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INTRODUCTION

The word *Ketosis* often inspires confusion in those trying to figure out what causes it and whether or not it's a good thing. Here's a simplified overview of ketosis.

Definition

Let's move from an over-simplified ketosis definition to moderately simple one.

Ketosis means that the body has gone from using carbohydrates as its source of fuel to fats-almost exclusively.

But it's a little more involved than that. Ketosis starts when there aren't enough carbohydrates in the blood stream to refill glycogen stores in your liver. What is glycogen? The liver makes glycogen from carbohydrates as a kind of quick food source for the body.

A lack of carbohydrates means the body needs an alternate food source. So the body uses fat, specifically fatty acids, instead. The liver breaks down fats into ketone bodies, commonly referred to as *ketones*. When the liver releases these ketone bodies into the bloodstream for the body to use as energy, *this is ketosis*.

Ketosis diets are sometimes called ketogenic diets or very low-carb diets. Ketosis is a biochemical phenomenon which occurs during starvation or extreme carbohydrate restriction, but the word is not supposed to be confused with ketoacidosis, which is something that happens to diabetics when their blood sugar goes out of control.

How Does Ketosis Happen?

When you eat carbohydrates, the body uses them for fuel and converts the rest into fat using insulin. This means that carbohydrates aren't really stored in the body except for those stored in the liver as glycogen.

If you use up all the carbohydrates in your blood stream and don't replenish them, your body will eventually have to use fat that you are ingesting with your food and fat stored in the body for fuel instead. It usually takes about 48 hours to induce ketosis.

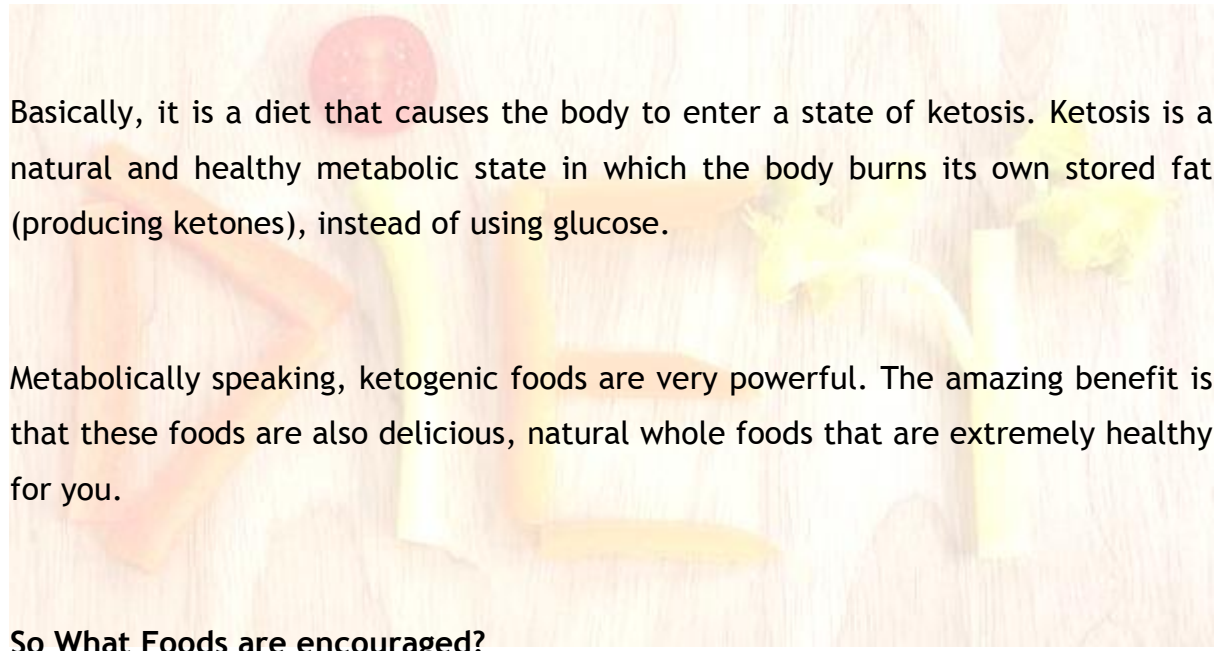
Diets and Ketosis

A growing number of diets are recommending lowering carbohydrate intake, since the modern diet has so many more than what is necessary to fuel the body. Things like bread, pasta, sugar, soda, sweets and other grain or sugar-based foods are very high in carbohydrates, and are consumed more frequently and in greater amounts now than they ever were before.

OVERVIEW OF A KETOGENIC DIET PLAN

For the best diet to rapidly burn fat using the body's natural metabolism, consider a ketogenic diet plan. Nutrition has the strongest effect on the body's production of important hormones, which regulate metabolism and allow the body to burn fat for energy and retain muscle mass, with little need for excessive exercise.

What is a Ketogenic Diet Plan?



Basically, it is a diet that causes the body to enter a state of ketosis. Ketosis is a natural and healthy metabolic state in which the body burns its own stored fat (producing ketones), instead of using glucose.

