakes, pudding, custard, almonds, cashews, pumpkin seeds, garbanzo beans, lima beans, green peas, carrots, pinto beans, navy beans, beets, onions, parsnips, bell peppers, spinach, greens, turnips, yams, white sugar, dates, date sugar, dried fruit, flour, pizza.

The key here is that, regardless if you are consuming a simple carbohydrate or complex carbohydrate, it will turn into “sugar” in the body.

INTRODUCTION TO A NEW WAY

The “Healthy” High-Carb Approach

Our current high-carbohydrate eating style of whole grains, oodles of servings of fruits and vegetables and minimal intake of fats has been touted as “healthy”. Now you know, from the previous section that all forms of carbohydrate – fruits, vegetables, grains, sugars and anything starchy – are primarily broken down into glucose and stored in your body as glycogen.

When you have more glycogen than what's needed for immediate energy, your body will store excess in the liver, then the muscles and; if everything is full, the excess is converted into triglycerides and stored in your blood. Psst... this is not a good thing.

Relying on carbohydrates for fuel, is...

- Not sustainable, we can only store a couple thousand calories of carbohydrates at any given time.
- Preventing us from getting a handle on our blood sugar, causing endless cravings, oodles of daily eating times and weight gain.
- Leading to triglycerides being stored in the blood, the major risk factor to heart disease.
- slowly killing us.

In Nutritional Ketosis...

Nutritional ketosis is a state where your body is “deprived” of glucose; achieved when carbohydrate intake is decreased and protein intake is moderated. In this state, you switch to

using fat as energy instead of carbohydrates. This process – of using fat as fuel – produces ketone bodies that are converted into substrates for the Krebs Cycle (energy production). Once you're in nutritional ketosis, the storage of triglycerides in blood no longer applies. Blood sugar and insulin levels are reduced, levels of HDL cholesterol increase, and the visceral fats around your vital organs are “eaten up” as fuel.

In nutritional ketosis, we're tripping the metabolic switch, leading to so much more than just weight loss.

The Keto Beginning is about finding our body's happy place and using fatty acids and the generation of ketone bodies as a reliable fuel for constant, steady energy. The brain, the heart, our hormones and every darn cell in the body love ketones.

Ketones are a highly renewable energy source that our major organs use effortlessly to promote lasting health in a blood sugar-balanced environment.

This is nutritional ketosis, not to be confused with diabetic ketoacidosis – a dangerous condition where ketones spike and blood sugar increases to alarming rates.

This occurs primarily in diabetic type 1; and sometimes 2, patients who are not receiving sufficient insulin to bring glucose into their cells. Regardless of how low carbohydrate intake is, a person with a normal pancreas cannot enter

diabetic ketoacidosis because even a trace amount of insulin will keep ketone levels at a safe level.

Having said that, there are 3 groups people that should NOT play around with nutritional ketosis unless under the care of a professional in a one on one setting – pregnant women, diabetics (type 1) and individuals with kidney disease or a kidney imbalance.

Clarification of “Being in Ketosis” and “Being Keto-Adapted”

Our bodies burn whatever fuel is available - glucose, fatty acids, ketones, alcohol. Whatever there is more of is what the body will burn for energy.

Following a ketogenic eating style puts you into a state of ketosis. What this means is that your body is breaking down enough fat that ketones in your bloodstream. This happens either by fasting or with the support of a low carb, high-fat, moderate protein eating style. Being “in ketosis” is a normal metabolic state.

One of the goals of the ketogenic eating style is becoming “keto-adapted”. Being keto-adapted means that your body is primed for functioning with very little glucose. This is the END goal of The Keto Beginning.

When you first enter ketosis (a result of following a ketogenic eating style for a couple of days), you are using fat for energy, but it's in limited amounts

at first because you don't have as many fat-converting enzymes in your body. Different enzymes are involved in breaking down fat than breaking down glucose. And; up until now, you've been breaking down excess glucose more so than fats, so it takes the body a bit of time to "catch up" and store these enzymes when you first get started. This is one of the reasons many people feel tired at the beginning of following a ketogenic eating style. Once the enzymes are built up, your cells change the way they acquire energy and you become fully keto-adapted.

The process of becoming keto-adapted can take a few weeks to a month, depending on the person.

Once you're keto-adapted, fatty acids and their substrates, ketone bodies, become your body's preferred fuel. Hormone levels change, the energy stores in liver and muscle (glycogen) are depleted, your body carries around less water, and your energy is boosted to normal levels again.

This is why The Keto Beginning outlines sticking with the plan for 30 days before deviation, so that one can become fully keto-adapted.

When the body is keto-adapted and gets an overdose of carbohydrates the process of getting back into ketosis doesn't take as long as the initial keto-adaptation process because the body is primed to use fat as energy. When too many carbohydrates are consumed, the carbohydrates (glucose) still takes precedence over fat for fuel

because excess blood sugar is fatal and so your body needs to handle the sugar first.

When the overdose occurs, a couple of things happen: glycogen (the way glucose is stored in the liver and muscles) gets replenished, leading to water retention, insulin rises, and hormone levels are boosted. While this is occurring, you are not burning ketones. Once the glucose is depleted, the body will go back into ketosis.

As you begin your keto journey, the more often you have sugar (or, an abundance of carbohydrates past what your body can manage on a daily basis without spiking insulin release), the longer it takes to become keto-adapted.

Chapter 2

MY 30-DAY EXPERIENCE

When I started eating “clean” I was battling with a disordered relationship with food. I was racked with guilt with every bite I took, no matter the source. Along with a lot of self-care, the guilt subsided when I stopped being vegan and opted for a well-rounded whole foods eating style.

Weeks later, I went gluten-free & dairy-free at the advice of my naturopath. As time went on, I became more in touch with my body, developing my innate ability to understand what I needed to thrive.

6 years later, grains naturally transitioned out of my life and I developed a strong desire to fix my hormone issue - I hadn't had a period in over 5 years.

I went on hormone replacement therapy in August 2013 and regained my period within a month. 6 months later, the doctor took me off the prescription and I continued to menstruate... for 30 days -a situation my Endocrinologist chalked up to “breakthrough bleeding”.

In essence, I was back to square one. Only I'd gained 20 pounds and hit a whopping 32% body fat - weight that I was mentally prepared for, but weight nonetheless. And the disappointing part to it all was that the weight gain didn't help.

So, like everyone who wants to lose weight, I reduced my calorie intake,

reduced my fat intake and increased workout intensity. Two days into it, I was starving, craving and moody. Every 2-3 days I binged and was back to square one... with loads of guilt.

Frustrated, I delved into reading medical papers to find the answer to losing hormone-induced weight gain. The answer; it seemed, was nutritional ketosis. Only, it was overwhelming to see how many ketogenic resources used dairy as a primary fat source and relied on processed foods as a means to reduce carb intake.

Armed with a budding recipe-creative mind, I decided to give ketosis a whirl. Only, I was determined to do it without grains or dairy and focused on 100% whole foods.

The further I've gone, the more natural ketosis has felt in my body.

The weight melted off me with absolutely no increased physical effort. I don't count calories, I don't restrict, I just eat fat, and lots of it.

MY DAILY JOURNAL

The minute I found nutritional ketosis, I knew I was on to something. So, as any holistic nutritionist and food blogger would do, I documented everything. This following section is an overview of my day-to-day keto journal. I've shared it all with you in hopes that it will help to highlight that this is a process that takes time and patience and is highly rewarding once you get into the swing of things.

Day 1 - My fat intake today was 102 grams (45% of my overall intake). It's the first time I've ever had this much fat in one day. A little scared of what's in store but remaining optimistic.

Day 2 - I'm eating 40 grams of net carbs (30 grams fiber + 40 grams net carbs = 70 total carbs) for a total of 15% of my intake coming from carbs. I've chosen to eat fruit, at least for the first couple of days. Today, after lunch, I had the worse acid reflux. I've never had acid reflux. It's horrible.

Day 3 - Still experiencing acid reflux after meals. I think it's my body's way of telling me it's not used to eating all of this fat. It's likely that it will dissipate in a couple of days, no need to take medications. My body will figure this one out!

Day 4 - Acid reflux gone, yay! I feel like it had something to do with my body not being too sure how to process all the fats I'm eating. So happy that it's gone. I chose to go down to 30 net carbs today (30 grams fiber, 30 grams net carbs = 60 total carbs) and upped my fat intake (from 45% of my intake to 70%). I'm still sitting at around 70 grams of protein. This makes my macro ratio about 15% from carbs, 70% from fat and 15% from protein.

Day 5 - Woke up and felt really weak. Keto flu - couldn't move. Heart racing. My resting pulse was 90BPM. This was definitely brought on by the change of macronutrient ratio yesterday. Now I know that 45% fat won't get me into ketosis. Experienced pins and needles in yoga today, guessing it is because of an electrolyte imbalance. To help with the keto-flu symptoms and pins and needles, I drank 5000ml of spring water with mineral drops and electrolyte powder.

Day 6 - Wow, what a difference a day makes. Pins and needles are gone, heart rate is a-ok. 10% carbohydrate, 75% fat, 10% protein feels really good in my body. I've learned today that electrolyte powder (even with no sugar) makes my blood glucose levels go up.

Day 7 - mild keto-flu feelings. My brain doesn't feel like it's working properly. But, another good day of 10% carbohydrate, 75% fat, 10% protein. I effortlessly ate only 2 meals today. I just wasn't hungry. Such a freeing feeling. And when I did get hungry, I wasn't in a punchy mood. Feeling pretty good today and my blood ketone test proves it.

Day 8 - I ate too much protein by accident this morning (120 grams) and then craved food all day making me very hungry and irritable. Until today, I had no idea that the body could turn dietary protein into glucose. This is crazy to me! Just shows how important it is to follow a MODERATE protein amount if trying to get into ketosis.

Day 9 - The protein I ate on day 8 kicked me out of ketosis. Woke up carb hungry. I've found it challenging to concentrate all day. It's like I have a veil over my brain.

Day 10 - I think I've learned that the highest protein I can go is 75 grams (about 1.2 grams of protein per

kg of body weight) and that my ideal net carbohydrate is about 15-20 grams to avoid protein cravings. Not too sure about how eating too many carbs leads to protein cravings...

Day 11 – I am still experiencing cravings from Day 8s protein accident. Tried to get back into ketosis and reduce cravings with a Keto Cleanse approach today - 5% carbohydrate, 85% fat, 10% protein and a total calorie consumption of 1,200 calories.

Day 12 - Back on the ketosis track, no more cravings, no more keto-flu. Feeling good. The “Keto Cleanse” approach on Day 11 really helped me get back into the swing of things. Once I get the hang of nutritional ketosis, I’ll definitely be experimenting more with Keto Cleanses to see how it feels in my body.

Day 13 - Played around with less protein today (60 grams) and was craving it come 8pm. Now I know that 60 grams isn’t enough for me! 15% overall intake coming from protein is proving to be “my number”.

Day 14 - My blood pressure is acting really strange today. It’s been very difficult to do basic tasks around the house without feeling dizzy and generally out of it. Planning to research how to boost blood pressure. From the research I’ve done so far, ketosis lowers blood pressure, but not to this extent. Something is missing.

Day 15 - Blood pressure is affected by water, salt intake and working out. Especially when your workout of choice is hot yoga - where electrolytes are flushed at an alarming rate. Drank 6 liters of water today, all spiked with Himalayan rock salt. Did a HIIT workout in the afternoon. Feeling stellar this evening.

Day 16 - I feel on top of the world. Continuing with boosting blood pressure to account for hot yoga practice by adding Himalayan rock salt to everything, including my coffee.

Day 17 - If this is what ketosis feels like, I never want to leave. Finally getting the hang of this.

Day 18 - I only had 1.5 liters of water today and feel it - muscle soreness, very dry mouth, and electrolyte imbalance. Amazing how much more I am in touch with my body. I know exactly what I did to get like this and how to correct it.

Day 19 - I'm craving A LOT of nuts. I could bathe in them for days, it's all I can think about. Thinking that this is an imbalance in magnesium? Started taking CALM powdered magnesium today in addition to increasing my nut consumption. Homemade almond milk has come in handy!

Day 20 - CALM and me are best friends. My muscles feel good, no more nut cravings. Happy Leanne!

Day 21 - I found the 2:1 ratio approach today and love how simple it is. Basically, for every 2 grams I eat of fat, I eat 1 gram of a combination of carbs + protein. Interesting. I accidentally had gluten today, which instantly made me very bloated, keeling over in pain. Tomorrow, I'm going to try a 24 hour fast. Last time I ate was at 5:30pm today so I'm going to try to go until 5:30pm tomorrow. In the past, I've been very irritable going a whole day without food. Interested to see how this goes. They call it "Eat Stop Eat Intermittent Fasting". Fascinating!

Day 22 - Okay... 24 hour fasting approach needs to be adjusted. First, I had loads of energy today. Energy was not a problem. I wasn't overly hungry, didn't get punchy with the "I have to eat right now" feeling. What I didn't like? Was that when I did eat for the first time (at around 6pm) I prepared a meal

that was over 1,600 calories. And then I ate it all. Bad choice. Very bloated, lots of cravings, blood sugar spikes. Next time, I'll fast from 12pm to 12pm the following day. Then have a meal at 12pm followed by another meal at 5pm or so.

Day 23 - I really enjoy an eating schedule of blended coffee at 9am, first meal at 12pm and dinner at 5pm. Gives me a 16-hour fasting period every night and leads to the perfect balance of energy all day long.

Day 24 + Day 25 - maintained the eating schedule I discovered works well for me on Day 23 and have had the best, most-solid days of this journey. Sliding into my happy place, for sure.

Day 26 - Okay, have I mentioned my bowel movements? Stellar! I feel like writing a blog post about it. Pretty sure it'd gross out more people than it would help. Simply? My bowels are happy. And hey, I'm not obsessing about my fiber intake!

Day 27 - I planned a cyclical ketosis day today where I ate 3 grams of carbohydrates for every 1 kg of my body weight. Opted for a large baked sweet potato with shredded pork and homemade barbecue sauce with grain-free crackers later on and a big salad, with some fruit, too. I could feel the sugar coursing through my veins. It's unlike anything I've ever experienced. I will definitely be experimenting with this approach after the 30 days are up. I've read that practicing cyclical ketosis (where you increase carbohydrate intake every 7-10 days) helps BOOST hormones. We like boosted hormones.

Day 28 - Out of ketosis this morning (because of carb-up day yesterday) I walked 30 kilometers today and climbed a mountain. No joke. I had so much energy, I was vibrating. I couldn't stop. I

wanted to walk (and run) everywhere. My stomach was pretty bloated when I woke up, so I didn't have breakfast until 4pm today (last meal on Day 27 was at 8pm). Had a large chunk of full-fat ground beef sautéed with chili powder and some eggs with a shot of MCT oil.

Day 29 - Back in ketosis. Wow. Amazed at how efficient the transition was. I don't feel keto-flu feelings or anything funky. Ready to rock some yoga and a day of paddle boarding down a river.

Day 30 - Today was the first day in my ketogenic journey where I was short in energy and (without thinking) reached for fat to fuel me. Amazing to see just how powerful snacking on 2 tablespoons of coconut oil can be. Within 15 minutes, I felt energized and ready to take on the rest of the day. And it was a "clean" hungry. I knew I was hungry, got the oil, ate the oil and carried on. Amazing!

So, you see: it's a process. I've translated everything in my journal into the pages you're about to dig into. Enjoy!

Chapter 3

9 GEMS OF ADVICE

I could have saved so much time and energy if I were told these 9 things before I got started. Now, you don't have to spin your wheels like I did!

Brain Fog

If you're fuelling with carbs, your brain runs on glucose. You know that feeling that you get when you're beyond hungry? The fuzzy brained, "I need something right now" feeling? Or, when you've had a long day and your brain just gives out? This is your brain saying, "I need more glucose!" because that's all that it knows... for now.

When I first started eating this way, the fog consumed me for the first week. My brain was the last thing to effectively feel (and benefit from) ketosis.

The blended coffees I started enjoying in week 2 made all the difference. The medium-chain-triglycerides (MCTs) in the coconut oil and coconut milk help to boost ketone levels and directly impacted my brain function. I've added blended coffee to week 1 of the meal plans in [Chapter 16](#) to start this ketone-producing action right away.

Once my brain switched over to using ketones (like literally, I could feel it happening), I was blown away with how efficient my brain became. My mental capacity wasn't affected by how long it'd been since I'd eaten. I could go; and continue to go, hours without eating and feel no affect whatsoever.

My favourite ketosis brain feature: boosted memory. A couple of days after the brain switch, I was introduced to a group of 30 people, all at once. We met for 4 hours, not repeating names, and at the end of our meeting, I shook each of their hands and recited their names, all 30 of them, effortlessly.

Summary: I experienced brain fog, but it was temporary.

Sluggishness

I'm not one to sugar coat things, so I'll just come out and say it: I felt like crap for the first week. Like, absolute crap. Very sluggish, hard time concentrating, even moving. Once my body had been "drained" of glucose, and switched to using fatty acids as fuel, the sluggishness went away. You can read more about this in my day-by-day journal in [Chapter 2](#).

Summary: There are many things that one can do to make the switch a lot more enjoyable than what I experienced. In addition to the supplements and suggestions I've outlined in the first section of [Chapter 8](#), keeping mindful of your electrolyte intake in the form of whole foods – greens, nuts and seeds, olives, seaweed, celery and avocado, will contribute to a positive experience. The meal plan in [Chapter 16](#) does a good job at incorporating these essentials, far more than I did in the beginning. Also, if your workout activity of choice is something that makes you sweat a lot (like hot yoga) it's best to be particularly on top of electrolyte consumption.

Digestion

I firmly believe that we find things when we're meant to find them. Although, for real? I could have

used nutritional ketosis like, 4 years ago when I would go upwards of 8 days without having a bowel movement. No bowel movement for 8 days, the horror.

What I'm saying is that this approach to dairy-free nutritional ketosis (with a focus on whole foods) has dramatically improved my digestion. It was a bit rocky at first, as my body became used to digesting fats, but as soon as it did, I was rockin' it! Every time I eat, I go to the bathroom shortly after. I don't constipate, I don't bloat, I don't feel that heavy feeling in my stomach for hours after a meal. My digestion is clean, and it feels wonderful!

Many of the foods I'm eating are anti-inflammatory, which has helped. Also, I'm eating less volume and I'm not over-stuffing myself as I did previously.

Advice: As I mentioned, it took a little while for my body to regulate itself off the mass dose of carbohydrates I was accustomed to. I used a powdered magnesium supplement called CALM and a magnesium-based bowel cleanser called, Oxy-Powder. If you're trying to decide between the two of them, Oxy-Powder won't affect your blood sugar like CALM will (because of the stevia) and provides a more-dependable movement. Oxy-Powder works in combination with stomach acid, so it's best to take on an empty stomach, 6-8 hours after food, right before bed.

Summary: It took my digestion a little while to catch-up. With a little bit of Oxy-Powder help, I got back into routine. Now, my digestion feels stronger than it's felt in a long time.

Hunger

The first week was the most challenging. No matter how much I ate, I was hungry. That "hungry" feeling

was my body eating up glucose stores and telling me that it needed more. Once fully keto-adapted, this feeling went away.

Now that I am keto-adapted, the challenge I've in all of this has been dealing and accepting the lack of hunger that comes with nutritional ketosis. As your body begins to use body fat as fuel, your hunger decreases substantially. Being a social eater that consumes food out of pleasure, attached to emotion and snacking her way through the day, this was difficult. The lack of hunger I experience in nutritional ketosis has forced me to reassess my relationship with food. With every passing day, I've moved further from a, "I live to eat" mentality and closer to a, "I eat to live" mentality.

Summary: Hunger for the first couple of days is okay. Trust that what you're eating is fuelling you. Also, be ready to face your relationship with food, be open to the changes in your hunger levels and don't put pressure on yourself to eat when everyone else is eating. Listen to your body. It knows. If you're hungry, eat. If you're not, don't.

Nausea

Eating too much fat makes me nauseous. It's not a fine line - I have to eat a lot in order to experience this. But I did it a couple of times so it's totally worth mentioning. 90% fat does not sit well in my body. Anything over 220 grams is overkill. Now we know!

Summary: Play with a maximum of 80% of total intake coming from fat. Anything more than 80% of total intake may result in nausea, especially at the beginning.

Pins + Needles

I wouldn't have let it get to this had I know just how important electrolyte balance is when in a state of nutritional ketosis. I've highlighted this over and over again in almost every Chapter and also boosted electrolyte intake in the meal plan outlined in [Chapter 16](#).

Summary: You bought this book because you wanted to know what to do. With it, you'll avoid a lot of the mistakes and slipups I experienced. Drink the Keto Lemonade ([Chapter 15](#))!

Sleepless Nights

I have metabolic syndrome - my body doesn't breakdown hormones the way it should. So, I have more cortisol levels than the average (sexy) bear. What I've learned is that - because my body was used to generating increased levels of cortisol for so long, when I starting eating low carb, my body continued to create the same amount of cortisol as if I was still eating a high-carb diet. This resulted in an inability to sleep. Cortisol generation should even out after a couple of months of eating this way (and I've noticed this myself). It just takes a bit of time for the body to catch up with what's happening. If you have been following a low carbohydrate eating style for a couple of weeks and notice sleeplessness, it's likely because you dipped TOO low in overall carbs.

Summary: 10-20 grams of carbohydrates for more than a day or two could make sleeping more difficult, especially if you have metabolic syndrome or issues with cortisol production. The best way to correct this is to eat right before bed or increase carbohydrate count slightly. Also, caffeine may be playing a role. My rule: no caffeine after 10am!

You're Fuelling Differently

When you're keto-adapted, calories hold less significance. I can't put numbers behind it because I'm not sure how it works, and it will be different for everyone. Basically, I've experienced a different kind of energy burn in ketosis than I did in my glucose-burning state. I can go days where I eat significantly less than "what I should" and then days where I eat 1,000 calories more than "I burned". Once I knew what nutritional ketosis felt like in my body, I was able to replicate it every day. Whether I am over or under calories, it hasn't mattered.

Stepping away from the constant, "but I have to eat now" mentality has been the most freeing piece to this whole experience. The further along I've gotten, the easier it's been for me to respect when I'm hungry, when I'm not, and how much I need to eat just to feel satisfied.

Summary: Eat when hungry, just to satisfaction, and get on with life. No calorie counting needed. If you're doing this and end up counting the calories, don't freak out if they're super high, or super low. It's the ups and downs of nutritional ketosis!

Hunger After a Big Meal

There are usually 3 reasons why I get hungry only 1-2 hours after a big meal...

Reason #1: I ate too many carbohydrates... which spiked my insulin, drove up my blood sugar, then made it crash, making me hungry. Solution: Look at the carbohydrates you've had with your meal. Were they starchier than normal? Did it make up more than $\frac{1}{3}$ to $\frac{1}{2}$ of your total daily intake? (Dividing your total intake of carbohydrates over the day aids in blood sugar regulation). Did you drink a stevia-sweetened drink today? Stevia can

increase blood sugar to the point where it creates hunger pains.

Reason #2: my macros are off. As I started losing weight, what I needed on a daily basis, changed. An adjustment here, a tweak there, goes a long way. There's lots about this in [Chapter 4](#). Solution: It's generally in the protein - too much will spike blood sugar, leading to "fake" hunger. Too little will lead to hunger.

Reason #3: I am dehydrated. Solution: Before reaching for a snack, try drinking 1 liter/quart of water and waiting 30 minutes.

Chapter 4

HOW I FOUND MY MACROS

Macros = Macronutrients, the balance of which, is super important when you're trying to get into (and maintain) nutritional ketosis. Don't stress, though. It's a lot simpler than it sounds. And, once you know what your proper macro-ratio is, maintaining a state of ketosis is easy!

For the dairy-free, whole food-based ketogenic inclined, your macros are protein (from animals, nuts and seeds), carbohydrates (from leafy greens and non-starchy vegetables) and fats (from oils, seeds, nuts and animals). I list macronutrient sources in [Chapter 6](#), so don't worry about that for the time being. Now, we talk numbers and ratios.

Nutritional ketosis is best achieved when protein intake is moderate, carbohydrate intake is relatively low, and fat intake is high - higher than you've likely ever had it before...
ever.

The way I see it, there are two ways to look at macronutrient consumption: by grams or by overall intake....

- By overall intake, one would say: My macronutrient consumption was 12% carbs, 73% fat and 15% protein. This approach is great when you're just getting started and

you're trying to understand how everything relates to one another.

- By grams, one would say: My macronutrient consumption was 150 grams of fat, 55 grams of carbs and 70 grams of protein. This approach is good once you know the exact ratio you do best with. Then, it's just a matter of hitting the same gram amount of each macro, every day.

You're saying the same thing with either, just from a different viewpoint.

CALORIES

The calorie for calorie mentality we are all stuck on isn't all that accurate. What you eat, when you eat, the thoughts you're having, the feelings you're experiencing, the setting, your mental wellbeing, who you're surrounded with, everything plays a role in how many calories are needed to fuel your day to day life. This is your individual metabolism - the balance between calories and hormones.

How Your Metabolism Works

Think of your metabolism as an ever changing, reactive, highly attuned process that adapts to our surroundings to optimally care for our wellbeing. Problem with "optimal" is that sometimes the actions that you take the name of "health" send the wrong message to your metabolism.

Your metabolism has feedback mechanisms that allow it to adapt in an opposing direction, adjusting hormones as it goes. Think of your metabolism as a teenager - whatever you tell it to do, it does the exact opposite.

Picture this – lets say that your body burns 2,000 calories every day. You decide that you want to lose weight, so you lower your intake to 1,500 calories per day; either by eating less or exercising more. You lose a bit of weight, but then you plateau. So, you lower your calories even more, workout more, and lose more weight.

What's happening here? Your metabolism is adapting to the environment it's in by adjusting its metabolic dials (these dials are your hormones) to decrease energy, increase cravings, and increase hunger. Everything you don't want it to be doing.

This process, of adjusting the dials in the case of weight loss with a calorie deficit without understanding what your hormones are doing, lowers your daily energy requirements. So, instead of your body requiring 2,000 calories per day, it now only requires 1,500.

The Problem with Conventional Nutrition

From the example above, if we look at dieting from a “less food is best” approach without taking into consideration what our cortisol, adrenaline, insulin and glucagon (hormones) are doing, this approach has the potential of throwing our hormones out of whack, damaging our metabolism and leading to cravings, hunger, energy output issues and more.

