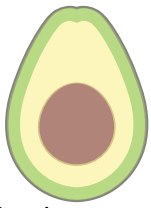


# The KETO Food Plan



The ketogenic diet (or keto, as it's commonly called) is a very low carb, moderate protein and high fat food plan that actually changes your body's metabolism to provide you with weight loss and many other benefits mentioned below. Eating this way consistently limits how much glucose (all carbs turn in to glucose after digestion) is available to create energy and therefore you switch to a different energy source which comes from fat. This metabolic state is called ketosis.

## Keto benefits:

- cravings disappear
- decreased bloating
- weight loss
- energy increases
- insulin sensitivity increases
- blood sugars normalize

## Try keto if you:

- have weight to lose or have hit a plateau
- have intense food or sugar cravings that make it hard to stick to a diet
- have an auto-immune disease or GI symptoms
- have diabetes or metabolic syndrome

## How a ketogenic diet works (generally speaking)



There are many versions on the internet of what a ketogenic diet is, and it's true, there is no one way to get your metabolism to switch in to ketosis. All bodies react differently as far as what triggers a ketogenic state. There are, however, some generalities one should stick with when first starting the diet.

1. The diet has to be reduced to very low carbohydrate intake, about 20-45 g
2. It's not an *all meat* or high protein diet, that would not be healthy! Also, too much protein can stop ketosis.
3. This, like any other diet, can be done in an unhealthy way. Be sure to consume a high quality diet of whole foods in proper proportions with limited processed foods and artificial sweeteners.
4. There's no such thing as "lazy keto", that would just be considered a low carbohydrate diet.
5. Keto isn't right for everyone. If you don't feel well for more than 4 weeks check with your doctor or RD about what you're experiencing or just stop the plan! It's not the only way reach health goals!
6. Although all bodies are different, you generally need anywhere from 4 days to 4 weeks to get in to a keto state. If you don't see results right away, just be patient and continue.
7. Keto isn't meant to be a forever diet. Talk to your doctor or RD about how long to do it.

## High Carb Foods to Avoid



- |   |                           |
|---|---------------------------|
| Grains  | Most fruits               |
| Legumes & beans                                 | Sugar, honey, maple syrup |
| Starchy vegetables (potatoes, yams, corn, peas) | Condiments with sugar     |
|   | Sugar-sweetened drinks    |
|   | Beer & sweet wine         |

## Low Carb Foods to Include



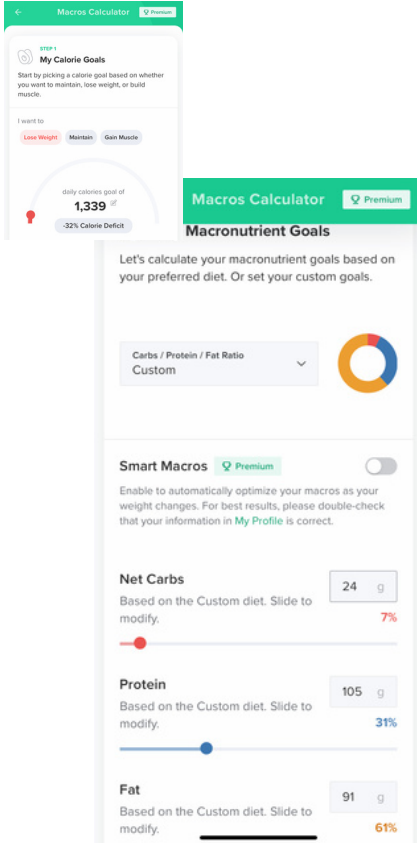
- |                        |  |
|------------------------|--|
| Eggs                   | Non-starchy veggies                          |
| Fish & seafood         | Healthy fats (avocado, oils, butter, olives) |
| Beef, pork, lamb, etc. | Full fat dairy products                      |
| Chicken & poultry      | Nuts & seeds                                 |

# How to get started on KETO:



- Review food list & meal planning handouts, then make yourself a menu with grocery list.
- Clean out the kitchen of toxic foods; replace with approved foods including frozen, pantry and fresh.
- Carry snacks & make large quantities of food to decrease cooking needs.
- Download Carb Manager (see instructions below) and set it up as directed. Start entering foods and learn about what the macronutrient (protein, fat, carbs) content of foods are. This is a good learning tool!
- Remember that you can't go on and off the diet and hope to switch your metabolism in to ketosis. You really need to commit to this!