Metabolically speaking, ketogenic foods are very powerful. The amazing benefit is that these foods are also delicious, natural whole foods that are extremely healthy for you.

So What Foods are encouraged?

Some of the best-tasting, most fulfilling foods are part of this plan, including lean meats like beef and chicken, healthy sources of protein and high-quality fats like eggs, butter, olive oil, coconut oil and avocado. Also, delicious leafy-green vegetables like kale, chard, and spinach, as well as cruciferous vegetables like broccoli, cabbage and cauliflower.

These foods can be combined with seeds, nuts, sprouts, and a wide range of other amazing foods that lead to incredible health benefits that give your body the

protein, healthy fats, and nutrients it needs while providing metabolism-boosting meals for easy cooking at home or on the go.

What Foods should be limited?

On a ketogenic diet plan, the main foods to avoid are those high in carbohydrates, sugars, and the wrong types of fats. These foods can be toxic to the body and create excess glucose levels that the body turns into stored fat. These foods increase the level of insulin and blood sugar in the body, and will prevent fat loss even if you are putting a lot of energy into exercise. To avoid these foods, limit your intake of grains, processed foods, vegetable oils (canola, corn, soybean, etc.), milk, margarine, and other high-carbohydrate, high-sugar foods.

But aren't Fats bad for you?

We have been told for decades that calories from fats should be reduced to encourage weight loss, but this is a vast over-simplification that is no longer accurate according to modern understanding of human nutrition. The reality is that certain fats are not good for you (those high in omega-6 fatty acids), because your body has a hard time processing them. Other fats, particularly medium chain triglycerides (MCTs), are extremely beneficial for weight loss, brain cell generation, and nutrients. These healthy saturated fats should be increased to give your body the energy it needs while in ketosis, while limiting the detrimental trans-fats found in many processed foods.

What are the Benefits of a Ketogenic Diet Plan?

Burn Stored Fat - By cutting out the high levels of carbohydrates in your diet that produce glucose (sugar), a ketogenic diet plan tells your body to burn stored fat by

converting this fat into fatty acids and ketone bodies in the liver. These ketone bodies replace the role of glucose that was being filled by carbohydrates in the diet. This leads to a rapid reduction in the amount of fat stored in the body.

Retain Muscle Mass - By including the right fats in your diet, a ketogenic diet plan provides your body with the energy it needs to convert existing fat stores into useful sugars and ketones (through gluconeogenesis), which are an essential source of energy for the brain, muscles, and heart. This has the added benefit of preserving muscle mass, because the healthy fat in the diet gives the body the energy it needs without having to tap into muscle protein to create more sugar. This creates the best of both worlds - burn fat while maintaining muscle mass.

Eliminate Excess Fat - Even better, if your body creates too many ketone bodies by converting existing fat, it will simply eliminate those ketones as a waste product, which means you will basically pee out unwanted body fat!

Reduce Appetite - Lastly, by regulating the powerful metabolic hormones in your body, a ketogenic diet plan will actually reduce your appetite. By lowering your body's insulin resistance and increasing ketones, you will actually feel less hungry on this diet, which is an amazing advantage over other low-calorie, carbohydrate-rich weight loss diets that come with the expectation of lingering hunger.

Start burning fat today without more exercise. Take control of your metabolism naturally by adopting a ketogenic diet plan. Your body was designed for this style of nutrition. Your metabolic state can be optimized by consuming the (delicious) foods that our genetic forefathers thrived on, and this does not include carbohydrate-rich, processed foods loaded with sugars and bad fats. It involves a luxurious and fulfilling diet based on bountiful foods from paleolithic times, including lean meats, vegetables, nuts and seeds, and healthy fats that your body will thank you for.

WHY WE GET FAT

Weight reduction inevitably means eating less food and in particular cutting down, or out, certain foods which are mainly sources of energy such as sugar, biscuits, cakes and alcohol.

Reason Why We Get Fat?

Except for those people with some functional metabolic disorder, we get fat because we eat food in excess of our energy requirements. Proteins, fats and carbohydrates all provide calories and an excess of calories results in all of them being turned into body fat. Whatever type of diet is favored it is essential to cut down the energy intake to below the energy expended, thus forcing the body to convert its store of body fat into energy.

A Few Good Nutritional Diet Rules To Safe Slimming

- Make sure that the essential nutrients are provided. If necessary take a vitamin/mineral supplement.
- Eat less carbohydrate, particularly sugar and sugary foods; eat lots of fruit and vegetables diet.
- Eat good oils. Avoid bad oils.
- Eat smaller meals more frequently to avoid one or two very large meals.
- Do not neglect breakfast.
- Exercise helps burn up energy and keeps you fit.

Below are the most common factors that contribute to weight gain:

ALCOHOL- Most of us drink alcoholic beverages like beer, especially men. But, you may not be aware that this type of beverage contains a lot of sugar and is high in calorie. Drinking alcoholic beverages excessively can lead to dehydration which directly affects your body's metabolism. It affects your liver and liver plays an important role in fat metabolism.

BIG MEALS - Eating a large meal in one setting can also result to weight gain. If you eat a large amount of food in a single meal this increases your caloric intake. An increase in caloric intake will also increase the fat storage in the body. So, it is highly recommended to eat small meals several times in a day rather than eating large amount food in just one setting.

