



What is the Keto Diet?

The Keto Diet is a high fat, low carb, moderate protein diet. By following the ketogenic diet you will force your body to switch from using glucose which is coming from mainly a high carbohydrate and sugar based diet, to burning fat (your fat) as your bodies source of energy.

Here Are Some Basic Keto Guidelines:

1. Consume no more than 20 grams of Net Carbs per day. Net carbs = Total Carbs - Fiber. This gives you the “net carbs” of a food.
2. Consume adequate amounts of protein: Generally a good rule of thumb is to consume 1 to 1.5 grams of protein per pound of your lean body mass.
3. Eat Fat (Good Fats) to Satiety (when you feel full).
 - a. Saturated fats from animal sources such as butter, lard, tallow, drippings, coconut oils, MCT oils, avocado and olives
 - b. It's best to avoid inflammatory oils such as soybean, vegetable oils, canola oils
4. Drink lots of water + increase your salt intake when starting keto.

Tips: Some people when they begin keto track their food macros. Macros is a term used to describe or classify the various nutrients that make up our food such as calories, carbohydrates, proteins, fat, fiber, vitamins...

There are numerous Keto calculators available. These free tools will allow you to plug in some basic personal information such as: age, weight, desired weight, activity level, etc. and they will help calculate the amounts of carbs, fat and proteins you need to eat daily on keto to lose weight, these tools can be very helpful when first starting the keto diet.

Here are some links:

Keto Connect Keto Calculator: <https://www.ketoconnect.net/calculator/>
<https://keto-calculator.ankerl.com>

Ruled.me Ketogenic Calculator: <https://www.ruled.me/keto-calculator>

Keto “Go to Foods” List

These are foods that we call our “go to Keto foods!” Meaning that they are quick and handy to have around and can be used to help you easily start and have success on Keto (these are in no particular order of importance).

1. Rotisserie Chicken - Easy, already cooked and loaded with fat
2. Pepperoni - Another handy keto safe food, but watch for hidden carbs - Read the labels!
3. Cheese (hard cheeses such as cheddar have fewer carbs)
4. Eggs - Boiled, scrambled, fried, lots of combos - we love deviled eggs and love our Dash egg cooker.
5. Riced cauliflower
6. Frozen shrimp
7. Deli meats
8. Bacon (the real stuff not turkey) Don't run from FAT!
9. Bacon crumbles - Quick and easy, we get our from Costco
10. Pork Rinds - Read the labels
11. Low carb nuts - Almonds, pecans, peanuts. Be extra careful with nuts, you can quickly overdo it and your carbs will creep up!
12. Cream Cheese - Read the labels, many lower price store brands have unnecessary carbs.
13. Whips - Parmesan cheese crackers
14. Coconut Oil
15. MCT Oil
16. Almond flour
17. Heavy Cream
18. Butter
19. Ground Beef
20. Port Chops - bone in seem to have more fat.
21. Full fat mayonnaise
22. Low sugar ketchup
23. Blue cheese dressing

Super Lazy Keto Meals

Here is a list of super simple keto meals you can make. We have a keto food channel and blog but most nights we keep our keto pretty simple.

1. Bacon and eggs - for breakfast, lunch or dinner.
2. Bunless cheese burgers
3. Taco salad or taco boats using lettuce leaves
4. Rotisserie chicken and salad
5. Chicken or tuna salad
6. Pork chops with a salad or low carb veggies
7. Steak
8. Chicken wings
9. Hot dogs or sausages *
 - a. hot dogs and sausage watch for carbs and sugars
10. Zoodles with ground beef and Alfredo sauce

Keto Suggested Reading List

Keto Clarity: Your Definitive Guide To the Benefits of a Low Carb, High Fat Diet by Jimmy Moore with Eric Westman = <https://amzn.to/2Ph1ALX>

The Keto Diet by Leanne Vogel = <https://amzn.to/2PfHrWt>

Keto Made Easy by Megha and Matt Gaedke (these are the Folks from KetoConnect) = <https://amzn.to/2LyCjus>