


Lean Keto PLAN

Lean Keto

QUICK START GUIDE

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LEAN KETO PLAN



Complete Beginner's Guide to Keto: **Your Quick Start Guide**



Welcome to the keto family! Even though this lifestyle might seem complicated at first, it's wonderfully simple and surprisingly intuitive once you've gotten the hang of things.

With a few helpful tools, quick lists to guide your decisions, and suggestions for innovative products that can make the keto lifestyle feel easier than ever before, this book is your go-to for all things keto.

We've pooled our knowledge (years of it, all together!) to create this quick start guide.

Before we dive in, let's talk about what you **won't** find in this book.

- Promises that everything will be easy: The truth is, most people face challenges, particularly during the first few weeks.



- The same confusing information you've seen everywhere else: It's a "no" from us! Confusion is a key reason why so many people give up. We want you to succeed, so we worked hard to bring you a unique resource that pulled all the essentials into one clear guide.
- Admonitions against ever slipping: We are human. Slipups happen. What we want you to know is that when you make keto your lifestyle, you don't have to be perfect.
- Promises that you'll lose weight instantly without making an effort: Yes – it's absolutely true that people drop weight rapidly with keto. It's also true that most people have to make an effort to change their old habits, especially during the first few weeks.

There's one more thing we want you to know.

You don't have to stick to an exact plan (although great plans are available!). You can still eat many of the foods you love, and you can find exciting ways to make old favorites keto-friendly. Imagine our shock when delicious flourless brownies came out of the oven one day, and when we discovered that it's possible to enjoy pizza that tastes even better (in our opinion!) than the old carbohydrate-laden kind we'd been eating all our lives.

Of course, these are occasional treats. We won't be talking about them too much here because let's face it, there are tons of resources that specialize in sharing those yummy recipes that can make tough days seem a little easier while helping you get over persistent cravings. What we will do is share some of our favorite resources – books, apps, and products we've found that make the keto lifestyle even more rewarding. You'll find those in the final chapter.

Ready? We hope you enjoy the journey!



Chapter 1:

Success Stories



People from all walks of life find themselves writing their own success stories when they commit to making keto a lifestyle. We're confident that your story will join theirs, not too long from now!

Before we dig in, it's worth noting that there are a few common threads that weave their way through many of these motivating keto success stories. People set out to lose weight for all kinds of reasons. Some hope that they'll be able to skip gastric bypass surgery. Others want to drop the pounds they gained during pregnancy. Still others want to look and feel better.

One thing connects them: They all discover that once those first few difficult days are over and the weight begins to come off, keto is a sustainable way of eating.



There's another thing we've noticed while looking for some of the most inspiring success stories: Lots of people who simply set out to lose weight find that their health improves drastically. Dangerous cases of fatty liver clear up, difficult skin disorders disappear, and food addiction vanishes.

We're not saying that these things happen for everyone. We're not promising miracles. But we do think that you'll gain mental clarity, better energy, and a whole new outlook on life when you stick with keto and make it your lifestyle. You might even enjoy major improvements to your health!

Oswaldo Reversed Type 2 Diabetes and Lost 20 Pounds

On June 1, 2017, Oswaldo received a devastating diagnosis: His type 2 diabetes was out of control, and he'd need to start taking insulin. His doctor gave him three months to drop his A1c or accept the insulin prescription.

Oswaldo decided to give keto a try, and he combined his new way of eating with intermittent fasting. By week four, he noticed that his aches and pains had disappeared, and that he'd lost enough weight to start exercising more vigorously.

In August, a little over two months after starting keto, Oswaldo returned to his doctor, who was impressed with the 20-pound weight loss, increased muscle mass, and most importantly, the drop in Oswaldo's A1c level.



Erica Lost 150 Pounds and Got Off Medications

From the time she was in elementary school, Erica was overweight; other kids taunted her daily. Obesity and its side effects followed her into adult life and by the time she was in her early 30s, she was taking two different medications for blood pressure, along with prescriptions for depression and high cholesterol.

After years of avoiding the scale, Erica decided to weigh herself. She was shocked to see that the number on the scale was a little over 300 pounds. Then and there, Erica decided to change her life for the better. She discovered keto and promised not to cheat herself by slipping back into old habits.

Erica lost 100 pounds over the first year and was able to stop taking her medications. She stayed on track and ultimately lost 150 pounds, going from a size 24/26 to a size 7/8. At half her former size, Erica is happy, healthy, and active.

Stefan Lost Over 200 Pounds and Avoided Bariatric Surgery

Stefan beat an addiction to drugs and alcohol, then stepped into food addiction, ultimately reaching a weight of over 400 pounds.

Depressed, suicidal, facing bariatric surgery, and not wanting to go through with it, Stefan stumbled upon keto and decided to give it a try. He began walking shortly after changing his eating habits, and the weight melted off. Stefan lost an astonishing 40 pounds during his first month on Keto, and he never looked back.

In a little over a year, Stefan lost more than 200 pounds. He says that keto didn't just change his life – this way of eating saved him.



