



# Easy KETO



CHECKLIST

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- The keto diet
  - Low carb
  - 20 to 50 grams of carbs a day
  - Replace carbs with fat and protein
  - Consistency is key
  - Goal to get into ketosis
- Ketosis
  - When the body runs on fat or ketones
    - Instead of sugar
  - Easier to access fat stores
  - Easier to lose weight
  - Doesn't use insulin as a transporter
  - Keto named for ketosis
- Benefits
  - Lose fat
  - Quick results
  - Regulates blood sugar levels
  - Blood sugar normalizes
  - No lows and peaks in sugar intake
  - Consistent feel
  - Avoids crashes
  - Don't feel hungry
  - Reduces appetite
  - Feel fuller longer
  - Weight loss
  - Decreases triglycerides
  - Increases HDL cholesterol
  - Decreases LDL cholesterol
  - Reduces blood sugar and insulin levels
  - Effective against metabolic syndrome
  - Benefits brain disorders like Parkinson's and Alzheimer's

- Side effects
  - Keto flu
    - Flu-like symptoms
    - Only lasts a couple of days
    - Not the actual flu
    - Not contagious
    - Not recognized as an actual medical condition
    - How to fight the keto flu
      - Sleep well
      - Drink water
      - Drink matcha green tea
  - Diarrhea
    - Overworked liver
    - Not enough fiber in your
  - Ketoacidosis
    - When the body stores too many ketones
    - Especially true for those with type 1 or 2 diabetes
    - Signs
      - Dry mouth
      - Frequent urination
      - Nausea
      - Bad breath
      - Breathing difficulties
  - Insomnia
  - Fatigue
  - Nausea and vomiting
  - Endurance issues
  - Headaches
  - Constipation
  - Dizziness
  - Vitamin and mineral deficiencies
  - Kidney stones
  - Hepatic steatosis
  - Hypoproteinemia

- Types of ketogenic diets
  - Standard
    - Low carb with moderate protein and high fat
    - 70% fat, 20% protein, 10% carbs
  - Clinical
    - Alternate between low carb intake and high carb days
  - Targeted
    - Add carbs around workouts
  - High protein
    - Low carb with high protein and fat
    - 60% fat
    - 35% protein
    - 5% carbs
- What you can eat
  - High fat
  - High protein
  - Low carb
  - Meat
    - Red meat
    - Steak
    - Ham
    - Bacon
    - Lamb
    - Poultry
  - Fatty fish
    - Mackerel
    - Salmon
    - Trout
    - Tuna
  - Eggs
    - Pasteurized
    - Omega-3 whole eggs
  - Butter and cream
    - Grass fed
    - Heavy cream

- Cheese
  - Unprocessed cheeses
  - Cheddar
  - Colby jack cream cheese
  - Goat mozzarella
- Nuts and seeds
  - Almonds
  - Walnuts
  - Flaxseeds
  - Chia seeds
- Avocados
  - Fresh guacamole
- Low carb vegetables
  - Green vegetables
  - Onions
  - Peppers
- Condiments
  - Salt
  - Pepper
  - Spices
  - Herbs
- What you can't eat
  - High carb
  - High sugar
  - Sugary food
    - Soda
    - Juice
    - Candies
    - Cake
    - Ice cream
    - Dessert
  - Grains and starches
    - Wheat-based products
    - Rice
    - Pasta
    - Cereal
    - Bread

- Fruits
  - All fruit
  - Except low-carb berries
- Beans or legumes
  - Peas
  - Kidney beans
  - Lentils
  - Chickpeas
- Root vegetables/tubers
  - Potatoes
  - Sweet potatoes
  - Carrots
- Low fat diet products
  - Low fat mayonnaise
  - Low fat butter
- Condiments high in sugar
  - BBQ
  - Honey mustard
  - Teriyaki
  - Ketchup
- Unhealthy fats
  - Processed foods
  - Vegetable oils
- Alcohol
  - Beer
  - Wine
  - Liquor
  - Mixed drinks
- Sugar free diet food
  - Sugar-free candies
  - Sugar-free syrups
  - Sugar-free desserts
- Kickstart ketosis
  - Incorporate with intermittent fasting
    - Eating for 8 hours a day
    - Fasting for 16 hours a day

- Tips for going keto
  - Plan your meals
  - Make it fun
  - Try intermittent fasting
  - Listen to your body
- How to meal plan
  - Meal plan
    - Deciding on your meals beforehand
  - Meal prepping
    - Making the meals beforehand
  - Find recipes
  - Target recipes for your ratios
  - Get ingredients
  - Make meals if meal prepping
- Meal plan ideas
  - Breakfast
    - Incorporate most of your carbs and sugars
    - High fat to keep you feeling fuel
    - Avocados
  - Lunch
    - Some carbs
    - Veggies
    - Poultry
    - Grilled fish
    - Meal prep
  - Dinner
    - No carbs
    - High fat
    - High protein
    - Cheese
    - Peppers
  - Snacks
    - Nuts and seeds
    - Keto chips