SUGARY FOODS - Most of us like eating sweets such as candies, deserts, and soft drinks. Although, we know that these foods are considered junk. Foods with little to no nutritional value and it is high in calorie. Sugar is easily digested in the body which means that less calorie are being burned by the body and excess calories are stored as fat. It is not bad if ones in a while indulge yourself to eating treats like this, but as much as possible, avoid this type of food. If your body craves for sugar, you can always substitute it by eating fresh and organic fruits. Fruits has fructose and fiber which is not easily digested, this is healthy, since more calories are being burned in the digestive process and this will increase your body's metabolic rate.

SEDENTARY LIFESTYLE -In this generation, people are more likely to work in a office. This means that, you are more likely sitting 7 hours or more in a day. And, after a long day of hard work, most of us are in a hurry to go home to eat and rest. In other words, people had no time to exercise. This lifestyle is generally bad for your health and also one of the major factors in weight gain.

HOW DOES KETO WORK?

A ketogenic diet, or keto for short, is any diet that puts your body in a state of nutritional ketosis, and your body is burning fat (either body fat or fat that you eat) for fuel. If you eat a high-carb diet (and most of us do), your body burns glucose for fuel. There are problems with glucose. The body can store about 2000 Calories of glucose energy at any one time in the form of glycogen. Once that is depleted, you can lose energy and you need sugar. Excess glucose raises insulin. Insulin drives glucose into skeletal cells for storage as glycogen and/or burning. It also drives glucose into the liver for storage as glucose and/or burning, and/or conversion into fat. Glucose is also shipped out in LDL. Insulin also drives glucose into fat cells to be converted into fat and stored. Fructose, one half of table sugar - and the sugar in all fruit, goes directly to the liver to be converted to fat. That's right. All fruit sugar, ½ of all table sugar, and high fructose corn syrup are NOT burned as energy. It's stored as fat.

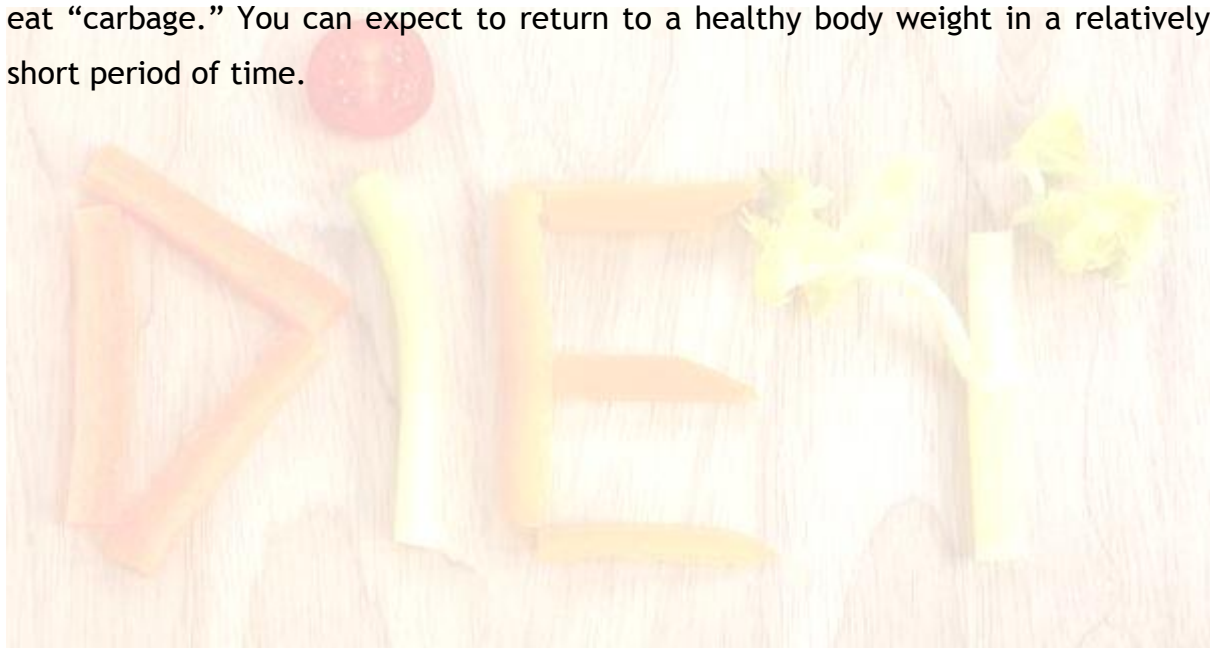
Excess glucose in the blood can cause major damage, as we've already discussed, leading to type 2 diabetes - a disease the medical establishment tells you is progressive, only gets worse, and cannot be reversed. If you remove carbohydrates and instead eat moderate protein and higher levels of fat, insulin levels drop because there is much less glucose to operate on. When insulin is low, your liver can burn fat for fuel. That's just the way it is. Your body can't burn stored fat unless insulin is low.