Kris Improved her Health and Went from Size 20 to Size 6

Kris was miserable at size 20; asthma, high blood pressure, IBS, and depression were constant companions. She decided to stick with a very strict keto plan, completely cutting out sugar, starches, and grains, and eating no more than 20g total carbohydrates per day.

Determined to change her weight (and not knowing that she'd find relief from so many troubling conditions), Kris decided to stick to keto for 30 days. Motivated by her initial success, she opted to stay with the plan and make keto her new lifestyle.

It took 19 months to drop 75 pounds and by the end of her weight loss phase, Kris was able to get off her medications. She no longer needed pharmaceuticals to survive. Along the way, a mysterious rash that she'd developed years before cleared up, too.

Like many others, Kris isn't stopping keto. She's made it her lifestyle, as she has never felt better.

Even Over Age 70, Barbara Lost More Than 50 Pounds and Improved Multiple Conditions

At age 74, Barbara decided to try keto after watching Dr. Sarah Hallberg's TEDx talk on reversing diabetes. She had arthritis in one foot, and she was suffering from irritable bowel syndrome. Her blood sugar was high – and she was certain that she was prediabetic. At the same time Barbara was living with a diagnosis of myasthenia gravis, an autoimmune disease that caused her to suffer from double vision and breathing difficulties. At times, she had trouble even keeping her head up.



Keto helped Barbara feel better but as a postmenopausal woman, combining her new way of eating with intermittent fasting allowed her to shed weight with fewer plateaus. After losing 50 pounds and sticking with keto to maintain her weight, she was able to clear up many of her symptoms. She plans to continue her lifestyle and says that she feels like she's 50 instead of 70-plus.

Sue Dropped Almost 100 Pounds in Just Six Months

Sue's story sounds almost too good to be true but she's one of many who have discovered that combining exercise with keto can lead to astonishing results. At more than 270 pounds, Sue had had enough. She decided to embrace this way of eating and as the weight came off, she decided to increase her physical activity.

Just six months in, Sue successfully dropped a stunning 96 pounds. She's sticking with keto, and she says that she doesn't miss old favorites like bread, rice, and potatoes. Her cholesterol and blood pressure are normal, she has more energy, and she enjoys shopping for new clothes again.

Kim Beat Cancer and Lost 140 Pounds

Like so many people, Kim was overweight as a child. Her first diet happened at the age of just five or six years old, and from then on, she recalls being in diet or binge mode, never experiencing balance.

Fast forward to middle age. Kim weighed 300 pounds, she was hypothyroid, and she was diagnosed with cervical cancer. Simply walking across a parking lot would leave her breathless, and comfort food was a constant companion. She decided to make a change.



Over the next year, she followed a ketogenic lifestyle. Losing weight made it easier for Kim to deal with cancer treatments, and overall, she was feeling better.

Kim didn't exercise much at first. Still, she was able to drop weight rapidly with keto, ultimately losing 140 pounds. She eventually increased her activity level to the point where hiking and even running come naturally.

Robert Lost 200 Pounds

At 400 pounds, Robert felt that his life was over. In fact, he survived what should have been a deadly heart attack. Soon after, doctors told him to get his affairs in order. It was then that he decided to turn things around.

Robert sought medical guidance as he began following a strict program that eliminated all sugars and grains from his diet. He soon noticed that his normally ravenous hunger was gone – there were even days when he never felt hungry and forgot to eat.

After losing some of the weight, Robert was given the all-clear to begin exercising. He gradually increased his activity level and he stuck with his plan.

It took a little over two years for Robert to lose 200 pounds. These days, he's looking and feeling better than ever.



Chapter 2:

What is the Keto Diet?



In case you missed it, keto is short for ketogenic. And even though this is technically a diet, lots of people opt to enjoy its long-term benefits and make it a lifestyle.

The ketogenic diet began as a therapeutic diet to help people manage medical conditions including epilepsy, but individuals with a variety of other issues benefit. Keto has a reputation for helping acne sufferers experience fresh, blemish-free skin. It's known to help alleviate inflammation, and people who go keto often find themselves amazed at how energetic and mentally "sharp" they feel once they've gotten on track.

We're going to pause here and mention that the ketogenic diet might not be right for everyone. If you have type 1 diabetes or another serious medical condition, talk with your doctor before you get started.



Let the Carb Cutting Begin!

Without getting terribly technical, the ketogenic way of eating shares some similarities with other low carbohydrate eating plans. Think Atkins and LCHF, and you'll be on the right track.

At its most basic, the ketogenic diet is a plan that calls for cutting out carbohydrates that are easily digested, and that turn into sugar once they hit your bloodstream.

Very high-fiber, low-calorie carbohydrate sources (think leafy greens and lots of other veggies that grow above ground) are permitted. Since the fiber isn't digested, only the non-fiber portion (net carbs part) of the carbohydrates counts.

Net Carbs vs. Total Carbs

When net carbs aren't listed on a package, calculating is simple. Just subtract fiber grams from "total carbohydrates." For example, an avocado has about 17 grams of carbohydrate, and 13.5 grams of fiber. This leaves 3.5 net carbs, which count against your daily allowance.

Some people don't calculate net carbs and opt to go by total carbohydrates instead; this can make weight loss happen faster in some cases, but it can also deprive your body of nutrients from vegetables and lead to constipation. Of course, there are some ways around this, which we'll address in chapter 5.

