



THE ULTIMATE

# KETO DIET

*Guide*



# KETO DIET PLAN

The ultimate Ketogenic Diet accesible for everyone.



By [Jaxon Calder](#) in collaboration with



[Grant Schofield](#).

A keto or ketogenic diet is a low-carb, high-fat diet, which can help you burn fat more effectively and improve your overall health.

## Content:

Quick access to all the section in this guide.



### CHAPTER 1

Keto diet for beginners

[GO](#)



### CHAPTER 2

What is Keto diet?

[GO](#)



### CHAPTER 3

Is the Keto diet safe? by **Grant Schofield**

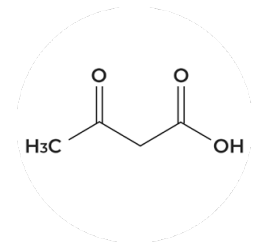
[GO](#)



### CHAPTER 4

Nutritional ketosis by **Grant Schofield**

[GO](#)



### CHAPTER 5

Ketone bodies – what are they? by **Grant Schofield**

[GO](#)



CHAPTER 6

Keto diet meal plans

GO



CHAPTER 7

Dirty Keto

GO



CHAPTER 8

Lazy Keto

GO



CHAPTER 9

Clean Keto

GO



CHAPTER 10

Standard Keto and other evaluations

GO



CHAPTER 11

Vegan & Vegetarian Keto

GO



CHAPTER 12

Keto diet weight loss

GO



CHAPTER 13

Keto diet nutrition by **Grant Schofield**

GO



CHAPTER 14

Keto diet meal plan

GO



CHAPTER 15

Keto meals

GO



CHAPTER 16

Ketogenic diet results

GO



CHAPTER 17

FAQ

GO

# CHAPTER 1.

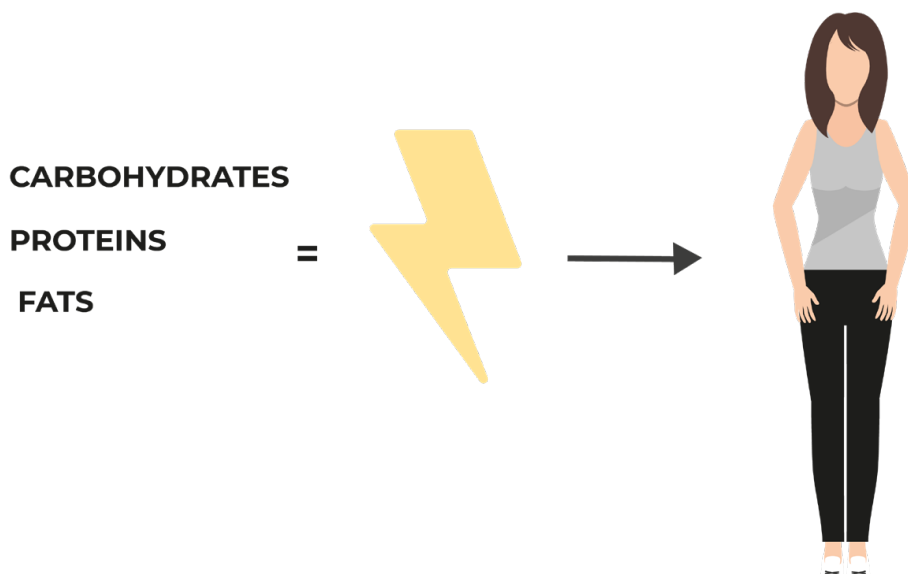
## KETO DIET FOR BEGINNERS

Keto dieting can be quite different from traditional teachings of health, so before you try to tackle keto dieting it's essential to know what it is and why you are doing what you need to do. Here is a simple way to understand the foundations of keto.



### Keto diet basics

To help you understand keto dieting, it helps to use the imagery of “food = energy”. Creating an image in your mind that everything you put into your body is energy will allow you to understand that different foods provide different types of energy for your body.

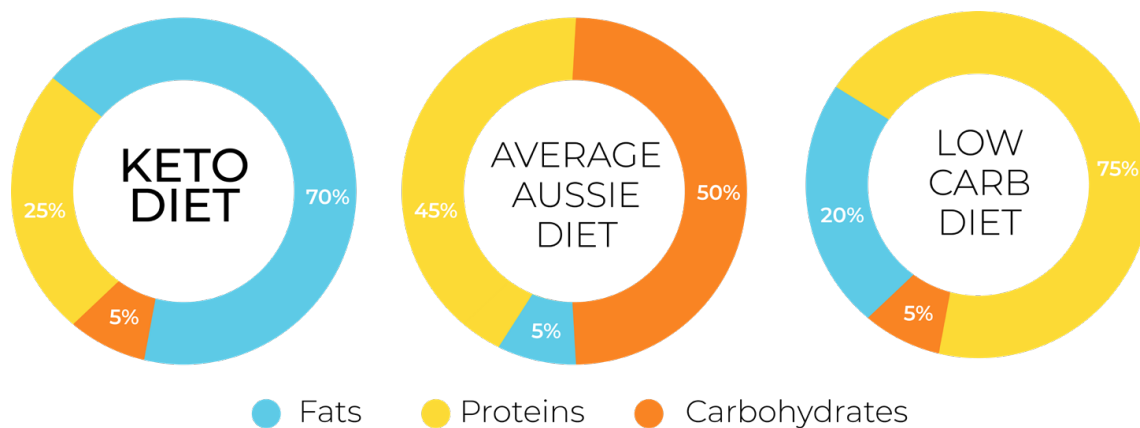


Your body will either get energy from carbohydrates, protein or fat. The objective of a keto diet is to ensure you get most of your energy from fat, then a bit from protein and minimal from carbohydrates.

That's where you would have heard the term “eating your macros” – macros are “macronutrients”, which are either carbohydrates, protein or fat.

This is different from the term “micronutrients”, which are nutrients found on the micro level such as vitamins and minerals.

To follow a basic keto diet, you need to consume set macros. There are different recommendations, however, for entry-level ketosis. With the objective of becoming fat adapted and losing weight, it's 70% of your diet from fat, 25% from protein and 5% from carbs. If that seems hard, confusing and daunting, hang in there and we will show you a way to make it fun and easy to follow.

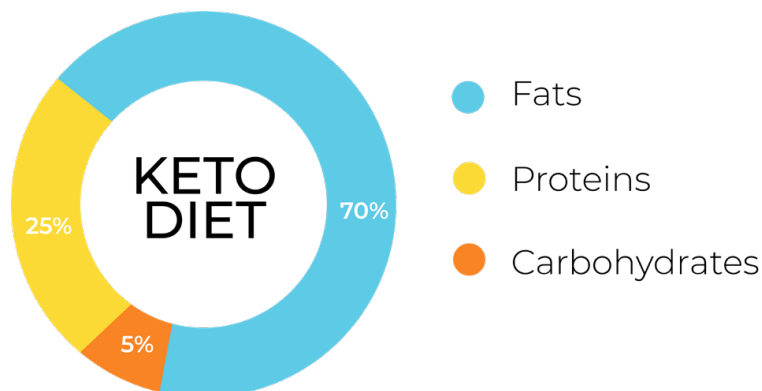


## Keto diet made easy

Before we look at keto dieting styles, let's refresh on what the basics of the keto diet are:

- > Keto is macro focused
- > Keto is 70% fat, 25% protein & 5% carbs

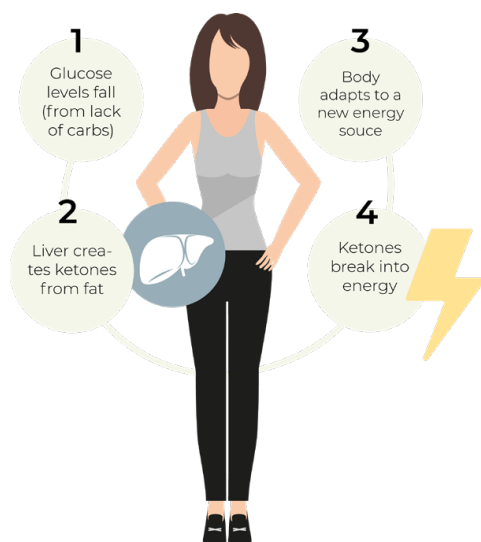
These are the foundations of keto dieting – the rest is up to your dieting style and preference.



# How does the keto diet work?

Keto works by changing the energy source your body relies on. Instead of you burning sugar for energy, which happens when you have a high-carb diet, your body burns fat for energy. To substitute the absence of carbs, it's actually proven that your body prefers to burn fat as fuel.

I will get a bit geeky here – however, hold tight. Basically what happens in your body when your sugar levels drop because you cut carbs out of your diet, is that your body will start to produce what we call ketones (we will talk about them shortly – however, they are life changing). Those ketones will now become your body's energy source, but the best news is, the way your body makes these ketones is by breaking down your fat, so in essence, your body will burn fat for energy, not carbs.



That's why keto dieting is so great, because once you're in ketosis, your body will become a fat-burning machine. This is great news not just for fat loss, but long-term energy, clarity and health changes.

Being in ketosis/using fat for fuel is like having thousands of mini miners in your body, chipping away at your fat all day and all night and taking it back to the power plant to be burned to make energy.

Coming from a background of 11 years as a Personal Trainer and being the personality type who loves systems, learning this amazed me. I thought, if someone flicks the switch and chooses to be in ketosis, they no longer need to worry about their weight because their body will naturally bring them to their natural healthy range. How amazing is that? But that's what happens when you eat the way you were intended to.

# CHAPTER 2.

## WHAT IS THE KETO (KETOGENIC) DIET?

Now that you know keto 101, let's look into the specifics of keto dieting and how to get started on a keto diet. Here are simple tips that can make the difference between starting well and giving up on Day 1.



### **Keto diet explained**

Keto dieting has been around for a long time. I won't take you back to some caveman story; however, it has been used in modern dieting for quite a long time, predominantly for athletic performance or treating chronic illness.

Athletes would use it to give them an energy advantage, just like a camel. They could go for a whole event without needing to eat/refuel, as when in ketosis their body would use the fat on their body for energy. It would also give them a focus and clarity advantage, as with keto dieting you avoid the low-carb slumps and keep a consistent energy flow.



Now translate this to the everyday parent, career person, or student who wants longer, consistent energy without the slumps of fatigue due to lack of sugar. Keto dieting is a great solution.

It's easy to see why the keto diet is the No. 1 weight-loss diet in the US, for its ability to eliminate body fat and is fast becoming the No. 1 trusted health diet solution in Australia due to its overall improvement of lifestyle, mindset and health.

The key of keto dieting, however, comes from what we call fat adaption. It's where your body no longer searches for its energy from carbohydrates like traditional low-carb, rapid weight-loss diets but is now adapted 100% to fat as a long-term energy source.

Once you become fat adapted, your body will no longer crave carbs, have headaches, mood swings or low energy periods due to not having enough carbs, which is typically related with dieting because it now operates on a much higher level of energy from ketones – “your fat”.