The byproduct of burning fat is ketones. Ketones are essentially fatty acids that most cells in your body (including your brain, heart, and other organs) can use directly for fuel. In fact, we are all born in nutritional ketosis.

Just because your body is in ketosis doesn't mean that it's particularly good at using fat for fuel. It takes 3 to 8 weeks to become fully fat-adapted. Your body forgets

how to deal with glucose effectively and instead gets very efficient at dealing with fat, and the ketones that come from fat burning. Once you are fully fat adapted, you will notice you have an unending source of energy. You could run a marathon and not run out of juice. Your body fat is your new source of energy, and it doesn't need to be replenished with food. Many advanced athletes are performing amazing feats of endurance while fasted. As long as the body can burn body fat, it's smooth sailing.

You can expect your cravings and hunger to disappear. As long as you stay away from carbs you won't want them. The more fat-adapted you get, the less you'll want to eat "cabbage." You can expect to return to a healthy body weight in a relatively short period of time.



KETOGENIC DIET FOOD LIST

Macronutrient Ratios (macros)

You hear a lot of people say “to do keto right you have to stick to the macros.” That means getting 70% of your energy from fat, 25% from protein, and 5% from carbs. However, you have to combine this rule with the fundamental rule that you can’t eat more than 20g carbs per day. One rule checks the other. If you eat 100g of carbs that doesn’t mean you now have to eat a pound of lard and a 24oz steak. That’s silly. They both go together. Also, that 70% fat is total fat Calories burned. That could be fat that you are eating, or fat from that Krispy Kreme you ate a decade ago (stored body fat). It doesn’t mean every meal should be a stick of butter, a few shrimp, and a peanut.

PROTEIN

Fish. Preferably eating anything that is caught wild like catfish, cod, flounder, halibut, mackerel, mahi-mahi, salmon, snapper, trout, and tuna.

Shellfish. Clams, oysters, lobster, crab, scallops, mussels, and squid.

Whole Eggs. Try to get them free-range from the local market if possible. You can prepare them in a number of different ways like fried, deviled, boiled, poached, and scrambled.

Meat. Beef, Veal, Goat, Lamb, and other wild game. Grass fed is preferred as it has a better fatty acid count.

Pork. Pork loin, pork chops, and ham. Watch out for added sugars in ham.

Poultry. Chicken, Duck, Quail, Pheasant. Free range or organic is the best choice here if possible.

Bacon and Sausage. Check labels for anything cured in sugar, or if it contains extra fillers.

Peanut Butter. Go for natural peanut butter, but be careful as they have high counts of Omega-6's and carbohydrates. Try to opt for macadamia nut butter if you can.

FATS AND OILS

Fats will be the majority of your daily calorie intake when you are on a ketogenic diet, so choices should be made with your own digestion system in mind. Fats are very important to our bodies, but they can also be dangerous if you are consuming the wrong types of fats.

You want to have a balance between your Omega-3's and Omega-6's, so eating things like wild salmon, tuna, trout, and shellfish can help provide a balanced diet of Omega-3's. If you don't like fish, or just prefer not to eat it, I suggest taking a small fish oil supplement. You can also take krill oil for Omega-3's if you are allergic.

Saturated and monounsaturated fats such as butter, macadamia nuts, avocado, egg yolks, and coconut oil are more chemically stable and less inflammatory to most people, so they are preferred.

Fats and oils can be combined in a number of different ways to add to your meals - sauces, dressings, or just simple topping off a piece of meat with butter. Try to avoid any hydrogenated fats, such as margarine, to minimize your trans fat intake. There have been studies linking it to higher chances of coronary heart disease. If you're using vegetable oils (olive, soybean, flax, or safflower) choose the "cold pressed" options if they are available.

If you tend to fry things, try to go after non-hydrogenated lards, beef tallow, ghee, or coconut oil, since they have higher smoke points than other oils. This allows less oxidization of the oils, which means you get more Essential Fatty Acids. Keep an eye on your intake for nut or seed based foods, as they can be quite high in inflammatory Omega-6's - these include things like almonds, walnuts, pine nuts, sunflower oil and corn oil.

Some ketogenic diet foods that are great for fats and oils (organic and grass-fed sources are preferred):

- Avocado
- Beef tallow
- Butter
- Chicken Fat
- Ghee
- Non-hydrogenated Lard
- Macadamia Nuts
- Mayonnaise (watch out for added carbs)
- Olive Oil
- Coconut Oil
- Coconut Butter
- Red Palm Oil
- Peanut Butter

SPICES

Spices are a tricky part of ketogenic diet foods. Spices have carbs in them, so make sure you are adding them into your counts. Most pre-made spice mixes will have sugars added to them, so make sure you read the nutrition label beforehand to make sure you know what's inside. Sea salt is preferred over table salt, as it is usually mixed with powdered dextrose.

SWEETENER

When looking for a healthy sweetener, there are several things to consider. A healthy sweetener (for a ketogenic or any type of eating plan) does not contain chemicals. It is made of only unambiguous, natural, whole-food sourced ingredients.