Problem is? This is exactly what we're told to do - eat less, exercise more. Restrict, workout, cardio, and calorie deficit. Just as we all look different on the outside, we all function differently on the inside. This varying function is our individual metabolism. While the eat less, exercise more approach may work for some people, it may not work for you.

The skill of determining what work best for you is the key to hacking your metabolism and gaining the ability to up-regulate your fat burning potential, once and for all. Which is why you're here!

What Your Body Is Telling You

Your body has an amazing feedback system in place to alert you of imbalances before they get out of hand. Many of the little symptoms and signs you receive on a daily basis is the result of your metabolism attempting to communicate with you.

These 9 markers are heavily tied to your metabolism and the function of your hormones. When we experience any of these, it's a sign that something

needs adjusting: hunger, energy, cravings, weight gain, water retention, sexual function, mood, digestive function, menstrual function.

Calorie Restriction

There are oodles of studies that link calorie reduction to overall health and wellness. Operating at a calorie deficit is easier to achieve in a state of nutritional ketosis than in a glucose-burning state because (when we're keto-adapted) our bodies are primed to burn our fat stores as energy when our dietary intake is lower.

The trick here is to NOT operate a calorie deficit to the point that we damage our metabolism. The moment we begin experiencing any of the 9 markers from above, we know that something isn't right and we need to adjust.

Whether you're happy with the weight you're at, looking to lose, or gain, once you're keto-adapted you will likely notice a vast difference in your overall food intake as time goes on. Some days I eat lots, other days I do not. When I add up the week's calories, I am running on a deficit, even as I maintain my weight.

Regardless of what brought you here, the approach is the same...

- Step 1: figure out your macros and play with ratios
- Step 2: get into ketosis
- Step 3: become keto-adapted
- Step 4: play with food consumption to obtain desired goal, more on this in [Chapter 14](#)

Quick Tip: feeling "hungry" while you're becoming keto-adapted for the first time is normal. This

happens as your body figures out what fuel it's supposed to be using. So, know that you'll likely want to eat LOTS. What you do with this is your choice. I chose to tough it out and ignore these signals knowing full-well that my body was just confused and I wasn't actually hungry.

This is a lifestyle change. The Keto Beginning is less about “forcing yourself to your dream weight” and more about allowing your body to slide into its happy place. The less we force this eating style on to our bodies, the better. My success with this style of eating was in allowing my body to figure out what it needed and where it wanted to be.

With nutritional ketosis at my side, I sensed very early on, that my body knew where it wanted to go. Weight loss came easy. I ate when I was hungry, I stopped when I was full. My body did the rest. As I have mentioned, calories held less significance for me. Some days I eat lots, other days I do not.

I am not much of a calorie “counter” but if you are and need a bit of direction, the calculation that I have used with clients in my private practice to determine their Daily Caloric Needs (DCN) is...

Women: Current Weight (in pounds) x 15 = DCN*

Men: Current Weight (in pounds) x 16 = DCN*

The above calorie calculation is great if you want to maintain your current weight. If you're looking to gain or lose...

To Lose Weight: $DCN - (DCN \times 20\%) = \text{Weight Loss DCN}^*$

To Gain Weight: $DCN + (\text{Daily Caloric Needs} \times 20\%) = \text{Weight Gain DCN}^*$

*While in ketosis, assuming moderate activity level

Example:

- Sally is 150 pounds and wants to lose weight.
- The calculation we use is: Current Weight (in pounds) x 15 = DCN
- $150\text{lbs} \times 15 = 2,250$
- If Sally eats 2,250 calories per day, she will maintain her current weight. But, she wanted to lose weight.
- The calculation we use is: $DCN - (DCN \times 20\%) = \text{Weight Loss DCN}^*$
- $2,250 - (2,250 \times 20\%) = 1,800$
- If Sally eats 1,800 calories per day, she will lose weight.

Quick Tip: If you want to determine your exact intake requirements, by the gram, will need your DCN for the following calculations. Please note, though, that you do not need to get this technical with things. I've found lots of success with using the ratio. 5-10% Carbohydrates, 80% Fats, 10-15% Protein. If you want to roll with this, read through the next bit so you're up to speed on everything, but don't bother with the calculations. The meal plan in [Chapter 16](#) does a fabulous job at pulling all of this together without bogging down your brain in numbers.

AND YOUR MACROS ARE...

Protein

I began with 1.5 grams of protein for every 1kg that I weigh. If you don't know what your weight is in kilograms, Google is a great tool for that. I found; through testing my blood ketone level (more on that in [Chapter 10](#)) that 1.5 grams per 1kg of body weight was too high. After much back and forth, I landed on using the calculation, 1 gram per 1 kg of body weight. The range, and calculation for public consumption, is...

$$\text{Current Weight (in pounds)} / 2.2 = \text{Total Protein Grams (TPG)}$$

$$\text{TPG} \times 4 = \text{Total Protein Calories (TPC)}$$

If you find that you need more protein, replace the "2.2" with as much as 3.3.

How your body processes protein, your physical activity, basal metabolic rate, all play a role in how much protein is right for your body. When excess protein is consumed, the body can (and will) break it down into glycogen, spiking your blood sugar levels and making it hard to get into; and maintain, nutritional ketosis. This point, of keeping our protein intake moderate, is what differentiates the popular Atkins high-fat, high-protein approach with what we're doing here.

Summary: Protein makes up 10-15% of my overall daily intake.

Carbohydrates

There are two ways to look at carbohydrate intake. Neither is right or wrong, just different. What approach you end up subscribing to is completely

up to you. Each has benefits and drawbacks and can be followed cyclically, flowing into and out of either one, depending on the day.

Option 1 - The Net Carbohydrate Approach is where you subtract the amount of carbohydrates consumed from the amount of fiber consumed. Example, Leanne eats a total of 50 grams of carbohydrates in a day, 20 grams of that is fiber. Therefore, Leanne consumed 30 grams of net carbohydrates (50 grams - 20 grams = 30 grams). When I go this route, I get to eat more carbs and feel generally fuller than with option 2. Problem is, my ketone production is affected.

When I practice The Net Carbohydrate Approach, I aim for 30 grams of fiber intake and 30 grams of net carbs. (This makes my overall carbohydrate consumption around 60 grams)

Option 2 - The Total Carbohydrate Approach is where you count all carbohydrates consumed and use that number as your carbohydrate number. I find this route helps me maintain better control over ketone production and blood sugar control.

When I practice The Total Carbohydrate Approach, I aim for under 30 grams of total carbohydrate consumption. I do consider my fiber intake, but it's not as important.

To calculate how many carbohydrates can consume...

$$\text{Your DCN} \times 0.05 = \text{Total Carbohydrate Calories (TCC)*}$$

$$\text{TCC} / 4 = \text{Total Carbohydrate Grams (TCG)}$$

A 5% total intake was used here. If you want to start off with 10% or 15% intake, replace "0.05" with "0.10" or "0.15", respectively.

Summary: Carbohydrates make up 5-15% of my overall intake. If I'm aiming for 30 grams of fiber in a day, it's likely that my carbohydrate intake will sit around the 10-13% mark.

Fats

Oh fat, how I love thee. But that wasn't always the case. When I began my nutritional ketosis journey, I tried to get away with eating less than 100 grams of fat per day (under 50% of my overall intake) - out of fear that anything more than this would balloon me up and cause the worst gas and bloating my body had ever seen. I was wrong.

I quickly learned that nutritional ketosis doesn't work unless you DITCH the idea that fat makes you fat. Surprisingly, the more fat consumed, the higher the ketones, and the more successful I am.

For weight loss, our primary target is finding the balance between using our body fat as energy and supplementing with dietary fat to fuel ketone development. For weight maintenance, it's about finding the fat intake where body fat can be used as energy, too, not just dietary fat.

Once your protein and carbohydrate intakes have been sorted, fat takes up the remainder with this calculation...

$$\text{DCN} - \text{TPC} - \text{TCC} = \text{Total Fat Calories (TFC)}$$

$$\text{TFC} / 9 = \text{Total Fat Grams (TFG)}$$

Summary: Fats make up 75-80% of my overall intake when in weight loss mode, and about 80-85% in weight maintenance mode.

All of the Numbers

That was a lot of "L, M, N, O, P", right? Okay, let's break it down...

DCN (Daily Caloric Needs) is the amount of calories you need per day, either at a caloric deficit, or straight up.

TPG (Total Protein Grams) is the amount of protein you need per day, in grams.

TPC (Total Protein Calories) is the amount of protein you need per day, in calories.

TCG (Total Carbohydrate Grams) is the amount of carbohydrate you can eat per day, in grams.

TCC (Total Carbohydrate Calories) is the amount of carbohydrate you can eat per day, in calories.

TFG (Total Fat Grams) is the amount of fat you will consume per day, in grams.

TFC (Total Fat Calories) is the amount of fat you will consume per day, in calories.

PUTTING IT ALL TOGETHER

Another (awesome) way of calculating things is with the 2:1 ratio that I mentioned in my day-today journal in [Chapter 2](#). For every 2 grams of fat consumed, you eat 1 gram of a combination of carbohydrate and protein. I love this strategy because it's simple!

Example, I consume 150 grams of fat, therefore I have 75 grams of combined carbohydrate and protein to play with ($150 \text{ grams} / 2 = 75 \text{ grams}$). Using the calculation outlined in the "proteins" section, my body weight is 60kg. $60\text{kg} \times 1 \text{ gram of protein per kilogram}$ is 60 grams of required protein per day. That leaves me with 15 grams of carbohydrates that I can consume ($75 \text{ grams combined carbohydrate and protein} - 60 \text{ grams required protein}$)

Have I lost you? I know, it's a lot of shuffling. Which is why I created a meal plan... so that you don't have to worry about the math. With the meal plan, you're encouraged to experience how your body reacts to slight shifts in macronutrient intake. From there (by measuring your glucose and ketone levels) you'll begin to understand what works and what doesn't, helping you to develop an even deeper connection with my body.

The balance of these 3 macros - protein, carbohydrates and fats, is what makes a successful journey into, and maintenance of, nutritional ketosis. The meal plan I've shared in [Chapter 16](#) plays with varying approaches - fluctuating fat intake, calorie intake and carbohydrate intake, so that you, too, can find that sweet spot!

INTAKE IN RELATION TO THE END GOAL

The intake and ratio suggestions that I shared with you are a great starting point. My body is different than your body. What you experience will likely be slightly different than what I did. The Keto Beginning will set the stage for you and give you the tools you need to play.

I show you the path, but you have to walk down it!

Now, you're probably wondering how the game changes if weight loss isn't your end goal. I touched on it in the calorie calculation section, and that's one way to look at it, but here's another...

The Keto Beginning for Overall Health + Weight Management

You're happy with how you look right this very moment. That's awesome! The Keto Beginning isn't reserved for weight loss. All of the strategies I've shared can be applied to a weight management, weight gain, or a weight loss approach.

How much fat you consume dictates your overall outcome. I mention this in Chapter 5 - where once you're in nutritional ketosis, your body balances the energy consumed in dietary fat with the energy it has sitting in your fat stores.

If you want to maintain your weight: Eat more dietary fat so that body fat isn't used as energy. In

my journey, as I began to level off my weight loss and slide into a weight maintenance plan, my intake of carbohydrates and proteins remained relatively constant. What changed, was my fat intake.

Summary: follow the 30-day Meal Plan for a couple of days to see how you feel at those ratios. If you've switched in a state of nutritional ketosis with the ratios outlined in the plan, and you're losing the body fat that you don't want to lose, increase overall calorie consumption but maintain the same ratio. See how that feels. If you continue to lose body fat, increase dietary fat consumption. Again, see how that feels.

The Keto Beginning for Weight Loss

If you want to lose weight: Eat less dietary fat so that the body uses its own fat for energy.

Note on this approach: it's imperative that you eat enough fat so that you are encouraged to be in a state of nutritional ketosis. Without a good level of dietary fat, you will begin to lose muscle. Cutting your dietary fat intake too much will result in muscle loss. You don't want this.

The "calorie for calorie" approach of "what you burn has to equal what you eat or you gain weight at 3,500 calories per pound" is ludicrous and has been proven inaccurate. Our thoughts, emotions, activities, and what we choose to fuel with, all play a role in how many calories we need to function.

The key to weight loss on a ketogenic diet is eating just enough fat and not over eating.

Summary: stick to the 30-day meal plan (in [Chapter 16](#)), see how you feel, journal, play around, try multiplying your goal weight by 10 to see where you stand. Try it out, see how it feels, and take it from there.

The Keto Beginning for Weight Gain

Yes, there are instances (with weight gain and muscle gain specifically) where we have to do some manoeuvring of macronutrients to reach the results we want.

Summary: If weight gain and maximized performance is your end game, I highly recommend checking out [The Art and Science of Low Carbohydrate Performance by Jeff S. Volek](#).

Chapter 5

ODE TO FATS

You're going to be eating a lot of fat. Like, a lot. And at first, you'll likely have moments where you'll think you are bat-shit crazy for beginning this epic quest. Believe me, I thought I was in crazy town for the first couple of days. But it subsided when I started to feel amazing, when things started happening.

I've found that the best way to alleviate doubts is to educate myself. So, here goes... my ode to everything fat. I'm hoping that after reading this, you will have a better understanding of what's what and just how important fats are to our survival. They're not as scary as one would think. In fact (now) high carbohydrate intake concerns me more than fats ever did.

I tie all of this together in [Chapter 6](#), where I've listed all of the smart, keto-friendly sources of fat in an easy-to-use list. And, in [Chapter 15](#) (using the meal plans from [Chapter 16](#)) you'll get 4 weeks of grocery shopping lists to create one, big picture of dairy-free keto awesomeness.

Fat Digestion

Fats transport vitamins and minerals throughout the body, send signals to our glands to produce hormones (including the sexy ones;), regulate healthy brain function, boost immunity, and make up every cell, organ and tissue in the body.

To get a really solid understanding of exactly what fats do in our body, a good place to start is to

understand exactly how they move through our digestive system.

Mouth Chewing begins to separate fats, but does nothing to break them down.

Stomach Hydrochloric acid begins to break
Pancreas down fats and separate lipids from
Duodenum foods so that pancreatic enzyme,
lipase can begin splitting the fats.

Gallbladder Bile emulsifies fats, breaking them down so that enzymes can act on individual triglycerides to release fatty acids. Pancreatic lipase splits triglycerides into diglycerides, monoglycerides and fatty acids.

Small Intestine Diglycerides and monoglycerides are then hydrolyzed into their components: fatty acids and glycerol. Shorter chain fatty acids (up to 12 carbons) are attracted to water and are absorbed directly through the intestinal wall. Longer-chain fatty acids, diglycerides, and monoglycerides are reconverted into triglycerides to be transported through the intestinal wall with the help of glycerol. The blood stream then carries them to the liver.

Liver The principle site of fat metabolism

Note: Prostaglandins (produced from the metabolization of polyunsaturated fats aka, "omegas" do most of their work in the lymphatic system, not the liver.

THE GOOD FATS

Saturated Fat

Our fear of saturated fats is out-dated. It's not actually a "thing". It's time to rise up and realize that there is (actually) no evidence that proves that saturated fat raises cholesterol or that fat consumption leads to weight gain.

Studies show that replacing saturated fats with carbohydrates, the diet that has been recommended by medical authorities all over the world for the last 50 years, increases the risk of coronary heart disease (lowers HDL, increases small particle LDL). For more on this, check out the Links + Studies pages in the back of this book.

It's not saturated fat or dietary cholesterol that increases the amount "bad" cholesterol (small, dense LDL) in our bodies, it's an overconsumption of carbohydrates.

Okay, so now that that's out of the way... What is a saturated fat?

Saturated fats are usually hard at room temperature, and your best option for cooking as they are more stable at high heat than unsaturated fats. Examples of these are lard, MCT oil, coconut oil, cocoa oil/butter, palm oil, and tallow.

Saturated fat is not at the root of all evil and is not to blame for the downturn of our nations health. I know it's hard to grasp because we've been told the exact opposite for so, so many years.

Reading up on the benefits of saturated fat puts everything into perspective. This is powerful (healthy) stuff!

Saturated fat...

- Is the preferred fuel for your heart.
- Slows the absorption rate of your food, keeping you fuller, longer.
- Lowers cholesterol levels.
- Improves cardiovascular risk factors (by increasing lipoprotein A).
- Increases uptake of calcium to be effectively incorporated into bone.
- Protects the liver from toxins.
- Coats the spaces in our lungs with a protective coating to protect us from getting sick.
- Provides the brain with the raw materials it needs to function optimally.
- Supports strong (and proper) nerve signalling.
- Boosts cells ability to destroy viruses, bacteria and fungi.

Unsaturated Fats

Unsaturated fats come from both plant and animal sources. Without getting too technical on you here, there are 3 types of unsaturated fats...

1. Monounsaturated: gets its name from the 1 hydrogen atom that has been removed from

the chain. The fatty acid is referred to as oleic acid. It is found in olives, avocados, grass-fed beef and nuts. Monounsaturated oils such as extra-virgin olive oil, avocado oil and macadamia nut oil are best for cold use.

2. Polyunsaturated (Omega-6): gets its name as more than 1 hydrogen atom has been removed from the chain. Sources include, sesame oil, grape seed oil, borage oil and evening primrose oil.
3. Polyunsaturated (Omega-3): also gets its name from having multiple hydrogen atoms missing from the chain. Sources include flax seed oil, pumpkin seed, hemp seed, walnut, macadamia nuts, grain-fed meat, high-fat fish and chia seed.

Polyunsaturated fatty acids (omega-3 and omega-6 fatty acids) are essential - meaning our body cannot produce them on their own. In general, we want to maintain an omega-3 to omega-6 ratio of 1:1.

The further you go down the unsaturated chain, the more “unstable” the fats are... which is why you’ve likely heard that cooking with flax seed oil, a polyunsaturated fat, is not safe.

Because polyunsaturated fatty acids have one or more hydrogen atoms missing from their chemical structure, they tend to react with oxygen when heated and form harmful compounds such as free radicals. This oxidative damage is a process that creates free radicals and increases inflammation in our body. We don’t want this.

While it's better not to heat any form of unsaturated fat, the monounsaturated fats are more stable than the polyunsaturated fats. And in some cases, like with animal-based fats, they are paired with saturated fats, making them safe to heat.

A ketogenic style of eating is naturally rich in omega 6 fatty acids, so it's important to supplement (or focus on) consuming omega-3-rich foods such as wild salmon, fermented cod liver oil, grass-fed meat, chia seed, walnuts and macadamia nuts.

Phospholipids

99% of your brain is made up of phospholipids - a class of lipids (fats) that are a major component of all cell membranes. They form lipid bilayers and are important for the overall health of every cell in your body.

The phospholipid, lecithin is a phospholipid that emulsifies fats to help them interact with other nutrients like proteins and starches. Lecithin can be found in egg yolks and sunflower seeds.

The phospholipid, choline, occurs widely in living tissues and is important in the synthesis and transport of fats. Choline is found in a variety of foods including collard greens, Brussels sprouts, broccoli, Swiss chard, cauliflower, asparagus, shrimp and egg yolks.

Lastly, the phospholipid inositol is a phospholipid and member of the vitamin B "family" (although it's not really a vitamin at all). It benefits the body by

supporting the healthy function of neurons in the nervous system and; what I love about inositol, it promotes strong, healthy, shiny hair. Beauty! Sources of inositol include, liver, nuts, green leafy vegetables and lecithin granules.

THE UGLY FATS

Processed vegetable oils, vegan spreads, margarine, hydrogenated oils, partially hydrogenated oils and trans fats are all damaging to your health.

Oils to avoid and watch out for include: sunflower, safflower, cottonseed, canola, soybean and corn oil. These fats are...

- Oxidized during high-heat processing which creates free radicals.
- Often made from GMO seeds.
- Pro-inflammatory and bad for your gut health.
- Associated with increased risk of cancer.

Trans fats are created when polyunsaturated fatty acids are heated during food production. Naturally occurring trans fats are found in dairy products and meat from grass-fed animals and have been found to be beneficial compared to artificial trans fats.

Artificial trans fats are “metabolic poison” and should be avoided as much as possible. Watch out for foods made from hydrogenated or partially hydrogenated oils. These types of trans fats are typically found in margarines, cookies, crackers and commercially fried foods.

Trans fats...

- Increase risk of coronary heart disease

- Negatively affect cholesterol levels (by reducing the concentration of HDL cholesterol and increasing the concentration of the sharp and dangerous form of LDL cholesterol)

Chapter 6

THE MACRO-RANA DANCE

In this Chapter, I'll introduce you to some of the low carb, high-fat, moderate protein foods that I've surrounded myself with in support of my journey into nutritional ketosis.

I've pulled all of this together in [Chapter 15](#) with a 4-week shopping list in support of the meal plans outlined in [Chapter 16](#). So if you read this and get overwhelmed, don't worry, I've got your back!

Our grocery bills have gone down considerably since I started exploring this eating style. It's a lot less expensive to eat 1-2 times per day than 6-8 times. Plus, I don't have to bother with the loads and loads of organic produce. I've used these savings as an opportunity to focus on high-quality ingredients: grass-fed meats, local eggs, organic vegetables and non-GMO oils.

I highly recommend approaching this new eating style as an opportunity for changing the quality of ingredients you use on a daily basis.

For proteins, grass-fed, organic and local. For carbs, organic and fresh. For fats, homemade is best - nut butters, animal fats rendered in your slow cooker, cold-pressed oils.

PROTEINS

Clear your kitchen of lean meats either by eating them up or donating them to a friend. You'll quickly realize that lean meats; like chicken breast, turkey bacon and white fish, have too much protein and not enough fat for them to benefit your ketogenic life. That's not to say you can "never" have these items again, not at all! However, on a daily basis, you're better off focusing on fat cuts of meat to maintain a steady macronutrient ratio.

To find a nice, fat-rich protein source, look for foods that have more fat per serving than protein per serving.

Another thing you'll use less of? Protein powder. I very seldom use it. Unless I'm making a Fat Bomb Shake ([Chapter 17](#)), then all bets are off.

Keto-friendly Proteins

- Almonds
- Bacon (uncured or sliced pork belly)
- Beef Brisket
- Beef Ribs
- Beef Roast
- Brazil Nuts
- Chicken Thighs, with skin
- Chicken Wings, with skin
- Duck
- Eggs

- Goose
- Ground Beef, regular
- Ground Pork, regular
- [Hemp Seeds](#)
- Hemp Protein
- Lamb Chops
- Mussels
- New York Strip Steak
- Oysters
- Pate
- Pepperoni*
- Pork Loin, Chops or Steaks
- Pork or Beef Sausage*
- [Pork Rinds](#)
- Pork Shoulder
- Pork Spareribs
- Porterhouse Steak
- Pumpkin Seed Protein
- Rib-eye, Rib Roast or Prime Rib Steak
- Salmon
- Sardines
- Scallops
- Skirt Steak
- T-bone Steak
- Tuna
- Turkey

*Could contain dairy and/or gluten. Be sure to read the label. Ideally, look for products that promote them being free from these allergens.

CARBS

(Before going low carb) I thought consuming less than 200 grams of carbohydrates was impossible and absolute crazy talk. Little did I know that everything I was experiencing - the energy lulls, cravings, swollen belly, and indigestion, was all because of carbohydrates.

This journey has encouraged me to fully come to terms with just how difficult it is for my body to sufficiently process and utilize carbohydrates. Without restricting my carbohydrate intake, I never would have discovered just how awesome life could be without them!

I've compiled a list of my favorite carbohydrate favorites, along with a couple that you may want to play around with after this 30-day program. I find I do best with avoiding fruits and starches, but you may be different!

Keto-friendly Carbohydrates

- Artichoke Hearts
- Asparagus
- Avocado
- Bean Sprouts
- Bell Pepper
- Bok choy
- Broccoli

- Brussels Sprouts
- Cabbage
- [Cacao Powder](#)
- Cauliflower
- [Chia Seed](#)
- Cucumber
- Eggplant
- Flax Seed
- Flax Seed Meal
- Fresh Herbs: like Parsley, Cilantro, Dill, Basil + Mint
- Garlic
- Kale
- Lemon
- Lime
- Mushrooms
- [Nutritional Yeast](#)
- Okra
- Onions
- Pickles
- Pumpkin
- Radishes
- Romaine Lettuce
- Spaghetti Squash
- Spinach
- Tomatoes
- Vinegars: Balsamic, White Wine + Apple Cider

- Water Chestnuts
- Zucchini

Low-sugar fruits to experiment with: blackberries, strawberries and blueberries.

Slightly starchy vegetables to experiment with: parsnips, carrots, butternut squash, beets and pumpkin.

FATS

It will be intimidating at first - all the fat, not enough creativity... which is why you're sitting here, reading this! I'm hoping that this list, coupled with the meal plans in [Chapter 16](#), will show you just how easy it can be to reach your daily fat intake requirements without relying on dairy to get you there.

Keto-friendly Fats

- Almond Milk, Unsweetened
- [Almond Flour](#)
- Almond Oil
- Anchovies
- [Avocado Oil](#) (heat)
- Avocados**
- Cacao Oil/Butter (heat)
- [Coconut Butter](#)
- [Coconut Cream](#)
- [Coconut Oil](#) (heat)
- Cold-pressed Extra-Virgin Olive Oil (cold)
- [Duck Fat](#)
- Egg Yolks
- [Fish Oil](#) (cold)
- [Flax Seed Oil](#) (cold)
- [Grape Seed Oil](#) (heat)
- Hazelnuts*
- Hemp Seed Oil (cold)
- Macadamia Nut Oil (heat)

- [Macadamia Nuts](#)
- MCT Mayonnaise, [Chapter 17](#)
- [MCT Oil](#) (cold)
- Nut or Seed Butters
- Olives
- Pecans
- Pistachio*
- Pumpkin Seeds**
- [Red Palm Oil](#) (heat)
- Rendered Animal Fats: like [Tallow](#), Suet, Lard + Shortening
- Sesame Seeds
- Shredded Coconut, Unsweetened**
- Sunflower Seeds
- Walnuts*

*Higher in protein than other options

**High in carbohydrates than other options

EVERYTHING ELSE

Keto-friendly Sweeteners

Avoiding sweetness as much as possible will help to reset your taste buds and make this experience much easier, long-term. If sweet is your thing, it's mine so the meal plan outlined in [Chapter 16](#) has a bit of sweet added in, the following sweeteners will be your best bet. My favorites are alcohol-free liquid stevia and chicory root.