Just in case you're wondering, here's a little bit of reassurance: We'll get into a complete list of what to eat and what to avoid in the next chapter. For now, note that all of those "white" starchy carbs are off your menu. Sugar, bread, pasta, potatoes, and soda are among the first things you'll be eliminating.



Ketosis is the “Key” to Keto Success.

When you’re eating lots of carbohydrates that keep your blood sugar high, your body uses that sugar as its preferred form of fuel. But when you deprive your body of fast-acting carbohydrates and keep your overall carb intake low (that’s 20 net carbohydrates for most of us) it’s forced to switch fuel sources.

That’s right: Dropping your carbohydrate intake starts your fat-burning engine. Once your body has swapped to fat as a primary source of fuel, you’re in ketosis, and your goal is to remain in that state for long periods of time, so that you can keep burning body fat for fuel. On average, it takes between two and four days for this transition to occur, and up to 30 days for full ketosis or fat adaptation to set in.

It’s not always easy to get into ketosis. Your body will probably resist. There might be side effects – and we’ll address those in chapter 5. But once you’ve gotten through the initial sugar cravings, you’ll find that it’s easy to stick with keto. The delicious, high-fat foods that make up your new menu will keep you feeling satisfied. You might not even feel hungry at mealtimes, and that’s OK.

Ketosis helps you drop weight rapidly for a couple of very simple reasons: First, fast-acting carbohydrates turn to energy quickly, but your body has to use more calories to transform fat into fuel.

Second, the foods you’ll be eating are highly satisfying, so you might automatically eat fewer calories than you did before.

Third, your blood sugar doesn’t suddenly drop when you’ve digested the fat and protein that make up the bulk of your intake. This means you aren’t going to experience hunger and cravings that make you reach for more and more carbohydrates.



Remember this: Getting into ketosis stops cravings and puts an end to the harmful cycle that causes overeating. You're ending an addiction to sugar and a few days in, you'll start to feel amazing.

How to Tell When You're in Ketosis

As insulin levels drop and body fat breaks down, your liver starts to produce ketones, which your brain uses for energy. After you've been following a ketogenic lifestyle for a while, you might be able to tell that you're in ketosis simply by the way you feel – more focused, with better energy. Luckily, you don't have to rely on your own perception to confirm that your efforts are beginning to pay off.

- Weight loss begins as stored carbs are used and as water is released. You might experience the keto “whoosh” which involves lots of trips to the restroom as your kidneys process all the water that's being released from your cells.
- Bad breath is common. You'll want to brush your teeth and stay hydrated to help keep it at bay. Some people chew sugarless gum and suck on sugar-free breath mints, but these often contain sneaky carbs that can derail your progress.
- Less hunger. Part of the reason for this is that fat and protein take longer to digest. In addition, the ketones you're producing may reduce the appetite signals produced by your brain.

You can also look for higher ketone levels in your blood, breath, and urine. The cheapest, most convenient way to check for ketones is with ketone test sticks that change color when they detect ketones in your urine. They're disposable, portable, and easy to use. On the flip side, a ketone blood meter will provide greater accuracy. There are also breath ketone meters.

All three methods work, and testing can be a highly motivating tool for keeping yourself on track.



Chapter 3:

Getting Started with Your Keto Journey



Whether you've already started or if you're still trying to make a decision about whether the ketogenic lifestyle is right for you, you'll want to go over this checklist. It's the easiest way to set yourself up for success and avoid pitfalls. Since forming new habits takes time (around 25 days!) you might find it helpful to revisit this chapter or even re-read the entire book as a way of staying motivated.

Clear the Carbs!

Clearing carb-heavy foods from your pantry and refrigerator is a physical step that cements your commitment to succeeding with keto. Anything that's un-



opened can go be donated to a food pantry or even passed on to a friend who isn't interested in this way of eating. Open items should be discarded.

This can feel difficult. It can feel wasteful. But here's the thing: Taking this action clears the way for good, keto-friendly options. In case you're on the fence about tossing carb-heavy foods, understand that simply having access to these foods – particularly as you're first starting out – places temptation in your path and sets you up for failure.

Here's what to toss – and what not to eat on keto:

Keep in mind that this is just a basic list. You'll want to check labels as you work your way through the items in your home, and during future shopping trips, too.

- Sugar
- Brown sugar
- Coconut sugar
- Powdered sugar
- Corn syrup
- Molasses
- Agave
- Maple syrup

- Honey
- Jams, jellies, and preserves
- Candy
- Fruit juice
- Most fruits – some people enjoy berries sparingly; other fruits contain too much sugar to be eaten on keto
- Pickles that contain sugar, i.e. bread and butter pickles, sweet pickles, etc.
- Anything that contains sugar:
- Check labels on condiments, drinks, sauces, salad dressings, and all other packaged items.
- Low-fat dairy items, nut milks that contain sugar, yogurt that contains sugar, etc.
- Cow's milk (even whole milk has 11 grams of carbohydrate per cup!)
- Baked goods:
- Bread, cookies, donuts, pies, pastries, snack cakes
- Items that contain grain of any kind, even whole grain:
- Cereals, oatmeal, pasta, rice, flour, etc.
- Starchy foods:
- Corn starch, potatoes, corn, carrots, beets, peas, legumes such as canned beans
- Potato chips, corn chips, and similar junk foods
- Most beer, flavored alcohol, hard cider, and sweet wines



Eat!

