

EVERYTHING YOU NEED TO KNOW ABOUT STARTING THE KETO DIET



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WHAT IS KETO DIET?

The use of a ketogenic diet has increased over the past decade with remarkable results. You meet a friend who's looking younger and fresher than ever and once asked about the reason; you hear them saying, "I am on Keto diet!". And it's definitely not the first time you've heard it. You've googled it, looked at ways to do it, and often still feel helpless on the way forward!

Before going into the details of the ketogenic diet, it is essential to know some elementary nutrition basics. So, let's break down what all this hype is all about.

There are three significant macronutrients from which you are getting all your energy. And these macronutrients are proteins, fats, and carbohydrates. The standard American diet consists of 35% of fats, 15% of proteins, and 50% of carbohydrates. The numbers are quite different in the case of a ketogenic diet, with 75% being fats, 20% being proteins, and only 5% being carbohydrates. Yes, you read that right. The primary tenant of the ketogenic diet is replacing a high carb diet for a diet that's high in fats and proteins.

When we are on a regular diet, our bodies burn carbohydrates to fulfill its energy demands. But when you switch from your regular diet to a ketogenic diet, your body will have to find another source for energy as carbohydrate levels will be too low in the body to fulfill energy demands. In ketosis, the body's primary source of energy shifts from carbohydrates to fats, which means that it breaks down fats into



ketones, which are used as an alternative source of energy. Ketones are organic compounds that are produced as a result of the breakdown of fats. In simple words, when you restrict your body from consuming carbohydrates, your body begins to burn fats as its primary source of energy and moves away from glucose (carbohydrate). This whole process of going into ketosis does take a few days. Keto-diet works by reducing hunger and increasing satiety, which allows you to reduce weight.

Following a keto diet, you need to rely on sound nutritional principles, eating moderate amounts of animal protein and vegetables and meager amounts of grains and sugars. But keto-diet is high in saturated healthy fats like avocados, coconut oil, and beef tallow. Only the **FATS WITH BENEFITS!** Consuming processed polyunsaturated fats and trans fats like margarine and vegetable oils such as canola, sunflower, soybean oils are not recommended because they increase bad cholesterol that can have adverse effects on health.

Do you know?

The average woman requires around 1,500 to 2,200 calories each day, which means if you are consuming more calories than this range, you'll gain weight.

So if you are in pursuit of keto diet do's and don'ts, you have come to the right place. We'll help you determine what keto-diet is and how to plan your keto meals so that it works for you.

If you are following a keto diet, then you have to pay attention to everything that you put in your body. Many people use different mobile apps to track their macronutrients to ensure that their diets are appropriately balanced.