## Starting Keto

Just like starting anything new, it's best to have a strategy; as the 5Ps say, Prior Planning Prevents Poor Performance. This is even more so when starting a diet, as dieting has a way of pushing every emotional and physical button.

I found that while learning how to eat keto, planning ahead was extremely important, as 99% of fast food outlets focus on quick, high-carb solutions. You're left very limited when eating on the fly, especially if you are inexperienced. So to avoid wasting the effort you have already put in by eating something you shouldn't, it's best to plan ahead.



Here are some great tips when starting a keto diet, so forget getting complicated – if you can follow these steps then you will have a greater chance at sticking out the first 1-4 weeks.

## **#1 Be prepared**

Taking the time to understand what you will face when starting a keto diet will give you the best head start and prevent you from getting caught off guard.

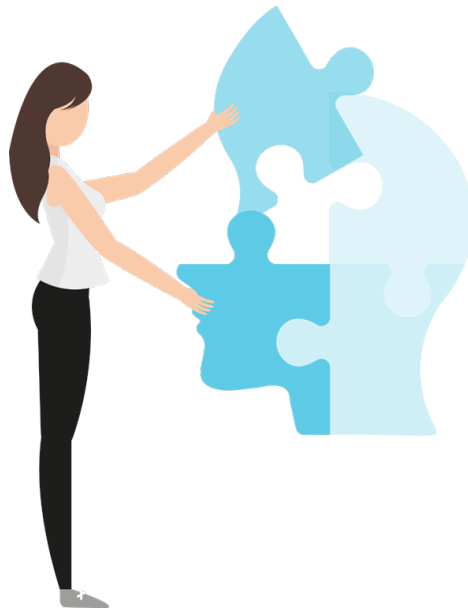
I often get emails from concerned keto followers. The emails range from people in shock wondering if their symptoms are normal to people freaking out wondering if they are dying. Some of them are probably overdramatic; however, there is truth to the fact that you will face a detox period. The extent of this depends on what your eating was before starting and how prepared you are entering into the keto diet.

Most participants just face a standard detox phase: 1-4 days of headaches, being moody and tired, just like any other diet. However, there are a few that experience what is called the 'keto flu' – this is generally 24-48 hrs of flu-like symptoms ranging from entry level to severe.

I have included in this article tips on how to overcome the detox phase and the keto flu; however, they can be prevented if you get prepared and follow the below steps:

### **Step One of being prepared – get in the right mindset**

Getting in the right mindset and understanding what the first 7 days will be like, will either give you the stubbornness to persevere through those days or the willpower to, as 85% of people give up during the first 7 days due to the fact of not getting in the right mindset, and so when things get hard they throw in the towel. However, if you are in the right mindset, every time you feel terrible, you can stand up to it and declare the suffering will be gone in 2 more days ... 1 more day, when I wake up ... then before you know it you have crossed the detox line and feel amazing.



## **Step Two of being prepared – adjust your calendar**

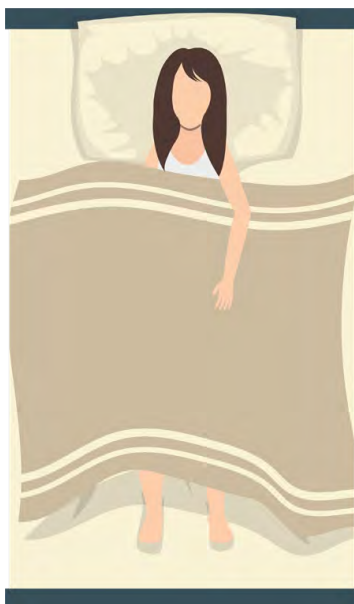
This is a point I can't stress enough. In our culture, we are always wanting more, over-committing and demanding too much from our bodies by thinking we can do everything all at once. Don't make this mistake when starting out on a keto plan. My advice is clear your calendar for the first 7 days. If you don't, you will become stressed and stress builds emotions and we know what happens under stress and emotion; we look for comfort, which is most of the time, food. You might think, well I have to work late, I have all my kids sporting events on, I have friends coming over, I can't push all that aside for dieting. Well truth be told, if you can't push everything aside for 7 days to focus on your health, then you need to forget dieting and do either a values, priorities or personal development course and build some values first.



## Step Three of being prepared – make room for sleep

As simple as it sounds, I truly believe wars could have been prevented if people just slept. I can't even put a figure on the number of clients that have come to me for help, paid a lot of money for private consultations, and I have discovered all they need is sleep. To their amazement after a couple of big nights' sleep and a few weeks of sleep hygiene adjustments, their stress disappears, cravings subside, emotions drop – their joy came back, and life seemed so much easier.

Aim to have a good night's sleep; at least 8 hours, and if you can nap over the weekend during the first 7 days, do it. Just like sex, sleep starts before you hit the bed, so establish some sort of sleep hygiene plan to make going to sleep earlier easier and to give you a better quality of sleep.



## #2 Get prepared

Now that you are in the right mindset, you want to ensure the practicals are laid out before the week starts, so that when your week starts you're not running around putting it together while the day is happening, like a master builder from the lego movie. You want to walk into situations in control, at least for the first 7 days while your energy and emotions are low. Remember when emotion rises, intelligence falls.

Here are some practical tips to help you get prepared:

### Meal planning

Before the week starts you want to know what meals you will be eating.

We have included some great keto meals in this article. Never leave meal planning to the night before or day of needing them, and never try and wing it/ eat on the fly while starting keto. Always have a meal plan in place (times and meals).

### **Shopping list**

Create a shopping list and buy all you need before the starting day. Nothing is harder than walking up and down the supermarket aisle feeling like you want to eat everything you see. I always use the rule of laziness when starting the diet – if you have nothing in sight or in your house, then you have laziness off your side, as you have to get out of your house, drive to the shops and walk all the way in to give in to your craving.

### **Eating times**

Lock your eating times into your diary. You never want to leave eating until you're hungry. Set a reminder on your phone if needed, but always eat before you are hungry. That way you won't feel like eating too much, you will get full quicker, and you will avoid energy lows which makes everything look good.

### **Cooked meals**

If you are time poor, like most of us, then cooking meals the night before or in the morning helps. This little tip means you come home to a prepared meal, so you can leave cooking tomorrow's meal to later in the night once you have eaten and relaxed. I know in my house when my wife or myself are dieting, the hardest time of the day is dinner time – kids have turned into animals, you're low in energy and emotionally unstable, which is a mixture for disaster as you are hungry and foggy.

Here is a free Meal Planner & Shopping List to help you implement what we have just discussed.

**Want to make getting prepared easier?**

Then print the following **FREE Keto Meal Planning Template**. Contains all you need to plan out your week, meal times, snack times, drinking times and shopping list.



# CHAPTER 3.

## IS THE KETO DIET SAFE?

by Grant Schofield

There is a lot of chatter in media and wellness circles about the safety of restricting carbs on a long-term basis. I must admit, I always laugh to myself a little when I hear people say it's not good for you, but the truth is in the detail!



With a focus on swapping highly processed, nutrient-poor foods with nutrient-dense whole foods containing good-quality fats, you can create a positive relationship with food that promotes good health and may even reduce or eliminate some existing health issues. While there is an element of restriction, there is certainly not deprivation.

One of the main concerns we hear about keto dieting is the amount of fat consumed. Fat is bad for us, right? Not necessarily. Eating fat doesn't directly drive the biology to make you fat – carbs do that. However, that does not mean you have a licence to consume as many calories as you like (otherwise you will still put on weight), and obesity is the greatest health risk due to the inflammation associated with it. Instead, balancing the right amount of fat and protein in each meal will leave you naturally consuming fewer carbohydrates and more fat than you were used to. Maintaining your weight and energy levels will become effortless as your blood sugars and hormones that control energy production and weight (such as insulin) are kept in check, and your body will work as it is designed to – as a fat-burning machine!

There is also no need to worry about blood cholesterol or the adverse effects of consuming more saturated fat. A number of meta-analyses in recent years have found no significant association, in terms of study participants' relative risk of heart disease or total mortality, between those participants who eat the most and the least saturated fat. Instead, eating lots of fat, as you would in a low-carb diet, has conversely been shown to improve blood health markers including cholesterol profiles.

# Keto diet side effects

Once your body is used to a keto diet, you shouldn't have any problems. In fact, you should be feeling better than before, with more energy, faster recovery from exercise and greater mental clarity. However, some people will experience a range of side effects in the first weeks of transitioning to a low-carb diet. These include:

- Dizziness
- Lightheadedness
- Brain fog
- Lack of energy
- Craving for sweet stuff because of sugar/carb addiction withdrawal
- Body aches

Don't worry, this is normal and will pass. Your brain has been used to getting 100 per cent of its fuel from glucose and is now undergoing a sort of biochemical re-orchestration. It is entering a state of ketosis, which refers to the production of ketone bodies for use as fuel in the absence of glucose, which are derived from fats (and some amino acids).

These symptoms are temporary and some people don't experience them at all. The severity of your symptoms and the likelihood of getting them at all depends on several factors: how much carbohydrate you currently eat in relation to how much you will be eating (the bigger the drop in carbs, the more likely the symptoms), and how sugar- or carb-addicted you are (the more addicted you are, the more likely you are to experience the symptoms).

To overcome these side effects, my suggestion is to plan in advance. For example, beginning your keto journey on a Thursday or Friday is a good idea if you work during the week. That way, you will experience the height of your symptoms over the weekend when you can rest and hopefully most of the symptoms will be gone by the start of the next week. The golden rule is to not succumb to those cravings, no matter what!

There are a few other tricks you can employ to help get you through the transition phase:

- **Eat enough salt.** As the body adjusts, sodium tends to be dumped by the body to preserve the sodium-potassium balance in the body. You may also be eating way less processed food and thus less salt as well.

This can result in hypotension (low blood pressure) and cramps, dizziness and lack of energy. With extreme carb restriction this is often called 'keto-flu'. To help prevent or alleviate these symptoms, add half a teaspoon of salt to your existing food intake or consume 1-2 cups of broth each day (stock cubes mixed in water).

- **If in doubt, eat more fat.** Don't regard the adaptation phase as a weight loss phase. You may end up losing weight, but the key is to make the metabolic switch.
- **MCTs may help.** Medium chain triglycerides, like Lauric acid (found in coconut oil), may help in alleviating symptoms. MCTs can be used by the brain directly as a fuel source, so extra MCTs may help provide a second temporary fuel source to the brain as you adapt.
- **Watch your carbs.** Eating too many carbs will mean that you don't quite deplete the brain of glucose enough for it to have to reset its fuel supply, which means you can end up in a grey zone where you rarely have enough glucose to run the system, but you haven't depleted it enough to stimulate ketone production and use. Most people, depending on activity level, will initially need to go below about 50 g carbs a day to kickstart ketosis.