# How to track the food you eat to be sure you're macro's are right:



1. Download the app Carb Manager. Answer all questions during the set up, be sure to track **net carbs**.
2. This is not a calorie-focused diet, you can keep the calories goal the app provides you. You can also select your own number or use what your RD gives you.
3. When you arrive to the MACROS CALCULATOR as in the picture on the left, choose "keto" to follow their goals, but the carbs may be lower than necessary. You can adjust them by selecting "custom" and creating your own balance.
4. Track your **net carbs** at a goal of 20-30 g daily. Protein should be 20-35% and fat should be 50-70%. They will fluctuate a little daily and this is ok, these are just goal numbers.
5. Click on "APPLY MACROS" and you're ready to start! If the calories have to adjust slightly within your goal range, that's ok too.
6. Enter everything you eat and drink (except water, unless you want to track that)

**TIP** Macro goal ranges are generally 5-10% for carbs, 20-30% for protein and 60-75% for fat.

**TIP** If you want to track total carbs, that fine too! Goal is still 20-45 g daily. The math for tracking net carbs is: **Total carbs - fiber - sugar alcohol = net carbs.**

**TIP** Enter each meal as you consume it so you don't forget what you ate. This plan is pretty strict so you can't let too many bites of carby foods sneak in there!

## Keto foods that will still contribute to total carbs eaten

### Fruit

(lowest carbs are berries)

### Dairy products

(esp. fresh milk, cream & yogurts)

### Non-starchy veggies

(although we want lots of these to keep the body alkaline and provide fiber)

### Nuts & Seeds

(all have different carbs, just be aware and track)

### Avocado

## How to know when you're in ketosis

- Most effective way to find out is to use a blood ketone meter and check. Optimal goal range is 1.5 – 3 mmol/L.
- We all produce different amounts of ketones and metabolism them differently, so your number may not matter than much.
- Urine strips are the least effective for ketone detection.
- Preferred method- look for these signs to tell if you're in ketosis:
  - increased energy
  - weight loss
  - increased urination
  - possible bad breath or constipation
  - lack of hunger or decreased appetite and cravings

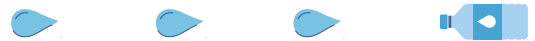
# Troubleshooting the Keto Diet

## What is the "keto flu"?

Keto flu is when people start the diet and feel sick, as if they have the flu. It doesn't happen to everyone but symptoms can include fatigue, headache, nausea, constipation, brain fog and bad breath, to name a few. This only occurs in the beginning and is argued that a correlation can be made to how poor your diet was before starting keto. It feels like a sort of detox.

## Avoiding the "keto flu"

Symptoms of the keto flu could be due to an imbalance in electrolytes, dehydration and/or the fact that you had such a poor quality/high carb diet you are detoxing. Here's what you can do to diminish or avoid the "keto flu" :



1. Drink lots and lots of water, all day!
2. Increased urination causes loss of electrolytes. You can replete them by taking 300-800 mg magnesium citrate, up to 2000 mg potassium, and using plenty of good quality sea salt on your food. Discuss with your doctor or RD please!
3. Eat the "healthy" version of the keto diet, see examples below.
4. Consider doing a pre-keto diet that is low carb and includes a switch to higher quality foods to start detoxing slowly. Paleo is an example of a good intermediate plan before starting keto.