- Chicory Root
- Erythritol
- Inulin
- Lo Han Guo
- Monk Fruit
- [Stevia](#)*
- Xylitol**

*Liquid and alcohol-free **Sourced from birch not corn

Keto-friendly Spices

Spices add bold flavor to dishes perfectly and are safe for your (new) keto life. But, be mindful of how much spice you're adding to your meals, they do contain carbohydrates, so watch that they're not making up a ginormous portion of your meals. A dash here, a dash there, all is good.

Watch out for pre-made spice as they often contain sugar and binding agents, like flour. Even table salt is mixed with dextrose (sugar).

Interested in making your own (safe) spice mixes, check out the recipes in [Chapter 17](#).

Keto-friendly Beverages

- Black Tea*
- Coffee*
- Decaf Coffee
- Green Tea*
- Herbal Tea, unsweetened
- [Homemade Stock](#)
- [Keto Lemonade](#)
- Lemon Juice
- Lime Juice
- Sparkling Water
- Stevia Soda
- Water

*Caffeine may spike blood sugar, caution is advised

Chapter 7

WHAT TO WATCH FOR

Fresh is best. And I've found that fresh is easy when you're running on ketones. There are; however, a handful of store-bought products that I turn to on a day-to-day basis, and even more so when I'm traveling. Like all things, there are vast differences from product to product.

In this Chapter, I've outlined my favorite store-bought goodies and listed a couple of things for you to watch out for if you choose to make these items a part of your keto life, too.

COCONUT MILK

Coconut milk is made by grating fresh coconut meat and then pressing it to extract the white “milk” from the flesh. It can be purchased in many different concentrations. Most of the coconut milk you’ll find in the refrigerated section of your local grocery store is “lite” coconut milk because it has been diluted and there is very little oil left in the liquid. These products often have ingredients added to them to enhance flavour, improve taste, and thicken their consistency. Watch out for: phosphates, guar gum, xanthum gum, water, polysorbates, extracts and flavors.

Most canned coconut milks contain between 5%-17% fat. Sometimes canned coconut milk contains gums and preservatives. All canned coconut milks are canned for 90 minutes at high temperature and pressure, just like canned vegetables. This is not ideal.

Coconut fat is made up of 15% medium chain fatty acids (MCTs).

MCTs fall into the category of saturated fats, but they are not handled the same way as long chain fats in the areas of digestion, transportation through the body or their utilization.

Though not at the same concentration as MCT Oil (heavily used throughout the meal plan in [Chapter 16](#)) it has similar properties - it’ll support the development of ketone bodies! Therefore, it’s

important to find a high-quality coconut milk product that contains high levels of coconut fat.

[Read more about MCTs and their benefits >>>](#).

Another thing to note for coconut milk is the difference in carbohydrates per serving. There are some coconut milks that have upwards of 5 grams of carbs per $\frac{1}{4}$ cup. I stay away from these. Generally, the higher the fat, the lower the carbohydrate, but not always. Make sure that; when you're comparing coconut milks, you're noting the serving sizes - some will list grams, while others list tablespoons or cups. It took me 15 minutes of comparing a row of coconut milks side by side to find a couple that I approved of. Now, it's easy. I know exactly which ones are best, and that's what I stick with!

Summary: Look for a coconut milk that is free from phosphates, guar gum, xanthum gum, water, polysorbates, extracts and flavor. Is low in carbohydrates (less than 2 grams per $\frac{1}{2}$ cup serving), high in fat (more than 13 grams per $\frac{1}{4}$ cup serving) and in a BPA-free can or non-refrigerated tetra pack (if you can swing it!).

[This is the best store-bought coconut milk I've found >>>](#).

[Follow this recipe to make your own coconut milk using shredded coconut >>>](#).

NUT + SEED BUTTERS

We're looking for high fat, low protein, low carbohydrate nut butters. Nuts that meet these requirements are macadamia nuts, pecans, walnuts, flax seeds and sunflower seeds. When I'm looking to supplement a touch of my protein intake with plant-based, paleo-friendly protein, I use hemp seeds and almonds. Almonds especially, they're rich in calcium!

Quick Tip: Avoid nut butters with cashews. They're really high in carbohydrates and super easy to over do. That's not to say that you "can't" have cashews, in fact I cook with them all the time! But nut butters are easy to over-eat and therefore, best to stick with a low carb option with this one.

The problem with store-bought nut butters is that a lot of them have sugar, soybean oil, canola oil or vegetable oil. All things we want to avoid.

If you can, make your own nut or seed butter. You'll save loads of money and can get creative with combinations to help you stay in control of what goes into the recipe. I've included a couple of my favorite nut butter recipes in [Chapter 17](#).

Quick Tip: When making your own nut butters, add loads of avocado oil or grapeseed oil to the mix. It'll boost the fat content and make it really drippy, if you're into that sort of thing. If you like a fudge-like, thick nut butter (from the fridge) use MCT oil, coconut oil or cocoa butter/oil. Delectable!

BACON

There is lean bacon and not-so-lean bacon. Any guesses on what you're looking for?

Also, most bacon that you'll find at the grocery store is cured with sugar, salted with table salt (more on why this isn't good in [Chapter 9](#)) and likely treated with preservatives.

It's next to impossible to find uncured bacon under \$10. However, "sliced pork belly" is essentially bacon, but without anything added. It's just straight-up sliced bacon strips. Most butchers can prepare it for you at a very good price.

Call around, ask for sliced pork belly and you'll be set!

MAYONNAISE

Mayo is a staple in my dairy-free keto kitchen. Store-bought mayonnaise is usually made with a base of vegetable oil - canola, sunflower, soy... best to stay away from these, more on this in [Chapter 5](#).

Quick Tip: There are a select few brands made with 100% olive oil - be sure to read the label as most “made with olive oil” mayo still contains up to 70% canola oil.

When you can, make your own mayo (recipe in [Chapter 17](#)). It's so easy and you can literally use any kind of oil that you like – MCT oil, avocado oil, light olive oil, heck... bacon grease works, too!

PORK RINDS

Before becoming interested in ketosis, I thought pork rinds were mashed pork meat, fried and bagged. Turns out? It's pork skin... fried and bagged. You can make your own (I did it once and realized it's a pretty lengthy process) or you can find them at many grocery stores.

Quick Tip: Avoid pork rinds with lots of sodium - salt your own and save your health. More on this in [Chapter 7](#). Opt for pork rinds that are free from MSG. Pork rinds should have 3 ingredients, 2 if you're lucky: pork skin and lard, (optional) salt.

The reason I don't eat pork rinds all too often is because they're pretty high in protein (1 serving = 50 grams of protein with about 30 grams of fat) and they're not the cleanest option out there - it's impossible to confirm what quality of lard is used. However, if you're traveling and are in need of a high-fat snack, pork rinds do the trick. They also make the best "flour" for keto-friendly pancakes. Recipe in [Chapter 17](#)!

CONDIMENTS

I choose to make my own condiments (recipes outlined in [Chapter 17](#)) to save money, avoid the headache of reading every label, and skip the aspartame. I'd guess that 90% of the labels I've read that tout "low carb" awesomeness are packed with artificial sweeteners.

Curious why I avoid them? [Watch this >>>](#).

Chapter 8

POWER SUPPLEMENTS FOR EVERY DAY

The first week is the hardest. I'm throwing that out there now so that; if you choose to play with nutritional ketosis, you don't get angry with me for not warning you.

They call it keto-flu and it's a bitch. By the end of day 3, I felt like I'd come down with something funky, I just didn't feel right. By the morning of day 5, I woke up convinced that I was going to fall over and never get up. My energy weaned, my breath smelled of alcohol, and my brain was so fuzzy, I couldn't hold a normal conversation. All the signs were there - that I was "draining" my body of its glycogen stores and slowly making the "switch" to ketosis.

But this doesn't have to be your keto experience. Through oodles of self experimentation, I've learned how to switch into nutritional ketosis with grace and ease, sans keto-flu.

Which brings us to our first 4 supplements I used to alleviate the symptoms of keto-flu...

AT THE BEGINNING

I highly recommend picking up a couple of these supplements/foods to help with the transition...

- [Mineral Water Drops](#)
- [Electrolyte Powder](#)
- [Himalayan Rock Salt](#)
- [Magnesium Powder](#) (look for one that doesn't use sugar and is low in net carbs and/or overall carbs)

The production of ketones changes the way your kidneys function and as such, you may find that supplementing with electrolytes will be your saving grace (as it was mine).

On day 5, I spiked my water with mineral water drops, supplemented with Ultima electrolyte powder after a hot and sweaty yoga class, and downed 2 teaspoons of CALM magnesium powder before bed. Note, however, that the electrolyte powder and CALM supplement will raise blood sugar levels slightly. If this is a concern for you, stick with Mineral Water Drops and Himalayan Rock Salt.

By day 7, things started to even out - less foggy brain, more energy. A couple of days after that, I was a ketone-creating machine!

Check out the Keto Lemonade recipe in [Chapter 17](#). I drink it daily to help refuel my electrolyte and salt requirements without spending oodles on supplements.

DAILY BOOSTS

Now, for the 3 supplements I take on a daily basis to help me feel steady and healthy on my nutritional ketosis path...

- [MCT Oil](#)
- [Fish Oil](#)
- [Dairy-free Probiotic](#)

MCT oil is a wonder supplement.

When your body switches to nutritional ketosis, it transforms medium chain triglycerides (MCTs) into ketone bodies for energy.

There's much to do with the Krebs Cycle and cell mitochondria, but I won't bore you with the science. Your body needs MCTs to generate ketones. So, supplementing with MCT oil does a fabulous job at boosting them ketones!

MCTs are found in coconut oil. It's not as concentrated as pure MCT oil, but it's a fabulous start for someone beginning his or her nutritional ketosis adventure. You'll notice in the 30-day meal plan, I began with coconut oil and slowly transitioned over to MCT oil. Because I made this transition, I was able to start off with 1 tablespoon of MCT and work my way up. If you go straight for the MCT, it's advised to start off slow with 1 or 2 teaspoons at first. The first time I blended MCT oil with my coffee, my brain felt like it was BUZZING with action - right at my forehead and down to my chest, where most of the mitochondria are located in the body.

[Read more about MCTs and their benefits >>>](#).

Fish Oil is another fabulous way to increase dietary fat in a convenient, dairy-free way.

On days where I load up on omega-3-rich foods like flax seed or chia seed, I'll skip my fish oils, but it's a great tool when I need it. There are many fish oil supplements out there that don't have the cleanest profile. If spending money on high-quality fish oil isn't high on your priorities list, using chia seeds is a great replacement.

Within a week of being in nutritional ketosis, my bloated, sore stomach disappeared. I've always had a sensitive digestive system so, I took this as a sign that healing was happening.

To aid in the healing, and encourage a plethora of healthy gut flora, I began taking probiotics 1-hour before I break my daily fast (more on fasting in [Chapter 13](#)). Since starting this regimen, I've been having 1-2 beautiful bowel movements a day.

Too much info? We're over that. Talking about poo is good.

GOOD WHEN NEEDED

There are 3 supplements that I have on hand to balance electrolytes. These are...

- [Mineral Water Drops](#)
- [Electrolyte Powder](#)
- [Magnesium Powder](#) (look for one that doesn't use sugar and is low in net carbs and/or overall carbs)

With fluid loss, comes electrolyte loss.

If I've had an extremely sweaty yoga session, or find that my muscles are tighter than normal, or I get a slight tingling sensation in my limbs, it's a surefire sign that I'm low in electrolytes.

OPTIONAL GOODIES

I've just recently starting using these two items and am pretty excited about them....

- [Collagen Hydrolysate](#)
- [Greens Powder](#)

30% of the protein in our body is made up of collagen and is used in the formation and maintenance of our fibrous tissues like skin, ligaments, tendons, bones, blood vessels, and the gut. As we get older (beginning at age-30), the production of collagen begins to slow down and cell structures start to lose their strength.

Hydrolyzed Collagen is the unique combination of amino acids in concentrated levels that promote rapid reproduction of blood cells for healing and conditioning, especially for bone and joint health care.

This low molecular weight protein is easily digested for healthy enrichment in minutes after ingestion.

Greens are good and if there are days where I feel like I haven't eaten enough, I down a cup-a-greens.

[Read more about why_greens_powder_is_essential_for_everyone >>>](#).

Chapter 9

LESSONS ON LOW BLOOD PRESSURE

One of the fantastical results of being in nutritional ketosis is its ability to lower blood pressure. I've had low blood pressure for a good part of my adult life so when I went into nutritional ketosis, my blood pressure dropped even further. Anytime my head went below my hips, I got extremely dizzy and lightheaded.

As I mentioned in [Chapter 8](#), your kidneys work differently in ketosis. And, it's natural that your body will require more water + salt to stay balanced - which, just so happens to be what's needed to maintain a healthy, balanced blood pressure.

What I've learned; through lots of self experimentation, is that low blood pressure in nutritional ketosis can be easily avoided by doing the following 3 things...

DRINK LOTS OF WATER

5 liters (5.2 quarts) is my lucky number. That's a lot of water, I know. To get into a rhythm of making this commonplace, I set up a "water schedule" in my calendar with 5-minute alerts that I followed for 2 weeks until drinking before I was thirsty started coming naturally.

My water schedule:

- Wake up: 1 liter
- After workout: 1 liter
- After coffee: ½ liter
- 1-hour after first meal: 1 liter
- 1-hour after second meal: ½ liter
- 2 hours before bed: 1 liter

ADD SALT TO ABSOLUTELY EVERYTHING

Everything that I put in my body is whole and wonderful. I haven't used a store-bought condiment in over 2 months. And, with this means a dramatic reduction in salt intake.

Despite what we've been told, our bodies need salt to function - to pass nutrients through cells, regulate blood pressure, extract excess acidity in the body, maintain balanced blood sugar levels, and more.

Now, when I think there's enough salt on my food, I add more. Heck, I even add it to my water, tea and coffee. The best, and easiest way to make sure I eat enough salt is putting 1 teaspoon of salt in a jar every morning. Then, I use it throughout the day. When the jar is empty, I know I've done a good job at consuming as much salt as my body needs to stay balanced.

But wait! Not all salt is created equal.

Table Salt

Heavily processed to eliminate most of the good things you need from salt. It's generally bleached, heated and contains calcium silicate to prevent clumping. Avoid it.

For every gram of table salt that your body cannot get rid of, it uses 23 times the amount of cell water to neutralize the salt, causing excess fluid in your body tissues which can result in kidney issues, gall bladder

stones, arthritis, gout, and cellulite.
Lesson? When you buy store bought things, get the 0 sodium stuff and add your own healthy salt.

Iodized table salt means that iodine has been added. If you're interested in boosting your dietary iodine, there are sea salts out there that are rich in iodine and much more natural than table salt.

Kosher Salt

Slightly less processed than table salt but yields a similar nutrition profile. Many use it to salt meats with the goal of making it less overpowering than if one were to use sea salt (sea salts have a strong, sodium flavor).

The benefits aren't there for this one. I avoid it.

Sea Salt

Harvested directly from evaporated seawater or underground resources, sea salt is usually minimally processed. Best used after cooking to maintain its unique flavor. My concern with sea salt is that our oceans are getting more and more polluted so I'm not 100% confident in the purity of sea salt. However, it's a much safer (and more health-robust) option than table salt.

If you prefer to use all natural sea salt, then [Redmond Sea Salt](#) is a great choice. It is harvested in Redmond, Utah and is not processed or altered in any way. It contains trace minerals, including iodine (not as much as iodized table salt, but, Redmond Sea Salt claims it is more readily absorbed than the iodine in table salt) and can be found at many grocery stores or purchased online.

Himalayan Salt

Packed with minerals often not found in any other form of salt, [Himalayan Rock Salt](#) is my go-to salt for everything. It is over 250 million years old, which means that it's absolutely free from toxins, pollutants and offers all of the natural elements that are identical to the 84 elements in your body.

Think of it as a bio-identical supplement that your body is able to instantly recognize and utilize.

PUMP THAT HEART

Blood pressure is related to the force of the heartbeat. So, it makes sense that, to balance blood pressure, we need to have a heart that beats at various levels and strengths throughout the day. Simply? Cardio is key! At week 2 of ketosis, I started doing high intensity intervals (HIIT) 3 times/ week.

Getting the blood pumping, combined with the other points from above, has levelled off my blood pressure perfectly!

Chapter 10

TESTING, TESTING, 1-2-3

There are 2 things at play when you're in (or trying to obtain) nutritional ketosis. The first is blood glucose. When blood glucose is low, cell walls are "open" and ready for ketogenic business. The second is ketone level.

I use blood ketone and blood glucose testing meters to help me understand how my body reacts to different scenarios while getting into and maintaining a state of nutritional ketosis. Without these measuring tools, it would have been difficult for me to learn as much about my body as I did in such a short time.

With these tools, I discovered (very quickly) how my body reacts to different protein levels, fat intake amounts, stress, exertion, carbohydrates, stevia and supplements (as outlined in my day-to-day journal in [Chapter 2](#)).

From the get-go, I was equipped with a blood ketone meter, a blood glucose meter and urine ketone strips. Immediately following a reduction in carbohydrates, an increase in dietary fats and a moderate control of protein, I could see (through testing for ketones) that my body was slowly becoming keto-adapted. Without these tests, I would have been totally lost. The numbers acted as reassurance that what I was doing, was working.

You can very well choose not to test. This is fine. I liked having the tools available; especially at first, to help me wrap my head around what was happening and understand my body better. Now, I

know what success feels like in my body. I can go days without testing and have a pretty firm idea of where my numbers are at, what's affected me, and how to fix it. I never would have gotten to this point without testing.

KETONE BODIES

The presence of ketones in your body, which is indicative of lipolysis, is definite proof of ketosis. So, testing for the presence of these bodies in YOUR body is a sure-fire way of confirming that you're switching to ketosis.

But first, I want to take a second to explain what ketone bodies are and how they're generated in the body. Once I fully understood this process from start to finish, nutritional ketosis made a lot more sense to me. I hope this helps you as it did me.

Ketone bodies are produced mainly in the mitochondria (energy production centers) of liver cells.

In nutritional ketosis, the creation of ketone bodies occurs in response to an unavailability of blood glucose, caused by low glucose levels in the blood (this happens when we "drain" our body of glycogen stores brought on by a low carbohydrate diet). The production of ketone bodies is then initiated to make available energy that is stored as fatty acids.

Fatty acids are enzymatically broken down into beta-oxidation to form acetyl-CoA. Under normal conditions (when glycogen is used as energy), acetyl-CoA is further oxidized by the Krebs cycle and mitochondrial electron transport chain to release energy. However, if the amounts of acetyl-CoA generated in fatty-acid beta-oxidation challenge the processing capacity of the Krebs cycle; or if activity in the Krebs cycle is low due to low amounts of intermediates such as oxaloacetate, acetyl-CoA is then used instead in

the biosynthesis of ketone bodies via acetoacetyl-CoA and beta-hydroxy-beta-methylglutaryl-CoA. The body does this because we cannot live without energy. No Krebs cycle action, no life. Deaminated amino acids that are ketogenic, such as leucine, also feed the Krebs cycle, forming acetoacetate & ACoA and thereby producing ketones. This last point - where amino acids are used by the Krebs cycle fuels the argument that nutritional ketosis should be practiced in a cyclical action, more on this in [Chapter 14](#).

There are three ketone bodies, each of which are synthesized from acetyl-CoA molecules...

- Acetoacetate, tested through the urine and generally ONLY detectable for the first couple of weeks of nutritional ketosis.
- Acetone, tested through the breath.
- Beta-hydroxybutyrate, tested through the blood and the most prevalent of ketone bodies.

Quick Tip: When I started experimenting with ketosis, I experienced fruity breath for the first 5 days. It wasn't pleasant for me, or anyone in close proximity of me... my poor husband, bless his heart. For tips on how to eliminate this, check out the keto-flu section in [Chapter 8](#). Either way, though, the smell goes away after a couple of days.

mmol/liter

We use millimoles per liter (mmol/liter) to measure the concentration of ketones and glucose in our blood. In chemistry, a mole is used as a unit of measurement to express the amount of a chemical substance that contains as many entities (atoms, molecules, ions, electrons, etc.) as there are atoms in 12 grams of pure carbon.

We're talking the slightest bit of variation here. So, when we're measuring the concentrations of ketones and glucose in our bodies, we use millimole. A millimole is one-thousandth of a mole, and a liter measures fluid volume (a bit larger than a quart).

If you're in the United States, mass concentration is measured in mg/dL (milligrams per decilitre).

[You can convert mmol/l measurements in this book to mg/dL with a tool like this one >>>](#)

KETONE TESTING

Before you start thinking, “I’ll just aim for HIGH ketones so I lose more weight”, think again. Higher levels of ketones may actually slow down fat loss. Why? The theory is that high levels of ketones in the bloodstream may slightly raise insulin, blocking the release of free fatty acids from fat cells. Why? Remember that starvation is marked by a ketone level of 3.0 - 6.0mmol/l, as outlined in [Chapter 10](#). When our ketone levels get in this area, the body is signalled to breakdown the next available fuel for energy, proteins (muscle). When the muscle is broken down, glycogen is released, increasing insulin levels. Two bad things come of this: muscle breakdown and insulin spikes. We don’t want either!

Just as I avoid jumping on the scale 200 times a day, I remind myself that testing for ketones every waking moment is not conducive of a healthy relationship with my eating style, or my commitment to a balanced life (and peaceful mind). Once I knew what nutritional ketosis felt like in my body, I encouraged myself to use THAT as my guide. I really, really hope that you will do the same. Remember, this is a lifestyle change. It’s supposed to free up time and make you feel GOOD.

Blood Ketone Meter

Testing the blood for ketones (beta-hydroxybutyrate) is the most reliable and most accurate approach. It’s also the most expensive. The meter is about \$35 and the test strips are about \$4 each. If you test 2 times daily, that’s over \$240 a month on testing. Yikes!

I purchased a meter at the get-go and tested once per day at various times and recorded my

hypothesis on why I thought my ketone level had increased or decreased. I did this for 30 days, enough to collect a bunch of ideas on what increased and decreased my ketone level. I've outlined all of these lessons in [Chapter 11](#).

Now, I test once a week, if that. As mentioned before, I have a very solid idea of what works in my body and what does not BECAUSE I tested as much as I did. Now that I know how my body performs in ketosis, it's pointless for me to keep testing. I know what nutritional ketosis feels like. When I'm on the mark, I'm good to go. When I don't feel it, I know where I fumbled and I know what to do to get it back, all because I started by testing my blood.

To give you an idea of the "stages" of ketosis...

Blood concentration (mmol/l)	Condition
< 0.2	not in ketosis
0.2 - 0.5	slight/mild ketosis
0.5 - 3.0	nutritional ketosis
2.5 - 3.5	post-exercise ketosis
3.0 - 6.0	starvation ketosis
15 - 25	ketoacidosis

Ideal concentration is 0.5-3.0mmol/l

[Purchase your Blood Ketone Meter >>>](#)

*note: blood ketone strips sold separately.

Urine Ketone Strips

Also known as Ketostix, are not accurate and may not work for the vast majority of people. Their major downfall is that they only test for excess ketone bodies that are excreted through the urine and tell you nothing about what's happening in the blood. Blood is what matters.

Also, when one becomes keto-adapted, the body will be less likely to excrete ketone bodies through the urine. This means that you may show high blood ketones and low (or absolutely 0) urine ketones. If I were tested right now, this is what you'd see.

However, if you're just starting out and spending around \$290 on blood ketone testing for the first month is out of the question for you (I don't blame you) Ketostix are a good way to go. They'll likely tell you where you're at for the first couple of weeks. But, don't freak out when you wake up one day and all of a sudden, your Ketostix tell you that you're not in ketosis anymore. This will happen and when it does, you'll have to decide if you want to cowboy it (you should have a good idea of what ketosis feels like in your body by this time) or if you want to try another testing method to keep you motivated and on track.

Breath Ketone Meter

Ketonix, is a fabulous (inexpensive!) solution for nutritional keto-goers. It's a machine that plugs into your computers' USB port and tests for the presence of the ketone body, Acetone. Reviews state that its accuracy is comparable to Blood Ketone Meters but at a fraction of the cost.

There are, however, some people that feel that testing ketones through blood measurement is still more accurate and reliable than breath. I haven't tested it personally, but feel that it's a great alternative for people who don't want to fork over

the cash for the blood ketone meter strips (or aren't interested in drawing blood).

If you're deciding between a breath ketone meter and urine ketone strips, do breath testing! You'll get far better results.

[Purchase your Breath Ketone Meter >>>](#)

BLOOD GLUCOSE

As the days went on, my blood glucose levels decreased and normalized at about 3.3mmol/l with a blood ketone level of about 2.1mmol/l, give or take a little. A reduction in blood glucose is the natural reaction to a low carbohydrate eating style and is the KEY to allowing the walls of fat cells to open up, encouraging fatty acid metabolism.

This is the reason why the 30-day meal plan accompanying this program is gluten-free, grain-free and free of (most) fruits and starchy carbohydrates. I wanted to see how my body reacted to a very low intake of ingredients known to cause blood sugar irregularities. In [Chapter 14](#), I introduce you to the other phases of ketogenic living - introducing carbohydrates, playing with days of high-fat, and finding your perfect carbohydrate number.

The best way to test glucose levels is through the blood - a little poke, a drop of blood, and off you go. It seems a lot more intimidating than it actually is. I remember the first time I tested my blood, I wasted about 10 strips before I got it right. I was so nervous! Thankfully, the glucose test strips are far less expensive than ketone blood strips.

Quick Tip: I use the side of my palm, the meaty place, to draw blood. It's a lot less painful than the finger and yields a consistent blood sample. Although it's different for everyone!

Ideal concentration is 3.0-3.5mmol/l (55-65 mg/dl), which is about half of what's conventionally considered "good" or "normal."

[Purchase your Blood Glucose Meter >>>](#)

*note: blood glucose strips sold separately.

TESTING TIMES

For most, ketone levels are lower in the morning and higher at night. I test about 2 hours after I get up (1 hour before my first meal) to give me a solid understanding of what's happening in my body before I eat. Ketone levels tend to be lower right after a workout (when glucose is higher) so I do not test at this time.

In [Chapter 11](#), I list off the actions that increase and decrease ketone production, which will give you some clues as to when to test and when not to.