It also should have minimal or no impact on blood sugar and insulin levels. A healthy sweetener also has nutritional value and provides health benefits, including promoting the gut microbiome (the collection of bacteria that thrive in your intestines). I have found two types of sweeteners that meet these criteria – stevia and monk fruit. Let's look at why these two sweeteners are the best when following a ketogenic diet.

1. Stevia

A) *Origin and Composition*: Stevia is a plant in the ragweed family. It has been used for thousands of years as first documented by South American tribes. The tribes used stevia to sweeten tea and for the perceived health benefits. Stevia is a zero-calorie sweetener and is 300 times sweeter than sugar. Stevia's sweetness comes from two primary components that are isolated from the stevia plant. The two components are stevioside compounds and rebaudioside compounds.

B) *Impact on Blood Sugar*: Stevia has no impact on blood sugar levels and has been found to have beneficial effects on blood sugar balance. It may even improve insulin signaling.

C) *Nutritional Value*: Another benefit to using stevia as a sweetener is that it adds a modest nutrient boost to foods. Analysis of a whole-leaf stevia extract found that the stevia leaf is a diverse source of nutrients. It contains a broad range of polyphenols, carotenoids, chlorophyll compounds, and amino acids.

D) *Health Benefits:* Stevia contains the compounds quercetin, apigenin, and kaempferol, all of which have been shown to reduce oxidative stress and potentially help control the development of cancer. It is important to buy stevia in either plant or whole-plant extract form with both stevioside compounds and rebaudioside compounds as these have been shown to have a higher anti-cancer effect than stevioside alone.

2. Monk Fruit

A) *Origin and Composition:* Monk fruit (also known as lo han or lo han guo) is a small, melon-like fruit native to Southeast Asia. Monk fruit has been harvested and consumed for hundreds of years and used in Eastern medicine as a cold and digestive aid. The intense sweetness of Monk fruit extract is derived from a class of compounds called mogrosides. There have been five mogrosides isolated and they are referred to as mogrosides I-V (aka 1-5).

B) *Impact on Blood Sugar:* Monk fruit has a positive impact on blood sugar levels. While less research exists on monk fruit as compared to stevia, preliminary studies show promise for improving insulin signaling by protecting pancreatic insulin-releasing cells from oxidative stress.

C) *Nutritional Value:* Like stevia, monk fruit has zero calories. Monk fruit contains flavonoids, amino acids, polysaccharides, and triterpenes (which may have cancer-fighting potential).

D) *Health Benefits:* Studies have found that mogroside V (one of the five compounds isolated from monk fruit) has the ability to inhibit tumor growth in pancreatic cancer. It does this by interfering with the rapid dividing of cancer cells, thereby

preventing angiogenesis (blood flow to the tumor), and even promoting cancer cell death.

Additionally, monk fruit has almost identical immune-boosting and anti-microbial properties as stevia. Studies also show that monk fruit is an antioxidant and provides protection to the liver. All of these health benefits are the exact opposite of sugar's detrimental effect on the body.

NUTS AND SEEDS

Nuts and seeds are healthy, high-fat and low-carb foods. Frequent nut consumption has been linked to a reduced risk of heart disease, certain cancers, depression and other chronic diseases. Furthermore, nuts and seeds are high in fiber, which can help you feel full and absorb fewer calories overall. Although all nuts and seeds are low in net carbs, the amount varies quite a bit among the different types.

Here are the carb counts for 1 ounce (28 grams) of some popular nuts and seeds:

- Almonds: 3 grams net carbs (6 grams total carbs)
- Brazil nuts: 1 gram net carbs (3 grams total carbs)
- Cashews: 8 grams net carbs (9 grams total carbs)
- Macadamia nuts: 2 grams net carbs (4 grams total carbs)
- Pecans: 1 gram net carbs (4 grams total carbs)
- Pistachios: 5 grams net carbs (8 grams total carbs)
- Walnuts: 2 grams net carbs (4 grams total carbs)
- Chia seeds: 1 gram net carbs (12 grams total carbs)
- Flaxseeds: 0 grams net carbs (8 grams total carbs)
- Pumpkin seeds: 4 grams net carbs (5 grams total carbs)
- Sesame seeds: 3 grams net carbs (7 grams total carbs)

HEALTHY KETOGENIC SNACKS

In case you get hungry between meals, here are some healthy, keto-approved snacks:

- ❖ Fatty meat or fish.
- ❖ Cheese.
- ❖ A handful of nuts or seeds.
- ❖ Cheese with olives.
- ❖ 1-2 hard-boiled eggs.
- ❖ 90% dark chocolate.
- ❖ A low-carb milk shake with almond milk, cocoa powder and nut butter.
- ❖ Full-fat yogurt mixed with nut butter and cocoa powder.
- ❖ Strawberries and cream.
- ❖ Celery with salsa and guacamole.
- ❖ Smaller portions of leftover meals.

LOW-CARB VEGETABLES

Non-starchy vegetables are low in calories and carbs, but high in many nutrients, including vitamin C and several minerals.

Vegetables and other plants contain fiber, which your body doesn't digest and absorb like other carbs. Therefore, look at their digestible (or net) carb count, which is total carbs minus fiber.