## Benefits of Keto diet

When you can control your blood sugar and the hormones that control your energy levels and weight (especially insulin), your body is better equipped to work as it was designed to – to burn fat as fuel and sustain your energy all day. Carbohydrate is responsible for spiking insulin and blood glucose levels that leave you feeling lethargic, unwell and constantly hungry. Once you find your carb-tolerance level, your body will be able to send and receive the messages it needs to stay in shape, to tell you when you are full, and to energise you. The benefits are sustained weight management, greater mental clarity, more energy during the day and even improvements to inflammatory conditions and chronic pain. For the athlete, ketogenic diets are growing in promise for faster recovery and better performance. I discuss this more in my book *What The Fat? Sports Performance: Leaner, Fitter, Faster on Low-Carb Healthy Fat*.

Low-carb, ketogenic dieting has also been shown to have many therapeutic benefits, including case-study evidence of improvements in conditions such as drug-resistant epilepsy, Alzheimer's disease, some cancers, depression, migraines, acne, polycystic ovary syndrome (PCOS) and multiple sclerosis (MS). Ketogenic diets could be really helpful for a whole lot of things – we don't know the full answer yet. If you have a specific health challenge, I certainly advocate doing your own reading and speaking to your health professional about the keto diet as an adjunct to your current treatment regime.



# CHAPTER 4.

## NUTRITIONAL KETOSIS

by Grant Schofield

Nutritional ketosis refers to the state where your brain and most of your body runs on ketones for energy. There are two other types of ketosis you may have heard about; however, they are very different from nutritional ketosis and can be quite dangerous. In this chapter, we will explore nutritional ketosis.



## What is nutritional ketosis?

Nutritional ketosis refers to the state where your brain and most of your body runs on ketones for energy, as opposed to glucose. This is sustainable and achievable long-term and provides your body with all of the energy and nutritional requirements for optimal health and wellbeing. There are two other types of ketosis you may have heard about – fasting (or starvation) ketosis and pathological ketosis. These are very different from the type of ketosis we are aiming for and can be quite dangerous.

Fasting ketosis is a short-term, evolutionarily adapted response to cope with shortages of food – but is not sustainable. While I wholeheartedly advocate intermittent fasting as a fantastic complement to a well-managed ketogenic diet, extreme fasting can be dangerous. When you refrain from eating for a long period of time (such as several days), your glycogen stores become depleted and your body will look for alternative sources of fuel – namely fat or protein from muscle. Unfortunately, when fasting ketosis becomes severe enough, it can result in lean muscle mass loss.

Starvation or long-term fasting ketosis can also be very dangerous for people with low blood sugar (hypoglycemia) or for those who are taking blood pressure medication. People with a history of disordered eating should also be very wary of long periods of fasting, as attempting to push your body into ketosis through long-term fasting can trigger harmful relapses.

To clarify, skipping a meal here and there, or intermittent fasting such as a 5:2 diet, can be a healthy way to cycle in and out of nutritional ketosis and does not create fasting ketosis.

Pathological ketosis is an entirely different state again and is induced by illness, not design. Diabetic ketoacidosis is one example, where the blood's natural acid-base balance is disrupted to dangerous levels through extremely high blood ketone levels. In a diabetic person whose body is not able to make insulin to shut down ketone production, this can be fatal. Nutritional ketosis differs immensely from other forms of ketosis in that it is safe and sustainable.

In just a few days, your body will have cleaned out glucose stores and learnt to use fat as its primary energy source. Over time, you will experience the full range of benefits ketosis provides while maintaining adequate nutrition to keep your body healthy – without dangerous blood sugar lows or battles with will-power!

## How to get into nutritional ketosis?

Getting into nutritional ketosis requires you to restrict carb intake to less than 50 g per day, forcing your body to use glucose stores and begin producing ketone bodies. Reducing your carb intake can be as simple as swapping your burger bun for crisp lettuce or trying zoodles instead of pasta. Embarking on a keto diet is a wonderful opportunity to explore new tastes and textures with your food: would you have ever tried delicious cauliflower rice otherwise? There is one proviso to reducing your carb intake – in order to achieve healthy nutritional ketosis, you need to INCREASE your fat intake. You need to ditch the fat-phobia and embrace good fats such as coconut oil, olive oil, avocado, full-fat dairy and animal fats.

Be patient, it may take 3-4 weeks for your body to fully adapt to this mild ketogenic state, but after this time you will be operating on what I like to call 'metabolic flexibility' and will reap the benefits of nutritional ketosis. In a nutshell, this refers to the ability to switch in and out of nutritional ketosis depending on whether carbohydrate is available or not. A metabolically flexible individual can be a carb burner OR a fat burner. Maintaining your health goals at this point will be much easier.

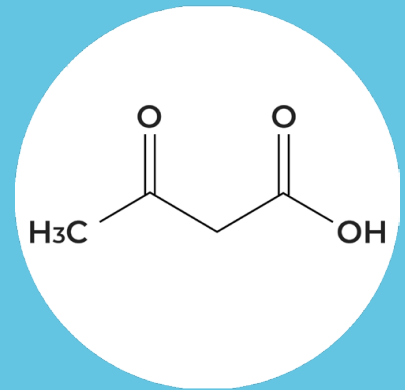
If you are new to nutritional ketosis, quantifying your efforts with keto sticks or blood ketone test strips to check your ketone levels may be useful in checking where you are at. No matter what though, stick with it and don't succumb to those cravings. Get your family on board, surround yourself with support and don't be afraid to request exactly what you want when you are out and about. In time, those sweets won't look so tempting!

# CHAPTER 5.

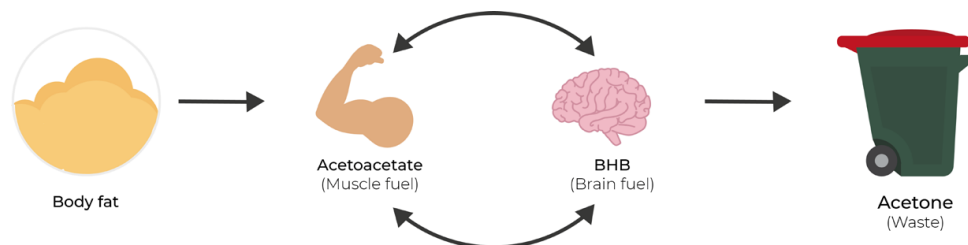
## KETONE BODIES – WHAT ARE THEY?

by Grant Schofield

Ketones, or ketone bodies, are a product of fat metabolism in the liver. A ketone body is formed when fat is broken down and turned into a fuel source, primarily for the brain. This happens as a result of carb restriction and associated glucose depletion which forces the body to switch fuel sources or become what I describe as ‘fat adapted’. There are three types of ketone bodies: acetoacetate, beta-hydroxybutyrate (BHB) and acetone.



In times of glucose depletion due to carb restriction or fasting, the body is, in fact, capable of turning fat back into fatty acids for energy. However, fatty acids are unable to pass through the blood-brain barrier, so the body has adapted a clever way to fuelling the brain – turning amino acids into ketone bodies. Acetoacetate is created first but is converted to beta-hydroxybutyrate depending on where metabolism is needed. The brain runs primarily on beta-hydroxybutyrate (BHB), but muscles convert BHB back to acetoacetate for metabolism. There is a third type of ketone body – acetone. This one is a toxic by-product of the spontaneous breakdown of other ketone bodies but is safely diffused by the lungs and exhaled in a healthy person.



Although, evolutionarily speaking, ketone bodies have been our default fuel system for millennia, for some modern souls this can take a little biochemical re-orchestration. My best advice is to be patient and over time your body will only become more adept at using ketone bodies for fuel. You will be able to seamlessly cycle in and out of nutritional ketosis to maintain optimal functioning and feel much better for it.

# CHAPTER 6.

## KETO DIET MEAL PLAN

Choosing the right keto diet plan is important. I would say that all keto plans I have come across work; however, the key is not if they work but if they work for you. Finding a plan that works for you can be the difference between liking keto or hating it, continuing or giving up, the plan being easy or hard, enjoyable or an endurance test.



Here is a breakdown of the types of keto diets you can have access to and also a guide to help you find out your dieting style.

### Finding your Keto dieting style

Here is a rundown of different preferences people have when it comes to finding their keto dieting style. This is not an exhaustive list; however, I hope this will bring insight and allow you to see that the issue of not being able to stick out a diet might not be you at all but that you have selected the wrong diet for your needs.

#### **Food preferences**

- Love heaps of meat or dislike red meat
- Love veggies or can't stand them
- Love dairy or can't tolerate dairy
- Prefer clean food or love eating dirty

#### **Food restrictions**

- Gluten intolerant
- Insulin resistant
- Dairy intolerant
- Nut allergy
- Vegan/Vegetarian

## **Eating/lifestyle preferences**

Prefer eating small meals or love big meals

Love cooking or hate cooking

Like to be told what to eat and when

Prefer to have the flexibility to choose what and when to eat

Time poor so prefer shakes

Open to fasting or hate it

Health-focused or prefer to be convenience-focused

Need "family-friendly" foods & meals or prefer meals that cater for single use

Has to be cost-effective

Needs the ability to dine out

Take some time to reflect and choose what is important to you.

Possibly even choose 2 from each section and use them to help you choose the right keto meal plan as we look through them over the next several chapters.

# CHAPTER 7.

## DIRTY KETO

Dirty keto is a term that is thrown around and used to reference a trending style of keto eating that revolves eating heavy fats, dairy, a lot of meat and very little vegetables. The diet works, in the sense that you will get into ketosis, that you will lose weight and that it fits into quite a few dieting and lifestyle preferences, which is why it has become so popular in America and now trending in Australia. However, it raises some eyebrows as it does contradict traditional healthy eating recommendations.



This style of keto mostly focuses on keeping fats up.

The diet would be **good** for:

- Those that love meat and dairy
- Dislike veggies
- Time poor
- Love big meals
- Prefer easy and let's face it, dirty meals

The diet **won't be the best** for:

- Those that love veggies (although you can alter this diet by adding veggies)
- Intolerant to dairy
- Obviously vegans or vegetarians
- Insulin resistant or females over 40 as dairy is a red flag



# CHAPTER 8.

## LAZY KETO

Lazy keto is very similar to dirty keto; however, it takes things a bit further. It's lazy. Vegetables are non-existent and traditional meals (mix of selected ingredients) are hardly eaten as they are more often than not single items. On a lazy keto diet, you will find people eating a block of cheese for food, whipped cream, bacon or whatever is around at the time of need that is high fat and low carb.



This dieting style to some might not seem healthy; however, for some, it's perfect for their lifestyle and dieting preferences and has been a success at helping them lose weight. Lazy keto mostly focuses on keeping fats up.

The diet would be **good** for;

- Those that love meat and dairy
- Dislike veggies
- Time poor
- Hate planning and would prefer to eat at will

The diet **won't be the best** for;

- Those that love veggies
- Intolerant to Dairy
- Obviously vegans or vegetarians
- Insulin resistant or females over 40 as dairy is a red flag
- Health conscious



# CHAPTER 9.

## CLEAN KETO

Clean keto is a term that is arising to fight against the movement of dirty and lazy keto; however, truth be told, it's not that far off standard keto dieting, except the fact that it's heavily focused on eating vegetables and not over-reliant on eating dairy or processed meats.