For blood glucose, I test 3 times per day...

1. 2 hours after I get up, on an empty stomach and before physical exercise: to see what my fasting glucose is.
2. 2 hours after physical exercise: to see how my body settled after physical exertion.
3. 2 hours after my final meal: to see how my fasting glucose relates to my final number for the day.

When my first number of the day matches the last number of the day, I know I've done something right!

When I was experimenting with understanding my body better, I tested at all random times throughout the day to help me understand what raised and decreased my blood glucose. For example, I would monitor my blood glucose on an hourly basis for 12 hours to see how I reacted to different things - stevia, increased protein, physical exertion, etc.

How you test, what you use and the approach you take is entirely up to you!

Chapter 11

ACTIONS THAT INCREASE + DECREASE KETONES

As I got going, I compiled a list of things that increased and decreased my blood ketone level (beta-hydroxybutyrate). What we're after is a strong ketone level (between 0.5-3.0mmol/l) paired with low blood glucose (3.0-3.5mmol/l). When these numbers have been obtained, it's likely a sign that blood sugar is regulated, insulin isn't pumping through the blood as crazily as in most people, and the walls of our fat cells are wide open, ready for lipolysis to work its magic.

If you're finding that your journey to nutritional ketosis hasn't been as "easy" as what you've read here, this is a great Chapter to getting some insight on what could be happening. You're likely missing something; a small something, that's limiting your body's ability to switch into ketosis. If this is you, take a read through this list to see if there are glaring issues with your current approach.

I have made; and continue to make, slip ups that affect my ketone levels. The great thing about it all is that the further I've gone, the more forgiving my body is. It is quite astounding how adapted my body has become. It WANTS to be in nutritional ketosis and will bounce back quite effortlessly.

THINGS THAT INCREASE KETONES

MCT Oil

Medium-chain-triglycerides - the rocket fuel for nutritional ketosis. Starting my day with 1-2 tablespoons of this stuff blended with my coffee boosts my ketone level to soaring heights.

Quick Tip: Because MCT oil is used directly as fuel; especially for the brain, it's best to start off slow with 1 teaspoon and work your way up. Too fast, and you may experience digestive upset.

Balancing Intake

I've learned that my body responds best when I consume 1-2 meals per day, plus a rich blended coffee. Understanding what my macronutrient ratios are (for more on this read [Chapter 4](#)), I like to balance my macronutrients throughout the day for maximum satiation.

Example: if my goal is to eat 75 grams of protein in a day with 3 meals, I'll try to consume $\frac{1}{3}$ of it (25 grams) at meal #1, $\frac{1}{3}$ of it (25 grams) at meal #2, and $\frac{1}{3}$ of it (25 grams) at meal #3. This doesn't have to be an EXACT science, I've just found that; especially for carbohydrates and protein, this has helped me feel balanced, satiated and strong, all day through.

Intermittent Fasting (IF)

The word "fast" makes me cringe. I can't be the only one that relates fasting to starving to death. This is not that. As outlined in [Chapter 10](#), maintaining a ketone level of between 0.5-3.0mmol/l is far from starvation (starvation is a

ketone level of 3.0 - 6.0mmol/l) so please, don't think that I am advocating being in starvation mode or living with hunger pangs throughout this experience.

Being in a state of nutritional ketosis naturally regulates hunger.

One of the main reasons we're hungry all the time when following a high-carbohydrate diet (anything over 100 grams per day) is because of blood sugar highs and lows. With a high-carb approach, we eat to boost our blood sugar. When it lowers after our snack (about 2-3 hours following) we get hungry again. In a state of nutritional ketosis, it is normal to be comfortable going 16-18 hours with no food... daily. Because our blood sugar is no longer dictating when we're hungry. And, when we do this, our bodies produce MORE ketones. In fact, everyone, whether they practice nutritional ketosis or not, will likely generate ketones as they sleep!

For now, know that Intermittent Fasting (IF) is a fabulous way to boost ketones on a day-to-day basis. Read more about IF strategies and approaches in [Chapter 13](#).

High-fat Meal (more than 80% fat)

When I've had a slip up, my number one way to getting back on track is to amp-up the fats. Meals that contain more than 80% fat (generally 5% carbohydrate and 15% protein) are a great way to do this.

Moderate Protein

This is key. This is key. Have I mentioned, this is key? I am amazed at how sensitive the body is to protein. If you're having a hard time getting your ketone

levels up, it may be because you're eating too much protein.

Before I started delving into the world of whole foods-based nutritional ketosis, I spent 5 days tracking everything that I ate. You know, to see where I was sitting nutritionally. Of all the numbers, I was most surprised by protein. While I felt like I didn't consume all that much protein, I was dumbfounded to learn that I was averaging about 150 grams per day. 150 grams!

Protein cannot be stored in the body. What we don't use is converted into glycogen, causing an insulin response.

So, if we're eating too much protein while trying to switch into nutritional ketosis, we still may be experiencing blood sugar irregularities, making it next to impossible to switch over to ketosis. For steps on how I determined my protein intake, read [Chapter 4](#).

Blood Sugar Regulation

What carbohydrates we choose to consume, the quality, the quantity, it all will have a slight affect on our blood sugar, some more than most. When blood sugar is controlled, insulin is not frantically released which opens up the walls of our cells, and sets the stage for lipolysis (the breakdown of fats for energy!)

There are 3 strategies that you can use to help control your blood sugar...

Fiber Intake

Let's say I eat 50 grams of carbohydrates on Monday and 10 grams of that was fiber. Then, on Tuesday, I eat another 50 grams of carbohydrates but 30 grams of that was fiber. Any guesses on which day had steadier blood sugar? TUESDAY! You got it. I find, that the more fiber I eat, the more balanced my blood sugar is and the more satiated I feel.

GI Index

The source of carbohydrates plays a significant role in blood sugar regulation. If I compared my body's response to eating 20 grams of carbohydrates from root vegetables as opposed to 20 grams of carbohydrates from kale, the kale would keep my blood sugar steadier than the root vegetables.

[For more on GI, check out the Glycemic Index for common foods >>>.](#)

Day Balancing

If all carbs are consumed in one meal, your blood sugar will spike. Spreading carbs out throughout the day will lessen the impact.

Meditation

The less stress we put on our bodies; especially when it comes to our thoughts, the better it is for our overall health (and our ketone levels!). In fact, this goes beyond nutritional ketosis.

When my weight loss clients reach a plateau, the first place we look at is their stress level. Wanting to achieve a certain weight and counting everything to make sure "rules" aren't broken can hold them back from achieving their goals. The hormones released in a stressful state can even trigger a spike in blood sugar, without glucose even being

consumed. This is a less-than-ideal situation for those looking to lose weight (because it spikes cravings) and anyone looking to boost their ketone levels.

I saw transitioning to this new ketogenic eating style as a great opportunity to strengthen my meditation practice.

10 minutes when I wake up, 5 minutes halfway through the day goes a long way in reducing stress, focusing my energy and increasing my ketone levels. If you feel like you're doing everything right but aren't stoked by your results, get real with where you're at energetically.

[If you're not sure where to start with the whole "meditation" thing, check out Gabrielle Bernstein's FREE guided meditations >>>.](#)

Working Out (Long Term)

Glucose is stored in our body as glycogen. When glycogen is stored, the body uses it as energy instead of generating ketone bodies. We want to run on the ketones! The only way to get glycogen out is to exert ourselves. I love brisk walking for this, it's stellar.

Dehydration

If you're testing for ketones in the urine (more on this in [Chapter 10](#)), the more hydrated you are, the weaker your ketone level will be. So, if you're dehydrated (remember that the ketogenic approach requires that we drink more water, as outlined in [Chapter 9](#)) it may be that your ketone levels aren't as high as they actually are. Note: I'm

not advocating dehydration here! Drink up and test your ketones with a blood or breath meter instead.

THINGS THAT DECREASE KETONES

Your Macros Aren't Right

The difference between rockin' a strong ketone number and getting frustrated because this approach just isn't working for you could be as small as the piece of fruit you're having in the morning or the glass of wine you had last night. Getting your macros right is key!

A couple of thoughts...

- If your carbohydrate intake is over 50 grams per day, you may be eating too many carbohydrates. Try reducing your intake to 30 or 40 grams per day to see how it goes.
- Alcohol kicks the body out of ketosis very quickly. Remember when I said that carbohydrates are your body's preferred fuel (the fuel it will go and look for first before anything else)? Alcohol is second on the list, before fats. So, if there's alcohol in the system, your body will use it for energy before it uses fats.

Supplements

There's sugar in your supplements. Surprise! For real, a lot of medications and supplements use sugar and can kick you out of ketosis faster than you can say, "Why the hell is there sugar in my supplements?"

Hormone Levels

Lets say you ate the same thing, everyday, for 30 days and tested your blood glucose and blood ketone levels at the same time. You'd start to see

that your levels fluctuate naturally. This is likely due to hormones and is so, totally normal. In my case, I want my hormones to fluctuate – us women want varying hormone levels throughout the month. Maintaining a healthy cycle is how I got into all of this in the first place!

There's nothing much you can do here except be thankful that your body is creating beautiful, balanced hormones from all of the glorious fat you're enjoying.

Artificial Sweeteners

Deceiving marketing has made us think that artificial sweeteners (aspartame, sucralose, etc) won't affect our blood sugar. And, there is quite a substantial amount of keto-adapted folks that rely heavily on low carbohydrate goodies laced with the stuff. Not only are artificial sweeteners dangerous for your health ([watch my video on why](#)), but too, your body can't tell the difference between artificial sweeteners and actual sugar. It reacts in the same way. And in most cases, even more so because artificial sweeteners are 100 times sweeter than sugar.

Stevia will likely raise your blood sugar, but not nearly as much as artificial sweeteners or sugar.

Stevia is a fabulous sugar replacement when you're first getting started, especially if you're looking to switch into ketosis while also going grain-free, dairy-free and sugar-free all at the same time. Baby steps.

Ultimate goal = limit ALL forms of sweet if you feel like you can't get a handle on your numbers.

Stress

The reason many of us have found ourselves here is because our bodies aren't working as we (know) they should. Cravings, abnormal weight gain, high blood sugar, allergies - something is out of whack. We want to gain flawless health now so that more serious issues don't pop up later.

Paired with the go-go-go of everyday life and the unsettledness that comes when trying a new eating style, stress can become an issue that stands between you and balance.

As mentioned previously, setting a couple of times throughout the day to “breathe” and take it easy, to reflect and wash away the stress, will do wonders in nutritional ketosis.

Studies have outlined that nutritional ketosis increases the level of cortisol in our bodies (the stress hormone) to similar levels experienced when training for a marathon. Here's why that may not be as accurate as we're lead to believe. The people in the studies likely had metabolic syndrome - a condition characterized by one of the following factors: large waistline, high triglyceride level, low HDL cholesterol, high blood pressure and/or high fasting blood sugar. One of the key symptoms of metabolic syndrome is high cortisol levels. When placed on a low carb diet, within 6 weeks, cortisol levels decreased in these test subjects. But they likely had higher-than-normal cortisol levels to begin with. In short? We have to look at the big picture before drafting up any crazy conclusions!

Working Out (Short Term)

Especially when becoming keto-adapted, blood glucose levels increase during exercise as we “drain” our glycogen stores. This is why testing for ketone and blood glucose levels directly following an exercise may not be a good idea. My approach is to wait at least 2 hours after exercise before testing to get an accurate picture of what's going on.

Eating Too Often

The idea that we need to eat every 3 hours to “regulate” our metabolism is crazy pants. Our Basal Metabolic Rate (BMR), aka “metabolism” is not affected with when we feed ourselves.

BMR is the energy your body requires to fuel basic functions - pumping heart, breathing, brain function, that sort of thing. We all need a “base” of energy to fuel these actions. Whether we consume these calories in one large chunk, or space it out over a 16-hour eating period, the amount we need does not change and will not be affected by what approach we take.

The only reason we've been told to eat every 3 hours is to avoid blood sugar crashes. In nutritional ketosis, this is no longer a concern. Our blood sugar is regulated. We do not need to eat to boost it.

It took me a little while to get used to this. For the first couple of weeks, I was still eating every 3 hours because I thought it's what I needed to do, not because I was legitimately hungry. After a little while, I realized that this practice - of eating when I wasn't hungry, was holding me back from maintaining a strong ketone number.

Quick Tip: 9 times out of 10, when you wake up hungry, you're thirsty. A great indication that you didn't drink enough water the day before!

Chapter 12

WORKOUTS + ENDURANCE

For the first couple of days, I couldn't physically workout. There, I said it. I felt like poo. The first 2 weeks were touch and go. But then something happened - like a fire lit up in every muscle in my body. I had so much energy I wasn't sure what to do with myself.

To the people that say you cannot "train" while in ketosis: you're not looking at the big picture. Once fully keto-adapted, about 2-3 weeks after induction, I was able to train, build muscle, and; in many cases, I now outperform my previous glucose-fuelled self.

There are instances (with weight gain and muscle gain specifically) where we have to do some manoeuvring of macronutrients to reach the results we want. If this is your end game, I highly recommend checking out [The Art and Science of Low Carbohydrate Performance by Jeff S. Volek.](#)

FUELING FOR AEROBIC + ANAEROBIC EXERCISE

Any exercise lasting more than three minutes is aerobic. When fuelled by carbohydrates, the body uses fat as a primary source of energy during low-intensity aerobic exercise and carbohydrates for high-intensity exercise. Without glycogen (how glucose is stored in the body) as an energy source, keto-adapted peeps use fat as a primary source of energy during all aerobic exercise, high-intensity included.

Where things get a little muddled is the topic of anaerobic exercise. There are studies that say high-velocity training can be done entirely in ketosis and there are studies that prove the opposite. For me, personally, I run a faster 15km than I ever did being glucose-fuelled. I have noticed a dramatic increase in my available energy since training in a ketogenic state, plain and simple.

The keto-adapted 150lb. athlete with 10% body fat has 15lbs. of pure fat (fuel) in their body. That translates to 52,500 calories of available energy. The glucose-burning 150lb. (68kg) athlete with 10% body fat can store 15 grams of glycogen per kg of body weight (another approach is assuming that the body can store glycogen that's equal to 1-2% of the athlete's muscle mass). With either approach, each translates to around 1,020 to 1,600 calories of available energy. That's 52,500 of stored calories vs. 1,600 of stored calories. Logically? I'm pretty sure the fat-fuelled athlete wins this one.

I'm not a scientist. I'm a holistic nutritionist who has used nutritional ketosis to lose 20 pounds, gain muscle mass, clear my complexion, and obtain

flawless health. I've seen papers that lean toward ketosis as the be all and end all to endurance athletes of all forms, and cyclical ketosis (more on this in [Chapter 9](#)) as the only way to go.

I encourage you to do what feels best and most natural to your body. For me, the numbers speak for themselves.

THE LESS-IS-MORE APPROACH

That whole “power through hours of working out so I can obtain a hot body” doesn’t appeal to me anymore. This work encourages the body use the food it’s fed in a slightly different way than you’re used to. It’s efficient, cashing in on all body systems for energy production and utilization. This allows us to transform our workout routine into the “less is more” approach.

Another reason why I love nutritional ketosis. I spend less time working out and more time living.

There are three forms of “working out” that I subscribe to...

Movement (daily)

In the form of brisk walking. Movement inspires change, encourages healthy choices, strong bones, a light spirit and a happy mind. My favorite that motivates me to move is my FitBit - a pedometer that counts my steps. My daily goal is 10,000 steps, or about 8km. [Get yours >>>](#)

Strength Building (3-4x per week)

For me, this is hot power yoga. For you, this could be golfing, dancing, racquet sports, tennis, archery or paddle boarding. I like to think of strength building as those fun activity-based things that push your limits without feeling like work. Sure, you can go to the gym and lift weights... but paddle boarding is a lot more enjoyable!

High Intensity (2x per week)

Think balls to the wall with this, short bursts of energy in a short period of time. High-intensity workouts aid in balancing hormones, flushes the system, boosts metabolic rate and clears the mind.

My activity schedule looks something like this...

- Monday: 6km walk + CrossFit
- Tuesday: 8km walk + Hot Power Yoga
- Wednesday: 6km walk + CrossFit
- Thursday: 8km walk
- Friday: 8km walk + Hot Power Yoga
- Saturday: 7km walk
- Sunday: 8km walk + Hot Power Yoga

Quick Tip: Many high-endurance athletes use nutritional ketosis in their training, from Iron Man, to the next 100-mile ultra. If this is your end game, I highly recommend checking out [The Art and Science of Low Carbohydrate Performance by Jeff S. Volek](#).

Chapter 13

EATING SCHEDULES + INTERMITTENT FASTING

This is perhaps my favorite topic because it's so controversial! Everything I learned in school contradicts what I'm about to share... which is why it's so exciting. Had I read this 6 months ago, I would have thought that whoever wrote this was completely out of their mind. But here I am, writing this and believing every word of it. I have to; the science behind it is solid.

INTERMITTENT FASTING (IF)

That darn “f” word. It’s scary, right? Don’t let it fool you - it’s not nearly as scary as you think it is. In fact, it’s downright AWESOME. Intermittent fasting (aka “IF”) is the practice of going anywhere from 16-24 hours without food. When you’re keto-adapted, running on fat stores for energy, going 16-24 hours without food is effortless. This comes from a girl who would tackle the person that stood between her and her next snack. Food and I were close. I didn’t go anywhere without snacks packed in every nook and cranny.

Nutritional ketosis FREED me, and here’s why...

Blood Sugar Regulation

When we’re in nutritional ketosis, our blood sugar is regulated which instantly reduces our need to feed every 3-4 hours. Without the ups and downs of blood sugar irregularity, our body isn’t signalled to eat to make up for the blood sugar lows.

Access to Fat Stores For Energy

When we’re in nutritional ketosis, we have unlimited access to the energy stored in our body fat. Whereas when we’re glucose-fuelled, accessing this energy is more difficult – this is because when insulin is out partying in our bloodstream, the walls of our cells aren’t open and ready for lipolysis (the breakdown of fats to release fatty acids). When we’re in nutritional ketosis, however, the cell walls are wide open, ready to release fats into the energy chain.

Nutritional ketosis uses a combination of stored fat and dietary fat for fuel. Intermittent fasting uses stored fat for energy.

This process; of using stored fat for energy, is why intermittent fasting leads to higher ketone levels. As fat is converted, ketone bodies are created. The more ketones that are created, the more concentrated they are in our blood, and the higher our ketone number. And remember, we have SO much fat for the body to use!

Please, please don't read into this and think that the more and longer you fast the better off you'll be.

The Keto Beginning is about balance, about creating a lifestyle change... we need to do things that are conducive of a lifelong practice, not a get rich, quick scheme. Pushing too hard, too fast for too long will not benefit anyone.

IF Benefits

Yes, maintaining an IF increases ketone bodies. But why else is it awesome? The list of benefits reads like a cure-all for just about every dietary evil out there.

Reduced...

- Blood lipids, including a decrease in triglycerides and LDL cholesterol).
- Blood pressure.
- Markers of inflammation.
- Oxidative stress.
- Risk of cancer, paired with the reduction of glucose in the ketogenic state (psst.. cancer cells are fueled by glucose. Without glucose, cancer cannot live).

Increased...

- Cellular turnover and repair.
- Fat burning, because of the increase in ketone body production.
- Metabolic rate later in the fast.

Improved...

- Appetite control, granted there isn't a "binge mentality" following the fast.
- Blood sugar control, by lowering blood glucose and increasing insulin sensitivity.
- Cardiovascular function.

My IF Experience

In my personal experience, IF and nutritional ketosis paired together have been life changing. I cannot do one without the other. Being in ketosis makes IF effortless because my body is primed to burn fatty acids as energy. And, practicing IF makes the results I've seen in ketosis just that much stronger. They go hand in hand.

With IF and the support of nutritional ketosis, I've been freed to...

- Stop obsessing about food every waking moment.
- Go for a day trip without stressing about packing snacks with me.
- Step away from a strict eating schedule.
- Workout in a fasted state with loads of energy.
- Effortlessly maintain a calorie deficiency understanding that a slight reduction in calories is the key to balanced health.
- Go without breakfast (and lunch!) without punching someone in the throat.
- Reduce evening food cravings. Heck, I would even say they're eliminated, but I do get the odd craving now and again when I let my emotions get the better of me.

Length of Fast

Current research shows that some benefits of IF may only be realized after longer periods of fasting, around 20-24 hours, depending on your activity level. It's likely that this has everything to do with

nutritional ketosis - when a “glucose-fuelled” person practices IF for 20-24 hours, they experience the IF benefits once their body starts creating ketones.

For the keto-adapted, it's very possible that the 16-18 hour mark is good enough. You're already generating ketones, you're already in the state of awesome benefits.

I've played around with a bunch of different ways of approaching fasting (detailed in the following pages) and find that my “perfect IF hour” is around the 16-hour mark. And this changes depending on what I'm doing, what I've eaten and what my energy is like.

It's important to note here: I never, ever force myself to not eat. I do not starve myself or go hours struggling to get by. This is not that. IF comes natural with ketosis. Play around, have fun and know that there are multiple ways to approach this, none of them bad.

Combining with Exercise

Many researchers believe that combining exercise with IF is a perfect elixir for energy balance and cellular adaptation, enhancing the benefits of both IF and exercise.

As I mention in [Chapter 12](#), steady-state workouts (brisk walking!) has supported the most transformation in my body because it does a fabulous job at reducing glucose stores, motivating healthy choices and keeping me inspired and active throughout the day.

I choose to workout in the morning, before I have eaten. Know that this is available to you, but it is a preference thing.

IF STRATEGIES + EATING SCHEDULES

I've experimented with 4 different IF approaches. What I learned very early on is that there is a distinct correlation between the foods I choose to eat and the length of my fasts. If I have a carb-heavy day, my fast will not be as long the following day. If I have a fat-heavy day, I'll likely practice a 24-hour fast, easily.

Everyone is different. The IF strategy that you subscribe to will vary slightly from mine, and everyone else's for that matter.

Quick Tip: Lets say that your body responds best when you consume 2-3 meals per day. At a consumption of 1,800 calories, that's anywhere from 600 calories per meal to 900 calories per meal. Any larger than about 1,100 calories per meal and your digestion may feel a bit over worked. I'm not promoting sitting down and calculating out every single calorie you're putting in your mouth. No thanks! But, if you have a sensitive digestion (like me) the IF approach that relies on 1 large meal, may not be right for you.

I practice 16-hour fasts daily and use the Eat Stop Eat approach when I'm traveling.

Maintaining a daily 16-hour fast is effortless when you're in nutritional ketosis. The key is hitting the correct macronutrient ratio, drinking water, and eating to satiety. When I do these three things, I do not experience "hunger pains" during the 16-hour

fast period. Like clockwork, I get hungry right around the 16th hour; I eat 1 or 3 times (in a 6-8 hour window), then go another 16 hours without food. It's easy.

16-hour Fast

Practiced daily, the keto-goer fasts for 16 hours, and then eats for 8 hours (16+8 = 24 hours in the day). This approach doesn't necessarily limit calories, but more allows for the time necessary to build a higher ketone level and provide the digestive system a nice break.

The schedule would look like this...

- Day 1 - begin eating at 12pm, end at 8pm
- Day 2 - begin eating at 12pm, end at 8pm

My experience with this approach: this is my favorite. It's doable, very flexible and doesn't require much planning. It does a great job at helping me maintain a strong blood ketone number, too! How you treat your blended coffee in this practice is up to you. Some consider the blended coffee as being the first meal to the 8-hour eating period, others don't count it as a meal and start the first hour of their eating window when they first eat something. I switch back and forth; sometimes I even have my blended coffee alongside my first meal.

Eat Stop Eat

An IF strategy that has you fasting for 24 hours a couple of days per week. The rationale behind this is to reduce overall calorie intake without actually feeling like you're going a day without a meal. The trick here is not breaking the fast with an all-out gorge.

The schedule would look something like this...

- Day 1 - Eat anytime until 5pm, and then stop eating

- Day 2 - Do not eat until 5pm
- Day 3 - Eat anytime
- Day 4 - Eat anytime until 5pm, and then stop eating
- Day 5 - Do not eat until 5pm
- Day 6 - Eat anytime

My experience with this approach: I love using this strategy when I'm traveling and I don't want to stress about packing food with me. It's great for long flights! Practicing 2-3 times per week is challenging, though. I've done it a couple of times and; while it did a pretty good job of boosting the ketones in my blood, I found that I overate immediately following breaking the fast.

Caveman

A night-based eating approach where one large meal is eaten per day. This approach mimics the fight-or-flight response in the body during the fast (helping to boost energy and stimulate fat burning), followed by a 4-hour window of night eating (that lays the groundwork for repair and growth).

During the fast, small snacks can be eaten. Think caveman - a handful of berries here, fresh veggies there, or a nibble of nuts. For the night meal, proteins and fats are eaten first. If there's still room afterward, carbohydrates can be eaten for the next 4 hours.

The schedule would look something like this...

- Daily - 1 to 2 light snacks during the day, 1 large meal at 5pm

My experience with this approach: similar to my experience with Eat Stop Eat, I was overdoing it at night, eating too much, and feeling bloated and

horrible after. Plus, the couple of small snacks slowly morphed into preparing carbohydrate-rich snacks that got bigger and bigger with each passing day. I don't enjoy this approach. Perhaps I will experiment with it in the future as I continue to mend my relationship with food.

Up And Down

Another calorie restricted strategy; this form of IF is based on eating very little one day, followed by normal intake the next. For the low calorie days, calorie consumption should be about 20% of your general intake (about 400-500 calories for the whole day). For the low-calorie days, the best approach is to separate meals into two smaller meals.

The schedule would look something like this...

- Day 1 - Consume 2,000 calories
- Day 2 - Consume 500 calories
- Day 3 - Consume 2,000 calories
- Day 4 - Consume 5000 calories

My experience with this approach: I haven't done it because I know I wouldn't be able to stick with it. I know myself well enough that I would crazily binge on the higher calorie days. What I have enjoyed with being in nutritional ketosis is that it's help to encourage me to step away from always thinking about food, aiding in the process of recovering from the "live to eat" mentality. It's likely that, as I continue down this keto path, that I will one day be able to do the Up and Down IF strategy, no problem.

Also, this approach relies heavily on counting and restriction, two words (and actions) I don't enjoy... for now.

Chapter 14

AFTER THE 30 DAYS...