## Possible side effects from keto

## What to do about it

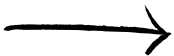


constipation  
muscle cramps



Start with low doses (150 mg) of magnesium and slowly increase every few days until symptoms resolve but before stools become too loose (max 1000 mg)

crankiness



This is often some of the emotional issues that surface when we aren't using food as a coping mechanism. Make sure you get enough sodium, magnesium & potassium!

excess weight loss



If you're losing weight too fast you may need to increase calories from fat and protein or consider increasing carbohydrates, depending on your goals

## unhealthy keto choices

- avoid highly processed foods just because they fit in the diet (slim jims, velveeta cheese, keto breaded & fried foods)
- artificial sweeteners like splenda, nutrasweet, etc.
- diet soda
- eating too much protein at each meal
- eating an acidic diet without adequate veggies

## healthy keto choices

- load plate with colorful veggies at each meal, especially greens
- get most of your daily carbs from allowed veggies, nuts, seeds, dairy and berries
- prepare most meals at home, from scratch to limit preservatives and additives
- drink plenty of water daily
- choose high quality food sources: grass-fed, pasture raised, organic, etc.

# Keto Food Lists

## PROTEIN

Grass-fed, free range, pastured, organic, wild-caught, and uncured are labels to look for.

**Animal:** Beef, venison, bison, lamb, pork, organ meats  
Uncured bacon  
Chicken, turkey, pheasant, etc.  
Lunchmeat & sausages- although not a health food, if you're in a pinch or have it occasionally it's alright

### Eggs

**Fish/shellfish:** salmon, tilapia, tuna, sardines, cod, anchovies, shrimp, etc.

**Protein powder:** Bone Broth Protein by Ancient Nutrition, Pure Paleo by Designs for Health, collagen powder, Ketogenic shake by Metagenics

## FLOURS

Organic, non-GMO preferred.

Almond flour or meal  
Coconut flour  
Cocoa powder  
Hazelnut flour  
Macadamia nut flour  
Flax seed meal  
Gelatin  
Protein powders (can be used as a sort of flour as long as you don't "fry" with them)  
Psyllium husk powder

## FRUIT

Organic preferred, choose a variety of colors.

### Lowest carb choices:

Blackberries  
Blueberries  
Raspberries  
Strawberries  
Cranberries  
Lemons  
Limes

*You are welcome to eat other fruits as long as they are within your carb limits for the day. Consume with caution.*

## NUTS + SEEDS

Unsweetened, no sugar added, organic preferred.

### Lower carb options:

Brazil nuts  
Chia seeds  
Coconut, dried  
Flaxseed, ground  
Hazelnuts  
Hemp seed  
Pecan halves  
Pine nuts  
Pistachios  
Pumpkin seeds  
Sesame seeds  
Sunflower seed  
Walnut halves

### Higher carb options:

Almonds  
Cashews  
Pistachios  
Peanuts

### Nut butters and spreads:

All will have different carb quantities, choose unsweetened

*Be cautious of nuts roasted in vegetable oils as they contribute to inflammation and should be avoided.*

## BEVERAGES, SPICES, SWEETENERS + CONDIMENTS

Unsweetened, no sugar added.

Water; filtered, sparkling, or mineral  
Bone Broth  
Tea; black, green, herbal  
Coffee (if caffeine tolerated)  
Nut/seed milks (unsweetened)

### SPICES

All

### CONDIMENTS

Lemon, lime, miso, coconut aminos, mustard, vinegars, hot sauce, salad dressings (unsweetened), mayonnaise (unsweetened), pesto, salsa

### SWEETENERS

Erythritol (best tolerated sugar alcohol)  
Monk fruit  
Stevia  
Xylitol (well tolerated sugar alcohol)  
Swerve; granulated and confectioners

*Avoid refined sugar, corn syrup, artificial sweeteners and all derivatives. Read all labels for hidden sugars.*

## DAIRY +

## DAIRY ALTERNATIVES

Organic, full fat, unsweetened, grass-fed preferred.