Hunger and feelings of deprivation are two major reasons why most diets fail. Part of the beauty of the ketogenic diet is that it's designed to be satisfying and enjoyable even though you're taking in fewer calories than you're burning each day. Yes, you'll probably experience some cravings for old favorites in the beginning – but filling up on delicious high-fat options lead to satisfaction and help you get over those initial hurdles.

Remember that taking away carbohydrates turns on your body's fat-burning engine. Some of the fat you'll be using for energy will come from your food, and in the beginning, you might want to eat as much as you want, just to get fat-adapted. Once this happens, you can gradually cut back on your fat intake – just to a point that feels comfortable and satisfying – and allow your body to burn more of its fat stores.

The exact amount of fat to eat varies from one person to the next, and deciding exactly how much to include can involve a little bit of trial and error. You want to eat enough, and your body will signal you to stop when that happens.

Know that stopping when you feel satisfied will help your body burn its own fat, but eating too much can cause your weight loss to stall or even cause you to gain weight by consuming too many calories. Not eating enough fat can make you feel tired and depleted.

Using an app like [Carb Manager](#) can help you determine exactly how much to eat. Just input basic information including your gender, height, weight, activity level, and desired weight loss goal. The app will do the heavy lifting for you,



providing you with goals for fat, protein, carbohydrate, and overall calorie intake so there's no guesswork involved.

A quick side note: If you're satisfied and feeling good, but not quite reaching your suggested fat intake goal every day, it's OK! So long as you're keeping carbohydrates to a minimum, getting enough protein, staying at or below your maximum calorie goal, and drinking plenty of water, you're on the right track.

What you eat is just as important as how much you consume. All kinds of fat can be enjoyed on this plan but remember that certain fats are beneficial for your body while others such as vegetable oil and trans fats can be harmful if eaten in excess.

The really good stuff—What to eat on keto:

Here's a basic list to help you get started. Keep in mind that there are tons of delicious, keto-friendly foods and providing a list of all potential options would require a whole new book!

All Meats and Seafood – Try items such as:

- Bacon
- Beef
- Calamari
- Catfish
- Chicken (including broth)



- Clams
- Cod
- Crab
- Flounder
- Halibut
- Lamb
- Lobster
- Mussels
- Oysters
- Pork
- Salmon
- Scallops
- Shrimp
- Snapper
- Sole
- Trout
- Tuna
- Turkey
- Venison

High-Fat Dairy and Eggs – Consider:

- Cheese
- Cream



- Cream cheese
- Eggs
- Heavy whipping cream
- Sour cream

Healthy Fat Sources and Oils – Try:

- Avocado oil
- Butter (grass-fed if you can get it)
- Coconut
- Coconut oil
- Ghee
- Mayonnaise
- MCT oil
- Nuts and seeds (limited amount, check carb content)
- Nut oils
- Olives
- Olive oil
- Unsweetened coconut milk

Delicious vegetables – Consider:

- Asparagus
- Avocados
- Broccoli
- Brussel sprouts
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Green beans
- Jicama
- Kale
- Lettuce
- Mushrooms
- Okra
- Onion
- Peppers
- Radishes
- Spinach
- Summer squash



- Swiss chard
- Tomatoes
- Zucchini

Pickles and Fermented Foods – Consider:

- Kimchi
- Sauerkraut
- Pickles (unsweetened)
- Pickled peppers (unsweetened)

Seasonings and Spices – Try:

- All spices
- Fresh Garlic
- Fresh Lemon
- Fresh Lime
- Gourmet salt blends
- Himalayan pink salt
- Mustards (varieties without added sugar)
- Salad dressings (full fat varieties with no added sugar)
- Sugar-free sauces such as barbecue sauce

***Note:** Watch out for maltodextrin and monosodium glutamate (MSG). Many popular spice blends contain these ingredients, which might affect your blood sugar. Some spice blends also contain added sugar. Reading labels will help you stay on track!



Keto-Friendly Beverages – Consider:

- Black coffee
- Black tea
- Herbal tea (check for carbohydrates)
- Unsweetened nut milks
- Unsweetened soymilk
- Light beer
- Champagne
- Dry wine
- Hard liquor
- Sparkling Water (plain and flavored varieties)
- Water

***Note:** Alcohol can be keto-friendly but try to reserve it for special occasions or consider enjoying alcoholic beverages on weekends only. When alcohol (even keto-friendly varieties) is introduced to your system, your liver prioritizes burning off the alcohol over burning off fat.

Keto-Friendly Sweeteners – Try:

- Erythritol
- Monkfruit
- Monkfruit drops
- Stevia drops
- Stevia + erythritol (Truvia)
- Sucralose



***You'll** want to keep your sweetener intake fairly low, as too much sweetness can lead to sugar cravings. Experiment with different brands and see how you feel! Some of the most popular brands blend different sugar substitutes together to provide a pleasing flavor.