I stayed the course for nearly 2 months before I started experimenting with other tactics. I did this because I really wanted to make sure that I knew exactly how nutritional ketosis felt in my body so that I could maintain it without the use of measurement tools and, more importantly, so that I could educate others.

BOOST HORMONES + BUST PLATEAUS

Once I was a couple of pounds from my goal weight, I started to play around a little. In the process, I discovered 3 different tactics that could potentially be used once you've gotten the hang of it, too. Each of these three variants of nutritional ketosis can be used in conjunction with the details I've shared so far and, go a long way in boosting hormones and overcoming plateaus. When I felt good with where I was at, I started...

Defining My Perfect Carbohydrate Number

The max amount of carbohydrates I can eat in 1 day without affecting blood sugar or ketone levels.

Practicing Cyclical Ketosis

The practice of carb-up days to boost hormone production on a weekly basis.

Mapping Out Keto Cleanse Programs

To boost ketone production and blast body fat.

Information for these 3 approaches follows.

Hint: I'm already working on follow-up meal plans + quick tutorial guides on these 3 practices to help make your ketogenic lifestyle even MORE accessible for the long term. Watch for it!

Your Carb Number

The 30-day Meal Plan in [Chapter 16](#) outlines various carbohydrate intake amounts, a process that I feel is integral so that you can get a firm idea of what works and doesn't work for your body. As I mention,

the first couple of weeks are going to be touch and go. But by day 14 or so, you'll start to get the hang of it. If you can, stick with things before going rogue. After the 30 days, you'll have a firm idea of what "good" feels like and you can play from there, if the mood strikes.

Once I was about 5 pounds away from my goal weight, I started increasing my carbohydrate intake: 5 grams of extra carbohydrates per day for one week, then an extra 5 grams the second week, and so on. This is where playing around with introducing fruits, starchy vegetables or grains (if you're interested) is welcomed.

The goal is to find the happy place where one continues to lose weight; but at a reduced rate, while maintaining a steady blood sugar.

My experience looked something like this...

- Week 1: 55 grams of total carbohydrates, no affect
- Week 2: 60 grams of total carbohydrates, no affect
- Week 3: 60 grams of total carbohydrates with fruit added, major affect (headaches, bloating, indigestion, constipation, energy crash)
- Week 4: 65 grams of total carbohydrates, minimal affect

So, I know that my number is between 60-65 grams of carbohydrates, NOT in the form of fruit!

We want to find the carbohydrate amount that you can stick to for life.

Because, in the end, this is a practice that can be followed our whole lives through.

Cyclical Ketosis

Cyclical ketosis is about shocking the body into change, like jumping from the hot tub to a snow bank. Supported by the leaders of the low carb movement, Stephen D. Phinney and Jeff S. Volek, they believe that the key to successful nutritional ketosis for lifelong health is by shifting into and out of ketosis every 7-10 days (for men) through increased carbohydrate intake.

What I've discovered is that women require a "carb refeed" every 4-7 days to keep our hormones in check. I don't have to tell you how important hormones are to our health, right? Even if you don't want to become pregnant or already have a beautiful family, balanced hormones = balanced health. Plain and simple. If you're practicing low carb, you're doing your hormones good. But if you're not practicing a cyclical form of low carb living, you're not doing your body any favors. In order to have the most success with this eating style for life, we need to refeed our bodies with carbs. This amps up our hormones and does our body good.

Think of cyclical ketosis as a reboot for every hormone in your body.

This isn't about bingeing; it's about replenishing glucose stores as a "reboot" to the body, primarily with the goal of...

- Filling depleted glycogen stores

- Up-regulating hormones and thyroid activity,

This practice can be adopted after your 30-day program, as outlined in the meal plan.

There are 3 different approaches to carb refeeding. Play with each and see which resonates with your body.

Carb Night. Last meal of the day, focus on carbohydrates, minimal fat, moderate protein. Best approach for women.

Carb Day. All day, focus on carbohydrates, minimal fat, moderate protein.

Protein Fast. Consume less than 15 grams of protein for the entire day. Have as much fat as you'd like, watch out for high-protein vegetables.

For women, practice every 3-4 days. For men, practice every 6-7 days. With a minimum of 3 days of solid "keto" eating before doing a carb refeed. To determine how many carbohydrates to eat during this process, begin with using the calculation: 1 gram of carbohydrate per 1 pound of total body weight. For example, if you're 150lbs, you would consume 150 grams of carbohydrates, and go from there, upwards of 1.5 gram of carbohydrate per 1 pound of total body weight.

Focus on carbohydrates such as: parsnips, sweet potatoes, yams, organic white rice (if tolerated), carrots, cassava, vegetables!

The day after a refeed, your body will be "puffy" this is okay, it's just water weight. Yes, the scale will have increased but the downward trend will remain and infact improve with this practice.

For me, dancing between cyclical ketosis and maintaining my

perfect carb number is the optimal way to approach a lifelong ketogenic practice.

Keto Cleanse

This approach isn't for the faint of heart and I'm not going to get too into it this go around, but I want you to know that sort of thing IS out there. Basically, Keto Cleanses are used to push the body into nutritional ketosis quickly or to overcome plateaus often experienced during weight loss (although way less prevalent in those practicing nutritional ketosis). Basically, the approach is to consume over 80% of your total calorie intake from fats, 5% from carbs and 15% from protein. The more fat the better. And (just as important) reduce daily calorie intake to 1,000 - 1,200 for a period of 3 days.

EAT AWESOME FOOD AT RESTAURANTS

The first question people ask me when they learn about my eating style is, “But what do you order at restaurants?” Or it’s, “Don’t you feel like you’ll die of a heart attack eating this way?”

Lets stick to restaurant selections, shall we?

The first 1.5 months I was experimenting with ketosis, I was on the road - hosteling, flights, camping, hoteling, and endless speaking gigs, it was crazy! Yet, I still managed to lose (most) of the weight and maintain nutritional ketosis the whole way through. This eating style is very simple to follow when eating out. The thing that’s complicated is planning a time (ahead of schedule) when you know you’ll be legitimately hungry enough to actually eat. When I know that I’m going to be meeting friends or family for a meal, I’ll make that meal the “break” of a 16-hour fast. That way, I know that I’ll be hungry when we get together.

Quick Tip: a great place to start is by asking your server for a gluten-free menu (if available). Tell them that you’re allergic to dairy and gluten, and that you LOVE meat and vegetables.

Here are a couple of restaurant-going tips to guide you...

- My breakfast go-to is 4 eggs, sunny side up with 2 sides of bacon and house made mayonnaise (if it’s made with olive oil) or fresh olive oil.
- My lunch go-to is the highest-fat burger on the menu with a double order of coleslaw (usually made with dairy-free ingredients) or a

spinach-based side salad if I'm concerned that the coleslaw has a bunch of sugar.

- My dinner go-to is the highest-fat steak on the menu, grilled salmon, or dark-meat covered in olive oil with a side of avocado and greens.

Ordering salads...

- For fats: ask for olives, bacon and olive oil as dressing.
- For carbs: greens are good, steamed broccoli or asparagus (roasted will likely use vegetable oils or butter, but you can ask!)
- For protein: hard-boiled eggs, roasted salmon or dark meats.

Quick Tip: for sandwiches + burgers, ask for the highest-fat option they have and order without the bun + no ketchup, extra mayonnaise (especially if it's house made with olive oil instead of vegetable oil), side of greens with olive oil.

Chapter 15

THE SHOPPING LISTS

The following shopping lists contain the ingredients you'll need to follow the weekly meal plans outlined in [Chapter 16](#). Each week has a theme of ingredients so that you're not doubling up on your grocery shopping efforts.

The shopping lists and meal plans are based on feeding 1 person for 1 week. If your entire family is joining in on the fun, multiply the shopping list items and meal plan recipes by how many mouths you're feeding.

Many of the items in the shopping list are based on their weight (in grams). This coincides with the recipes and meal plan outline. At the beginning I used a digital food scale to help me get a sense of the weights of foods, now I rarely use it, except when preparing recipes.

[Get your digital food scale >>>](#).

WEEK 1

Produce

- asparagus spears, 18
- avocado, 5
- bell pepper, 1
- blackberries, $\frac{3}{4}$ cup
- broccoli florets, 250 grams
- Brussels sprouts, 100 grams
- carrots, 2
- cauliflower, 450 grams
- celery, 1 stalk + 3 sticks
- eggplant, 250 grams
- fresh ginger, 1 knob
- fresh parsley, 1 bunch
- jicama, 200 grams
- kale, 205 grams
- lemons, 5
- lettuce mix, 2 oz.
- lime, 1
- raw coconut meat, 120 grams
- romaine lettuce leaves, 400 grams
- spinach, 400 grams
- strawberries, 5
- Swiss chard, 1 cup
- zucchini, 100 grams

Pantry + Fresh Items

- [alcohol-free stevia](#), 8 drops
- [avocado oil](#), ½ cup
- balsamic vinegar, 2 tbsp
- bay leaf, 1
- brewed black tea, 4 cups
- brewed white tea, 2 cups
- [cacao butter/oil](#), 1 tbsp
- [cacao powder](#), 1 tbsp
- capers, 2 tbsp
- cayenne pepper, ¼ tsp
- [coconut oil](#), 13 tbsp
- [ground coffee](#), ¼ cup
- canned pumpkin puree, 1 cup
- curry powder, ½ tsp*
- extra-virgin olive oil ¼ cup
- [full-fat coconut milk](#), 1 ⅔ cup
- garlic powder, ¼ tsp
- gluten-free baking powder, 1 tbsp
- ground coriander, 1 ¼ tsp
- ground flax seed, 2 cups
- ground nutmeg, ⅛ tsp
- ground pepper
- [hemp seeds](#), 2 tbsp
- [Himalayan rock salt](#), ¼ cup
- Italian spice mix, ½ tbsp*
- light extra-virgin olive oil ½ cup

- [MCT oil](#), ½ cup + 1 tbsp
- [nutritional yeast](#), ½ cup
- onion powder, ¼ tsp
- pickle, 1
- pumpkin seeds, ½ oz.
- raw pecans, 113 grams
- raw walnuts, 75 grams
- sea weed snack, 16 grams
- spice mixture, ½ tsp*
- sunflower seeds, 100 grams
- [tallow](#), ¼ cup
- tomato sauce, ⅓ cup
- unsweetened almond milk, ¼ cup
- [vanilla powder](#), ½ tsp
- white wine vinegar, 2 tsp
- yellow mustard, 1 tsp

*make your own spices! Check out the recipes in [Chapter 17](#).

Meats

- chicken backs, legs, wings or leftover chicken bones, 4 lbs.
- skin-on chicken thigh, 340 grams
- eggs, 17
- ground bison, 229 grams
- salmon filet, 300 grams
- skin-on chicken thighs, 285 grams
- uncured bacon, 324 grams

WEEK 2

Leftovers from last week: Spiced Pumpkin Soup, MCT Mayonnaise and Fat Bomb Sunflower Pecan Butter. The ingredients for these items have NOT been added to the following shopping list.

Produce

- avocado, 130 grams
- butternut squash, 150 grams
- carrots, 3
- cauliflower, 1 large head
- celery, 1 stalk + 2 sticks
- cucumber, 1 small
- endives, 400 grams
- extra-virgin olive oil 6 tbsp
- fresh cilantro, 2 bunches
- fresh dill, 1 small bunch
- fresh ginger, 1 knob
- fresh parsley, 2 bunches
- freshly-chopped tomatoes, 1 ½ cup
- garlic clove, 7
- green bell pepper, ½ cup
- jalapeno, 1 small
- kale, 450 grams
- lemon, 8
- lime, 12
- onion, 4

- raw spinach, 250 grams
- romaine lettuce, 150 grams
- tomato, 1
- white onion, 1 small
- zucchini, 3

Pantry + Fresh Items

- [alcohol-free stevia](#), 5 drops
- almonds, ½ cup
- brewed black tea, 4 cups
- [cacao butter/oil](#), ½ cup
- [cacao powder](#), ¼ cup
- cayenne pepper, ½ tsp
- chia seed, 2 tbsp
- chili powder, ½ tsp*
- [coconut flour](#), 4 tbsp
- [coconut oil](#) ¾ cup
- cumin seed, 1 tsp
- curry powder, 2 ¼ tsp*
- Dijon mustard, ½ tbsp
- dried mint leaves, 1 tbsp
- dried oregano leaves, ½ tsp
- extra-virgin olive oil 2 tbsp
- [full-fat coconut milk](#), 1 cup + 2 tsp
- ground cinnamon, ½ tsp
- [ground coffee](#), 6 tbsp
- ground coriander, ¼ tsp
- ground cumin, 1 tbsp

- ground paprika, pinch
- ground pepper, 2 tsp
- harissa, 1 tsp
- [hemp seeds](#), ¼ cup
- [Himalayan rock salt](#), ¼ cup
- [MCT oil](#), 6 tbsp
- [nutritional yeast](#), ⅓ cup
- onion salt, ¼ tsp
- pumpkin seeds, 50 grams
- [raw macadamia nuts](#), 30 grams
- raw pecans, 30 grams
- raw walnuts, ½ cup
- sesame seeds, 1 ½ tbsp
- [tallow](#), ¼ cup
- unsweetened shredded coconut, 30 grams
- [vanilla powder](#), ½ tsp
- white wine vinegar, ½ tbsp

*make your own spices! Check out the recipes in [Chapter 17](#).

Meats

- anchovy fillets, 25 grams
- chicken backs, wings, legs or leftover chicken bones and skins, 4 lbs.
- eggs, 4
- pork loin, 375 grams
- regular ground beef, 345 grams
- skin-on chicken thighs, 700 grams

- uncured bacon, 81 grams

WEEK 3

Leftovers from last week: Homemade Stock. The ingredients for these items have NOT been added to the following shopping list.

Produce

- avocado, 165 grams
- Brussels sprouts, 230 grams
- cauliflower florets, 400 grams
- collard greens, 150 grams
- cucumber, 1
- eggplant, 150 grams
- fresh cilantro, 1 bunch
- fresh dill, 2 tbsp
- fresh ginger, 1 knob
- fresh mint, 1 bunch
- fresh parsley, 1 bunch
- garlic clove, 2
- green onions, 2
- kale, 150 grams
- lemon, 6
- mushrooms, 100 grams
- red bell pepper, 1
- spinach, 200 grams
- zucchini, 50 grams

Pantry + Fresh Items

- [alcohol-free stevia](#), 14 drops

- [avocado oil](#), ¼ cup
- balsamic vinegar, 3 tbsp
- brewed tea, 4 cups
- [cacao butter/oil](#), ¼ cup
- [cacao powder](#), 3 tbsp
- canned pumpkin puree, ½ cup
- cashews, ¼ cup
- cayenne pepper, pinch
- [chia seeds](#), 2 tbsp
- chili powder, 1 tsp
- [coconut oil](#), ⅓ cup
- cumin seeds, 1 tsp
- dried basil ¼ tsp
- dried oregano, ¼ tsp
- dried thyme, ¼ tsp
- endive, 200 grams
- [flax seed oil](#), 6 tbsp
- [full-fat coconut milk](#), 1 ½ cup
- garlic powder, ½ tsp
- grapeseed oil 1 tbsp
- ground almonds, 1 ½ cup
- [ground coffee](#), ½ cup
- ground pepper, 1 tsp
- harissa, 1 tbsp
- [hemp seeds](#), ¼ cup
- [Himalayan rock salt](#), ¼ cup
- light extra-virgin olive oil ½ cup

- [MCT oil](#), 1 cup
- mustard powder, 1 ½ tsp
- [nutritional yeast](#), ¼ cup
- onion powder, ¼ tsp
- paprika, ¼ tsp
- pumpkin spice, 1 ¼ tsp*
- [raw macadamia nuts](#), ½ cup
- raw pecans, 100 grams
- sauerkraut, ½ cup
- shredded unsweetened coconut, 100 grams
- smoked paprika, 1 ½ tsp
- [stevia-sweetened root beer](#), 1 can
- sunflower seeds, 2 tbsp
- tahini, 1 tbsp
- [tallow](#), 1 tbsp
- tomato sauce, 1 ½ cup
- turmeric powder, 1 tsp
- unsweetened almond milk, ½ cup
- [vanilla powder](#), 1 tsp
- white wine vinegar, 2 tsp
- yellow mustard, 1 tsp

*make your own spices! Check out the recipes in [Chapter 17](#).

Meats

- eggs, 13
- pork shoulder roast, 900 grams
- salmon filet, 200 grams

- skin-on chicken thighs, 200 grams
- sockeye salmon, 12 ounces canned or fresh
- uncured bacon, 108 grams

WEEK 4

Leftovers from last week: Fat Bomb Pecan Coconut Butter and Flax Seed Focaccia. The ingredients for these items have NOT been added to the following shopping list.

Produce

- asparagus spears, 175 grams
- avocado, 180 grams
- broccoli florets, 200 grams
- broccoli stalks, 100 grams
- Brussels sprouts, 100 grams
- carrots, 2
- cauliflower, 150 grams
- celery, 1 stalk + 5 sticks
- cucumber, 1
- fresh cilantro, 1 bunch
- fresh mint, 1 bunch
- fresh parsley, 2 bunches
- garlic clove, 3
- green bell pepper, 1
- jicama, 100 grams
- lemons, 6
- lime, 2
- mushrooms, 70 grams
- okra, 200 grams
- onion, 1

- radishes, 10 medium
- red bell pepper, 2
- sweet white onion, 1
- watercress, 100 grams

Pantry + Fresh Items

- [alcohol-free stevia](#), 14 drops
- artichoke hearts, 20
- [avocado oil](#), 1 ½ tbsp
- brewed tea, 2 cups
- [cacao powder](#), 1 tbsp
- canned water chestnuts, ⅓ cup
- cayenne pepper, ¼ tsp
- [chia seeds](#), 1 tbsp
- chili powder, 1 tsp
- cocoa butter/oil 1 tbsp
- [coconut oil](#), 3 tbsp
- crushed red pepper flakes, ¼ tsp
- curry powder, 2 tsp*
- Dijon mustard, ¾ tsp
- dried thyme leaves, 2 ¾ tsp
- extra-virgin olive oil ⅔ cup
- fire roasted diced tomatoes, 1 ¼ cup
- [flavor-infused olive oil](#), 2 tbsp**
- [full-fat coconut milk](#), 2 ¾ cup
- garlic powder, ¼ tsp
- [grape seed oil](#), 2 tbsp
- ground cardamom, ¼ tsp

- ground cinnamon, 2 ¼ tsp
- [ground coffee](#), 6 tbsp
- ground flax seeds, ¾ cups
- ground pepper, 2 tsp
- [Himalayan rock salt](#), ¼ cup
- Italian spice mix, 2 tsp*
- marinated olives, 200 grams
- [MCT oil](#), 1 cup
- [nutritional yeast](#), 2 tbsp
- onion powder, ¼ tsp
- [pork rinds](#), 42 grams
- [red palm oil](#), ¼ cup
- saffron, pinch
- sliced almonds, 50 grams
- smoked paprika, 1 ¾ tsp
- spice mixture, 2 tsp*
- sunflower seeds, 2 tbsp
- toothpicks, 4
- turmeric powder, ½ tsp
- [vanilla powder](#), ½ tsp
- white wine vinegar, 2 tbsp
- yellow mustard, 1 tsp

*make your own spices! Check out the recipes in [Chapter 17](#). **found at a gourmet olive oil shops + many grocery stores.

Meats

- chicken backs, wings, legs or leftover chicken bones and skins, 4 lbs.

- eggs, 11
- gluten-free sausage, 150 grams
- ground pork, 277 grams
- ground veal, 305 grams
- mackerel fillets, 200 grams
- raw chicken wings, 400 grams
- uncured bacon, 54 grams

Chapter 16

MEAL PLANS

These are the meals and recipes that I consumed during the first 30 days of my ketogenic journey (with a bit of a boost). I have applied many of the things I've learned about whole food-based nutritional ketosis to pump up this plan for more electrolytes, variety, nutrients and inspiration.

This meal plan is a guideline. What worked for me may not work for you.

There are different macronutrient ratios and calorie intake variants throughout the plan. I used these differences to find my edge - where my body felt best. I hope that you will use this plan as a template to your personal plan. Follow along, adjust as you need, and have fun.

THE STRATEGY

You have the opportunity to learn a lot about your body on this journey. I highly recommend keeping a food journal - of what you eat, how you feel and the changes that you experience. Without a journal, you'll find it next to impossible to remember exactly what foods and ratios work, and which set you off. A couple of minutes of journaling per day can make a huge difference!

[Get your FREE Healthful Pursuit Food Journal Template >>>.](#)

TIPS & FAQ

I'm hungry all the time. What am I doing wrong?

The hunger feeling I felt for the first 5 days of switching into ketosis was in response to depleted glucose stores. After the 5 days, this feeling went away. Now, when I am in ketosis and hungry, it's usually due to 1 of 2 things: I haven't had enough protein or I haven't drunk enough water

Should I force myself to eat if I'm just not hungry?

Nope! Eat when you're hungry. One of the hardest nutritional ketosis hurdles I had to get over was learning how to be okay with not eating as frequently. From someone who needed to carry around snacks with her everywhere she went, the concept of not having to do this anymore is absolutely freeing. Think of all the time you'll save! Think of all the stress you'll eliminate... and the savings, gasp!

Nutritional ketosis will make you less hungry. For someone who makes social engagements all about the food, this can prove to be a bit challenging. There have been numerous occasions that I've decided not to eat while surrounded by friends and family because I just wasn't hungry. This was really hard for me at first. I was worried that people would judge me, or not understand.

In the end, though, every time I forced myself to eat, the action didn't feel good in my body and pushed me further away from getting to know myself better. Lesson? Don't let your fear of what

others think about you dictate how you feed yourself. Amen.

What are zucchini noodles?

Zucchini noodles are homemade (raw) noodles made from fresh zucchini with a spiralizer. You place the zucchini in the spiralizer, turn the knob, and out pops the noodles! If you do not wish to purchase a spiralizer, you can make alfredo-like zucchini noodles with a vegetable peeler.

[Get your spiralizer >>>](#).

Are raw eggs safe?

Salmonella! Pastured eggs are safest, and least likely to be contaminated with salmonella. Pastured eggs come from hens that are allowed to roam in pasture, as nature intended. What the hens do not get from the pasture, they are supplemented with feed that's generally soy-free. If you're purchasing pastured eggs from the store, look for organic. If you're purchasing them directly from a farm, don't worry about organic certification.

If salmonella is present, it's likely on the shell. I wash my eggs before I crack them open to reduce the risk even further. If consuming raw eggs just isn't your style, feel free to replace the egg yolks in your coffee with additional oils.

Can I still follow the plan if I don't drink coffee?

You bet! Feel free to replace the coffee (2 tablespoons per serving in the shopping list) with your favorite tea. Any kind will do!

What's the importance of Keto Lemonade and Homemade Stock?

Each of these drinks are included in the meal plan daily, as supplements. Therefore, they are not part of the intake or ratio calculations. The ingredients needed to make these drinks on a daily basis have been added to your weekly shopping lists, too!

For the keto lemonade, it's a great way to boost electrolyte consumption.

Homemade stock is packed with vitamins, minerals and just about everything you need to have a happy, healthy body. The gelatin in the broth protects the mucosal lining of the digestive tract (to help heal your gut). And the glucosamine present in broth helps stimulate collagen production to reduce inflammation and increase hair growth. I see homemade stock as a multi-vitamin, and treat it as such, too. Once I've prepared a batch of stock, I freeze it in 1-cup portions and drink it once a day, usually in the morning after my coffee. If you need a boost of fats for the day, try blending your Homemade Stock with MCT oil!

What is ground vanilla powder and where do I find it?

Ground vanilla powder is ground vanilla bean. I like to use it because it doesn't contain any alcohol or unnecessary ingredients (like many vanilla extract products out there). You can find vanilla powder at most health food stores or [order from amazon here](#).

Bacon grease... in desserts? I'm not ready for that. What can I replace it with?

My husband eats bacon and saves the grease for me to use in my baking and cooking. If you're not down with the bacon grease fun, that's okay!

For desserts, you can replace bacon grease with an equal amount of cacao butter/oil. For savory items,

you can replace bacon grease with an equal amount of your favorite oil - coconut oil, red palm oil, tallow, avocado, whatever!

What is tallow and where do I find it?

Tallow is rendered (melted) from beef or mutton fat. If it were made with pork, it would be called lard. Tallow is solid at room temperature (meaning it's stacked with saturated fats) and is great for high-temperature cooking.

It's hard to find store-bought tallow. Good news? It's really easy (and inexpensive) to make at home. Steps on how to render your own tallow...

1. Ask your butcher for grass-fed beef fat
2. See if they will grind the fats for you. If they will not, when you get home, chop it as best you can. If you have a food processor, use it!
3. Add the ground or chopped fat + ¼ cup water to the bowl of your slow cooker. Set on low and render for 1.5 hours. The fat will turn grey and the oil will start to collect.
4. Line a bowl with cheesecloth and pass the contents through the cloth, removing the meaty bits.
5. Pour the fat into an air-tight jar and store in the fridge for a really long time.

[Purchase grass-fed tallow >>>](#).

If you're not interested in using tallow just yet, free to replace tallow in the meal plan with duck fat, coconut oil or red palm oil - other fats that have a similar profile as tallow.

What other things can I use to make the homemade stock?

I love mixing up my stocks every week. The longer your stock simmers, the more nutrients will leach from the animal bits into the stock itself. To boost the nutrients in a chicken-based stock, try adding a couple of free-range chicken feet. It will be the most gelatinous stock you've ever seen!

For a rich beef-based stock, try sourcing joint and knuckle bones. The joints add more cartilage to the broth, which helps to make it more gelatinous and nutritious for your body, joints and digestive system, too.

How are the skin-on chicken thighs weighed? With or without bone?

Weight is based on skin-on, bone out. I highly recommend cooking everything with the bones in. So, once you get the hang of what 100 grams of chicken thigh looks like, uncooked, cook it with the bone to get all of the nutrients from the bones as it cooks (and save the bones for your weekly broth!).

What do I do with days 29 and 30?

They're bonus days! Day 29 gives you a taste of what it would look like consuming slightly more carbohydrates and day 30 gives you an idea of what an increase of calories would look like. The ingredients for these days are NOT included in the shopping lists. As outlined in the cyclical practice in [Chapter 14](#).