Most vegetables contain very few net carbs. However, consuming one serving of "starchy" vegetables like potatoes, yams or beets could put you over your entire carb limit for the day. The net carb count for non-starchy vegetables ranges from less than 1 gram for 1 cup of raw spinach to 8 grams for 1 cup of cooked Brussels sprouts. Vegetables also contain antioxidants that help protect against free radicals, which are unstable molecules that can cause cell damage.

What's more, cruciferous vegetables like kale, broccoli and cauliflower have been linked to decreased cancer and heart disease risk. Low-carb veggies make great substitutes for higher-carb foods. For instance, cauliflower can be used to mimic rice or mashed potatoes, "zoodles" can be created from zucchini and spaghetti squash is a natural substitute for spaghetti.

DAIRY PRODUCTS

Dairy products can also be a source of protein and a source of Vitamin D. However, dairy should be raw and purchased in full fat, not in low fat. Here are some options:

- Heavy whipping cream
- Cheeses (both hard and soft)
- Sour Cream

While dairy products should not be taking up very much of your ketogenic diet at all, they certainly should be a part of your nutritional need. Therefore, it's important to stock up on nutrients from dairy now and then.

BEVERAGES

If you are not familiar with ketosis or the ketogenic diet, know that one of the most popular symptoms that occurs almost instantly is dehydration. A ketogenic diet has a natural diuretic effect. Water is the best beverage to keep hydrated. It's natural, free of any anti-nutrients, and benefits your body in every way that it needs to. In order to meet dehydration needs, drink at least eight glasses of water a day.

Other beverages you can try include:

- Coffee
- Herbal teas
- Flavor packets

THINGS TO WATCH OUT FOR

There is always going to be foods that are sneaky when it comes to ketogenic dieting, so I have put together a list of things that you should be careful about.

Spices. Spices do have carbs - but there's certain ones that have more carbs than others. These include onion powder, cinnamon, garlic powder, allspice, bay leaves, ginger and cardamom.

Fruit. Most fruit is off the list because of the high sugar contents. Many people still eat berries, but you have to control your portioning with these. Be careful about raspberries, blueberries, and cranberries.

Tomato Based Products. I wanted to talk about these separately. Plenty of people use tomato sauces and canned diced tomatoes. They still have plenty of sugar in them. Watch your portion sizes on the nutrition labels - food companies are notoriously infamous for messing with serving sizes to make their foods seem "healthier".

Peppers. These little buggers are loaded with sugars too - so be careful when you are using them in stir fry's and chili. Opt for green peppers, as red and yellow peppers have higher carb counts.

Diet Soda. Yes, you can drink diet soda, just watch out with the amount you drink. Some people report being knocked out of ketosis after large consumption of artificial sweeteners. Studies also show a link between sugar cravings and artificial sweeteners - so these will make it harder for you to curb those cravings.

Medicine. Cold medications, cough syrups, flu remedies - these usually contain carbs, and a lot of them at that. Some of the generic over the counter cough medicines contain 20g of carbs PER serving! Be weary of these, as you can get low-sugar/sugar-free alternatives.

You should base the majority of your meals around these foods:

- Meat: Red meat, steak, ham, sausage, bacon, chicken and turkey.
- Fatty fish: Such as salmon, trout, tuna and mackerel.
- Eggs: Look for pastured or omega-3 whole eggs.
- Butter and cream: Look for grass-fed when possible.
- Cheese: Unprocessed cheese (cheddar, goat, cream, blue or mozzarella).
- Nuts and seeds: Almonds, walnuts, flaxseeds, pumpkin seeds, chia seeds, etc.
- Healthy oils: Primarily extra virgin olive oil, coconut oil and avocado oil.
- Avocados: Whole avocados or freshly made guacamole.
- Low-carb veggies: Most green veggies, tomatoes, onions, peppers, etc.
- Condiments: You can use salt, pepper and various healthy herbs and spices.



A PERFECT KETOGENIC MEAL PLAN FOR 1 WEEK



To help get you started, here is a sample ketogenic diet meal plan for one week:

Monday

Breakfast: Bacon, eggs and tomatoes.

Lunch: Chicken salad with olive oil and feta cheese.

Dinner: Salmon with asparagus cooked in butter.

Tuesday

Breakfast: Egg, tomato, basil and goat cheese omelet.

Lunch: Almond milk, peanut butter, cocoa powder and stevia milkshake.

Dinner: Meatballs, cheddar cheese and vegetables.

Wednesday

Breakfast: A ketogenic milkshake (try this or this).

Lunch: Shrimp salad with olive oil and avocado.

Dinner: Pork chops with Parmesan cheese, broccoli and salad.

Thursday

Breakfast: Omelet with avocado, salsa, peppers, onion and spices.

Lunch: A handful of nuts and celery sticks with guacamole and salsa.

Dinner: Chicken stuffed with pesto and cream cheese, along with vegetables.

Friday

Breakfast: Sugar-free yogurt with peanut butter, cocoa powder and stevia.

Lunch: Beef stir-fry cooked in coconut oil with vegetables.

Dinner: Bun-less burger with bacon, egg and cheese.

Saturday

Breakfast: Ham and cheese omelet with vegetables.