A few favorites:

- Lakanto
- Swerve
- Pyure
- Truvia

***Not** all sweeteners are created equal. It might be OK to use the following items – particularly if you want to bake a special treat – but they could impact your blood sugar if overused. If you try any of these, consider testing your ketone levels for a few hours afterward to see how they affect you.

While we're using name brands here, there are plenty of copycat products out there. Check for dextrose and maltodextrin, which are bulking agents that make these products well-suited to low-carb baking.

- Monkfruit in the Raw (Monkfruit + maltodextrin)
- Stevia in the Raw (Stevia + dextrose and/or maltodextrin)
- Splenda (Sucralose plus dextrose)
- Equal (aspartame plus dextrose)
- Sweet n' Low (saccharine plus dextrose)

Chapter 4:

Tips and Tricks to Get the Most Out of the Keto Diet



Track your intake with a keto app. Food tracking might sound like a pain. But installing an app (even a free one!) and logging your food – particularly in the beginning – is the best way to avoid pitfalls. Tracking takes just a few minutes and gives you total control. When you make mistakes, they’ll show up – and this will help you avoid them in the future. As time passes, you might even find this habit motivating and enjoyable.

Start slowly if you have to. Even reducing your carbohydrate intake to 50 grams per day should help you start the weight loss process. There’s a tradeoff for this, though: The more carbs you eat, the more you might crave sweets, and the lower your ketone levels will be.



Remember, it's OK to use "crutches" especially in the beginning. Diet soda, keto ice cream, and other low- to no-carb sweetened products are examples. They're not ideal and they might not be terribly healthy for you, but they can help ease your transition.

Do the keto smoothie detox. If you want to really clean up your diet and try something different this is a great way to go.

Add exogenous ketones. Exogenous ketones can be added to any food, or even mixed into your coffee. Your ketone level will increase and you'll feel more energetic.

Try intermittent fasting. Shorten your eating window and try 18/6 or even work your way toward eating one meal a day. Many people find that this is an excellent strategy for losing weight quickly when combined with a ketogenic diet. If you decide to try it, ease your way in, and wait until you're already sticking to keto.

Choose prepackaged snacks carefully. There are a few good sources for snacks that can help you keep cravings low while offering you plenty of helpful nutrients. Watch out though, because many grocery store brands go crazy with the sugar alcohols – and these can really add up. Perfect Keto bars and nut butters are some of the best options on the market right now.

Test your ketone levels often. Consider investing in a blood or breath ketone monitor, or pick up some ketone testing strips.

Try cutting dairy. Dairy is delicious but many people find that it can increase inflammation and slow down the weight loss process. Reducing portions or cutting dairy altogether might help you lose weight faster or work your way through a plateau.



Consider cutting all alcohol. If you drink a lot of alcohol, you're getting a ton of empty calories, and your liver is processing the alcohol before it gets to work on your metabolic waste. If you can't go cold turkey, at least consider cutting back.

Change up your diet every now and then. Try new things, whip up yummy keto smoothies, try vegan keto, take a break from restrictive patterns by allowing for a week of dirty keto, or really tighten up your routine with clean keto. So long as you're balancing fat, protein, and carbohydrates, all of these options can help make keto fun!

Consider supplements. Once you're enjoying the ketogenic lifestyle, it's likely that your appetite will decrease and this means that you might not be getting all the nutrients you need. Fill in the gaps by taking a good multivitamin. Consider adding collagen to support your skin as you lose weight, and think about using a good-quality protein powder to optimize your protein intake. We've added a list of helpful resources at the end of the book, so there's less guesswork required on your part.

Chapter 5:

Keto Side Effects and How to Deal with Them



Before we jump into all the side effects that you might experience as you transition away from that carb-laden diet and into ketosis, I'd like to let you in on a little secret:

Keto side effects are signs that your efforts are beginning to pay off.

Don't give up. These issues are temporary! Here's how to handle them, power your way through, and get comfortable with your new lifestyle.



Keto Flu

Your body might attempt to rebel as you swap your energy source from carbs to fat. Headaches and intense fatigue are common, and some people suffer from nausea, diarrhea, and vomiting. Keto flu symptoms can last anywhere from a few days to more than a week. Luckily, there are a few things you can do to minimize the symptoms and start enjoying all the great benefits that come with your new lifestyle.

- Take electrolytes.
- Add Himalayan salt to your food.
- Try using exogenous ketones to make the swap easier.
- Drink bullion or bone broth.
- Get plenty of sleep. Make it a priority and try not to use electronics for an hour before bedtime.

Constipation

Reducing fiber intake can sometimes cause your digestive system to slow down. This issue might be temporary or it could plague you frequently. Luckily, it's fairly easy to address constipation.

- Eat less cheese.
- Take a fiber supplement.
- Drink more water.
- Eat more low-carb vegetables.

Muscle cramps

If you're low on electrolytes or minerals, then you might find yourself dealing with cramps or suffering from restless legs at night. This can happen anytime on keto, because when you're in ketosis, you're always flushing salt and minerals away.