WEEK 1

Day 1

Intake: Calories: 1700 | Fat: 131g | Fiber: 24.2g |
Carbs: 62.4g | Net Carbs: 38.2g | Protein: 70.5g

Ratio: Carbs: 15% | Fat: 70% | Protein: 15%

Blackberry Parfaits

⅓ cup full-fat coconut milk

¼ teaspoon ground vanilla bean powder

1 drop alcohol-free stevia

½ oz. crushed raw pecans

1 oz. walnuts

75 grams fresh blackberries

Add coconut milk, vanilla bean powder and stevia to a medium-sized bowl. Whip.

Top with pecans, walnuts and blackberries and enjoy!

Hemp Kale Salad

125 grams kale, chopped and washed under warm water

6 leaves romaine lettuce

2 soft-boiled eggs

35 grams avocado, sliced

2 tablespoons hemp seeds

¼ cup nutritional yeast

1 tablespoon extra-virgin olive oil

2 tablespoons balsamic vinegar

½ teaspoon spice mixture

Himalayan rock salt and freshly ground pepper, to taste

Add kale, lettuce, eggs, avocado and hemp seeds to a large bowl. Set aside.

Combine nutritional yeast, olive oil, vinegar, spice mixture, salt and pepper to a small bowl.

Mix to combine. Drop over salad; it will be a thick paste, mix in and enjoy.

Chicken Curry on Coconut Rice

140 grams raw skin-on chicken thigh, chopped

1 tablespoon coconut oil

¼ cup full-fat coconut milk

½ teaspoon [Curry Powder Spice Mix](#)

Himalayan rock salt and freshly ground pepper, to taste

250 grams raw cauliflower, shredded

30 grams raw coconut meat, sliced thin

Add chicken thigh pieces to a medium-sized pan with coconut oil. Cook on medium-heat until no longer pink, about 8 minutes. Add coconut milk, curry powder, salt and pepper. Reduce heat to low and simmer for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely, add coconut meat and transfer to a plate. Top with curry and serve!

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 2

Intake: Calories: 1766 | Fat: 146.1g | Fiber: 29.7g | Carbs: 50g | Net Carbs: 20.3g | Protein: 63.7g

Ratio: Carbs: 11% | Fat: 75% | Protein: 14%

Blended Coffee

2 cups brewed coffee

1 tablespoon coconut oil

¼ teaspoon ground cinnamon

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Chicken Salad Sandwich

85 grams cooked skin-on chicken thigh meat, chopped

2 celery sticks, chopped

1 tablespoon [MCT Mayonnaise](#)

Himalayan rock salt and freshly ground pepper, to taste

3 romaine lettuce leaves

2 slices [Flax Seed Focaccia](#), sliced

Add chopped chicken to a small bowl with celery, mayonnaise, salt and pepper. Stir to combine. Sandwich chicken mixture between sliced bread and top with lettuce leaves.

Coconut Candies

60 grams raw coconut meat, diced small

28 grams raw pecans, diced small

1 tablespoon coconut oil, melted

Add ingredients to a small bowl. Stir to combine. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour.

One-Pan Eggs and Bacon with Avocado Fries

54 grams uncured bacon

150 grams broccoli florets

4 asparagus spears

50 grams avocado, sliced

2 eggs

Himalayan rock salt and freshly ground pepper, to taste

Place bacon in a large frying pan and cook on medium-low for 2 minutes, until fats begin to collect in the pan. Place avocado strips into the grease and cook for 2-3 minutes per side, until crisp. Remove the bacon, and cook eggs in the fat that it's rendered. Add asparagus and broccoli florets to the pan, cover and cook until everything is complete. Top with salt and pepper, to taste.

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 3

Intake: Calories: 1832 | Fat: 153g | Fiber: 32.2g |
Carbs: 60.6g | Net Carbs: 28.4g | Protein: 71.6g

Ratio: Carbs: 13% | Fat: 72% | Protein: 15%

Blended Coffee

2 cups brewed coffee

1 tablespoon coconut oil

2 drops liquid stevia, optional

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Bison Patty with Fried Eggplant

115 grams ground bison, shaped into a patty

¼ eggplant, sliced into coins

1 tablespoon avocado oil

4 asparagus spears

45 grams avocado, sliced

Himalayan rock salt and freshly ground pepper, to taste

Heat a frying pan over medium heat. Add bison patty and cook until no longer pink, about 4 minutes per side. On the other side of the pan, add avocado oil and sliced eggplant. Fry for 3 minutes per side, until crisp. When everything is about 2 minutes from completion, add asparagus spears. Meanwhile, lay sliced avocado on a clean plate. Transfer everything your avocado plate, top with salt and pepper

Berry Nut Cup

¼ cup blackberries

5 strawberries, sliced

14 raw walnut halves, roughly chopped

½ oz. raw pecans, roughly chopped

Add ingredients to a bowl and enjoy

Coconut Chicken on Rice

2 tablespoons full-fat coconut milk

1 teaspoon lime juice

Himalayan rock salt and freshly ground pepper, to taste

200 grams skin-on chicken thighs

200 grams cauliflower, grated

30 grams raw coconut meat, sliced thin

1 teaspoon coconut oil

Himalayan rock salt and freshly ground pepper, to taste

45 grams avocado, sliced

Add coconut milk, lime juice, salt and pepper to a medium-sized bowl. Whisk to combine. Add chicken thighs and marinate overnight. When ready to cook, preheat oven to 400F and place marinated chicken thighs in a baking dish or cast-iron pan. Roast in the oven for 25 minutes, or until internal temperature reaches 165F. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely, add coconut meat, coconut oil, salt, pepper and transfer to a plate. Serve chicken with rice and a side of sliced avocado.

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 4

Intake: Calories: 1790 | Fat: 151.6g | Fiber: 27.2g | Carbs: 47.1g | Net Carbs: 19.9g | Protein: 63.6g

Ratio: Carbs: 10% | Fat: 76% | Protein: 14%

Blended Vanilla Coconut Coffee

2 cups brewed coffee

1 tablespoon MCT oil

1/3 cup full-fat coconut milk 1/4 teaspoon vanilla powder

2 drops alcohol-free stevia

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Cinnamon French Toast

2 slices [Flax Seed Focaccia](#)

1 tablespoon coconut oil

1 egg

1/4 cup unsweetened almond milk

1/2 teaspoon ground cinnamon

2 tablespoons [Fat Bomb Sunflower Pecan Butter](#)

Add coconut oil to a frying pan and heat on medium heat. Meanwhile, add egg, milk and cinnamon to a bowl and whisk. Coat the Flax Seed Focaccia in the egg mixture. Transfer to the heated coconut oil and fry for 2 minutes, both sides. Transfer to a plate and top with sunflower pecan butter.

Salmon with Tartar Sauce and Jicama Hash

200 grams salmon filet

Himalayan rock salt and freshly ground pepper, to taste

2 tablespoons [MCT Mayonnaise](#)

1 pickle, finely diced

1 tablespoon tallow

200 grams jicama, cubed

50 grams red bell pepper, diced small

Pinch cayenne pepper

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 375F and place salmon filet on a baking sheet or in a cast iron pan. Dust with salt and pepper. Bake for 10-12 minutes, until desired flakiness is reached. Meanwhile, make the tartar sauce by combining mayo and diced pickle in a small bowl. Transfer to a clean plate and set aside. Prepare hash by preheating a frying pan on medium heat. Add grease, jicama, bell pepper, cayenne, salt and pepper. Fry for 5-7 minutes, until ingredients are browned.

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 5

Intake: Calories 1690 | Fat: 138.8g | Fiber: 27.1g |
Carbs: 51.8g | Net Carbs: 24.7g | Protein: 66.5g

Ratio: Carbs: 12% | Fat: 73% | Protein: 15%

Blended Black Tea

1 tablespoon coconut oil

2 cups brewed black tea

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Chicken Salad Romaine Cups

200 grams cooked skin-on chicken thighs, chopped

30 grams raw walnuts, chopped

1 tablespoon [MCT Mayonnaise](#)

1 celery stick

5 grams chopped fresh parsley

110 grams large romaine lettuce leaves

100 grams broccoli florets, steamed

Himalayan rock salt and freshly ground pepper, to taste

Combine chopped chicken, walnuts, mayo, celery and parsley in a bowl. Serve beside lettuce leaves and steamed broccoli florets. Dust everything with salt and pepper.

Creamy Roasted Vegetables and Avocado Fries

54 grams uncured bacon, cooked until crisp then crumbled

150 grams eggplant, chopped
100 grams Brussels sprouts, halved
80 grams kale, chopped
100 grams romaine lettuce, chopped
1 tablespoon [MCT Mayonnaise](#)
1 hard-boiled egg
90 grams avocado, fried
1 tablespoon tallow
Himalayan rock salt and freshly ground pepper, to taste

Use the grease from the bacon to roast the vegetables. Preheat oven to 400F and coat eggplant and Brussels sprouts in grease. Roast in preheated oven for 20-25 minutes. During the last 2 minutes, add chopped kale. Allow veggies to cool before adding to a bowl with bacon bits, romaine, mayo and egg. Meanwhile, add tallow to a frying pan and heat on medium heat. Add sliced avocado and dust with salt and pepper. Fry for 3 minutes per side, until crisp.

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 6

Intake: Calories: 1760 | Fat: 147.4g | Fiber: 28g |
Carbs: 47.2g | Net Carbs: 19.2g | Protein: 77.2g

Ratio: Carbs: 10% | Fat: 73% | Protein: 17%

Blended Tea

2 cups brewed black tea

1 tablespoon coconut oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Eggs and Bacon with Meadow Salad

1 teaspoon tallow

1 cup Swiss chard, chopped

2 eggs, whipped

108 grams uncured bacon

40 grams avocado, sliced

2 oz. lettuce mix

½ oz. pumpkin seeds

1 teaspoon extra-virgin olive oil

Himalayan rock salt and freshly ground pepper, to taste

Add tallow to a frying pan and heat on medium heat. Add chard and whipped egg. Scramble. Meanwhile, cook bacon (add any additional oils in with the egg or cook alongside). Place sliced avocado on a clean plate alongside lettuce mix topped with pumpkin seeds and olive oil. Dust everything with salt and pepper and dig in.

Salmon Salad

100 grams salmon, grilled

300 grams spinach

40 grams avocado

2 tablespoons capers

2 tablespoons extra-virgin olive oil

10 asparagus spears, steamed

16 grams sea weed snack

Himalayan rock salt and freshly ground pepper, to taste

Add all ingredients to a large bowl and enjoy!

Keto Lemonade and/or Homemade Stock

WEEK 1

Day 7

Intake: Calories: 1798 | Fat: 145g | Fiber: 24.6g |
Carbs: 51.1g | Net Carbs: 26.5g | Protein: 72.4g

Ratio: Carbs: 11% | Fat: 73% | Protein: 16%

Blended Cacao Tea

2 tablespoons coconut oil

2 cups brewed white tea

1 tablespoon coconut butter

1 tablespoon cacao powder

3 drops alcohol-free stevia

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Spiced Pumpkin Soup with Buttered Toast

1 serving [Spiced Pumpkin Soup](#)

2 slices [Flax Seed Focaccia](#)

1 tablespoon coconut oil

Himalayan rock salt and freshly ground pepper, to taste

Serve soup with a side of focaccia, topped with coconut oil, salt and pepper.

Bison and Bell Pepper Pasta

1 tablespoon tallow

4 oz. ground bison

¼ medium bell pepper, diced

⅓ cup tomato sauce

100 grams spinach

½ teaspoon Italian spice mix

2 tablespoons nutritional yeast

100 grams zucchini noodles

Himalayan rock salt and freshly ground pepper, to taste

Add tallow to a frying pan and heat on medium. Add ground bison, cooking until no longer pink, about 5 minutes. Add bell pepper and sauté for 3 minutes. Add tomato sauce, spinach, seasoning. Reduce heat to low and simmer for 15 minutes. Stir in nutritional yeast, salt and pepper. Serve over zucchini noodles.

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 8

Intake: Calories: 1583 | Fat: 132.3g | Fiber: 22.5g |
Carbs: 44.4g | Net Carbs: 21.9g | Protein: 63.2g

Ratio: Carbs: 11% | Fat: 73% | Protein: 16%

Blended Coffee

2 cups brewed coffee

1 tbsp MCT oil

¼ cup full-fat coconut milk

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Healthy Chicken Pot Pies and Nuts

1 serving [Healthy Chicken Pot Pies](#)

20 grams raw macadamia nuts

Serve pot pie with a side of macadamia nuts.

Mexican Zucchini Noodles

125 grams regular ground beef

½ teaspoon [Chili Powder Spice Mix](#)

2 tablespoons [MCT Mayonnaise](#)

2 tablespoons [Simple Salsa](#)

5 grams fresh cilantro

300 grams zucchini noodles

40 grams avocado

200 grams endive, halved lengthwise

Himalayan rock salt and freshly ground pepper, to taste

Add ground beef and chili powder to a frying pan and cook on medium heat until no longer pink, about 8 minutes. Meanwhile, blend mayo, salt, cilantro, salt and pepper. Add to a bowl with zucchini noodles and stir to coat. Layout onto a clean plate. Top noodles with cooked beef when done and sliced avocado. In the same pan, add endive (cut-side-down) and crisp for 3 minutes. Serve on the side

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 9

Intake: Calories: 1841 | Fat: 152.9g | Fiber: 21.6g |
Carbs: 48.4g | Net Carbs: 26.8g | Protein: 76.5g

Ratio: Carbs: 10% | Fat: 74% | Protein: 16%

Blended Tea

2 tablespoons MCT oil

1 tablespoon [Fat Bomb Sunflower Pecan Butter](#)

2 cups brewed black tea

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Healthy Chicken Pot Pies and Fried Endive

1 serving [Healthy Chicken Pot Pies](#)

200 grams endives, halved lengthwise

1 tablespoon tallow

Himalayan rock salt and freshly ground pepper, to taste

Heat tallow in a frying pan over medium heat. Once melted, add endives (cut-side-down) and crisp for 3 minutes. Dust with salt and pepper, serve alongside pot pies.

Spiced Pumpkin Soup with Pumpkin Seeds

1 serving [Spiced Pumpkin Soup](#)

50 grams pumpkin seeds, toasted

Serve soup with a sprinkle of toasted pumpkin seeds.

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 10

Intake: Calories: 1747 | Fat: 145.7g | Fiber: 25g |
Carbs: 51.8g | Net Carbs: 26.8g | Protein: 67.6g

Ratio: Carbs: 12% | Fat: 73% | Protein: 15%

Blended Tea

1 tablespoon coconut oil

2 cups brewed black tea

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Falafel Noodles

1 tablespoons [MCT Mayonnaise](#)

2 teaspoons lemon juice

Himalayan rock salt and freshly ground pepper, to taste

1 serving [Paleo Falafel](#), crumbled

300 grams zucchini noodles

30 grams chopped cucumber

5 grams fresh dill

Add mayo, lemon juice, salt and pepper in a large bowl. Whisk to combine. Add remaining ingredients and toss to coat. Serve!

Spinach Curry over Cauliflower Coconut Rice

1 teaspoon cumin seed

50 grams raw spinach

5 grams fresh cilantro

2-3 tablespoons water

1 tablespoon chia seed
2 teaspoons coconut oil
225 grams raw pork loin, sliced
1 tablespoon fresh ginger, grated
1 teaspoon ground cumin
1 teaspoon [Curry Powder Spice Mix](#)
200 grams cauliflower, grated
30 grams unsweetened shredded coconut
Himalayan rock salt and freshly ground pepper, to taste

Add cumin seed to a frying pan and roast on low heat until fragrant, about 1 minute. Add spinach, cilantro, water and chia seed. Cover and cook to wilt spinach, for 1 minute. Transfer to a blender and blend until smooth. Set aside. In the same frying pan, add coconut oil and pork loin, cook over medium heat until no-longer pink. Add grated ginger, ground cumin, curry powder and spinach mixture. Cook, uncovered, for 5 minutes. Meanwhile, add water to a small pot and bring to a boil. Add shredded cauliflower and boil for 1 minute. Drain completely, add shredded coconut, salt, pepper and transfer to a plate. Top with spinach curry and enjoy!

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 11

Intake: Calories: 1764 | Fat: 142g | Fiber: 27.2g |
Carbs: 53.9g | Net Carbs: 26.7g | Protein: 77.3g

Ratio: Carbs: 12% | Fat: 71% | Protein: 17%

Blended Coffee

2 cups brewed coffee

1 tbsp MCT oil

¼ teaspoon vanilla powder

¼ teaspoon ground cinnamon

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Hemp-crusted Pork with Curried Avocado

150 grams pork loin, cooked and cut into strips

1 tablespoon [Fat Bomb Sunflower Pecan Butter](#)

1 teaspoon lime juice

1 teaspoon harissa

1 teaspoon grated ginger

2 teaspoons full-fat coconut milk

2 tablespoons hemp seeds

200 grams raw spinach

1 tablespoon tallow

90 grams avocado, sliced

1 teaspoon [Curry Powder Spice Mix](#)

Himalayan rock salt, to taste

Combine pecan butter, lime juice, harissa, ginger and coconut milk in a small bowl. Dip cooked sliced pork in mixture, coat with hemp seeds and set on a clean plate with spinach. Meanwhile, heat tallow in a frying pan over medium heat. Add sliced avocado sprinkled with curry powder and salt. Crisp on both sides for 3 minutes each. Transfer to plate and enjoy.

Falafel Kale Salad

¼ cup nutritional yeast

2 tablespoons [MCT Mayonnaise](#)

1 tablespoon lemon juice

1 serving [Paleo Falafel](#), crumbled

150 grams kale

5 grams fresh cilantro, chopped

Himalayan rock salt and freshly ground pepper, to taste

Add nutritional yeast, mayo and lemon juice to a large bowl. Whisk to combine. Add remaining ingredients, toss to coat and dig in.

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 12

Intake: Calories: 1650 | Fat: 137.2g | Fiber: 16.8g |
Carbs: 33.9g | Net Carbs: 17.1g | Protein: 66.3g

Ratio: Carbs: 8% | Fat: 76% | Protein: 16%

Chicken Kale Caesar Salad

1 slice [Flax Seed Focaccia](#), cubed

2 teaspoons melted coconut oil

Himalayan rock salt and freshly ground pepper, to taste

300 grams chopped kale

200 grams skin-on chicken thigh meat, cooked and chopped

1 hard boiled egg, sliced

27 grams (1 strip) uncured bacon, cooked until crisp, then crumbled

50 grams [Caesar Salad Dressing](#)

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 300F and line a baking sheet with parchment paper or a silicone baking mat. Add cubed focaccia to a bowl. Coat with coconut oil, salt and pepper. Transfer to prepared baking sheet. Roast for 25 minutes, until crisp. Set aside to cool. Meanwhile, combine remaining ingredients in a large bowl. Toss with focaccia cubes and serve.

Fat Bomb Candies

2 tablespoons [Fat Bomb Sunflower Pecan Butter](#)

1 tablespoon coconut oil
30 grams raw pecans, chopped
¼ teaspoon vanilla powder
1 drop alcohol-free stevia

Add all ingredients to a small saucepan. Heat on low heat, until everything is melted. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour.

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 13

Intake: Calories: 1972 | Fat: 179.8g | Fiber: 17.6g |
Carbs: 31.3g | Net Carbs: 13.7g | Protein: 67.4g

Ratio: Carbs: 6% | Fat: 81% | Protein: 13%

Blended Coffee

2 cups brewed coffee

2 large egg yolks

3 tablespoons coconut oil

½ cup full-fat coconut milk

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Chicken Salad Sandwich with Hemp Dusted Caesar Salad

300 grams skin-on chicken thighs, cooked, cooled and chopped

54 grams (2 strips) uncured bacon, cooked until crisp, then crumbled

2 tablespoon [MCT Mayonnaise](#)

1 celery stick, diced

5 grams fresh parsley, chopped

Himalayan rock salt and freshly ground pepper, to taste

1 slice [Flax Seed Focaccia](#), sliced

30 grams [Caesar Salad Dressing](#)

1 tablespoon [MCT Mayonnaise](#)

150 grams romaine lettuce, chopped

2 tablespoons hemp seeds

Himalayan rock salt and freshly ground pepper, to taste

Combine chicken, crisp bacon, mayo, celery, parsley, salt and pepper in a bowl. Sandwich between two slices of focaccia. There will be more chicken mix than bread, make a mess! To make the salad, combine Caesar dressing and mayo in a large bowl. Whisk. Add lettuce, hemp, salt and pepper. Toss to combine and serve alongside messy sandwich.

Keto Lemonade and/or Homemade Stock

WEEK 2

Day 14

Intake: Calories: 1697 | Fat: 138.3g | Fiber: 21.9g | Carbs: 55.6g | Net Carbs: 33.7g | Protein: 68.3g

Ratio: Carbs: 13% | Fat: 71% | Protein: 16%

Beef Kebabs with West African Butternut Squash

- 1 tablespoon coconut oil
- 2 tablespoons chopped onion
- 1 small clove garlic, minced
- 1 tomato, chopped
- ¼ cup water
- 1 tablespoon [Fat Bomb Sunflower Pecan Butter](#)
- ¼ teaspoon ground coriander
- ¼ teaspoon [Curry Powder Spice Mix](#)
- pinch cayenne pepper
- pinch ground paprika
- Himalayan rock salt and freshly ground pepper, to taste
- 150 grams butternut squash, peeled and cubed
- 1 tablespoon chia seed
- 1 serving Beef Kebabs with Tzatziki Sauce

Heat coconut oil in a frying pan on medium heat. Add onion and garlic, sauté for 2 minutes. Add tomato, water, sunflower butter, spices, salt and pepper. Stir to coat and combine. Add cubed squash and chia seed. Cover, bring to a boil, reduce heat to simmer and cook until butternut

squash is soft, about 10 minutes. Serve with Beef Kebabs and Tzatziki Sauce.

Fudge Men

1/4 cup cacao butter/oil, melted

1/4 cup cacao powder

4 drops alcohol-free stevia

10 grams macadamia nuts, chopped

Add ingredients to a small bowl. Stir to combine. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour. If you want to get really crazy, replace the cacao butter with melted bacon grease.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 15

Intake: Calories: 1788 | Fat: 142.6g | Fiber: 21.6g |
Carbs: 53.9g | Net Carbs: 32.3g | Protein: 82.3g

Ratio: Carbs: 12% | Fat: 70% | Protein: 18%

Blended Pumpkin Spice Coffee

2 cups brewed coffee

½ cup unsweetened almond milk

2 egg yolks

¼ cup canned pumpkin puree

1 tablespoon MCT oil

1 tbsp chia seeds

¼ teaspoon vanilla powder

½ teaspoon pumpkin spice mix

2 drops alcohol-free stevia

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Spicy Cauliflower Salad with Roasted Salmon

200 grams salmon filet, roasted

Himalayan rock salt and freshly ground pepper, to taste

1 serving [Harissa Roasted Cauliflower Salad](#)

Preheat oven to 375F and place salmon filet on a baking sheet or in a cast iron pan. Dust with salt and pepper. Bake for 10-12 minutes, until desired flakiness is reached. Serve alongside Harissa Roasted Cauliflower Salad.

Macadamia Hummus Wraps with Chicken Soup

1 tablespoon grape seed oil

100 grams skin-on chicken thighs, chopped

50 grams zucchini, sliced

1 cup Homemade Chicken Stock

Himalayan rock salt and freshly ground pepper, to taste

1 serving [Macadamia Nut Hummus](#)

2 leaves collard leaves, stem removed

50 grams red bell pepper, sliced thin

30 grams cucumber, seeded and sliced thin

30 grams broccoli sprouts

Himalayan rock salt and freshly ground pepper, to taste

Pour oil in a small saucepan. Heat on medium heat, and then add chopped chicken thigh meat. Cook until no longer pink, about 6 minutes. Add zucchini and sauté for 3 minutes, until they begin to brown. Add stock, salt and pepper. Reduce heat to low and simmer for 10 minutes. Transfer to a blender and blend until smooth. Meanwhile, for the wraps: spread hummus over the base of the collard leaves. Add bell pepper, cucumber, sprouts and a dust of salt and pepper. Roll up and serve with soup.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 16

Intake: Calories: 1794 | Fat: 153.3 | Fiber: 24.8 |
Carbs: 41.7 | Net Carbs: 16.9 | Protein: 70.5

Ratio: Carbs: 9% | Fat: 76% | Protein 15%

Salmon Cakes and Sliced Avocado

3 tablespoons [MCT Mayonnaise](#)

1 teaspoon lemon juice

1 teaspoon minced garlic

1 teaspoon minced ginger

Himalayan rock salt and freshly ground pepper, to taste

90 grams avocado, sliced

Himalayan rock salt and freshly ground pepper, to taste

1 serving [Salmon Cakes](#)

Combine mayo, lemon juice, garlic, ginger, salt and pepper in a small dish. Place sliced avocado on a plate, dusted with salt and pepper. Serve sauce with avocado and salmon cakes.

Whipped Fudge Pudding

$\frac{3}{4}$ cup chilled full-fat coconut milk with liquid removed

1 tablespoon MCT oil

2 tablespoons cacao powder

3 drops alcohol-free stevia

Topped with;

2 tablespoons hemp seeds

1 tablespoon chia seed

To remove liquid from the coconut milk, place the can in the fridge overnight. Open the can from the bottom and remove the clear liquid (reserve a couple of tablespoons for blending if needed), leaving you with the coconut cream. Use $\frac{3}{4}$ cup of this in this recipe. Add coconut cream, MCT oil, cacao powder and stevia to the jug of your high-powered blender. Blend on high until whipped and fluffy. Remove and place in a bowl. Top with hemp and chia.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 17

Intake: Calories: 1821 | Fat: 159.7g | Fiber: 15.2g |
Carbs: 39.1g | Net Carbs: 23.9g | Protein: 69.4g

Ratio: Carbs: 8% | Fat: 77% | Protein: 15%

Blended Coffee

2 cups brewed coffee

2 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Spicy Cauliflower Salad with Shredded Pork

1 serving [Harissa Roasted Cauliflower Salad](#)

1 serving [BBQ Shredded Pork](#)

Serve side by side.

Endive Salad

200 grams endive, chopped

2 tablespoons sunflower seeds, toasted

54 grams uncured bacon, cooked until crisp then crumbled

1 tablespoon [Herbed Flax Dressing](#)

Himalayan rock salt and freshly ground pepper, to taste

Combine all ingredients in a large bowl and dig in!