### DAIRY

**Cheese:** parmesan, blue cheese, goat, feta, pepperjack, cheddar, swiss, munster, cream cheese, etc.

**Yogurt:** plain, full fat, (will have carbs, caution with this)

**Fresh dairy:** heavy cream, half & half, whipping cream, cottage cheese, sour cream, ricotta

### DAIRY ALTERNATIVES

**Milk:** Almond, cashew, coconut, flaxseed, hazelnut, hemp, macadamia, soy (if you tolerate soy)

**Yogurt:** Almond, cashew, coconut, etc. Most of these will have carbs, choose plain to decrease them, eat in moderation.

**Cheese:** many products are available, check all labels but most are keto-friendly

# Keto Food Lists

## PACKAGED FOODS

Another gray area- still highly processed foods, but it's better to stay within the plan by choosing easy foods rather than skip meals & then fall apart. Read ingredients carefully! May not help weight loss if eaten often.

- Guacamole or Salsa
- Everything seasoned cashews @ Target
- Quest chips
- Beef jerky or sticks, grass-fed preferred
- Canned tuna, salmon, sardines
- Frozen vegetables
- Two Good yogurt, 3 g carbs
- Bulletproof bars, EPIC bars, etc
- Nut butter packets, unsweetened
- Frozen burgers, seasoned fish or chicken
- Real Good brand of low carb foods
- Organic lunch meat
- Natural pork sausage, breakfast or otherwise
- Rebel or other keto ice cream
- Pork rinds fried in coconut oil
- 80% or greater dark chocolate
- Lily's dark chocolate sweetened with stevia
- Olives to Go @ Amazon
- Cheese whisps
- Kale chips
- Dang coconut chips
- Good Culture cottage cheese cups
- Healthy Noodles @ Costco only
- Bubbly or La Croix
- Primal kitchen products that are compliant with keto (read label)
- Crepini egg cauliflower thins
- Stevia-sweetened BBQ sauce, ketchup, syrup, etc.
- Sweet Leaf drops for your purse
- Parm Crisps Snack Mix

## NON STARCHY VEGETABLES

Organic preferred, have a variety of colors including 1+ green leafy veggie daily.

Artichoke  
Arugula  
Asparagus  
Bamboo shoots  
Bok Choy  
Broccoli  
Brussels sprouts  
Cabbage  
Cauliflower  
Celery  
Chard/Swiss chard  
Chives  
Cilantro  
Cucumbers  
Daikon radishes  
Eggplant  
Endive  
Escarole  
Fennel  
Garlic  
Green beans  
Greens (all)  
Horseradish  
Jicama  
Kohlrabi  
Leeks  
Lettuce, all  
Mushrooms  
Okra  
Onions  
Parsley  
Peppers, all  
Radicchio  
Radishes  
Salsa  
Scallions  
Sea vegetables  
Shallots  
Snap peas/snow peas  
Spinach  
Sprouts, all  
Squash (delicata, spaghetti, yellow, zucchini)  
Tomato, Tomato juice  
Turnips  
Vegetables, fermented  
Water chestnuts  
Watercress

## FATS + OILS

Minimally refined, cold-pressed. Organic preferred.

EAT PLENTY OF THESE FATS AT EACH MEAL and/or SNACK TO STAY FULL & SATISFIED.

Butter, grass-fed (Ex: Kerry Gold)  
Ghee/clarified butter, grass-fed  
Chocolate, dark, small amounts (80% or higher cocoa- will have carbs)  
Coconut milk, regular (canned)  
Coconut milk, light (canned)  
Lard (from healthy animals only)  
Mayonnaise, unsweetened (avocado base or homemade recipe with approved ingredients)  
MCT oil  
Olives, black or green  
Salad dressing made with quality oils, see below

### COOKING FATS

Butter, grass-fed, coconut oil, grapeseed oil, olive oil, sesame oil, avocado oil