- Take a magnesium supplement and consider supplementing with additional potassium.
- Take electrolytes.
- Add Himalayan salt to your food.
- Be sure to drink enough water.
- Drink bone broth.

Brain fog

Before you're fat-adapted, your brain might feel completely foggy. You might feel sleepy or sluggish, and your attention span might suffer. This is only temporary! Once your brain decides to run on ketones, you'll be amazed at how productive and energized you feel. If you're feeling low, there are a few easy fixes.

- Eat something fatty – an avocado with bacon might be ideal.
- Check to see if you're eating enough. Logging your food can help prevent brain fog and other pitfalls.
- Take exogenous ketones and/or MCT. Mix both into a cup of coffee for an instant boost that lasts for hours.

Feeling sluggish

As your body makes the transition away from burning carbs, you're likely to feel tired. This can happen if you accidentally eat a high-carbohydrate meal, too. Fortunately, it's something you shouldn't have to deal with often.

- Do some easy stretches.
- Go for a little walk outdoors (even a few minutes).
- Get some natural sunlight.
- Take exogenous ketones.
- Drink a cup of coffee or tea.
- Listen to energizing music.



Chapter 6:

Easy Keto Recipes You've Got to Try



There are tons of great recipes out there, but we're adding in a few of our own to help you on your way!

Zucchini Lasagna

Makes 8 servings

Calories – 280

Fat – 22.1 grams

Carbohydrates – 15.7 grams

Fiber – 6.9 grams

Net Carbs – 8.8 grams

Protein – 10.2 grams



Ingredients

3 cups ricotta cheese OR

Almond ricotta:

- 🕒 3 cups blanched almonds, soaked in hot water for 1 hour and drained
- 🕒 ½ cup fresh basil leaves
- 🕒 2 tablespoons lemon juice
- 🕒 1 tablespoon olive oil
- 🕒 1 teaspoon sea salt
- 🕒 1 teaspoon garlic powder
- 🕒 1 teaspoon onion powder
- 🕒 pinch of ground pepper
- 🕒 1/3 cup water, more if needed to achieve creamy texture

Remaining ingredients:

- 🕒 1 28-ounce jar low-sugar marinara sauce
- 🕒 3 large zucchinis, thinly sliced lengthwise to resemble lasagna noodles
- 🕒 1 8-ounce bag mozzarella or parmesan cheese, optional for topping

Instructions

1. Preheat the oven to 375 degrees Fahrenheit
2. Make the ricotta in the food processor, beginning by crushing the nuts and then adding the remaining ingredients. Process until you have achieved a thick, creamy paste. Taste test and adjust the seasonings to your liking.
3. In a 9x13" baking dish, pour about 1 cup of marinara sauce and spread it across the bottom. Add a layer of zucchini.
4. Top with small spoonfuls of almond ricotta, followed by a small amount of pasta sauce. Add more zucchini and continue to build your layers until you have used everything. Finish off with vegan mozzarella or vegan parmesan if you like.
5. Cover with foil and bake for about 40-45 minutes. Uncover and bake for an additional 15 minutes, adding cheese if using. Cut into squares with a sharp knife and serve.

Deconstructed “Egg” Roll in a Bowl

Makes 8 servings

Calories – 214

Fat – 13.9 grams

Carbohydrates – 13 grams

Fiber – 5 grams

Net Carbs – 8 grams

Protein – 12.7 grams

Ingredients

- 🍷 ¼ cup sesame oil
- 🍷 6 cloves garlic, minced, or prepackaged equivalent
- 🍷 1 cup minced onion
- 🍷 10 green onions, sliced diagonally
- 🍷 1 teaspoon ground ginger
- 🍷 1 teaspoon sea salt
- 🍷 1 – 2 tablespoons Sriracha sauce (omit if you dislike spicy flavors)
- 🍷 Freshly ground black pepper to taste
- 🍷 2 14-ounce bags coleslaw mix
- 🍷 2 pounds ground beef, ground turkey, or meatless crumbles
- 🍷 6 tablespoons soy sauce or coconut aminos
- 🍷 2 tablespoons rice vinegar
- 🍷 4 tablespoons toasted sesame seeds
- 🍷 Optional: 2-4 tablespoons fresh chopped cilantro

Instructions

1. Set green stem portions of green onions aside.
2. In a large skillet, warm the sesame oil over medium-high heat, and then add the garlic, white portions of green onions, and minced onions. Sauté until the onions are translucent, lowering the heat if needed.
3. Add the sriracha, ginger, salt, and pepper. Stir, and then add the coleslaw mix. Sauté for one to two minutes, and then add the crumbles, soy sauce, and rice vinegar. Continue to sauté until the coleslaw has a tender consistency. Top with sesame seeds, cilantro, and chopped green onion stems before serving.



Zucchini Noodles with Avocado Pesto

*Note – you can use shirataki miracle noodles or spaghetti squash instead of zucchini noodles, if you like!