The diet is very similar to a traditional low-carb diet, which focuses on eating an array of fresh veggies, meat, fish and other animal products; however, on top of this, it's focused on consuming a high amount of healthy fats. This style of keto focuses on keeping healthy fats up, carbs low and protein controlled.

The diet would be **good** for:

- Those that love veggies
- Prefer to eat clean
- Health focused
- Have allergies and intolerances

The diet **won't be the best** for:

- Those who don't like to prep food or to shop
- Don't like veggies
- Prefer to eat lazy and dirty

Here are some examples of clean keto meals.



Hemp Tabouli



Vegan Grill



Breakfast staker



Walnut salad



# CHAPTER 10.

## STANDARD KETO AND OTHER VARIATIONS

Standard keto dieting focuses on the core aspects of keto dieting, ensuring you consume under 20g-50g of net carbs and at least 60-70% of your diet comes from fat. There is no obsession with eating dirty or trying to get as many veggies in as possible as we have seen in the previous keto diets. This style of keto mostly focuses on keeping fats up and carbs low.



The standard keto diet has taken many forms as I have mentioned earlier: lazy keto, dirty keto, clean keto; however, there are even more hybrid variations emerging that focus on the core keto principles of macro management but are merging in other dieting principles such as a paleo keto, meal replacements keto, vegan meal replacement keto, intolerant sensitive keto, 5:2 diet keto, vegan keto and vegetarian keto. You can look further into these by reading some of our other articles or Googling those terms; however, I wanted to finish off by covering an ever so emerging vegan and vegetarian keto diet which deserve special attention.

Here are some examples of standard keto meals.



Breakfast.



Lunch.



Snack.



Dinner.

# CHAPTER 11.

## VEGAN AND VEGETARIAN KETO

Once thought impossible, it has only recently been a focus of possibility and started trending late 2018 and for a good reason. We have covered in this article that keto dieting is by far a superior way to lose weight and specifically great for targeting belly fat due to its ability to restore insulin sensitivity, so why not also make it accessible to vegetarians and vegans?



Often vegans and vegetarians are left out of the weight loss circle either through meal replacement shakes predominantly being dairy or diet plans not catering for them, and up until now keto dieting being limited to animal products.

But as we have come to see, vegan keto and vegetarian keto is possible through selecting high protein & low carb veggies; choosing non-animal based products that are high in fat such as seeds, nuts, avocado, oils; and supplementing the diet with keto shakes and MCT oil where needed.

The diet would be **good** for those that:

- Love veggies
- Prefer to eat clean
- Are health focused
- Have allergies and intolerances
- Are vegans and vegetarians
- Are over eating too much meat. It's a great way to change things up. I have 40% of my meals vegan or vegetarian and sometimes go vegan or vegetarian for a few days just to cleanse.

The diet **won't be the best** for those that:

- Don't like veggies
- Prefer to eat lazy and dirty
- Love eating meat every day

Here are some examples of vegan and vegetarian keto meals.



Tumeric scramble



Pumpkin salad



Mexican breakfast



Tofu Thai salad

## CHAPTER 12. KETO DIET FOR WEIGHT LOSS

Keto dieting promotes natural weight loss. It is one of the greatest tools to allow your body to heal itself and revert back to a healthy state, but there are some great weight loss principles you can add to the keto diet to advance your weight loss ability.



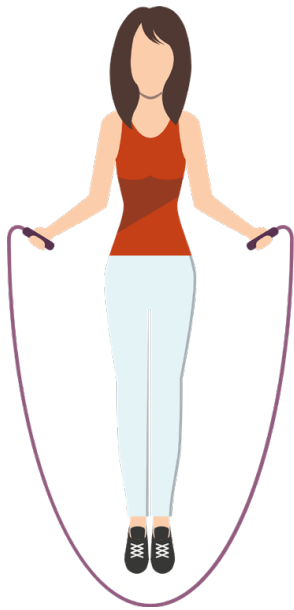
Here are just a few of the tools we use in our diets to maximise your weight loss ability, that you can start to implement today.

### **Calories**

Calories have always been the key to weight loss; however, with keto dieting, they are not the main focus due to your body becoming a fat burning machine. Nevertheless, they still can play an important role in helping you speed up your weight loss results.

There are two ways to manage your calories: either burn more calories than you consume or consume less than you burn. Burning more calories than you

consume focuses more on exercising, and consuming fewer calories than you burn often requires restricting the number of calories you eat.



**OR**



Each macro type (protein, fat, carbs) contains different quantities of calories. As we mentioned earlier, food = energy and macros = food, so the word we use to measure how much energy comes from each macro is called calories.

And as each macro provides different types of energy, they also provide different amounts of energy.

For each gram of carbohydrates, you will get 4 calories. Likewise for each gram of protein, you will get 4 calories; however, for each gram of fat, you will get 9 calories.

GRAMS	=	CALORIES
1 g CARBS	=	4
1 g PROTEIN	=	4
1g FAT	=	9

Why is this important? Well in order to enhance your weight loss, it's key to manage the number of calories you are consuming. If you consume more calories than you burn or burn less than you consume, you will hinder your weight loss ability.

So your objective is not only to eat the right type of macros but the right amount of calories also.

You can find multiple calorie calculators online that will work out your recommended calories based on your age, height, gender, activity levels and how much weight you want to lose; however, we have created a graph of recommended calories for males and females, with little activity at work, that want to lose .5kg per week.

FEMALE			MALE		
	18-30 years	30-60 years		18-30 years	30-60 years
KG	Daily Calories	Daily Calories	KG	Daily Calories	Daily Calories
45	1147	1219	60	1745	1697
50	1243	1267	65	1864	1793
55	1338	1338	70	1960	1864
60	1458	1386	75	2079	1960
65	1554	1434	80	2175	2032
70	1649	1506	85	2294	2102
75	1769	1554	90	2390	2199
80	1864	1625	95	2486	2271
85	1960	1673	100+	2605	2342
90	2079	1720			

· Sourced from <http://www.8700.com.au/kj-explained/your-ideal-figure/> a NSW government site.

So let me walk you through how this plays out.

With Jane below (our virtual client), she wants to lose 15kg. She doesn't want to exercise yet but wants to walk. She weighs 60kg, is 40 years old and is starting the keto diet.

The recommended calories for Jane are 1386 and she would need to consume 70% of those calories from fat, 25% from protein and 5% from carbs.

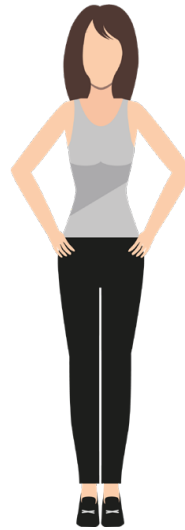
So based on the recommended calories and macro percentages, Jane's daily eating goals are as follows:

Fat – calories 970/ grams 107

Protein – calories 346/ grams 86

Carbs – calories 69/ grams 17

CALORIES	MACROS	TARGET
1386	70% FAT	105 g fat
	25% PROTEIN	86 g protein
	5% CARBS	17 g carbs



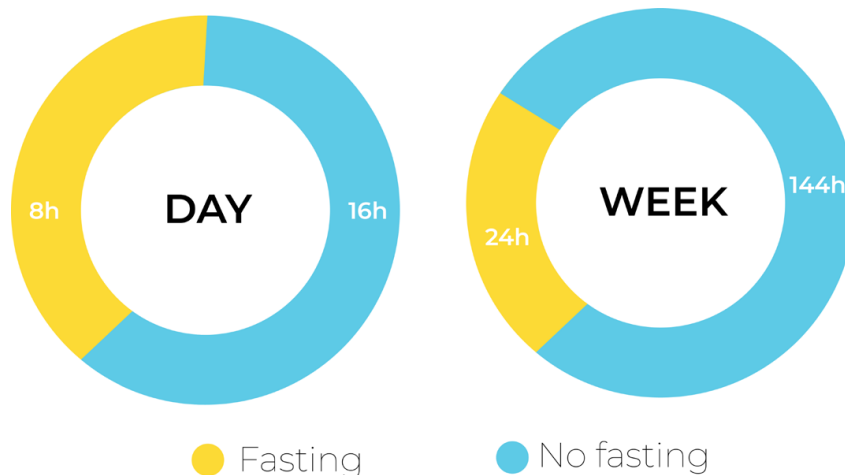
## Intermittent Fasting

With not only weight loss benefits but amazing health benefits such as reverse ageing, metabolism control, cellular re-creation, hormonal balancing, and with new health benefits being discovered all the time, intermittent fasting is the greatest tool you can add to a keto diet.

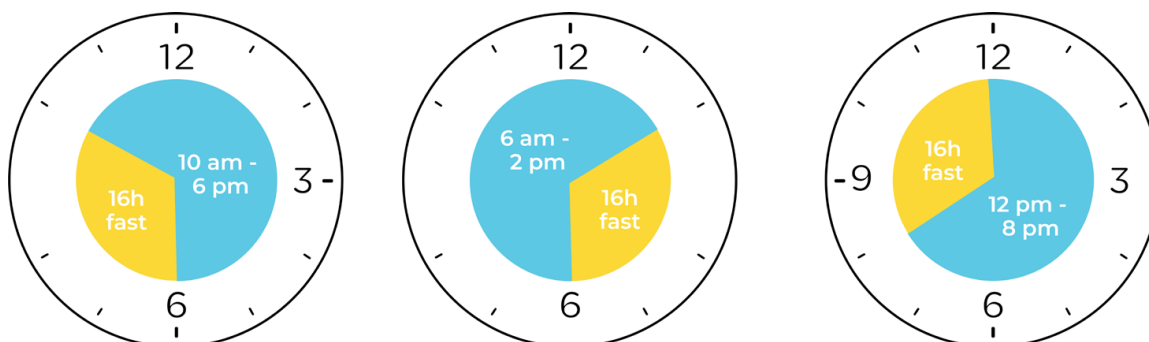
The term intermittent fasting basically means fasting in intervals or broken phases. For example, you would fast for a period of time and then hop off the fast for a period of time and repeat.

There are many ways to practise intermittent fasting, such as repeated daily fasting, which is fasting at a set time of the day, and repeated daily.

Then there is repeated weekly fasting, where for a set day of the week you would fast for that whole 24-hour period, then the next day resume your standard eating for the rest of the week until it came back to that day of the week.



The most effective method of intermittent fasting for weight loss on a keto diet is repeated daily fasting, and with that said, the 16/8 hour style is the most practised, where you eat for an 8-hour window and not eat for a 16-hour window.



## Stress Management

Stress plays a major role when it comes to weight loss, and I am not talking about weight loss through stress being a positive thing. Stress, if not managed, will close the door for weight loss completely.

Stress is exposing yourself to high amounts of pressure. This could be over-exercising, not eating enough, lack of nutrients, relationship breakdowns, increased workload, lack of sleep, mindset of fear, financial hardship, overexposure to negativity, no vision, absence of joy, too much uncertainty and the list goes on.