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 18

Intake: Calories: 1731 | Fat: 151.2g | Fiber: 10.4g |
Carbs: 25.1g | Net Carbs: 14.7g | Protein: 71.5g

Ratio: Carbs: 6% | Fat: 78% | Protein: 16%

Blended Coffee

2 cups brewed coffee

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Pumpkin Porridge

$\frac{3}{4}$ cup full-fat coconut milk

$\frac{1}{4}$ cup canned pumpkin puree

$\frac{1}{2}$ cup ground almonds

2-4 drops alcohol-free stevia

$\frac{3}{4}$ teaspoon pumpkin pie spice mix

Heat coconut milk and pumpkin in a small saucepan over medium-low heat. Add almonds and stevia, cook for 5 minutes until it thickens. Add spice mix and serve

Shredded Pork and Kraut

1 egg, fried in

1 teaspoon avocado oil

1 serving [BBQ Shredded Pork](#)

$\frac{1}{2}$ cup sauerkraut

Himalayan rock salt and freshly ground pepper, to taste

Fry egg in avocado oil. Serve ovetop BBQ Shredded Pork sauerkraut and dust everything in salt and pepper.

Blended Tea

2 cups brewed tea

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 19

Intake: Calories: 1830 | Fat: 155.9g | Fiber: 14.6g |
Carbs: 36.2g | Net Carbs: 21.6g | Protein: 74.6g

Ratio: Carbs: 8% | Fat: 76% | Protein: 16%

Shredded Pork Breakfast Eggs

75 grams collard greens, chopped

2 eggs, whipped

Himalayan rock salt and freshly ground pepper, to taste

1 serving [BBQ Shredded Pork](#)

Heat a frying pan to medium and sauté greens for a couple of seconds. Add whipped eggs, salt and pepper. Scramble. Serve otop a serving of BBQ Shredded Pork.

Spinach Salad with Eggplant Chips

200 grams spinach

50 grams chopped cucumber

1 tablespoon [Herbed Flax Dressing](#)

2 tablespoons bacon grease or beef tallow

150 grams eggplant, sliced

Himalayan rock salt and freshly ground pepper, to taste

Topped with;

1 serving [Macadamia Nut Hummus](#)

Toss spinach with cucumber and Herbed Flax Dressing. Spread on a plate and set aside.

Meanwhile, add bacon grease to a frying pan and heat over medium. Add sliced eggplant, dust with salt and pepper and cook 4-5 minutes per side. The eggplant will soak up all the oil, delicious! Transfer to the plate and serve with a dollop of Macadamia Hummus.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 20

Intake: Calories: 1736 | Fat: 145g | Fiber: 22.4g |
Carbs: 50.7g | Net Carbs: 28.3g | Protein: 72.2g

Ratio: Carbs: 11% | Fat: 73% | Protein: 16%

Blended Cacao Coffee Shake

2 cups brewed coffee, chilled

¼ cup raw cashews

1 tablespoon MCT oil

1 tablespoon cacao powder

¼ teaspoon vanilla powder

4 drops alcohol-free stevia

ice cubes, optional

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Spiced Avocado Fries

1 tablespoon tallow

75 grams avocado, sliced

1 teaspoon [Chili Powder Spice Mix](#)

Himalayan rock salt and freshly ground pepper, to taste

Add tallow to a frying pan and heat on medium heat. Add sliced avocado and dust with chili powder, salt and pepper. Fry for 3 minutes per side, until crisp.

Salmon Cakes with Roasted Brussels Sprouts

150 grams Brussels sprouts, halved

100 grams mushrooms, diced

2 tablespoons coconut oil, melted

Himalayan rock salt and freshly ground pepper, to taste

1 serving [Salmon Cakes](#)

1 tablespoon [MCT Mayonnaise](#)

Preheat oven to 400F. Toss Brussels sprouts and mushrooms in melted coconut oil, salt and pepper. Roast for 20-25 minutes. Serve with Salmon Cakes topped with mayo.

Keto Lemonade and/or Homemade Stock

WEEK 3

Day 21

Intake: Calories: 1792 | Fat: 160.9 | Fiber: 15.2 |
Carbs: 29.1 | Net Carbs: 13.9 | Protein: 58.8

Ratio: Carbs: 6% | Fat: 81% | Protein: 13%

Blended Tea

2 cups brewed tea

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Fat Bomb Coconut Candies

50 grams [Fat Bomb Pecan Coconut Butter](#)

1 tablespoon coconut oil

½ teaspoon vanilla powder

1 drop alcohol-free stevia

Add all ingredients to a small saucepan. Heat on low heat until everything is melted. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour

Runny Kale Salad

50 grams Brussels sprouts, halved

1 tablespoon avocado oil

Himalayan rock salt and freshly ground pepper, to taste

150 grams kale

100 grams skin-on chicken thighs, cooked

54 grams uncured bacon, cooked until crisp, then crumbled

2 soft-boiled eggs

¼ cup nutritional yeast

2 tablespoons hemp seeds

2 tablespoons [Herbed Flax Dressing](#)

1 tablespoon fresh lemon juice

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 400F. Toss Brussels sprouts in oil, salt and pepper. Roast for 20-25 minutes. Allow to cool. Add all ingredients to a bowl, mix, and enjoy!

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 22

Intake: Calories: 1763 | Fat: 143.9g | Fiber: 23.4g |
Carbs: 48.9g | Net Carbs: 25.5g | Protein: 69.9g

Ratio: Carbs: 11% | Fat: 73% | Protein: 16%

Blended Tea

2 cups brewed tea

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Pork Meatballs with Crunchy Okra

200 grams okra, sliced in half, lengthwise

1 ½ tablespoons avocado oil

2 teaspoon Za'atar Spice Mix

Himalayan rock salt and freshly ground pepper, to taste

1 serving Pork Meatballs with Lime Dipping Sauce

Preheat oven to 375F and line a baking sheet with parchment paper or a silicone baking mat Place sliced okra on the sheet and toss with oil, za'atar and salt. Roast for 30-35 minutes, until crunchy. Remove from the oven and serve alongside Pork Meatballs with Lime Dipping Sauce

One Pan Jambalaya

1 tablespoon red palm oil

75 grams gluten-free sausage, diced

1 stick celery, chopped

40 grams green bell pepper, chopped

1 clove garlic, minced

$\frac{3}{4}$ teaspoon dried thyme leaves

$\frac{1}{2}$ teaspoon smoked paprika

Himalayan rock salt and freshly ground pepper, to taste

$\frac{1}{4}$ cup fire roasted diced tomatoes

150 grams cauliflower, grated

2 sliced Flax Seed Focaccia

1 tablespoon coconut oil

Himalayan rock salt and freshly ground pepper, to taste

Add palm oil to a frying pan and melt on medium heat. Add sausage and cook for 5 minutes. Add celery, bell pepper, garlic, thyme, paprika, salt and pepper. Saute for 5 minutes. Add diced tomatoes, reduce heat to low and simmer for 10 minutes. Stir in grated cauliflower and simmer for another 1 minute. Remove from the heat and serve with 2 slices of focaccia topped with coconut oil, salt and pepper.

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 23

Intake: Calories: 1684 | Fat: 141.5g | Fiber: 19g |
Carbs: 43.2g | Net Carbs: 24.2g | Protein: 63g

Ratio: Carbs: 10% | Fat: 75% | Protein: 15%

Keto Breakfast Pizza

75 grams gluten-free sausage, diced

50 grams ground pork

3 eggs, whipped

¼ cup fire roasted diced tomatoes

100 grams marinated olives, sliced

8 artichoke hearts, diced

1 teaspoon Italian spice mix

Himalayan rock salt and freshly ground pepper, to taste

Add sausage and ground pork to a frying pan and cook completely, on medium heat. Once cooked, remove to a plate, leaving as much of the rendered fat in the pan. Reduce heat to medium-low and slowly pour in whipped eggs. Allow them to settle for 1 minute. Top with the remaining ingredients, beginning with fire roasted tomatoes, finish with the cooked meat. Do not stir. Cover and cook for 10 minutes, until firm.

Fudge Candies

40 grams [Fat Bomb Pecan Coconut Butter](#)

1 tablespoon cacao butter/oil

1 tablespoon cacao powder

1 drop alcohol-free stevia

Add all ingredients to a small saucepan. Heat on low heat, until everything is melted. Divide mixture into a silicone candy mold and transfer to the freezer to chill for 1-hour.

Bacon-Wrapped Radishes with Crackers

10 grams (4 medium-sized) radishes

1 teaspoon coconut oil

54 grams uncured bacon

1 serving [Thyme and Onion Crackers](#)

Preheat oven to 375F. Toss radishes in melted coconut oil and roast for 10 minutes. Meanwhile, cook bacon on stovetop until just cooked, not crisp. Remove the radishes from the oven, wrap each with bacon (using a toothpick to secure) and place back on baking sheet. Roast for another 15 minutes, until crisp. Serve with Thyme and Onion Crackers.

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 24

Intake: Calories: 1720 | Fat: 151.9g | Fiber: 11.5g | Carbs: 28.1g | Net Carbs: 16.6g | Protein: 68.5g

Ratio: Carbs: 6% | Fat: 78% | Protein: 16%

Blended Coffee

2 cups brewed coffee

2 tablespoon MCT oil

1 tablespoon [Fat Bomb Pecan Coconut Butter](#)

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Pork Balls and Broccoli Salad

½ tablespoon extra-virgin olive oil

1 tablespoon lemon juice

Himalayan rock salt and freshly ground pepper, to taste

100 grams broccoli stalks, sliced thin

20 grams radishes, sliced thin

50 grams celery sticks, sliced thin

¼ cup chopped fresh parsley

1 serving of [Pork Meatballs with Lime Dipping Sauce](#)

Combine oil, lemon juice, salt and pepper in a big bowl. Add vegetables and parsley. Toss to coat and serve alongside Pork Meatballs with Lime Dipping Sauce

Cardamom Chicken Wings with Jicama Fries and Aioli

100 grams raw chicken wings

¼ teaspoon garlic powder

¼ teaspoon onion powder

¼ teaspoon ground cardamom

⅛ teaspoon Himalayan rock salt

Freshly ground pepper, to taste

100 grams jicama, skin removed and cut into fry shape

¼ teaspoon smoked paprika

pinch Himalayan rock salt

2 tablespoons [MCT Mayonnaise](#)

1 tablespoon flavored-infused olive oil

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 425F and line a baking sheet with parchment paper or a silicone baking sheet. Otherwise, a cast iron pan works really well for this recipe. Add spices, salt and pepper to a bowl. One at a time, coat the chicken wings completely in the spice mix. Transfer to prepared baking sheet. Bake in preheated oven for 20-25 minutes. Meanwhile, slice jicama and coat in paprika and salt. Place on a clean plate. To prepare aioli, add mayo, oil, salt and pepper to a small dish, stir and place on plate with jicama fries. Serve with completed chicken wings, all dusted with salt and pepper.

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 25

Intake: Calories: 1748 | Fat: 142.9g | Fiber: 25.6g |
Carbs: 38.5g | Net Carbs: 12.9g | Protein: 72.5g

Ratio: Carbs: 9% | Fat: 74% | Protein: 17%

Cinnamon French Toast with Vanilla Creme

1 tablespoon coconut oil

2 eggs

2 tablespoons full-fat coconut milk

1 teaspoon ground cinnamon

2 slices [Flax Seed Focaccia](#)

$\frac{3}{4}$ cup full-fat coconut milk with liquid removed*

$\frac{1}{2}$ teaspoon ground vanilla powder

1 drop alcohol-free stevia

Topped with;

1 tablespoon chia seeds

Add coconut oil to a frying pan and heat on medium heat. Meanwhile, add egg, 2 tablespoons of coconut milk and cinnamon to a bowl and whisk. Coat the Flax Seed Focaccia in the egg mixture. Transfer to the heated coconut oil and fry for 2 minutes, both sides. Once completed, transfer to a clean plate. Meanwhile, add coconut cream, vanilla powder and stevia to the jug of your high-powered blender. Blend on high until whipped and fluffy. Place otop of the French toast and top with chia seeds.

**To remove liquid from the coconut milk, place the can in the fridge overnight. Open the can from the*

bottom and remove the clear liquid (reserve a couple of tablespoons for blending if needed), leaving you with the coconut cream. Use $\frac{3}{4}$ cup of this in this recipe.

Pork Balls with Avocado Watercress Salad

2 tablespoons extra-virgin olive oil

1 tablespoon white wine vinegar

Himalayan rock salt and freshly ground pepper, to taste

90 grams avocado, chopped

50 grams cucumber, seeded and diced

$\frac{1}{2}$ cup chopped fresh parsley

50 grams watercress

1 serving [Pork Meatballs with Lime Dipping Sauce](#)

Combine oil, vinegar, salt and pepper in a large bowl. Whisk to combine. Add avocado, cucumber, parsley and watercress. Toss to coat and serve alongside Pork Meatballs with Lime Dipping Sauce

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 26

Intake: Calories: 1713 | Fat: 143.1g | Fiber: 23.6g | Carbs: 51.2g | Net Carbs: 27.6g | Protein: 71.2g

Ratio: Carbs: 12% | Fat: 72% | Protein: 16%

Blended Coffee

2 cups brewed coffee

½ cup full-fat coconut milk

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Mediterranean Snack Plate

1 tablespoon red palm oil

100 grams asparagus

Himalayan rock salt and freshly ground pepper, to taste

100 grams artichoke hearts

100 grams marinated olives

2 servings [Thyme and Onion Crackers](#)

Add palm oil to a frying pan and melt on medium heat. Add asparagus, salt and pepper and sauté for 2-3 minutes. Transfer to a plate with remaining ingredients and enjoy.

Crisp Mackerel with Saffron Vinaigrette

200 grams mackerel fillets, skin on

1 clove garlic, minced

½ teaspoon smoked paprika

Himalayan rock salt and freshly ground pepper, to taste

2 tablespoons extra-virgin olive oil

2 teaspoons white wine vinegar

$\frac{3}{4}$ teaspoon Dijon mustard

pinch saffron

200 grams broccoli florets, steamed

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 375F and line a baking sheet with a silicone baking mat. Place Mackerel on prepared sheet and coat with garlic, paprika, salt and pepper. Cook until skin is crisp and flesh is flaky, about 15-20 minutes. Meanwhile, combine oil, vinegar, mustard and saffron in a small dish. Place cooked fish and steamed broccoli on a clean plate. Drizzle with dressing and dust with salt and pepper.

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 27

Intake: Calories: 1726 | Fat: 153.2g | Fiber: 15.5g | Carbs: 34.3g | Net Carbs: 18.8g | Protein: 65.1g

Ratio: Carbs: 8% | Fat: 77% | Protein: 15%

Blended Coffee

2 cups brewed coffee

2 tablespoon MCT oil

50 grams [Fat Bomb Pecan Coconut Butter](#)

¼ teaspoon ground cinnamon

2 drops alcohol-free stevia

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Curried Chicken Wings

2 teaspoons [Curry Powder Spice Mix](#)

½ teaspoon turmeric powder

pinch cayenne pepper

Himalayan rock salt and freshly ground pepper, to taste

300 grams chicken wings

10 grams fresh cilantro

1 tablespoon lime juice

Preheat oven to 425F and line a baking sheet with parchment paper or a silicone baking sheet. Otherwise, a cast iron pan works really well for this recipe. Add curry powder, turmeric, cayenne, salt and pepper to a bowl. One at a time, coat the

chicken wings completely in the spice mix. Transfer to prepared baking sheet Bake in preheated oven for 20-25 minutes. Serve with fresh cilantro and a splash of lime juice.

Roasted Vegetable Salad

**this salad can be served with today's chicken wings, if you'd like!*

100 grams red bell pepper

100 grams Brussels sprouts, halved

75 grams asparagus

20 grams radishes

½ teaspoon smoked paprika

1 tablespoon red palm oil, melted

1 teaspoon Italian spice mix

Himalayan rock salt and freshly ground pepper, to taste

⅓ cup fire roasted diced tomatoes

1 tablespoons flavor-infused olive oil

Himalayan rock salt and freshly ground pepper, to taste

50 grams sliced almonds

50 grams watercress

Preheat oven to 375F and line a baking sheet with parchment paper or a silicone baking mat. Coat bell pepper, Brussels sprouts, asparagus and radishes in palm oil, Italian spice mix, salt and pepper. Roast in prepared oven for 20-25 minutes. Remove and allow to cool to room temperature. Meanwhile, blend tomatoes with olive oil, salt and pepper. Add sliced almonds and watercress to a large bowl with cooled vegetables. Toss with blended dressing and serve.

Keto Lemonade and/or Homemade Stock

WEEK 4

Day 28

Intake: Calories: 1633 | Fat: 146.4g | Fiber: 18.1g |
Carbs: 26.1g | Net Carbs: 8g | Protein: 69.1g

Ratio: Carbs: 6% | Fat: 78% | Protein: 16%

Chili Cheese Fries

90 grams avocado, sliced

Himalayan rock salt and freshly ground pepper, to taste

1 tablespoon red palm oil

75 grams ground veal

1 teaspoon [Chili Powder Spice Mix](#)

70 grams mushrooms, diced

1 serving [Thyme and Onion Crackers](#), crumbled overtop

10 grams fresh cilantro

10 grams fresh parsley

2 tablespoons nutritional yeast

Himalayan rock salt and freshly ground pepper, to taste

Spread sliced avocado out on a clean plate. Top with salt and pepper and set aside. Then, heat palm oil in a frying pan over medium heat. Add veal and chili powder. Cook until no longer pink. Add mushrooms and saute until soft, about 5 minutes. Transfer to sliced avocado. Top with crumbled crackers, fresh herbs, nutritional yeast, salt and pepper.

Crazy Good Pork Rind Pancakes

42 grams pork rinds, ground

2 eggs

¼ cup full-fat coconut milk

1 teaspoon ground cinnamon

10 drops alcohol-free stevia

1 tbsp coconut oil

50 grams [Fat Bomb Pecan Coconut Butter](#)

Grind pork rinds in a spice grinder or add to a ziploc bag and roll over with a rolling pin until a flour-like consistency is reached. Add eggs, coconut milk, cinnamon and stevia in a small bowl and whisk to combine. Add pork rind "flour" and mix. Allow to sit while you add coconut oil to a frying pan and heat on medium-low heat. Once melted, drop half of the batter into the pan, spreading with the back of a spoon to shape. Cook for 1-2 minutes per side, cook only until browned. Transfer to a clean plate, repeat with remaining batter. Serve drizzled with Fat Bomb Pecan Coconut Butter.

Keto Lemonade and/or Homemade Stock

BONUS - BOOSTED CARB DAY

Day 29

Intake: Calories: 1737 | Fat: 134.2g | Fiber: 28.3g |
Carbs: 74.6g | Net Carbs: 46.3g | Protein: 63.4g

Ratio: Carbs: 17% | Fat: 69% | Protein: 14%

Blended Green Tea

2 cups brewed green tea

½ cup full-fat coconut milk

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Chili Eggs with Guacamole and Toast

1 tablespoon duck fat

100 grams regular ground beef

1 teaspoon [Chili Powder Spice Mix](#)

Himalayan rock salt and freshly ground pepper, to taste

45 grams avocado, cubed

1 egg

2 tablespoons [Simple Salsa](#)

45 grams avocado, mashed

1 slice [Flax Seed Focaccia](#), sliced in half and toasted

Himalayan rock salt and freshly ground pepper, to taste

Add duck fat, ground beef and chili powder to a frying pan and cook on medium heat until no

longer pink Add cubed avocado and fry until it begins to brown. Add egg. Scramble. Transfer to a clean plate. Meanwhile, mash together salsa and remaining avocado. Spread mixture ovetop Flax Seed Focaccia. Dust everything in salt and pepper and enjoy!

Curried Pork and Roasted Roots

Curried Pork;

120 grams pork loin

½ teaspoon [Curry Powder Spice Mix](#)

¼ teaspoon dried cilantro

¼ teaspoon ground coriander

¼ teaspoon Himalayan rock salt

Freshly ground pepper, to taste Root Salad;

100 grams golden beets, chopped

200 grams parsnips, chopped

100 grams carrots, chopped

2 tablespoons coconut oil

½ teaspoon ground cinnamon

⅛ teaspoon ground cayenne pepper

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 375F and coat pork loin in curry powder, cilantro, coriander, salt and pepper Transfer to a baking sheet and cook for 25 minutes, until internal temperature reaches 180F. On the same baking sheet, or in a separate dish, combine beets, parsnips, carrots, oil, cinnamon, cayenne, salt and pepper. Roast in oven for 25 minutes. Dust everything in more salt and dig in!

Keto Lemonade and/or Homemade Stock

As outlined in the cyclical practice in [Chapter 14](#).

BONUS - BOOSTED CALORIES DAY

Day 30

Intake: Calories: 2013 | Fat: 187.3g | Fiber: 14.7g | Carbs: 29.4g | Net Carbs: 14.7g | Protein: 68.5g

Ratio: Carbs: 6% | Fat: 81% | Protein: 13%

Blended Coffee

2 cups brewed coffee

½ cup full-fat coconut milk

1 tablespoon MCT oil

Add ingredients to the jug of your high-powered blender and blend on high for 1 minute.

Curry Eggs

1 tablespoon duck fat

2 eggs

100 grams spinach

1 teaspoon [Curry Powder Spice Mix](#)

2 tablespoons pumpkin seeds 108 grams uncured bacon

Himalayan rock salt and freshly ground pepper, to taste

Add duck fat to a frying pan and melt on medium heat. Add eggs, spinach and curry powder. Scramble. Toss in pumpkin seeds and transfer to a clean plate. Serve with cooked bacon and a dust of salt and pepper.

Crispy Chicken and Fatty Brussels

2 tablespoons almond flour

½ teaspoon smoked paprika

½ teaspoon dried thyme

Himalayan rock salt and freshly ground pepper, to taste

150 grams skin-on chicken thighs

1 tablespoon egg white

100 grams Brussels sprouts, halved

2 tablespoons coconut oil, melted

Himalayan rock salt and freshly ground pepper, to taste

2 tablespoons [MCT Mayonnaise](#)

1 tablespoons flavor-infused olive oil

2 teaspoons lemon juice

90 grams avocado, diced

10 grams fresh mint, chopped

10 grams fresh cilantro, chopped

Himalayan rock salt and freshly ground pepper, to taste

Preheat oven to 400F and line a baking sheet with parchment paper or a silicone baking mat. Otherwise, a cast iron pan works really well for this recipe. Combine almond flour, paprika, thyme, salt and pepper in a bowl. Coat chicken with egg whites, dip in spice mix, then transfer to prepared baking sheet. Coat Brussels sprouts in coconut oil, salt and pepper. Transfer to the same baking sheet. Roast everything for 25 minutes, until chicken internal temperature is 165F. Meanwhile, combine mayo, oil, lemon, avocado, mint, cilantro, salt and pepper in a bowl. Drop this avocado mix over Brussels sprouts when serving.

Keto Lemonade and/or Homemade Stock

Chapter 17

RECIPES

EVERYDAY BESTS

Ideally, one (or both) of these drinks should be consumed daily. Think of them as supplements. 1 cup of stock a day goes a long way in supporting the body and healing the digestive tract. The thicker you make it (tips to do this in [Chapter 16](#)) the more collagen, the better it is for your health.

Homemade Stock

4 lbs. chicken backs, wings, legs or leftover chicken bones and skins

1 stalk celery

1 onion, quartered

2 carrots, chopped

1 bunch fresh parsley

[Himalayan rock salt](#) and freshly ground pepper, to taste

Add ingredients to your slow cooker and cover with water. Set your slow cooker to low and cook for 8-12 hours. Remove the bones, strain the stock and store in the fridge or freezer.

Keto Lemonade

4 cups water

2 tablespoons fresh lemon juice

1/8 teaspoon [Himalayan rock salt](#)

Add all ingredients to a 1-liter jug, shake and drink up!

SPICE MIX RECIPES

The following are a couple of my favorite spice mixes, perfect for adding pizzazz to just about anything - eggs, meats, salads, you name it.

Mix all of the ingredients in a little jar, give it a shake, cover, and keep in your spice cabinet for up to 6 months.

Quick Tip: The Ranch Powder Spice Mix is phenomenal mixed with MCT Mayonnaise (recipe in the following pages) and drizzled over broccoli

Za'atar Spice Mix

2 tablespoons dried thyme

2 tablespoons dried sumac

2 tablespoons sesame seeds, toast and grind

Ranch Powder Spice Mix

¼ cup dried parsley

1 tablespoon dried dill weed

1 tablespoon garlic powder

1 tablespoon onion powder

½ teaspoon basil leaf

½ teaspoon ground pepper

Italian Spice Mix

1 tablespoons dried basil

1 tablespoons dried oregano

1 tablespoons dried rosemary

1 tablespoons dried marjoram

- 1 tablespoons dried thyme
- 1 tablespoons dried savory
- 1 teaspoon red pepper flakes

Chili Powder Spice Mix

- 2 tablespoons paprika
- 2 teaspoons ground oregano
- 1 ¼ teaspoons ground cumin
- 1 ¼ teaspoons garlic powder (optional)
- 1 ¼ teaspoons cayenne pepper
- ¾ teaspoons onion powder (optional)

Herbs de Provence Spice Mix

- ¼ cup thyme leaf
- 2 tablespoons marjoram leaf
- 1 tablespoons savory
- ½ teaspoon lavender flowers, ground
- ½ teaspoon ground fennel

Pumpkin Pie Spice Spice Mix

- 4 teaspoons ground cinnamon
- 2 teaspoons ground ginger
- 1 teaspoon ground allspice
- 1 teaspoon ground nutmeg

Curry Powder Spice Mix

- 2 tablespoons whole coriander seeds
- 1 teaspoon cumin seeds
- ½ teaspoon whole mustard seeds

1 piece of cinnamon bark (3-inch section)

10 whole cloves

1 teaspoon ground turmeric

1 teaspoon ground cardamom

1 teaspoon ground cayenne

Add coriander, cumin and mustard seeds to a small cast iron frying pan. Toast on medium heat for 2-3 minutes until golden. Continue to shake the pan to prevent from burning.

Drop into the cup of your coffee grinder and add cinnamon bark and cloves. Grind until powdered. Add powdered mixture and remaining ingredients into a small bowl. Mix with a small spoon.