### SALAD OILS

Almond oil, avocado oil, flaxseed oil, grapeseed oil, hempseed oil, olive (extra virgin) oils, pumpkin seed oil, walnut oil

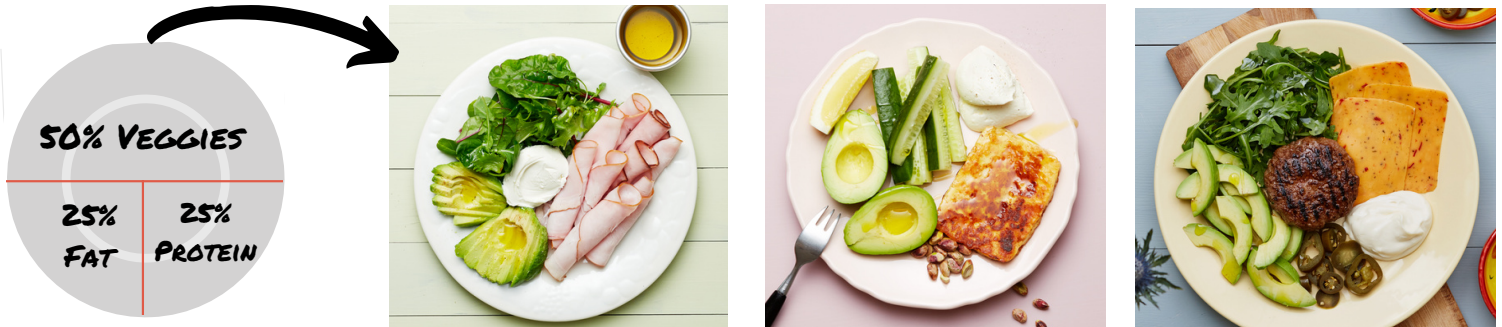
*Avoid industrial vegetable oils like canola, corn, cottonseed, peanut, sunflower, safflower, rapeseed, vegetable shortening.*

*Cooking vegetables may make them more tolerable for those with gas & bloating.*

# Keto Food Planning

A change in diet doesn't have to leave you feeling overwhelmed and hungry!

Here are examples of how to balance your macros at your meals. They can be mixed together but are shown separately here to help you visualize the concept. Quantities you can consume will change depending on your personal macro goals and also what you've already eaten for the day. It's recommended to track macronutrients (fat, protein, carbs) for at least a few weeks to learn how to follow the plan. Some people find they can continue ketosis without tracking.



These pictures are from [www.dietdoctor.com](http://www.dietdoctor.com)

## BREAKFAST

- Eggs scrambled with spinach in butter, breakfast sausage.
- Chocolate peanut butter smoothie: cocoa powder, protein powder, peanut butter
- Egg muffins- eggs, salsa, cheddar, peppers
- Yogurt with chopped almonds and cinnamon
- Bacon and eggs
- Keto waffles or pancakes
- Real Good frozen breakfast sandwiches (at most grocers)
- Boiled eggs, handful blueberries, handful nuts
- Cottage cheese with pecans and cinnamon
- Keto bagels and cream cheese with smoked salmon
- Mocha smoothie: protein powder, instant coffee, cocoa powder, cocoa butter or coconut oil
- Soup with bone broth base
- Intermittent fasting (fast from dinner to lunch the next day)

## LUNCH/DINNERS

- Grass-fed burger with uncured bacon, cheese, avocado, tomato in lettuce wrap, green bean salad.
- Salmon with butter, broccoli roasted with coconut oil, side of olives
- Tuna salad in ½ avocado- can scoop out with spoon.
- Fried "rice": riced cauliflower, coconut aminos, egg, scallions
- Taco salad: seasoned meat, olives, tomatoes, avocado, cheese, sour cream, cilantro.
- "Pasta": zucchini noodles with Bolognese sauce, parmesan.
- Cobb Salad- eggs, uncured bacon, tomato, avocado, blue cheese, dressing (Tessamae or homemade).
- Crockpot stew over mashed cauliflower "potatoes"
- Mexican frittata: salsa, riced cauliflower, ground beef, olives, jalapenos, eggs
- Steak, green bean salad
- Lettuce wraps with chicken, bacon, tomato, mayo
- Chicken caesar salad