All of these can be managed individually, but when a few of them happen to us at once it becomes overbearing to our body, and as a result our body will go into self-preservation mode and to its best ability stop weight loss.

Let's face it – when we start a diet we do it all at once. I am a victim of this; as soon as I start some sort of new goal, I put all in. I wake up super early to do some light exercise, cut out foods, start training during the day and implement new eating styles, but I don't adjust the rest of my life, so by day 3-4 all the stress builds up until either an injury pops up or I get run down.

So while aiming to lose weight on a keto diet, look to minimise or eliminate these stress avenues for at least the first 7 days.

## Meal Timing & frequency

Eating at specific times and frequencies can help accelerate your weight loss ability through speeding up your metabolism, providing you with consistent energy, controlling the level of carbohydrates your body is exposed to at any point of time and aiding your digestive system.

It's recommended that you eat small meals every 2-3 hours. You can also adjust your training time to be before you eat, so you train on an empty energy source forcing your body to break down your body fat to produce ketones. This will do two things: 1) burn up the excess glucose you have in your system, maximising ketosis, and 2) maximise the fat you burn, as if your body has no glucose to burn, it will burn ketones and in essence, fat.

You can also fit this style of dieting in with intermittent fasting.

## Meal Size

Eating smaller meals means that you are consuming fewer calories at one time. It also means that you are consuming fewer macros at one time, which means you are controlling the amount of carbs/sugar/glucose you are exposing your body to at one time, ensuring you maintain a high level of ketone production.

It also speeds up your metabolism, as it means you need to eat more frequently and your body will digest your meals faster and have a larger gap between digestion periods. If none of that means anything to you, just know that eating smaller meals more frequently means you are less likely to fall to cravings due to cravings and starvation.

The way you work out your meals is to divide how many calories and macros you are allowed to consume during the day and divide them by 5-6 meals. Alternatively, you can find a weight-loss program that calculates all this for you through their meal plans.

## Water

Water has been the source of survival for all of history. It's the one essential we can't go without. When it comes to weight loss, the essentialness of water doesn't change – in fact, it increases.



Hydration is a key stress factor. If you are dehydrated, your body will slam on the breaks for weight loss immediately, because your body knows hydration is a “major” concern when it comes to survival and that dehydration will ultimately lead to death. As dramatic as that sounds, your body doesn’t have a dramatic filter, and only cares about one thing: your survival. So at the first sign of dehydration, your body will trigger this internal survival instinct.

It is recommended to have 3.5-4.5 litres of water a day on a ketosis diet; even more when exercising or exposed to high levels of heat. If you are consuming the higher end of the recommended water intake, it’s also recommended to ensure you increase the salt in your diet to almost double.



# CHAPTER 13.

## THE NUTRITION FACTOR

by Grant Schofield

A well-constructed keto diet contains all the nutrients you need for optimal functioning of the whole body. Foods that are minimally processed and are considered to be 'whole' foods are typically good quality and bring a host of nutrients to the table, including vitamins, minerals, protein and fat that are essential to our health.



These include fruits, vegetables, milk and other full-fat dairy products, legumes, nuts and seeds. Keto dieting eliminates an excess of carbs but in no way eliminates any essential nutrients.

When discussing nutrition and what 'healthy' food means, I like to think of it in terms of the 'HI' (Human Interference) factor. That way, you don't need to get hung up on the specifics of each macro but can view food in a more relaxed, simplistic way. When putting together a meal or snack, all you need to do is ask: "Was this plant/animal recently alive in nature running around or growing somewhere?" If the answer is yes – eat it. If you answer no, leave it! When you are shopping you will find most of the fresh, low HI foods to be on the outer edges of the supermarket. Avoid stepping into the aisles of brightly-coloured packaging and clever marketing – despite the claims, they will not help you on your journey to good health. You just need to step outside the square and reset.

I can reassure you, carbohydrate in its processed form is not an essential nutrient. We can get ample carbs for our needs in foods such as fruit, vegetables and dairy products to sustain our bodies. The bonus is that these low HI foods also contain a host of other important nutrients such as fibre, vitamins and minerals, protein and fat. Starchy carbohydrates and grain-based foods provide very few micronutrients (vitamins and minerals), and minimal protein and fat. This means they are quickly converted to sugar by the body and then stored as fat, not used efficiently for energy. Consuming a high-carb diet is likely to lead to inflammation and poor health in the long run.



By including a good amount and a wide variety of vegetables, along with a variety of other foods such as dairy, meats (especially organ meats), fruit, nuts and seeds, you don't need to be concerned at all about nutrient deficiencies on a keto diet. In fact, by swapping carb-heavy foodstuffs such as bread and pasta with even more vegetables, you are further loading up on the good stuff!

# CHAPTER 14.

## KETO DIET MEAL PLAN

As mentioned earlier in this blog under the chapter title “Starting Keto”, it’s important to establish a meal plan before the start date. A meal plan should not only consist of the right types of meals but also include the times you should eat those meals.



There are two ways to go when creating meals for your meal plan: you can either do the hard work of macro and calorie calculation for each meal, which for some is fun and others torture, or you can choose pre-created meals where all the hard work is done for you. In the next chapter “Keto Meals”, we have done this for you; however, in this chapter we will also teach you how to calculate a keto meal for your meal plan.

### Step 1. Meal Idea

What I do when creating a meal plan is to write down all the meals I would like to eat on what days. Don’t worry if you are unsure if they are keto or not; over time you will become better at this. The main objective is to write down the meals you feel you would like to eat. Once you get to Stage 3, you will realise that they might not be keto and you can adjust them as you need.

A tip from me is, while starting out, try to only create one meal a day. It prevents it from becoming overwhelming, so either eat the same meal for lunch and dinner or supplement some meals with keto shakes.

### Step 2. Knowing your macros

Calculating your macros can be done two ways: simply using a macro calculator online, or working out your macros manually through your daily calories as follows:

1. Divide your daily calories by your macro %. You need 70% fat, 25% protein and 5% carbs. The sum is: calories x .7 or calories x .25 or calories x .05. For example, if you are to have 1386 calories and 70% of those calories from fat, 25% from protein and 5% from carbs that would be  $1386 \times .7 = 970$  calories from fat,  $1386 \times .25 = 346$  calories from protein, and  $1386 \times .05 = 69$  calories from carbohydrates.
2. Divide your macro calories by grams. Now you know how many calories you should have for each macro, how do you work out how many grams you should be having? Well that's the easier part of this process; all you need to do is divide those calories by how many calories are in each gram. Remember we mentioned that fat has 9 calories per gram, protein has 4 and carbs has 4.

So for fat it would be  $970 \text{ calories} / 9 = 107\text{g}$  of fat per day

For protein it would be  $346 \text{ calories} / 4 = 86\text{g}$  of protein per day

For carbs it would be  $69 \text{ calories} / 4 = 17\text{g}$  of carbs per day

We can see the easy part is using a macro calculator.

## Step 3. Construction

This is where you would pull out your phone to download a calorie counting app or visit a website. These services allow you to enter what type of foods you would like to eat and they tell you what macros and calories are in those foods.

Here is a list of macro and calorie counting apps I recommend. They all come in app form or have access via a website:

- Carb Manager
- MyFitnessPal
- Calorie King

From here you enter the ingredients you would like from each meal and adjust them until you get the desired macros that you have outlined earlier.



# CHAPTER 15. KETO MEALS

As an alternative to planning out your keto meals, you can use already planned meals and meal plans to make life just that bit easier. Here are some of my favourite meals that I have created to meet the macro and calorie requirements that also taste amazing and are super easy to prepare.



Remember a meal needs to fit your requirements – these meals have the requirements to taste yum, be clean and whole foods focused, easy to make and require minimal ingredients to save money and food wastage.

## Ketogenic Diet Menu

### BREAKFAST STAKER

**PREPARATION** 5 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Baby spinach leaves 1 cup
- Tomato, sliced 1/2 cup
- Streaky Bacon 1 medium
- Onion, sliced 2 Tbsp
- Egg 1 medium
- Himalayan pink salt to taste
- Black Pepper to taste (Optional)
- Chili Flakes to taste
- Olive & Lemon Dressing (See dressing section)

**COOKING METHOD**

- Put spinach on a plate and top with sliced tomato.
- Fry streaky bacon, once lightly browned, add diced onion, then top of tomato.
- Cook egg and place it on top.
- Drizzle dressing over dish, season with salt & pepper and chili flakes.

T/FAT	310
S/FAT	63
PROTEIN	16.2
T/CARB	9.5
N/CARB	5.4
CALORIES	371

### WALNUT SALAD

**PREPARATION** 5 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Pumpkin, diced 2 Tbsp
- Asparagus, chopped 1/2 cup
- Walnuts 1/4 cup
- Baby spinach leaves 3/4 cup
- Roasted 1/4 cup
- Lemon 1 tsp
- Hemp seeds, hulled 1/4 cup
- Olive oil 1 tsp
- Himalayan pink salt to taste
- Black Pepper to taste (optional)

**COOKING METHOD**

- Heat up oil in a pan, add walnuts and pumpkin, grill until pumpkin is almost cooked then add asparagus. Cook until drained.
- Put spinach and rocket into a bowl, then add cooked ingredients on top.
- Drizzle with lemon & sprinkle with hemp seeds.
- Add salt and pepper if desired.

T/FAT	33.05
S/FAT	2.60
PROTEIN	13.36
T/CARB	11.27
N/CARB	4.3
CALORIES	361.2

### TOFU THAI SALAD

**PREPARATION** 5 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Hard tofu, cubed 1/2 cup
- Chili flakes 1/2 tsp (optional)
- Garlic, minced 1 tsp
- Cabbage, sliced 1/2 cup
- Bean sprouts 1/2 cup
- Sesame oil 1 tsp
- Lime 1/2 tsp
- Olive oil 1 tsp
- Himalayan pink salt to taste
- Black pepper to taste (optional)
- Coriander, chopped 1 tsp (optional)

**COOKING METHOD**

- Marinate tofu in olive oil, chili flakes, garlic, salt and pepper (fry tofu immediately or leave to marinate)
- Heat up pan, once hot, add oil and fry until cooked.
- While tofu is cooking finely slice cabbage, then mix in a bowl with coriander and bean sprouts.
- Place tofu on top of cabbage or mix it well.
- Mix sesame oil, lime, salt, pepper and coriander together and drizzle over dish.

T/FAT	38.50
S/FAT	3.80
PROTEIN	15.3
T/CARB	10.2
N/CARB	5.2
CALORIES	326

### SAVORY CAKES

**PREPARATION** 10 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Cauliflower 1/3 cup
- Nutritional yeast 2 Tbsp
- Hemp flour 1 Tbsp
- Zucchini, noodled 1/2 cup
- Water 2 tsp
- Baby spinach leaves 1 cup
- Vegan mayo 2 Tbsp
- Olive oil 2 tsp
- Himalayan pink salt to taste
- Black pepper to taste (optional)

**COOKING METHOD**

- Blend cauliflower until it resembles small rice crumbs or buy already prepared cauliflower rice
- Mix cauliflower, oak yeast, hemp flour, zucchini noodles, 1 tsp of olive oil, 2 tsp water, salt and pepper in a bowl.
- Shape into 2 cakes firmly.
- Heat non stick pan with 1 tsp of olive oil, once hot, cook cakes for 3 mins each side or until crispy (turn once to avoid burning).