HEALTHY CHICKEN POT PIES

serving: 2

Calories: 531 | Calories from Fat: 320 | Total Fat: 35.6g | Saturated Fat: 20.7g | Cholesterol: 153mg
Sodium: 882mg | Potassium: 711mg | Total Carbs: 19.1g | Sugars: 6.3g | Fiber: 8.2g | Protein: 33.2g

Ingredients

- 1 teaspoon [coconut oil](#)
- 1 garlic cloves, chopped
- 1 small onions, diced
- 5 grams celery
- 1 carrots, diced
- 200 grams uncooked skin-on chicken thighs cut into small pieces
- 3 cups cauliflower florets
- 1 ½ cup Homemade Stock
- ¼ teaspoon onion salt
- 4 tablespoons [coconut flour](#)
- 1 small egg
- 2 tablespoons [coconut oil](#)

Directions

Preheat oven to 350F

Add coconut oil, garlic, onions, celery and carrot to a frying pan and sauté on medium heat for 5 minutes. Add chicken thigh pieces and cook through, about 10 minutes. Transfer to a bowl and set aside.

Meanwhile, add cauliflower to a saucepan and cover with chicken stock. Bring to a boil on high

heat, reduce heat to low and simmer for 15 minutes. Transfer mixture to the jug of your high-powered blender with onion salt and blend until smooth.

Transfer cauliflower mix to vegetable mix and toss to coat. Divide into 2 individual ramekin dishes.

Cut together coconut flour, egg and coconut oil. The best way to do this is in a stand mixer or with a fork. Divide the dough into 2 equal pieces. Sandwich each piece between two pieces of parchment and roll out until $\frac{1}{8}$ -inch thick.

Cover ramekins with dough, place on a baking sheet and bake in preheated oven for 30 minutes, until pastry tops begin to golden.

Allow to cool completely. Store in the fridge for up to 3 days, or in an airtight container in the freezer for up to 2 months.

SPICED PUMPKIN SOUP

serving: 2

Calories: 604 | Calories from Fat: 447 | Total Fat: 49.6g | Saturated Fat: 30.7g | Cholesterol: 59mg
Sodium: 2309mg | Potassium: 727mg | Total Carbs: 14.3g | Sugars: 5.6g | Fiber: 3.9g | Protein: 26.1g

Ingredients

2 tablespoons [coconut oil](#)
1 cup pumpkin puree
1 ½ cups homemade chicken stock
½ teaspoon [Himalayan rock salt](#)
½ teaspoon ground pepper
½ teaspoon freshly minced ginger
¼ teaspoon garlic powder
¼ teaspoon onion powder
¼ teaspoon ground cinnamon
¼ teaspoon ground coriander
⅛ teaspoon ground nutmeg
⅛ teaspoon cayenne pepper
1 bay leaf
½ cup [full-fat coconut milk](#)
108 grams uncured bacon, cooked until crisp, then crumbled
Leftover bacon grease

Directions

Add coconut oil to a large saucepan and heat over medium heat. Add pumpkin puree and sauté for 3 minutes.

Pour in chicken stock, salt, pepper, ginger, cinnamon, coriander, nutmeg, cayenne and bay leaf.

Bring to a boil, reduce heat to low and simmer for 10 minutes.

Stir in coconut milk, bacon crumbles and bacon grease.

MCT MAYONNAISE

serving: 20 (20g per serving)

Calories: 93 | Calories from Fat: 93 | Total Fat: 10.3g
| Saturated Fat: 5.4g | Cholesterol: 37mg Sodium:
60mg | Potassium: 11mg | Total Carbs: 0.2g |
Sugars: 0g | Fiber: 0g | Protein: 0.9g

Ingredients

2 eggs

2 egg yolks

1 tablespoons fresh lemon juice

2 teaspoons white wine vinegar

1 teaspoon yellow mustard

¼-½ teaspoon [Himalayan rock salt](#)

½ cup light extra-virgin olive oil or [avocado oil](#)

½ cup [MCT oil](#)

Directions

Add eggs, yolks, lemon juice, vinegar, mustard and salt to the jug of your high-powered blender.

Blend on high for 1 minute, until frothy.

Reduce speed to medium and begin to (slowly!) pour in oil, beginning with olive oil, then moving to MCT oil. The process of adding the oil should take 2-3 minutes. The slower you go, the better the mayo will turn out.

Transfer to a clean jar, cover and store in the fridge.



PALEO FALAFEL

serving: 2

Calories: 506 | Calories from Fat: 434 | Total Fat: 48.2g | Saturated Fat: 4.5g | Cholesterol: 0mg
Sodium: 207mg | Potassium: 500mg | Total Carbs: 12.3g | Sugars: 1.7g | Fiber: 7.1g | Protein: 14.9g

Ingredients

- ½ cup raw walnuts
- ½ cup raw almonds
- 1 ½ tablespoons sesame seeds
- ¼ cup tightly packed fresh cilantro
- ¼ cup tightly packed fresh parsley
- 2 tablespoons extra-virgin olive oil
- 1 tablespoons lemon juice
- 1 tablespoons dried mint leaves
- 1 teaspoons ground cumin
- ½ teaspoon [nutritional yeast](#)
- ½ teaspoon dried oregano leaves
- ½ clove garlic
- ¼ teaspoon cayenne pepper
- ¼ teaspoon [Himalayan rock salt](#)
- ¼ teaspoon ground pepper

Directions

Add walnuts, almonds and sesame seeds to a large glass bowl. Fill with water, cover and refrigerate for 12 hours. Once complete, strain and rinse.

Add cilantro, parsley, olive oil, lemon juice, mint leaves, cumin, nutritional yeast, oregano, garlic, cayenne pepper, salt and ground pepper to the bowl of your food processor.

Pulse mixture until smooth.

Then add soaked nut and seed mixture. Pulse mixture until nuts are the size of sesame seeds.

Roll the dough; 2 tablespoons at a time, into balls. Press and rotate as you go to allow the mixture to stick. Repeat with remaining dough.

Place completed balls on food dehydrator racks. Dehydrate at 110F for 10 hours, rotating halfway through. If you do not have a dehydrator, recipe can be cooked at the lowest temperature your oven will go (180F) for 3 hours, rotating halfway through.

Allow to cool completely. Store in the fridge for up to 3 days, or in the freezer for up to 2 months.

SIMPLE SALSA

serving: 8 (60g per serving)

Calories: 13 | Calories from Fat: 1 | Total Fat: 0.2g |
Saturated Fat: 0g | Cholesterol: 0mg Sodium:
151mg | Potassium: 135mg | Total Carbs: 2.7g |
Sugars: 1.6g | Fiber: 0.8g | Protein: 0.6g

Ingredients

1 ½ cup freshly-chopped tomatoes
⅓ cup chopped fresh cilantro
½ cup finely chopped green bell pepper
¼ cup finely diced white onion
1 small jalapeno, diced
1 tablespoon lime juice
1 clove garlic, minced (optional)
½ teaspoon [Himalayan rock salt](#)
¼-½ teaspoon ground cumin

Directions

Add all ingredients to a large bowl. Stir to coat. Transfer to an airtight container and store in the fridge for up to 5 days.

FAT BOMB SUNFLOWER PECAN BUTTER

serving: 10 (15g per serving)

Calories: 97 | Calories from Fat: 82 | Total Fat: 9.1g
| Saturated Fat: 1g | Cholesterol: 0mg Sodium:
59mg | Potassium: 94mg | Total Carbs: 2.9g |
Sugars: 0g | Fiber: 1.5g | Protein: 2.6g

Ingredients

100 grams sunflower seeds

50 grams pecans

2 tablespoons [avocado oil](#)

pinch [Himalayan rock salt](#)

Directions

Preheat oven to 325F. Spread ingredients out onto a baking sheet.

Transfer the baking sheet to the preheated oven and roast the seeds and nuts for 15-20 minutes, rotating frequently.

When the seeds are browned, transfer to the bowl of your food processor and processed on high until smooth.

Transfer to a jar and store in the fridge for up to 1 month.



CAESAR SALAD DRESSING

serving: 2 (50g per serving)

Calories: 233 | Calories from Fat: 232 | Total Fat:
25.8g | Saturated Fat: 3.1g | Cholesterol: 4mg
Sodium: 483mg | Potassium: 49mg | Total Carbs:
0.8g | Sugars: 0g | Fiber: 0g | Protein: 1.6g

Ingredients

2 tablespoons [MCT oil](#)

2 tablespoons extra-virgin olive oil

25 grams anchovy fillets

1 tablespoon mayonnaise

1 tablespoon lemon juice

½ tablespoon Dijon mustard

½ tablespoon white wine vinegar

1 clove garlic

[Himalayan rock salt](#) and freshly ground pepper, to taste

Directions

Add all ingredients to the jug of your blender and blend until smooth.

This recipe is fabulous with a sprinkle of nutritional yeast!

BEEF KEBABS WITH DAIRY-FREE TZAZIKI

serving: 1

Calories: 712 | Calories from Fat: 430 | Total Fat:
47.7g | Saturated Fat: 22g | Cholesterol: 196mg
Sodium: 453mg | Potassium: 1054mg | Total Carbs:
8.4g | Sugars: 2.6g | Fiber: 2.0g | Protein: 59.8g

Ingredients

220 grams ground beef
2 tablespoons onion
1 clove garlic clove, minced
 $\frac{3}{4}$ teaspoon grated fresh ginger
 $\frac{1}{2}$ teaspoon ground cumin
pinch ground cinnamon
pinch [Himalayan rock salt](#)
 $\frac{1}{4}$ cup cucumber, peeled, seeded and diced finely
2 tablespoon [full-fat coconut milk](#)
1 small garlic clove, minced
2 teaspoons lemon juice
2 teaspoons fresh dill

Directions

Preheat oven to 375F and place 2 bamboo skewers in water.

To make the kebabs, drop all ingredients; beef, onion, garlic, ginger, cumin, cinnamon and salt, into

a large-sized bowl and mix with your hands until incorporated.

Separate the meat mixture into 2 even portions and begin to shape handfuls of the meat mixture into sausage-like shapes, about 5 inches long around the soaked skewers.

Place completed kebabs on a parchment paper lined baking sheet.

Repeat with remaining meat mixture. Once complete, bake in the preheated oven for 25-30 minutes or until internal temperature reaches 160F.

Meanwhile, combine tzatziki ingredients; cucumber, coconut milk, garlic, lemon juice and dill, in a small bowl. Once kebabs are complete, serve alongside tzatziki.

HARISSA ROASTED CAULIFLOWER SALAD

serving: 2

Calories: 336 | Calories from Fat: 246 | Total Fat: 27.4g | Saturated: 3.9g | Cholesterol: 0mg Sodium: 596mg | Potassium: 700mg | Total Carbs: 22.6g | Sugars: 8.8g | Fiber: 6g | Protein: 5.2g

Ingredients

400 grams cauliflower florets
2 tablespoons [avocado oil](#)
1 teaspoon cumin seeds
1 teaspoon turmeric powder
¼ cup MCT Mayonnaise
2 tablespoons flax seed oil
1 tablespoon harissa
¼ teaspoon [Himalayan rock salt](#)
Ground pepper, to taste
½ cup chopped fresh parsley
¼ cup chopped fresh cilantro
¼ cup chopped fresh mint

Directions

Preheat oven to 375F. Place cauliflower florets, oil, cumin seeds and turmeric on a baking sheet and toss to combine.

Roast in preheated oven for 15-20 minutes, until cauliflower begins to brown. Once complete,

remove from the oven and allow to cool completely.

Meanwhile, combine mayo with flax seed oil, harissa, salt and pepper. Pour over the cooled cauliflower. Toss in fresh herbs and serve.

Store in an airtight container in the fridge for up to 3 days.



FLAX SEED FOCACCIA

serving: 12

Calories: 134 | Calories from Fat: 79 | Total Fat: 8.8g
| Saturated Fat: 1.6g | Cholesterol: 68mg Sodium:
227mg | Total Carbs: 6.5g | Sugars: 0g | Fiber: 5.5g
| Protein: 5.9g

Ingredients

2 cups roughly ground flax seed
1 tablespoon gluten-free baking powder
1 teaspoon [Himalayan rock salt](#)
5 large eggs
½ cup water
⅓ cup [avocado oil](#)

Directions

Preheat oven to 350F and line a 13×9 baking pan with parchment paper draped over the sides. Set aside.

Combine flax seed with baking powder and Himalayan rock salt in a large bowl. Whisk to combine fully and set aside.

Add eggs, water and oil to the jug of your high-powered blender. Blend on high for 30 seconds, until foamy.

Transfer liquid mixture to the bowl with the flax seed mixture.

Stir with a spatula, just until incorporated. The mixture will be very fluffy. Once incorporated, allow to sit for 3 minutes.

Drop mixture into prepared baking pan. Smooth with the back of the spatula and transfer the pan to the preheated oven.

Bake bread for 20 minutes, until top is golden. Remove from the oven and lift bread (from the parchment paper sides) to a cooling rack. Peel the parchment paper from the bottom of the bread and allow the bread to cool on the cooling rack for an hour.

Cut into 12 pieces.

Bread can be toasted or frozen. Keeps in the fridge for 3-4 days and in the freezer for up to 3 months.



MACADAMIA NUT HUMMUS

servings: 2

Calories: 290 | Calories from Fat: 266 | Total Fat:
29.5g | Saturated Fat: 0g | Cholesterol: 0mg
Sodium: 160mg | Potassium: 176mg | Total Carbs:
7g | Sugars: 1.8g | Fiber: 3.7g | Protein: 4.1g

Ingredients

½ cup macadamia nuts, soaked in water for 24 hours, drained and rinsed

1 garlic clove

1 ½ tablespoons fresh lemon juice

1 tablespoons water

1 tablespoons tahini

pinch cayenne pepper

[Himalayan rock salt](#) and freshly ground pepper, to taste

Directions

Add all ingredients to the bowl of your food processor or high-powered blender and blend on high until smooth.

Transfer to an air-tight container and store in the fridge for up to 5 days

SALMON CAKES

serving: 2

Calories: 773 | Calories from Fat: 496 | Total Fat: 55.2g | Saturated Fat: 17.9g | Cholesterol: 261mg | Sodium: 699mg | Potassium: 1168mg | Total Carbs: 15.9g | Sugars: 4.3g | Fiber: 7.7g | Protein: 57.5g

Ingredients

2 large eggs

½ red bell pepper, diced and squeeze out the juices

2 green onions

¼ cup fresh parsley

2 tablespoons fresh dill

1 ½ tablespoon lemon juice

12 ounces sockeye salmon, canned and drained or fully cooked fresh

1 cup ground almonds

2 tablespoons [coconut oil](#)

Directions

In the bowl of your food processor, add eggs and whip on low for 1 minute. Add red pepper, green onion, parsley, dill, and lemon juice. Pulse for a couple of seconds to chop the pepper and breakup the herbs.

Add salmon and ground almonds, pulsing quickly. If the mixture is too dry, add a bit more ground almonds. Form the mixture into 2-inch patties.

Heat the coconut oil in a medium sized frying pan over medium-high heat. Add the salmon patties and cook for 3-4 minutes per side, or until golden brown.

HERBED FLAX DRESSING

serving: 4

Calories: 122 | Calories from Fat: 122 | Total Fat:
14g | Saturated Fat: 1g | Cholesterol: 0mg Sodium:
0mg | Potassium: 9mg | Total Carbs: 0.4g | Sugars:
0g | Fiber: 0g | Protein: 0.1g

Ingredients

¼ cup flax oil

¼ teaspoon garlic powder

¼ teaspoon onion powder ¼ teaspoon dried thyme

¼ teaspoon paprika

¼ teaspoon dried basil

¼ teaspoon dried oregano

Directions

Combine all ingredients in a jar and allow dressing to marinate overnight.

FAT BOMB PECAN COCONUT BUTTER

serving: 5 (50g per serving)

Calories: 369 | Calories from Fat: 335 | Total Fat:
37.2g | Saturated Fat: 19.9g | Cholesterol: 0mg
Sodium: 7mg | Potassium: 83mg | Total Carbs: 8.2g
| Sugars: 0.7g | Fiber: 4.8g | Protein: 2.1g

Ingredients

100 grams pecans

100 grams shredded unsweetened coconut

¼ cup [cacao butter/oil](#)

Directions

Preheat oven to 300F. Spread ingredients out onto a baking sheet.

Transfer the baking sheet to the preheated oven and roast the nuts for 10-15 minutes, rotating frequently.

When the nuts are browned, transfer to the bowl of your food processor and processed on high until smooth.

Transfer to a jar and store in the fridge for up to 1 month.

PORK MEATBALLS WITH LIME DIPPING SAUCE

serving: 3

Calories: 493 | Calories from Fat: 304 | Total Fat: 33.8g | Saturated Fat: 19.2g | Cholesterol: 133mg
Sodium: 445mg | Potassium: 672mg | Total Carbs: 6g | Sugars: 1.7g | Fiber: 1.5g | Protein: 40.2g

Ingredients

½ lb. ground pork
½ lb. ground veal
⅓ cup canned water chestnuts, rinsed, drained and finely chopped
⅓ cup chopped fresh cilantro
¼ teaspoon [Himalayan rock salt](#)
1 cup [full-fat coconut milk](#)
½ cup chopped fresh mint
2 tablespoon extra-virgin olive oil
2 tablespoon lime juice
pinch crushed red pepper flakes
[Himalayan rock salt](#) and freshly ground pepper, to taste

Directions

Preheat oven to 375F and line a small baking sheet with parchment paper or a silicone baking mat.

Combine pork, veal, water chestnuts, cilantro and salt in a bowl. Scoop 2 tablespoons out at a time

and shape into balls, transferring to prepared baking sheet.

Bake until cooked through, about 15 minutes.

Meanwhile, stir together coconut milk, mint, olive oil, lime juice, red pepper flakes, salt and pepper to a bowl and whisk to combine.

Serve sauce with meatballs.



BBQ SHREDDED PORK

serving: 3

Calories: 791 | Calories from Fat: 553 | Total Fat: 61.4g | Saturated Fat: 21.3g | Cholesterol: 212mg | Sodium: 549mg | Potassium: 236mg | Total Carbs: 4.1g | Sugars: 2.8g | Fiber: 1.4g | Protein: 51.5g

Ingredients

900 grams pork shoulder roast

1 can [stevia-sweetened root beer](#)

1 ½ cup tomato sauce

3 tablespoon balsamic vinegar

1 ½ teaspoon mustard powder

1 ½ teaspoon smoked paprika

¼ teaspoon garlic powder

Directions

Remove the twine from the shoulder roast and place in the bowl of your slow cooker.

Pour the root beer overtop of the pork. Cover and cook, on low, for 9 hours.

Meanwhile, combine the BBQ sauce ingredients; tomato sauce, vinegar and spices, in a small bowl.

Drain the juices from the slow cooker; return the meat back to the slow cooker, shred with a fork.

Stir in barbecue sauce and cook on low for 1 hour.



FAT BOMB SHAKE

servings: 1

Calories: 220 | Calories from Fat: 96.5 | Total Fat:
10.8g | Saturated Fat: 2.1g | Cholesterol: 0mg
Sodium: 25mg | Total Carbs: 14.5g | Sugars: 9g |
Fiber: 3.6g | Protein: 17.3g

Ingredients

1½ cup water or unsweetened almond milk
2-3 tablespoons fresh lemon juice
¼ teaspoon alcohol-free vanilla extract
1 scoop (30 grams) Hemp Pro 70 Protein Powder,
vanilla flavor
35 grams avocado (approx. ½)
50 grams raw baby spinach (approx. 1 cup)
4 ice cubes

Directions

Add ingredients to the jug of your high-powered blender in the order they're listed in the recipe. Blend on high for 1-2 minutes, until smooth. Serve immediately.



BARBECUE SAUCE

serving: 6 (75g per serving)

Calories: 22 | Calories from Fat: 4 | Total Fat: 0.4g |
Saturated Fat: 0g | Cholesterol: 0mg Sodium:
322mg | Potassium: 228mg | Total Carbs: 4g |
Sugars: 2.8g | Fiber: 1.2g | Protein: 1.1g

Ingredients

1 ½ cup tomato sauce
3 tablespoon balsamic vinegar
2 tablespoons water
1 ½ teaspoon mustard powder
1 ½ teaspoon smoked paprika
¼ teaspoon garlic powder

Directions

Add all ingredients to a saucepan, bring to a light boil, then reduce to a simmer.

Cover and simmer for 10 minutes.

Allow to cool completely, transfer to an air-tight jar and store in the fridge for up to 7 days.

THYME AND ONION CRACKERS

serving: 4

Calories: 166 | Calories from Fat: 136 | Total Fat:
15.1g | Saturated Fat: 0.7g | Cholesterol: 0mg
Sodium: 117mg | Potassium: 204mg | Total Carbs:
8g | Sugars: 0.7g | Fiber: 6.6g | Protein: 5g

Ingredients

½ cup coarsely chopped sweet onion
1 small garlic clove, minced
2 tablespoon [grape seed oil](#)
2 teaspoons dried thyme leaves
¼ teaspoon [Himalayan rock salt](#)
Freshly ground pepper, to taste
¾ cups roughly ground flax seeds
2 tablespoon sunflower seeds, ground fine

Directions

Preheat oven to 225F and set aside a large baking sheet.

Place onion, garlic, oil, thyme, salt and pepper in the bowl of your food processor. Pulse until onion is completely pureed.

Add flax seeds and ground sunflower seeds and pulse just until combined.

Place a 10-inch wide piece of parchment paper on the counter and scoop the cracker dough out on to it. Place another piece of parchment overtop

and roll the dough between the two pieces of parchment until it's about ¼-inch thick.

Remove the top piece of parchment paper and score the crackers into 1-inch cubes. Keeping the crackers on their current sheet of parchment, transfer the sheet to a baking sheet.

Bake for 2 hours, flipping halfway through and removing the parchment paper. The baking time will vary greatly on how thick/thin you make the crackers. You want the end result to be crisp, crunchy with no moisture left.

Remove from the oven and allow to cool on the baking sheet for 15 minutes.

KETO FABULOUS

Dear Beautiful You,

We just covered a lot of ground, switched a lot of preconceived notions that you may have had about fueling your body. At the end of the day, this may not be the route for you. I encourage you to listen to your body, be open to experimentation and respect where you're at, right now.

The world of nutritional ketosis is vast. The more you play, the more you learn, the more you can adapt the approach to fit you and your lifestyle. My goal with The Keto Beginning was to lay the groundwork and show you what's possible. I hope that The Keto Beginning has offered you clarity in a muddled world of nutrition confusion and that it will act as a jumping off point to bigger and better things for you.

3 things you can do next...

[Save, print + share the low carb recipes on HealthfulPursuit.com >>>](#)

[Get grain-free + dairy-free meal plans delivered to your email >>>](#)

(if going keto right from the get-go is overwhelming you)

[Share your progress with me >>>](#)

I want to hear about your experience with The Keto Beginning. When the adjustments you're making begin to take hold and you begin experiencing awesome things, let me know! Your words of praise

are like gold for my business + help to grow the Healthful Pursuit community.

Much love,

Leanne

ABOUT LEANNE

Leanne's not just any holistic nutritionist; she's the holistic nutritionist that real people from around the world come to for real advice.

Leanne's popular blog, Healthful Pursuit, is a unique collection of motivational guidance and easy-to-make recipes for women who want to create a liberated life on a restricted diet. Her recipes and healthy living strategies have been featured in Martha Stewart, Huffington Post and Women's Health Magazine, to name a few.

When Leanne's not experimenting in her kitchen, you can find her speaking at various woman-based events, painting her nails, sweating it out in hot yoga or hanging out in her kitchen making chocolate out of bacon grease.

Create the life you've been dying to live, liberate your eating style and join a community of thousands of women on the same path at healthfulpursuit.com. There's lots of ketogenic recipes, too!

LINKS + STUDIES LINKS + STUDIES

THE CHOLESTEROL STORY

Effects of a low carbohydrate diet on weight loss and cardiovascular risk factor in overweight adolescents

A low carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: a randomized, controlled trial.

LOW-FAT VERSUS HIGH-FAT/Low carb

A randomized trial comparing a very low carbohydrate diet and a calorie-restricted low fat diet on body weight and cardiovascular risk factors in healthy women.

A low carbohydrate, ketogenic diet versus a low-fat diet to treat obesity and hyperlipidemia: a randomized, controlled trial.

The effects of a low carbohydrate ketogenic diet and a low-fat diet on mood, hunger, and other self-reported symptoms

BLOOD SUGAR REGULATION IN KETOSIS

Effect of low-calorie versus low carbohydrate ketogenic diet in type 2 diabetes

IMPORTANCE OF CALORIE RESTRICTION IN OVERALL HEALTH AND WELLNESS

[Caloric restriction reduces age-related and all-cause mortality.](#)

REPLACING SATURATED FATS WITH CARBS LEADS TO AN INCREASE IN HEALTH ISSUES

[Low saturated fat diets don't curb heart disease risk or help you live longer](#)

[Meta-analysis of prospective cohort studies evaluating the association of saturated fat with cardiovascular disease](#)

[Saturated fat and cardiovascular disease: the discrepancy between the scientific literature and dietary advice](#)

[The questionable role of saturated and polyunsaturated fatty acids in cardiovascular disease](#)

[Dietary polyunsaturated fatty acids and composition of human aortic plaques](#)

[Dietary fats and health: dietary recommendations in the context of scientific evidence](#)

[Saturated fat, carbohydrates and cardiovascular disease](#)

CORTISOL LEVELS IN KETOSIS

[The ketogenic diet's effect on cortisol metabolism](#)

METABOLIC SYNDROME AND KETOSIS

[Carbohydrate restriction has a more favorable impact on the metabolic syndrome than a low fat diet](#)

HIGH ENDURANCE TRAINING AND KETOSIS

[Ketogenic diets and physical performance](#)

[Training on the cyclical ketogenic diet: effects of cyclical ketogenic diets on exercise performance](#)

NOT ALL CALORIES ARE CREATED EQUAL

[All calories not created equal, study suggests](#)

[When a calorie is not just a calorie](#)

[Perceived hunger is lower and weight loss is greater in overweight premenopausal women consuming a low carbohydrate/high-protein vs high-carbohydrate/low-fat diet](#)

SCIENCE BEHIND INTERMITTENT FASTING

[Intermittent food deprivation improves cardiovascular and neuroendocrine responses to stress in rats](#)

SCIENCE BEHIND CYCLICAL KETOSIS

[An in-depth look into carbing up on the cyclical ketogenic diet](#)