Lunch: Ham and cheese slices with nuts.

Dinner: White fish, egg and spinach cooked in coconut oil.

Sunday

Breakfast: Fried eggs with bacon and mushrooms.

Lunch: Burger with salsa, cheese and guacamole.

Dinner: Steak and eggs with a side salad.

Always try to rotate the vegetables and meat over the long term, as each type provides different nutrients and health benefits.

FASTING

Fasting will happen naturally as you progress through your journey. Children should never fast. You should not fast until you are fat-adapted, which could take from 3 to 8 weeks. Fasting has been proven to drastically reduce insulin levels and permanently improve insulin sensitivity. It is also a great therapy (once fat-adapted) for losing weight and increasing stamina, mental acuity, and physical performance.

Think of the ketogenic diet as fasting-lite. Fasting does what the ketogenic diet does, just faster. When you fast, after a couple days your hunger goes completely away. Your body uses stored body fat for fuel, you get a shot of adrenaline. This is an evolutionary advantage - when there's no food, your body gives you energy to go run down a woolly mammoth. You also get a surge of Human Growth Hormone, which protects your muscles from being catabolized (used for fuel).

When people I know fast, they can do super-human feats of endurance and strength. They can go on a 50 mile bike ride, or lift weights for hours on end with no break. Body fat is a fantastic fuel because you never have to replenish it.

After 3 or 4 days fasted your metabolism starts to slow down. This also makes sense from an evolutionary point of view. Your body "gets it" that there's really no food around, and begins to conserve energy... perhaps in anticipation of a famine. It still draws down body fat, but doesn't burn as much.

Intermittent Fasting

Intermittent Fasting is simply fasting for shorter periods of time in between times of feeding. You can go for 18 hours, 24 hours, 2 days, alternate days, etc. The more time you go without food, the lower your insulin will go. Most people start their foray into fasting with a 1 day fast, starting and ending at the same time of day/night. Intermittent fasting is a great way to bust through a plateau.

Extended Fasting

An extended fast typically goes 5 days or longer. Many of us in the ketogenic forum have done 7 day fasts. Tom Seest, one of our admins, just finished a 20 day fast. He called it a lazy fast, because he had a few shrimp every day (protein) but no other nutrients. He also cycled his butt off. Tom has gone from over 500 pounds to 200 something in just 2 years.



TIPS FOR SUCCESS ON A KETOGENIC DIETS

Although nowhere near as popular as they were in the 90's when the Atkins diet was seemingly omnipresent, low-carbohydrate ketogenic diets are still very highly regarded in many circles as effective, maintainable weight loss diets. Below are a few tips to maximize your success on a ketogenic diet.

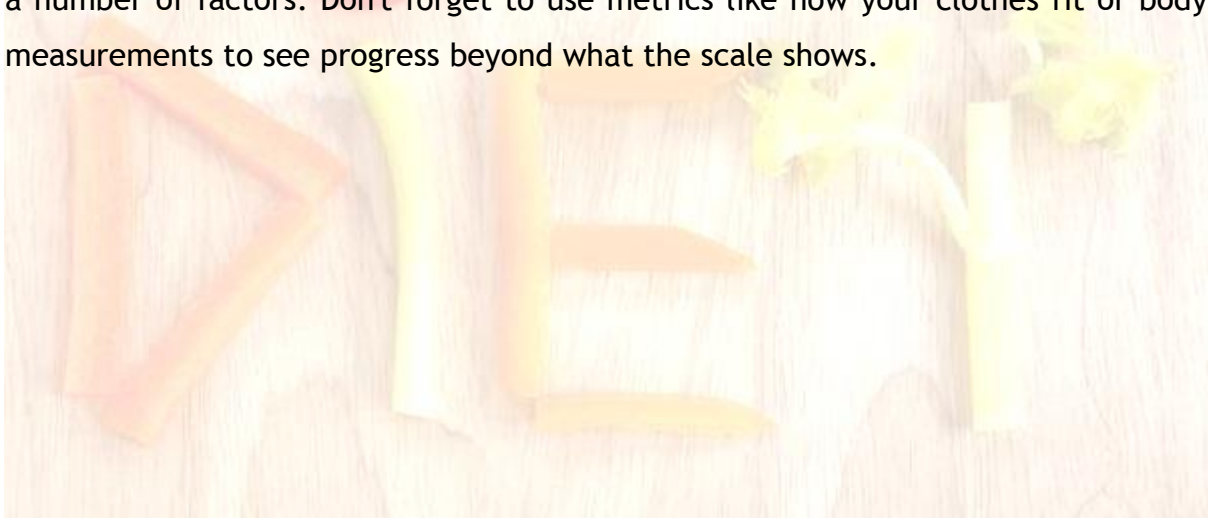
1.) Drink tons of water - While on a ketogenic diet, your body has a hard time retaining as much water as it needs, so staying properly hydrated is absolutely essential. Many experts recommend that men intake a minimum of 3 liters of beverages each day, while the figure for women is 2.2 liters daily. A good indicator of proper hydration is the color of your urine. If your urine is clear or light yellow, you're most likely properly hydrated. Keep a bottle of water with you everywhere you go!