T/FAT	330
S/FAT	2.00
PROTEIN	15.8
T/CARB	15.7
N/CARB	5
CALORIES	364.7

### VEGAN GRILL

**PREPARATION** 5 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Almonds 1/4 cup
- Zucchini, sliced 1/2 cup
- Asparagus, diced 1/2 cup
- Mushrooms, sliced 1/2 cup
- Olive oil 1 Tbsp
- Himalayan pink salt to taste
- Black pepper to taste (optional)

**COOKING METHOD**

- Heat up a grill or heavy pan, mix asparagus, zucchini, mushrooms and almonds together with 1 Tbsp of olive oil & salt them grill.
- Continue grilling until ingredients are charred, season with salt and pepper, served mixed together and enjoy.

\*It's important to not over crowd the pan and to have it on high.

T/FAT	52.40
S/FAT	3.35
PROTEIN	15.4
T/CARB	11.8
N/CARB	5
CALORIES	357.2

### MEXICAN BREAKFAST

**PREPARATION** 5 min | **COOKING** 10 min | **SERVES** 1

**INGREDIENTS**

- Tomato, diced 2 Tbsp
- Red onion, diced 1 Tbsp
- Coriander, diced 1 Tbsp
- Avocado, diced 1/2 cup
- Tempeh, cubed 1/3 cup
- Drizz 1 tsp
- Hemp seed vegan mayo 2 Tbsp (See dressing section)
- Himalayan pink salt to taste
- Black pepper to taste (optional)

**COOKING METHOD**

- Add tomatoes, red onions, avocado and coriander in a mixing bowl. Add 1/2 cup of olive oil, salt and pepper, mix together and then put aside.
- Cook tempeh, then pat dry until crispy.
- Mix all ingredients together in a bowl and add mayo on top.

T/FAT	2750
S/FAT	3.90
PROTEIN	11
T/CARB	14.8
N/CARB	5.21
CALORIES	352.4

# BREAKFAST STAKER



PREPARATION

2 min



COOKING

6 min



SERVES

1



## INGREDIENTS

- Baby spinach leaves **1 cup**
- Tomato, sliced **1/2 cup**
- Streaky Bacon **1 medium**
- Onion, diced **2 Tbsp**
- Egg **1 medium**
- Himalayan pink salt **to taste**
- Black Pepper **to taste** (Optional)
- Chilli flakes **to taste**
- Olive & Lemon Dressing (See dressing section)

## COOKING METHOD

1. Put spinach on a plate and top with sliced tomato.
2. Fry streaky bacon, once lightly browned, add diced onion. Put on top of tomato.
3. Cook egg and place it on top.
4. Drizzle dressing over dish, season with salt & pepper and chilli flakes.

**T/FAT** 31.0

S/FAT 6.1

**PROTEIN** 18.0

T/CARB 9.0

**N/CARB** 5.0

**CALORIES** 371

# WALNUT SALAD



PREPARATION

2 min



COOKING

5 min



SERVES

1



## INGREDIENTS

- Pumpkin, diced **2 Tbsp**
- Asparagus, chopped **1/2 cup**
- Walnuts **1/4 cup**
- Baby spinach leaves **3/4 cup**
- Rocket **3/4 cup**
- Lemon **1 tsp**
- Hemp seeds, hulled **1/4 cup**
- Olive oil **1 tsp**
- Himalayan pink salt **to taste**
- Black Pepper **to taste** (optional)

## COOKING METHOD

1. Heat up oil in a pan, add walnuts and pumpkin, grill until pumpkin is almost cooked then add asparagus. Cook until charred.
2. Put spinach and rocket into a bowl, then add cooked ingredients on top.
3. Drizzle with lemon & sprinkle with hemp seeds.
4. Add salt and pepper if desired.

**T/FAT** 33.00

S/FAT 2.60

**PROTEIN** 11.28

T/CARB 11.27

**N/CARB** 4.5

**CALORIES** 360.12



# TOFU THAI SALAD



PREPARATION

3 min



COOKING

5 min



SERVES

1

## INGREDIENTS

- Hard tofu, cubed **1/2 cup**
- Chili flakes **1/2 tsp** (optional)
- Garlic, minced **1 tsp**
- Cabbage, sliced **1/2 cup**
- Bean sprouts **1/2 cup**
- Sesame oil **1 tsp**
- Lime **1/2 tsp**
- Olive oil **1 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)
- Coriander, chopped **1 tsp** (optional)



## COOKING METHOD

1. Marinate tofu in olive oil, chilli flakes, garlic, salt and pepper (can cook immediately or leave to marinate).
2. Heat up pan, once hot, add tofu and fry until cooked.
3. While tofu is cooking finely slice cabbage, then mix in a bowl with coriander and bean sprouts.
4. Place tofu on top of cabbage or mix it well.
5. Mix sesame oil, lime, salt, pepper and coriander together and drizzle over dish.

**T/FAT** 28.00

S/FAT 3.60

**PROTEIN** 13.3

T/CARB 10.2

**N/CARB** 5.2

**CALORIES** 326

# SAVORY CAKES



PREPARATION

7 min



COOKING

5 min



SERVES

1

## INGREDIENTS

- Cauliflower **1/3 cup**
- Nutritional yeast **2 Tbsp**
- Hemp flour **1 Tbsp**
- Zucchini, noodled **1/2 cup**
- Water **2 tsp**
- Baby spinach leaves **1 cup**
- Vegan mayo **2 Tbsp**
- Olive oil **2 tsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)



## COOKING METHOD

1. Blend cauliflower until it resembles small rice crumbs or buy already prepared cauliflower rice.
2. Mix cauliflower rice, yeast, hemp flour, zucchini noodles, 1 tsp of olive oil, 2 tsp water, salt, and pepper in a bowl.
3. Shape into 2 patties firmly.
4. Heat non stick pan with 1 tsp of olive oil, once hot, cook cakes for 3 mins each side or until crispy (Turn once to avoid breaking).

**T/FAT** 31.50

S/FAT 2.00

**PROTEIN** 15.8

T/CARB 15.7

**N/CARB** 5

**CALORIES** 366.7

# VEGAN GRILL



PREPARATION

3 min



COOKING

5 min



SERVES

1

## INGREDIENTS

- Almonds **1/4 cup**
- Zucchini, diced **1/2 cup**
- Asparagus, diced **1/2 cup**
- Mushrooms, sliced **1/2 cup**
- Olive oil **1 Tbsp**
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)



## COOKING METHOD

1. Heat up a grill or heavy pan, mix asparagus, zucchini, mushrooms and almonds together with 1 Tbsp of olive oil & salt then grill.
2. Continue grilling until ingredients are charred, season with salt and pepper, served mixed together and enjoy.

\* It's important to not over crowd the pan and to have it on high.

**T/FAT** 32.40

S/FAT 3.35

**PROTEIN** 11.4

T/CARB 11.8

**N/CARB** 5

**CALORIES** 357.2

# MEXICAN BREAKFAST



PREPARATION

2 min



COOKING

5 min



SERVES

1



## INGREDIENTS

- Tomato, diced **2 Tbsp**
- Red onion, diced **1 Tbsp**
- Coriander, diced **1 Tbsp**
- Avocado, diced **1/2 cup**
- Tempeh, cubed **1/3 cup**
- Lime **1 tsp**
- Home-made vegan mayo **2 Tbsp** (See dressing section)
- Himalayan pink salt **to taste**
- Black pepper **to taste** (optional)

## COOKING METHOD

1. Add tomatoes, red onion, avocado and coriander in a mixing bowl. Add lime juice with salt and pepper, mix together and then put aside.
2. Cube tempeh, then panfry until crispy.
3. Mix all ingredients together in a bowl and add mayo on top.

**T/FAT** 27.50

S/FAT 3.90

**PROTEIN** 11

T/CARB 14.16

**N/CARB** 5.21

**CALORIES** 312.34

# CHAPTER 16.

## KETOGENIC DIET RESULTS

In order to fully understand the transforming power keto has on people's lives, we have formed a case study from randomly selected people who have participated in the keto lifestyle.

The case study participants are both men and women who have been chosen at random from various keto diets, lifestyles, groups, supplement choices, age brackets and duration on the keto lifestyle.



These results are not guarantees; however, they are case studies to help you explore if keto might be the right lifestyle for the symptoms you are experiencing or the lifestyle you want to pursue.

### Karla Hollings



#### BEFORE

- **Age:** 28
- **Weight:** 86kg
- **Waist:** Size 18
- **Energy:** low
- **Mental health:** below average
- **Date:** 18 June 2018

#### AFTER

- **Age:** 29
- **Weight:** 66kg
- **Waist:** size 10
- **Kg lost:** 17.8kg
- **Cm lost:** 4 sizes
- **Energy:** high
- **Mental health:** fantastic
- **Duration:** 12 months

**What changes have you experienced with your HEALTH since you started with keto?**

Health-wise my sleeping patterns have definitely improved. I am no longer out of breath doing normal day things. My acne has cleared up immensely.

**What changes have you experienced with your BODY since you started with keto?**

My body has definitely changed. I have a lot more energy, I am stronger and have noticeable weight loss in all areas. I was never able to drop weight after countless diets and lifestyle changes until I found keto.

**What changes have you experienced with your MIND since you started with keto?**

Since starting keto I do have more clarity and focus. I would have bad mood swings, which have significantly dropped (partner loves this btw). I am finding I don't feel as anxious as I used to. I have a thirst for life that I never had before-hand.

**What changes have you experienced in your LIFESTYLE since you started with keto?**

After being on keto for a few months, I joined the gym and go almost every day – it's amazing. My social life has taken off as I am a lot more confident. I am no longer worried about my self-image or fearful of what people will think of me due to my size.

# Cathy Tilley



## BEFORE

- **Age:** 52
- **Weight:** 90kg
- **Energy:** sluggish
- **Mental health:** prone to anxiety
- **Date:** late Jan 2019

## AFTER

- **Age:** 53
- **Weight:** 78kg
- **Kg lost:** 12kg
- **Energy:** lasting all day
- **Mental health:** no anxiety
- **Duration:** 4 months

## What changes have you experienced with your HEALTH since you started with keto?

Increased stamina – I can work all day long and just get tired at bedtime, not midday. Addiction to food/sweets is gone – I have no need to look for sugars to keep me going during the day, no afternoon slump.

## What changes have you experienced with your BODY since you started with keto?

Hormonal issues resolved, I sleep like a log, no bloating or puffiness. No more big fat tummy and my digestive issues are resolved, as I actually feel hungry again after no hunger for a year.

## What changes have you experienced with your MIND since you started with keto?

No more foggy mind – it's sharp and clear thinking for me now.

