

The Bulletproof Keto Diet Lose Weight and Reboot Your Metabolism

MINDMAP

How Does Weight Loss Normally Work?

- Calories in, calories out
- Eat less calories, burn the same amount of energy
- Eat the same amount of calories, burn energy at a higher rate
- Burn the weight loss candle from both ends

The Standard American Diet and Why You Can't Lose Weight

- Carbohydrates and the problem with insulin
- If you want to burn more fat, you have to control your insulin levels

The Keto Alternative

- Ketosis explained: Burn fat instead of sugar for energy
- Ketoacidosis = excessive ketones in the blood = RARE
- Ketosis = more common = healthy

Keep This in Mind Before You Start Your Keto Diet

- Change your lifestyle instead of going on another diet
- Think long term
- Believe that the keto lifestyle works
- Believe that you can do it
- If other people can do it, you can do it too

Keto Diet Step #1: Displace, Do Not Replace

- The most common problem with diets: they seek to replace instead of blending in
- Add keto items to your diet
- Focus more on ketogenic meals

Keto Diet Meal Plan Strategies that Work

- Focus on fatty food that fits your taste
- Shoot to feel fuller for a longer period of time
- Eventually cut out soda
- Eventually cut out grain-based snacks
- Slowly cut out milk-based snacks

Wind Down Carbs

- By this point, you have gotten used to eating keto foods
- Start to scale down your carb intake dramatically

- Your keto wonder-food: eggs
- Your keto wonder-fruit: avocado

Turbocharge Your Keto Lifestyle Results with These Following Tweaks

- Eat only when you're hungry
- Drink first when you get hunger pangs
- Eat slowly
- Look at each of your meals as some sort of event
- Eat more mindfully

Take Things to the Next Level with This Modification

- Start to regularize your meal times
 - Eliminate or greatly reduce snacking
 - Eventually scale down to one or two meals a day
 - Scale down to one meal a day: intermittent fasting
 - If you can, adopt a day-to-day fasting technique
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- You can do it because other people have done it before you
 - Once you change your lifestyle, you are less likely to go back to your old eating habits

2000-Word Lead Magnet Outline

The 5 Most Common Myths that Stopped People from Trying the Keto Diet

Myth #1: I'm going to die

- Ketoacidosis is a very rare condition and it mostly affects people with type 1 diabetes
- If you're not a type 1 diabetes patient, you basically have nothing to worry about

Myth #2: I'm not going to enjoy my food

- Most of the food that you are already enjoying are very fatty and very salty; you're halfway there

Myth #3: High-fat foods are universally bad for you

- Current research begs to differ: it turns out that sugar and a high-carb diet is the reason why people are sick
- Fat can actually be very good for you

Myth #4: It's very hard to stay on a keto diet

- There are many high-carb, high-starch foods like rice you could easily replace with keto-friendly ingredients
- Just because you're used to a certain way of eating doesn't mean there is no keto substitute

Myth #5: I don't have the time to go keto

- You don't have to change your schedule; you just have to zero in on your preferred taste profile and find keto ingredients that meet that flavor profile

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10 500 Word Promo Article Outlines

Article #1

3 Basic mindsets that ensure keto diet success

Mindset #1: Assume that you can do it

Mindset #2: Begin with what you have

Mindset #3: Enjoy your food according to rules you chose

Article #2

The Egg is Your Keto Die Best Friend

- The egg has been unfairly demonized throughout the years
- Eggs pack a lot of clean protein
- Eggs have a low-calorie footprint when measured against satiety

Article #3

Going on a keto diet is easier than you think

Article #4

If you stop drinking this, you're well on your way to keto compliance

Article #5

Pork rinds and other keto diet guilty pleasures

RESUME DICTATIONS HERE

Article #6

Why do people fail with most diets?

Article #7

The best thing the keto diet has going for it

Note:

It is consistent with our guilty pleasures

Article #8

The three most dangerous keto diet misconceptions

Article #9

Can you do intermittent fasting with the keto diet?

Article #10

How much weight should you expect to lose on the keto diet?

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Cheatsheet – To follow approval of outline

Resource list – To follow approval of outline

Mind map – To follow approval of outline