

EASY KETO

1. The Keto Diet

- 1.1. Low carb
- 1.2. 20 to 50 grams of carbs a day
- 1.3. Replace carbs with fat and protein
- 1.4. Consistency is key
- 1.5. Goal to get into ketosis

2. Ketosis

- 2.1. When the body runs on fat or ketones
- 2.2. Easier to access fat stores
- 2.3. Easier to lose weight
- 2.4. Doesn't use insulin as a transporter
- 2.5. Keto named for ketosis

3. What You Can Eat?

- 3.1. High fat
- 3.2. High protein
- 3.3. Low carb
- 3.4. Meat
 - 3.4.1. Red meat
 - 3.4.2. Steak
 - 3.4.3. Ham
 - 3.4.4. Bacon
 - 3.4.5. Lamb
 - 3.4.6. Poultry
- 3.5. Fatty fish

3.5.1. Mackerel

3.5.2. Salmon

3.5.3. Trout

3.5.4. Tuna

3.6. Eggs

3.6.1. Pasteurized

3.6.2. Omega-3 whole eggs

3.7. Butter and cream

3.7.1. Grass fed

3.7.2. Heavy cream

3.8. Cheese

3.8.1. Unprocessed cheeses

3.8.2. Cheddar

3.8.3. Colby jack cream cheese

3.8.4. Goat mozzarella

3.9. Nuts and seeds

3.9.1. Almonds

3.9.2. Walnuts

3.9.3. Flaxseeds

3.9.4. Chia seeds

3.10. Avocados

3.10.1. Fresh guacamole

3.11. Low carb vegetables

3.11.1. Green vegetables

3.11.2. Onions

3.11.3. Peppers

3.12. Condiments

3.12.1. Salt

3.12.2. Pepper

3.12.3. Spices

3.12.4. Herbs

4. Kickstart Ketosis

4.1. Incorporate with intermittent fasting

4.1.1. Eating for 8 hours a day

4.1.2. Fasting for 16 hours a day

5. How To Meal Plan

5.1. Meal plan

5.1.1. Deciding on your meals beforehand

5.2. Meal prepping

5.2.1. Making the meals beforehand

5.3. Find recipes

5.4. Target recipes for your ratios

5.5. Get ingredients

5.6. Make meals if meal prepping

6. Meal Plan Ideas

6.1. Breakfast

6.1.1. Incorporate most of your carbs and sugars

6.1.2. High fat to keep you feeling full

6.1.3. Avocados

6.2. Lunch

6.2.1. Some carbs

6.2.2. Veggies

6.2.3. Poultry

6.2.4. Grilled fish

6.2.5. Meal prep

6.3. Dinner

6.3.1. No carbs

6.3.2. High fat

6.3.3. High protein

6.3.4. Cheese

6.3.5. Peppers

6.4. Snacks

6.4.1. Nuts and seeds

6.4.2. Keto chips

7. Tips For Going Keto

7.1. Plan your meals

7.2. Make it fun

7.3. Try intermittent fasting

7.4. Listen to your body

8. What You Can't Eat?

8.1. High carb

8.2. High sugar

8.3. Sugary food

8.3.1. Soda

8.3.2. Juice

8.3.3. Candies

8.3.4. Cake

8.3.5. Ice cream

8.3.6. Dessert

8.4. Grains and starches

8.4.1. Wheat-based products

8.4.2. Rice

8.4.3. Pasta

8.4.4. Cereal

8.4.5. Bread

8.5. Fruits

8.5.1. All fruit

8.5.2. Except low-carb berries

8.6. Beans or legumes

8.6.1. Peas

8.6.2. Kidney beans

8.6.3. Lentils

8.6.4. Chickpeas

8.7. Root vegetables/tubers

8.7.1. Potatoes

8.7.2. Sweet potatoes

8.7.3. Carrots

8.8. Low fat diet products

8.8.1. Low fat mayonnaise

8.8.2. Low fat butter

8.9. Condiments high in sugar

8.9.1. BBQ

8.9.2. Honey mustard

8.9.3. Teriyaki

8.9.4. Ketchup

8.10. Unhealthy fats

8.10.1. Processed foods

8.10.2. Vegetable oils

8.11. Alcohol

8.11.1. Beer

8.11.2. Wine

8.11.3. Liquor

8.11.4. Mixed drinks

8.12. Sugar free diet food

8.12.1. Sugar-free candies

8.12.2. Sugar-free syrups

8.12.3. Sugar-free desserts

9. Types of Ketogenic Diets

9.1. Standard

9.1.1. Low carb with moderate protein and high fat

9.1.2. 70% fat, 20% protein, 10% carbs

9.2. Clinical

9.2.1. Alternate between low carb intake and high carb days

9.3. Targeted

9.3.1. Add carbs around workouts

9.4. High protein

9.4.1. Low carb with high protein and fat

9.4.2. 60% fat

9.4.3. 35% protein

9.4.4. 5% carbs

10. Side Effects

10.1. Keto flu

10.1.1. Flu-like symptoms

10.1.2. Only lasts a couple of days

10.1.3. Not the actual flu

10.1.4. Not contagious

10.1.5. Not recognized as an actual medical condition

10.1.6. How to fight the keto flu

10.1.6.1. Sleep well

10.1.6.2. Drink water

10.1.6.3. Drink matcha green tea

10.2. Diarrhea

10.2.1. Overworked liver

10.2.2. Not enough fiber in your

10.3. Ketoacidosis

10.3.1. When the body stores too many ketones

10.3.2. Especially true for those with type 1 or 2 diabetes

10.3.3. Signs

10.3.3.1. Dry mouth

10.3.3.2. Frequent urination

10.3.3.3. Nausea

10.3.3.4. Bad breath

10.3.3.5. Breathing difficulties

10.4. Insomnia

10.5. Fatigue

10.6. Nausea and vomiting

10.7. Endurance issues

10.8. Headaches

10.9. Constipation

10.10. Dizziness

10.11. Vitamin and mineral deficiencies

10.12. Kidney stones

10.13. Hepatic steatosis

10.14. Hypoproteinemia

11. Benefits

11.1. Lose fat

11.2. Quick results

11.3. Regulates blood sugar levels

11.4. Blood sugar normalizes

11.5. No lows and peaks in sugar intake

11.6. Consistent feel

- 11.7. Avoids crashes
- 11.8. Don't feel hungry
- 11.9. Reduces appetite
- 11.10. Feel fuller longer
- 11.11. Weight loss
- 11.12. Decreases triglycerides
- 11.13. Increases HDL cholesterol
- 11.14. Decreases LDL cholesterol
- 11.15. Reduces blood sugar and insulin levels
- 11.16. Effective against metabolic syndrome
- 11.17. Benefits brain disorders like Parkinson's and Alzheimer's