## What changes have you experienced in your LIFESTYLE since you started with keto?

I am waking up in the morning much easier – I am quicker to engage with the day rather than it waiting for me to catch up. My self-confidence has returned – I have had to buy new clothes and wearing the clothes I want to wear and thought I could never wear. I thought my body, life and symptoms were a normal part of being middle age and I had settled with it, but now living my best life – I can't believe it. I feel healthy. I look 10 years younger. Skin glowing. Bags gone from under my eyes. No reservation about going out. Proud of myself! Keto has changed my life! My husband can't keep his hands off me!!

# Jenny Hudson



## BEFORE

- **Age:** 53
- **Weight:** 111kg
- **Energy:** average
- **Mental health:** covered up shame, isolation
- **Date:** Feb 2018

## AFTER

- **Age:** 54
- **Weight:** 77.5kg
- **Kg lost:** 33.5kg
- **Energy:** high – running, dancing & jumping
- **Mental health:** full of life & going out
- **Duration:** 16 Months

## What changes have you experienced with your HEALTH since you started with keto?

I was told by my doctor that I have a high level “fatty liver” and that it was at a level where I wouldn’t be able to reverse. I also had a sluggish thyroid and my sugar levels were high/borderline diabetic.

So once I started a year ago on his keto program, I consistently lost 4 kilos a month and never plateaued ever and each month would see my GP for a weigh in and check up. My thyroid is now at a healthy level, my sugar levels are back to normal range, and no longer borderline diabetic. But the best news was that I not only improved my liver, but I have completely reversed it to now a healthy functioning liver; a result that even my doctor didn’t think was possible.

## What changes have you experienced with your BODY since you started with keto?

I belong to a modern active church and I am one of the vocalists. I have experienced that I have a lot more range in my vocals due to being able to breathe better, and I have so much more energy on stage being able to jump and dance and move around more whilst still being able to breathe well while singing so energy levels have increased to much higher levels.

## What changes have you experienced with your MIND since you started with keto?

I am no longer ashamed of how I look or self-conscious of myself and I want to



go out and be around people more. I am not married but now so ready to find hopefully my life partner, as I feel so much more confident of who I am, and I can honestly say without sounding full of myself that I really like who I am and feel good about myself. Friends have noticed I'm a happier person, full of life and always laughing and smiling, and so I think feeling healthy on the inside also is being healthy mentally and it works from the inside out.

**What changes have you experienced in your LIFESTYLE since you started with keto?**

I'm always out and busy now; so much so I have had to buy a diary to book in all that I want to do in life and fitting in friends and family with social life. So overall life is a healthy, joyful life now and I am still on the Lean for Life keto eating as for me it has become my eating lifestyle, not just a program for a little while to lose weight. It has become my everyday eating lifestyle and I know with it I will never look back.

# Charli Ledwidge-Parcel



## BEFORE

- **Age:** 30
- **Weight:** 124kg
- **Waist:** size 24
- **Date:** June 2017

## AFTER

- **Age:** 32 (almost)
- **Weight:** 94kg
- **Waist:** size 14
- **Kg lost:** 30kg
- **Cm lost:** 5 dress sizes
- **Duration:** 24 months

## What changes have you experienced with your HEALTH since you started with keto?

I had endometriosis which is now non-symptomatic. My periods are lighter and shorter with little to no pain! I always had severe bloating, which I never have now. My skin is completely different: it's clear and spot free!

## What changes have you experienced with your BODY since you started with keto?

Much more energy. My body has completely changed shape. I actually have a waist for the first time in my adult life. My face is not puffy at all, and I don't look pregnant anymore!

## What changes have you experienced with your MIND since you started with keto?

My relationship with food has completely changed. Before I was an emotional eater and would eat my feelings which resulted in massive binges of carb loaded, terrible food choices! Now I see food as fuel and only eat when I'm hungry (which is a LOT less often), rather than out of boredom. I feel clearer and less hazy since keto! Since my husband and I changed to a keto lifestyle, we argue hardly ever!! Definitely never imagined that as a side effect, but it's definitely something we have both noticed!!

## What changes have you experienced in your LIFESTYLE since you started with keto?

I go to the gym and do a physio programme most days. I find being proactive is something that comes much more easily now rather than procrastinating, which is something I used to do a lot!!

# Niboddhri Christie



## BEFORE

- **Age:** 43
- **Weight:** 75kg
- **Energy:** low
- **Mental health:** not great
- **Date:** 30 March 2018

## AFTER

- **Age:** 43
- **Weight:** 56kg
- **Kg lost:** 17kg
- **Energy:** high
- **Mental health:** good
- **Duration:** 4 months

## What changes have you experienced with your HEALTH since you started with keto?

I grew up as a national level cross-country skier and accomplished ultra-marathon runner, then lost my health, now to have it return better than it has ever been. I am stronger, lighter and healthier than I have ever been in my life. Before starting keto I had stomach muscle issues due to pregnancy, lower-back and right hip were constantly sore. I also had digestive problems since I was a child which resulted in severe bloating. I was also hyperglycaemic and carb addicted. I would eat a large block of chocolate and then some, on a regular basis. Now all gone ... including the need for chocolate.

## What changes have you experienced with your BODY since you started with keto?

Even as a young athlete, I struggled to transcend the classic pear shape and was always a few kilos heavier than was ideal. Through keto my body shape completely changed. I have become lean in the hips, thighs and butt and my upper-body became very lean. I went from a size 12-14 (post-baby) to a comfortable 6-8. Whilst I don't place value on size for size's sake, as an athlete my new lean, light and fat-adapted body has meant I can sustain a large volume of running training again.

## What changes have you experienced with your MIND since you started with keto?

Since becoming fat-adapted my mental clarity and focus have dramatically improved. I have made many changes in my life because of it including changing jobs, going back to study at university and becoming a more creative per-

son. My focus during training is improved and my ability to get 'in the zone' has dramatically increased.

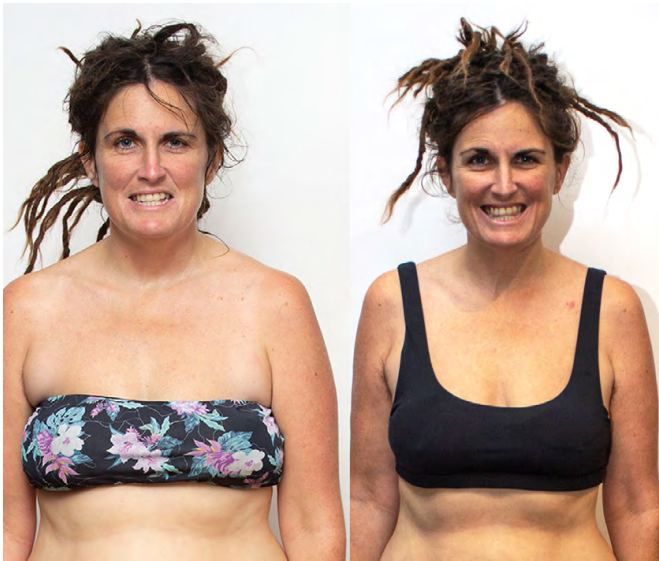
I think the nutritional strategy of ketosis has a lot to offer the mental health space, but I think it's important to acknowledge that problems don't just melt away with the fat – you have to do some work. The work gets easier but you still have to do it.

**What changes have you experienced in your LIFESTYLE since you started with keto?**

This has led to the achievement of a long-coveted personal best of 101kms in a 12-hour race. I also ran 40kms in 4 hours during a training run with relative ease, and I am about to do a 24hr run. I can sustain a regular program of up to 120kms a week of running without needing long recovery periods in between runs and this has been accomplished without sustaining injuries.

I don't have time to socialise more, but when I do, I enjoy it way more than I ever have. I have more confidence, poise and energy and my communication is more meaningful and engaged.

# Jo Wilson



## BEFORE

- **Age:** 37
- **Weight:** 67kg
- **Waist:** 98cm
- **Energy:** tired and sluggish
- **Mental health:** occasional anxiety
- **Date:** 25 Feb 2019

## AFTER

- **Age:** 37
- **Weight:** 58kg
- **Waist:** 92cm
- **Kg lost:** 9kg
- **Cm lost:** 6cm
- **Energy:** so much more
- **Mental health:** peace of mind
- **Duration:** 4 weeks

## What changes have you experienced with your HEALTH since you started with keto?

I can feel that my hormones are a lot more balanced and health is under control.

## What changes have you experienced with your BODY since you started with keto?

I have lots more energy to do things. I was able to reach my original weight from 3 years ago and I have lost weight in my thighs and stomach, which usually don't change when I lose weight.

## What changes have you experienced with your MIND since you started with keto?

I feel more motivated, my mind is clearer and I am less anxious.

## What changes have you experienced in your LIFESTYLE since you started with keto?

My eating habits have drastically improved and food seems not to be in control of my life anymore. I am surprised that I don't need to eat what I thought. I have lots more energy and now am wanting to be out doing things more and my social group has changed based on associating with others who have achieved similar results.

# Sam Baker



## BEFORE

- **Age:** 47
- **Weight:** 105kg
- **Waist:** 119cm
- **Energy:** low energy
- **Mental health:** anxiety and depression
- **Date:** June 2018

## AFTER

- **Age:** 47
- **Weight:** 75kg
- **Waist:** 81cm
- **Kg lost:** 30kg
- **Cm lost:** 38cm
- **Energy:** high
- **Mental health:** no anxiety or depression
- **Duration:** 11 months

## What changes have you experienced with your HEALTH since you started with keto?

I no longer suffer with erratic hormone cycles and night sweats. Most of my pre-menopause symptoms have lessened dramatically or completely gone. I had gestational diabetes with both of my children and used to have to get tested regularly as my doctor said I will end up with diabetes. My last visit I was told I would not face diabetes as my future if I stay with keto.

## What changes have you experienced with your BODY since you started with keto?

Since starting keto I have an abundance of energy and no longer want to nap. I have lost a lot of weight and the body fat came off my stomach that would never budge.

## What changes have you experienced with your MIND since you started with keto?

I used to live in 'mum fog' and couldn't focus on ANYTHING. Learning new things was more difficult than it had ever been. I had no mental clarity or focus. I now run my own business successfully, I train every day, do podcasts and learn all the time. I have laser focus and a true thirst for knowledge, now this new me is unlocked.

## What changes have you experienced in your LIFESTYLE since you started with keto?

I no longer hide in my home, obese, sad and with no drive. I have a passion and drive for my life, my family, my business and want to get out and be a part of the world. I exercise and love it. I enjoy living and no longer hide away.

# Jess Morris



## BEFORE

- **Age:** 52
- **Weight:** 64kg
- **Energy:** 2/5
- **Mental health:** 3/5
- **Date:** Feb 2019

## AFTER

- **Age:** 52
- **Weight:** 56kg
- **Kg lost:** 8kg
- **Energy:** 5/5
- **Mental health:** 5+/5
- **Duration:** 6 weeks

### **What changes have you experienced with your HEALTH since you started with keto?**

The health changes that come with moving into my 50s as a female have now been reversed – never thought it was possible.