Makes 8 servings

Calories – 268

Fat – 24.5 grams

Carbohydrates – 12.7 grams

Fiber – 6 grams

Net Carbs – 6.7 grams

Protein – 4.8 grams

Ingredients

8 medium zucchini, stem ends removed

- 🍷 1 teaspoon sea salt
- 🍷 2 ripe avocados
- 🍷 1 ½ cups fresh basil leaves, chopped
- 🍷 ½ cup pine nuts or shelled pistachios
- 🍷 3 tablespoons lemon juice
- 🍷 fresh ground pepper to taste
- 🍷 1/3 cup extra-virgin olive oil, 1 tablespoon reserved for cooking zoodles
- 🍷 4 cloves fresh garlic, peeled and finely minced, or equivalent prepared garlic

Instructions

1. Spiralize the zucchini. Place the resulting “zoodles” into a colander and toss with ½ teaspoon of the salt. Set the colander over the sink and allow the zoodles to drain for 30 minutes. If you have time, draining for 1 to 2 hours will result in a firmer end product.
2. Combine the avocados, basil, nuts, lemon juice, olive oil, and pepper in your food processor and pulse until the nuts are finely chopped.
3. Heat 1 tablespoon of olive oil in a large skillet or wok over medium high heat. Add the garlic and allow it to warm for a moment, then add the zoodles and cook, tossing gently, until tender (about 3 minutes).
4. Transfer the zoodles to a serving dish and top with the sauce. Toss gently to coat the zoodles, and then serve. Garnish with more basil and chopped nuts if you like!

Chapter 7:

Bonus: Keto Smoothies for Quick Nutrition



Smoothies on keto?

Absolutely!

Using flavors, cocoa powder, superfoods, and healthy additions like MCT oil or MCT powder can make these smoothies as keto-friendly as they are delicious.

Note that there's not a lot of fruit here, and that each smoothie offers fat and protein.



Double Chocolate Fudge Smoothie

Makes 1 serving

Calories – 332

Fat – 22.3 grams

Carbohydrates – 20.5 grams

Fiber – 9.1 grams

Net Carbs – 11.4 grams

Protein – 24.3 grams

Ingredients

- 🍷 1 cup unsweetened almond milk
- 🍷 1 tablespoon coconut oil
- 🍷 1 handful greens, your choice
- 🍷 1 serving protein powder
- 🍷 1 ½ tablespoons cacao or cocoa powder
- 🍷 Sweetener of your choice, to taste

Instructions

Combine ingredients in the blender, ensuring that you add the liquid first. Blend until smooth and enjoy.

Vanilla Coconut Cream Smoothie

Makes 1 serving

Calories – 335

Fat – 21.9 grams

Carbohydrates – 19.4 grams

Fiber – 8 grams

Net Carbs – 11.4 grams

Protein – 24.2 grams

Ingredients

- 🍷 1 cup almond milk
- 🍷 ¼ cup full-fat coconut milk, unsweetened canned variety
- 🍷 ½ teaspoon vanilla extract
- 🍷 1 handful greens, your choice
- 🍷 Sweetener of your choice, to taste
- 🍷 1 scoop protein powder
- 🍷 ¼ cup Ice (optional)
- 🍷 Shredded coconut for garnish, optional

Instructions

Combine ingredients in the blender, ensuring that you add the liquid first. Blend until smooth and enjoy.

Lean Green Almond Chocolate Smoothie

Makes 1 serving

Calories – 359

Fat – 20.9 grams

Carbohydrates – 31.3 grams

Fiber – 15.6 grams

Net Carbs – 15.7 grams

Protein – 32 grams

Ingredients

- 🍷 1 cup almond milk
- 🍷 1 tablespoon almond butter
- 🍷 1 tablespoon cacao or cocoa powder
- 🍷 3 handfuls greens, your choice
- 🍷 Sweetener of your choice, to taste
- 🍷 1 scoop protein powder
- 🍷 ¼ cup Ice (optional)

Instructions

Combine ingredients in the blender, ensuring that you add the liquid first. Blend until smooth and enjoy.

Want more smoothie recipes? There's an entire book for that. Check out the ***Keto Smoothie Detox*** for a complete lineup of keto-friendly smoothies and other delicious treats that make this lifestyle even more enjoyable.

Chapter 8:

Resources: Tools and Products to Ease Your Journey



If you've been keto for a while (or even if you've just been thinking about it) you've probably noticed that there are tons of products out there, promising to help you make the most of your new lifestyle.

We've been in your shoes, wondering whether those snack bars taste good, feeling curious about exogenous ketones, and experiencing confusion while trying to decide which apps to use.

It's not surprising. Keto is popular because it works, and companies are responding by developing more products to fuel our lifestyle. Unfortunately, trying lots of different brands can be very expensive (ask us how we know!)



and while some things are fantastic, others literally leave a bad taste in your mouth.

We mentioned a few of our favorite products in previous chapters and talked about ways we use them, but we felt it would be helpful to put everything here in one location, so you can browse, find items that pique your curiosity, and decide whether to try them for yourself.

Enjoy! And if there's anything you feel we might have missed, give us a shout. We're always on the lookout for new innovations aimed at making the keto lifestyle even better.



Supplements to Make Keto Life Easier

Burning fat is serious business, for your body, at least! Fat cells hold onto toxins that might be years or even decades old, and when these hit your system during the fat-burning process, you might start to feel sluggish, and you may even see some pimples popping up.