2.) Don't forget the fat - Simply put, our bodies need fuel to function. When we limit our carbohydrate intake, especially to levels that induce ketosis, our bodies need an alternate fuel source. Since protein is not an efficient source of energy, our bodies turn to fat. Any fat you eat while in ketosis is used for energy, making it very difficult to store fat while in ketosis. Choose healthy, unsaturated fats as often as possible: foods like avocados, olives, nuts, and seeds are ideal.

3.) Find your carb limit - All of our bodies are different. Some dieters will need to adhere to a strict low-carbohydrate diet that entails consuming less than 20 grams per day of carbs. Other dieters will find that they can comfortably stay in ketosis while consuming 50, 75, or 100 grams of carbohydrates. The only way to know for sure is trial and error. Purchase Ketostix or any brand of ketone urinalysis strips and find out your carbohydrate limit. If you find that you have a bit of wiggle room, it will make sticking to your diet that much easier.

4.) Be smart about liquor - One of the great aspects of the ketogenic diet is that you can drink liquor while on it without throwing your weight loss too far off course. You can drink unsweetened liquors like vodka, rum, tequila, gin, whiskey, scotch, cognac, and brandy, along with the occasional low-carb beer. Use low-carb mixers and drink plenty of water to stay hydrated, as hangovers are notoriously bad while in ketosis. And remember, calories still count, so don't go overboard. All things in moderation.

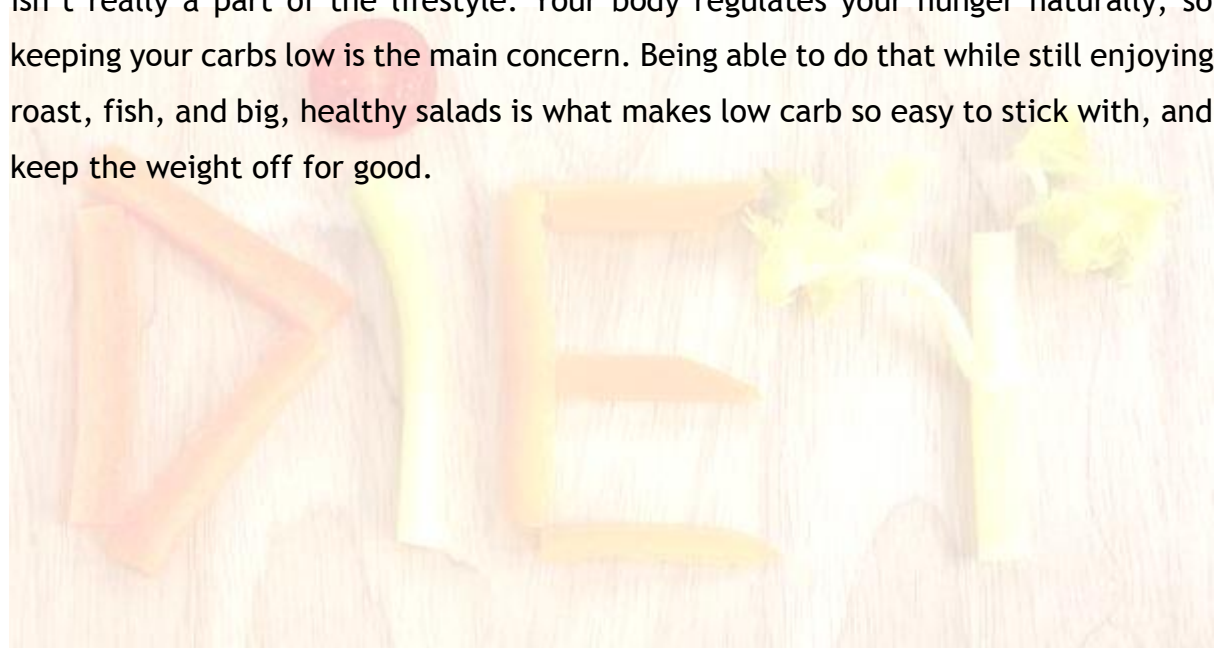
5.) Be patient - While the ketogenic diet is known for rapid weight loss, especially in the early stages of the diet, weight loss is always a slow, time-consuming process. Don't freak out if the scale doesn't show weight loss, or shows slight weight increases, for a few days. Your weight varies day-to-day (and throughout the day) based upon a number of factors. Don't forget to use metrics like how your clothes fit or body measurements to see progress beyond what the scale shows.



CONCLUSION

A ketogenic diet doesn't need to be painful. In fact, it can be beneficial to your lifestyle if done properly. In many cases, a ketogenic diet will give you all of the nutrients that you need and then some. Be sure to follow this comprehensive list if you are on a ketogenic diet to be sure that you receive all of the proper nutrients you need while in ketosis.

The best part of low carb eating is that you can still have rich, savory foods - dieting isn't really a part of the lifestyle. Your body regulates your hunger naturally, so keeping your carbs low is the main concern. Being able to do that while still enjoying roast, fish, and big, healthy salads is what makes low carb so easy to stick with, and keep the weight off for good.



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