### **What changes have you experienced with your BODY since you started with keto?**

I was able to lose the weight I couldn't before. I lost more than I initially thought possible and it kept coming off.

### **What changes have you experienced with your MIND since you started with keto?**

I feel more confident in myself knowing I have achieved my goal weight and my mind is so much clearer.

### **What changes have you experienced in your LIFESTYLE since you started with keto?**

I am feeling like I have so much more energy, and the confidence of the new me comes with a new lifestyle.

# Doug Wilson



## BEFORE

- **Age:** 37
- **Weight:** 80kg
- **Waist:** 92cm
- **Energy:** sluggish and tired
- **Mental health:** brain fog
- **Date:** 25 Feb 2019

## AFTER

- **Age:** 37
- **Weight:** 71kg
- **Waist:** 87cm
- **Kg lost:** 9kg
- **Cm lost:** 5cm
- **Energy:** high
- **Mental health:** clear minded
- **Duration:** 4 weeks

## What changes have you experienced with your HEALTH since you started with keto?

Instantly felt a million dollars – the energy and focus I needed to fulfil my physically and mentally demanding job came surprisingly quick.

## What changes have you experienced with your BODY since you started with keto?

I noticed a drop of around 5kgs in 10 days, which looked and felt like more, due to the diet taking away inflammation and fluid retention. This was so encouraging and was what I needed to stay focused.

## What changes have you experienced with your MIND since you started with keto?

Mental clarity was incomparable and my stress levels were extremely stable. It was like I got a new mind, not just a body. Cravings, hunger, attachment to food, brain fog and stress all went out the window.

## What changes have you experienced in your LIFESTYLE since you started with keto?

I feel much more at peace now in my body, which has really impacted my body, and I feel like if I ever do blow out again with a mid-life crisis, I can come back to centre quite quickly.



# David Morris



## BEFORE

- **Age:** 59
- **Weight:** 107kg
- **Energy:** low and inconsistent
- **Mental health:** low
- **Date:** Feb 2019

## AFTER

- **Age:** 59
- **Weight:** 87kg
- **Kg lost:** 20kg
- **Cm lost:** 5cm
- **Energy:** high and consistent
- **Mental health:** great
- **Duration:** 8 weeks

## What changes have you experienced with your HEALTH since you started with keto?

Before starting keto I had onset arthritis with fingers deforming, aches all over body. I was waking up in the middle of the night and had loss of strength to open food jars, etc., due to it. Now my arthritis has gone and I have no more pain in my joints. My blood pressure is now normal and less fluctuating.

## What changes have you experienced with your BODY since you started with keto?

Functionality wise, my body has completely changed – it's like I have stepped into a new body. Plus I am now wearing nicer fitting clothes and feeling more comfortable in them.

## What changes have you experienced with your MIND since you started with keto?

Functionality wise, my body has completely changed – it's like I have stepped into a new body. Plus I am now wearing nicer fitting clothes and feeling more comfortable in them.

## What changes have you experienced in your LIFESTYLE since you started with keto?

I would get breathless even walking up a slight incline. I would also feel a heavy weight on my lungs and chest when being active and sleeping. I am now able to walk vigorously up hills, despite no regular exercise, just the keto diet and my sleep is so much better. I have also done this with my wife and our relationship has gotten so much closer. It was great beforehand; however, having something that we have done together has been great.

# Simen Solheim Sund



## BEFORE

- **Age:** 28
- **Weight:** 84kg
- **Waist:** 91cm
- **Energy:** Lazy and sluggish
- **Mental health:** brain fog
- **Date:** 25 Feb 2019

## AFTER

- **Age:** 37
- **Weight:** 71kg
- **Waist:** 87cm
- **Kg lost:** 9kg
- **Cm lost:** 5cm
- **Energy:** high
- **Mental health:** clear minded

## What changes have you experienced with your HEALTH since you started with keto?

I haven't had any medical check-ups before or after, so can't say for sure, sorry. However, if I was to gauge my health on improved feelings, I would say it's a complete 180-degree turn on my health.

## What changes have you experienced with your BODY since you started with keto?

I feel so much more energised now, I can work out for longer periods of time. I get compliments all the time, and I feel more confident. I haven't been able to shed weight around my middle section before, regardless of how much I trained, but now I look slim and fit.

## What changes have you experienced with your MIND since you started with keto?

Mental clarity was incomparable and my stress levels were extremely stable. It was like I got a new mind, not just a body. Cravings, hunger, attachment to food, brain fog and stress all went out the window.

## What changes have you experienced in your LIFESTYLE since you started with keto?

The keto diet has changed my relationship with food. I now see food as nourishment to my body and use it to maximise my performance and well-being instead of it being a comfort and distraction. I used to feel like I had to take a

nap when I got home from work but now I don't. I can hang out with friends and family, play with my nephew and work out instead.

PS. I have always been a big boy. Ever since my mother passed away when I was six years old, I have turned to food for comfort and distraction. When I reached my teenage years, I also turned to alcohol and I was living a very unhealthy lifestyle. I must have peaked at around 110 kg (I am 168 cm tall). When I was around 16 years old I started to play more sports; volleyball in particular, and I was training a couple of days a week. After a couple of years, we advanced to elite level and I was training 4-5 days a week, but I was still eating unhealthy

# CHAPTER 17.

## FAQ

Here are some of the most common questions when it comes to ketosis and keto dieting. For even more questions and answers, see our full keto diet FAQ article



### **Is keto dieting safe?**

We have covered this question in Chapter 4 and yes it is safe.

### **Is keto dieting healthy?**

We have covered this question in Chapter 4 & 5 and yes it is healthy.

### **Is keto dieting bad for you?**

We have covered this question in Chapter 4 & 5 and no it's not bad for you; however, you need to make the decision yourself based on your own health conditions.

### **Does keto dieting work?**

In order to answer this question, it best to define what "work" means.

If the "work" you are referring to is "does it work to ... improve brain function, provide stable energy, increase focus, lifestyle, weight management, overcome menopause symptoms, etc", then the answer would be yes.

### **Is keto just another dieting fad?**

If by fad you mean a widespread enthusiasm for something, then yes it is, as it's becoming one of the biggest health movements worldwide. But fad can also mean something that is short-lived, in which case the answer would be no, as keto and low-carb dieting has been around since before modern medicine.

### **Is keto gluten-free?**

The majority of keto is gluten-free as it's grain-free. However, you can also buy products that are low-carb that can be used on a keto diet. In that case, you

need to check product labeling. But the keto diet, like the paleo diet, is gluten-free.

### **Is keto sustainable?**

Keto has been proven to be one of the most sustainable ways of eating; sustainable when it comes to the ease of maintaining this style of eating and also sustainable for the planet, as the keto diet relies on whole foods (meaning no packaging) and the fact that when you are on the keto diet, you will eat up to 50% less than the average person.

### **Where can I eat on a keto diet?**

Eating out on a keto diet can be troublesome when first starting out due to temptations and lack of knowledge when it comes to food selection; however, once you have been on a keto diet for some time it's really very easy. Where you eat is not the question, it's choosing what to eat and if you stick to low-carb options, you're safe.

### **How long can I stay on a keto diet?**

That depends on your lifestyle choice and macro selection; however, if you want to know if it is safe to stay on a keto diet long-term, the answer is yes as long as you are eating responsibly.

### **Keto fiber – how do I get fiber on a keto diet?**

You get fiber on a keto diet just like you would by eating any other way: by eating vegetables or taking fiber supplements. The foods that are taken out of a keto diet are low-fiber carbohydrates anyway.

### **Is it true that there is not enough fiber and grains for a healthy gut on a keto diet?**

It depends on what style of keto dieting you follow. In our diet's case and most healthy keto diets, we find that the majority of people are consuming more fiber than they did before, as our meals contain more veggies than they would normally be eating.

### **Can you drink alcohol on a ketogenic diet? What is keto alcohol?**

Consider these 3 things: 1) sugar – most alcohols, including spirits, are high in sugar 2) dehydration – when you drink alcohol it dehydrates your body as your body tries to remove the alcohol from your body 3) the stupid things you do when drunk – most of the time when you have had a few too many, your body craves foods to help you recover from the alcohol. So check to see if it's no su-

gar/low-carb, have water after every glass, keep it to a few and you're safe.

### **How long does it take to lose belly fat on a ketosis diet?**

Within the first 4 days, you will notice a significant change in your belly and surrounding body. The reason for this is due to changing your diet to a keto one. You will experience a drop in inflammation, fluid loss and bloating. This inflammation, fluid and bloating appear as body fat, which when lost can be really rewarding and encouraging.

### **Can I change around macros on a ketosis diet?**

You sure can. The key is to know your objective and stage in ketosis. If you are a beginner you would probably have different macros compared to being on keto for 6 months, where you don't need to worry much about your macro levels other than simply keeping carbs low.

### **Do I need to work out on a keto diet?**

Exercise on a keto diet is not needed. I encourage most to refrain from exercise at least for the first 2 weeks as your body will be under enough stress due to changing its fuel source from carbohydrates to fat. However, if you are experienced in training, you can exercise to help this transition of energy by depleting your carbohydrate levels.

### **How do I get back into ketosis quickly if I have fallen out?**

The basic hacks to boost back into ketosis are either a fat fast, a full fast, or exercising while on a fast, as these are all designed to deplete your carbohydrate levels. In addition to this, or as an alternative, you can supplement with MCT oil to provide your body with easily available ketones. We will be writing an article on this shortly, so keep an eye out.

### **What are good carbs?**

On a keto diet, good carbs are those that are nutrient dense. These foods are mostly vegetables that grow above the ground and come in an array of colours. A rule of thumb is green is safe to go ahead and eat, while all other colours are essential to have; however, you need to check what their carb levels are.

### **Why am I feeling terrible on a keto diet?**

We have covered this in the article in Chapter? However, here are 3 questions to ask yourself: 1) am I drinking enough water? 2) am I having enough salt/electrolytes? 3) am I having enough fat?

## **How can I measure my ketones?**

We have an article on ketosis testing. Check out our blog.

## **When we introduce carbs back (low-carb diet) after finishing weight loss, will there be fluid gain and old symptoms returning?**

You won't get old symptoms such as insulin resistance return unless you go back to eating a high sugar diet daily and consecutively; then they might come back. With bloating/fluid gain, it all depends on the food you eat. I would suggest testing food. If you notice it bloats you or you get swollen, cut it out. Those foods would most likely be dairy or grains.

## **Do I have to keto forever?**

No, you don't. It can be used as a detox, body and hormonal reset and/or a complete lifestyle change. I am a big fan of the latter, but your life is not mine nor is it mine to judge, so use keto as you like.

## **How long does it take for you to be able to have a cheat meal without falling out of ketosis and or having keto flu symptoms?**

It all depends on what the cheat meal is. If it's a big dessert filled with sugar, it will have a different impact on you compared to having a higher carb meal or a piece of fruit. A rule of thumb is once you are keto-adapted, you have more flexibility with carbs without having big consequences. So stay strict until then and after that don't have cheat meals all the time. Remember this is a lifestyle change.

***leanforlife***