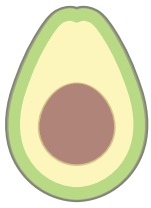
## SNACKS

- Avocado slices rolled in organic lunch meat (yes it's processed!)
- Almond butter & dark chocolate.
- Low carb fruit & nuts.
- Olives (plain or stuffed)
- Naturally fermented veggies.
- Bone broth.
- Guacamole & cucumber or radish slices.
- Deviled eggs.
- Yogurt: with nut butter, fruit or with keto granola.
- Fresh mozzarella and tomatoes with olive oil drizzle
- Salami and cream cheese roll up
- Grass-fed beef sticks.
- Celery and nut butter or cream cheese
- Tons of dessert options online or in keto cookbooks
- **BEST** keto bread: <https://www.dietdoctor.com/recipes/the-keto-bread>
- Avocado with hot sauce or lemon and salt
- EPIC meat bars or similar type

**For more recipe ideas:** Best websites with keto recipes are Pinterest, Diet Doctor, Mark's Daily Apple, Wholesome Yum. Print your favorites and keep a folder or binder of them to keep you organized!

Aim for  
20-35 g net  
carbs per day

# KETO Meal Plan



If you're not tracking macros, eat until you're full and use limited amounts of carb-containing foods per the lists. If you're tracking macros, prepare the meals below but adjust the amounts you can eat depending on your personal macro availability.

## BREAKFAST

## LUNCH

## DINNER

## SNACKS

M	Fasting or fasting with coffee and cream	3-5 oz tuna, 2 tbs mayo with celery & 1 medium carrot. Salad with olive oil/vinegar	4 oz steak with mushrooms and butter, ½ plate asparagus with butter	Olives stuffed with dried tomatoes, boiled eggs
T	Ham, cheese & onion omelette	Greek salad: chicken, feta pepperoncini, kalamata olives, tomatoes, dressing	6 oz salmon with lemon, dill & butter, roasted broccoli with coconut oil	Celery and almond butter
W	Scrambled eggs with cheese and side of bacon	4 slices Boar's head rotisserie chicken rolled with avocado slices & salad with olive oil/vinegar	4-6 oz Salisbury steak over mashed cauliflower "potatoes"	Nut mix & deviled eggs
T	Scrambled eggs with salsa and avocado slices	2 slices bacon, tomatoes, mayo, chicken breast in lettuce wrap	Pork sriracha meatballs (see recipes) and green beans with olive oil/vinegar	Guacamole & radish chips to scoop with
F	"Two Good" yogurt with nuts and seeds	Egg salad (2 eggs, 1 tbs mayo, chopped celery) in double lettuce wrap	Pork tenderloin with grilled eggplant, peppers, onions in olive oil	Strawberries and macadamia nuts
S	Keto waffles with stevia-sweetened maple syrup	"Un-stuffed" cabbage soup with ground beef, riced cauliflower, tomato	Crockpot chicken & veggies (see recipes)	Bone broth with poached or scrambled egg in it
S	Smoothie: protein powder, frozen berries, nut butter, almond milk	Tuna salad in ½ avocado and side salad	Beef patty with bacon, tomato, cheese, avocado & side of veggies	Veggies & dip (Primal Kitchen ranch or homemade)

**For more recipe ideas:** Search "keto" recipes on Pinterest, Wholesome Yum, Diet Doctor and other websites you find. Favorite keto recipe books: Keto Reset Diet by Sisson, Quick Keto Start by Sanfilippo, Easy Everyday Keto by Romano, Clean Keto Lifestyle by Long.