Extra nutrition can make a massive difference in the way you feel, and some supplements can help kick your weight loss into high gear.

Organifi

While **Organifi** wasn't originally developed with keto in mind, it's the ideal complement to this plan. And if you miss fruit flavors like we did before we found this brand, you're probably going to breathe a sigh of relief when you try out the superfood blends.

We could go on and on about the flavors (seriously – they're everything!) but the real benefit is that these supplements fill any gaps in your nutrition so your body powers through the work of burning fat while you feel amazing.

Organifi recommends bundling the detoxifying green juice, the energizing superfood punch, and the relaxing night time gold tea. All three products support metabolism well on their own but taken together, the effect is out of this world.

This company has a couple of other products worth looking at. We won't list them all but if you're looking for a plant-based keto-friendly protein powder that tastes fantastic, this is one of the best we've tried.



Custom Meal Plans for Those who Prefer Them

If you're someone who likes meal plans, then you've got options. Here's an example of one that hits all the right notes.

Custom Keto Diet

Custom Keto Diet is an 8-week plan that is created just for you, using your food preferences and weight goals. We really like how this is not a cookie-cutter approach, and we love the fact that the company supports its users with shopping lists, recipes, and encouragement.



Great Books to Quench Your Thirst for Keto Knowledge

There are tons of keto books out there. Here are just a couple of good ones.

Eat the Fat Off

In his book *Eat the Fat Off*, John Rowley teaches you how to elevate Lipase-P levels to maximize fat burning, reduce your risk of heart disease and diabetes, slow the aging process, and even look more youthful. A meal plan aimed at activating the thinning enzyme Lipase-P is included, and that plan encourages you to really eat instead of trying to starve yourself thin. There's a grocery guide, a meal planning blueprint, and plenty of reassurance inside.

A quick word of warning: *Eat the Fat Off* works so well that there are fake sites that purport to be the real thing. [Use our link](#) to make sure that you land in the right spot if you'd like to read more about this program and how it works.

Perfect Keto's Keto Answers Book

Written by Dr. Anthony Gustin, *Keto Answers* provides an in-depth look at the science of ketosis while offering inspiration. This book relies heavily on evidence-based research while offering a pleasant, easy-to-absorb format.

Keto Breads

Yes, you've got to give up traditional bread and baked goods when you commit to the ketogenic lifestyle. The good news is that there are alternatives. [Keto Breads](#) is an outstanding cookbook, with over 35 recipes for all kinds of delicious keto-friendly breads to help keep you from feeling deprived.



Keto Food: Products worth Trying

It's all about the food, right? Keto gives you plenty of opportunities to eat bacon and veggies but certain products can help you get to the next level, fuel your cells, feel fantastic, and finally fit into the next size down.

Looking for keto-friendly chocolate? Interested in increasing your energy and amplifying your fat burning by getting some exercise? Want to boost your body's ability to detox, so you feel better faster?

Here are a few great options that are well worth considering.

Cacao Bliss

Eat chocolate and lose weight? Yes! Cacao Bliss is incredible in keto baked goods, coffee, rich hot chocolate, and lots more. It has just one gram of net carbs per serving, and it's taken us through many a rough patch!

Top-Rated Turmeric

You might have heard about turmeric, but not all supplements are the same. We found PuraThrive's liposomal turmeric and we'll never turn back. It's an awesome addition to your ketogenic lifestyle thanks to its ability to support detoxification, help you feel more energetic, ease inflammation, and much more.



Keto Performance Boosters

Boosting immunity is more important now than ever before. The right blend of nutrients can help your body fight off invaders, and when you've got everything conveniently packaged in one easy-to-use format, your supplements won't wind up in the bathroom cabinet.

Many of the same nutrients that support cellular health also support you through your transition to keto and beyond. A couple of companies really stand out for their dedication to providing high-quality products that actually taste great!

Perfect Keto is one of our favorite sources for electrolytes, collagen, and MCT, and they've got some really good protein powders as well. Whether you're mixing up smoothies or looking for ways to turn your coffee into something truly incredible, these products are easily among the best. Oh – and they've got instant coffee packs too, which are beyond wonderful, perfect for mixing up while you're on the go. Paired with Perfect Keto bars, they're the ultimate in decadence.

If you're looking for something savory, then you'll want to look into Kettle and Fire. Premium bone broths can help you stave off hunger while treating your body to minerals, collagen, and other essential nutrients, Kettle and Fire uses only the best ingredients – and it shows. Making bone broth at home is time-consuming and for us, this company has been a lifesaver!



Helpful Apps to Support Your Lifestyle

Check your app store and you'll find loads of different keto apps to try. Of all those listed, Carb Manager is among the most useful, simply because it helps you track everything, it's very well-developed, and it has been around long enough that bugs aren't all that common.

- Carb Manager
- Life Sum
- Allrecipes Dinner Spinner
- Reddit r/keto
- Ketogenic Diet
- My CookBook
- Total Keto Diet
- Yummly
- YouTube

That's it for now! We hope you enjoyed this quick guide to the keto diet. Now that you're ready to change your life for the better, it's time to get started! Cut those carbs and get ready to transform your body and your life from the inside out.