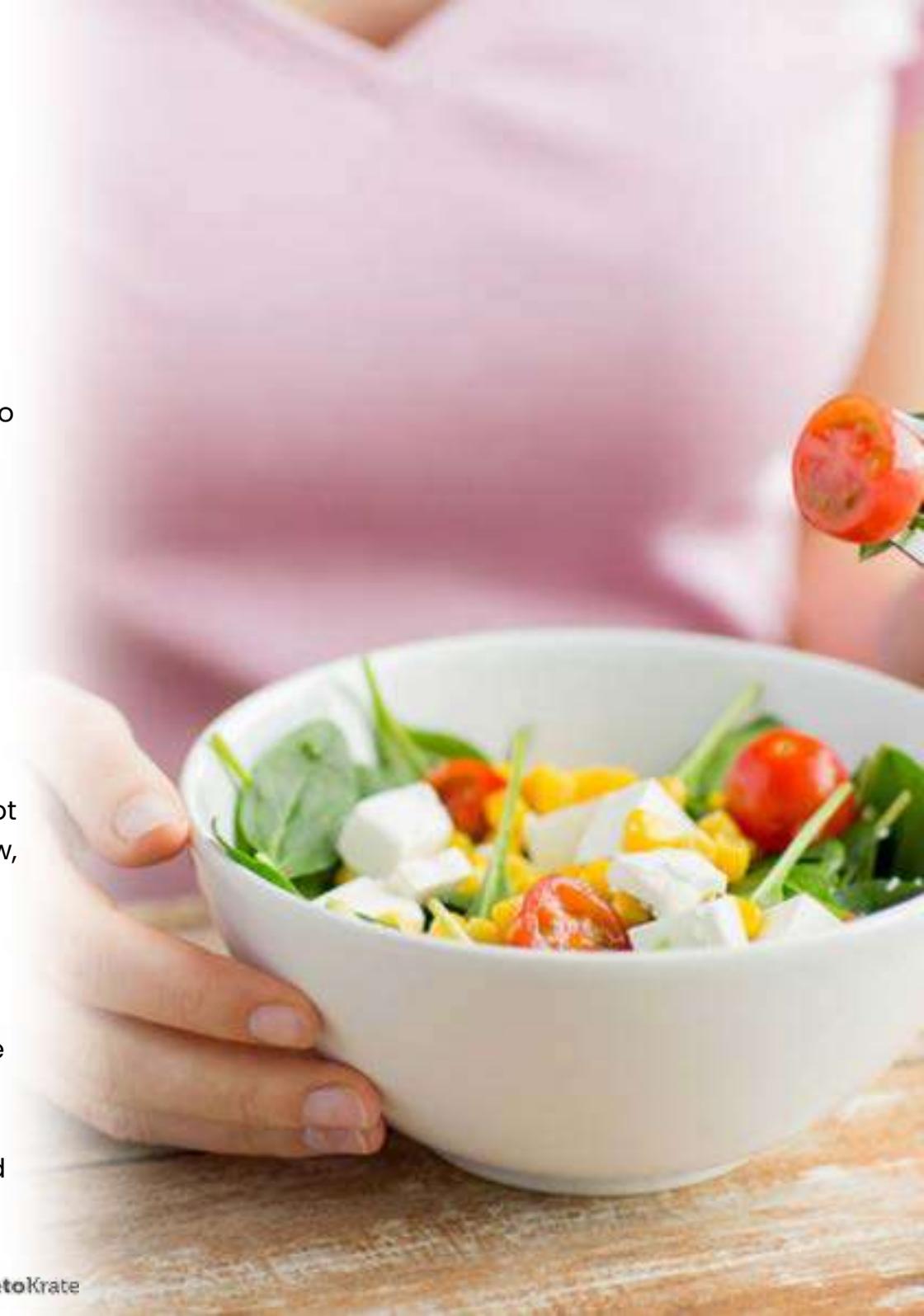


KETO DIET MEAL PLAN (FOR BEGINNERS)

A ketogenic diet is based on a few basic principles. You need to consume a lot of fats, moderate amounts of proteins, and a minimal amount of carbohydrates. It's a much different food pyramid than a regular diet. You are not alone in this idea of reimagining your entire menu, it might even feel overwhelming to you; nearly everyone who has embarked on the keto journey felt the same.

Switching over to a ketogenic diet doesn't have to be hard to follow. You don't have to make up your new diet from scratch, we'll help you plan what you'll be eating each day to keep your body in a ketogenic state. Let's first categorize the food into different groups.

Fats and oils make a considerable portion of the keto diet, but not all fats are the same. Saturated fats like butter, coconut oil, tallow, or lard can be used. Similarly, monounsaturated fats like cold-pressed olive, flax, avocado, and macadamia nut oil can also be consumed in different sauces and dressings. Saturated and monounsaturated fats are stable and less likely to contribute to body inflammation. Naturally occurring polyunsaturated fats like animal fat and fatty fish are very nutritious. They can be added in the menu, however, beware that processed polyunsaturated and trans fats like the ones you see in margarine spreads should always be avoided.



Proteins are also an essential cornerstone of the diet. Always choose organic and grass-fed meat and be careful not to consume too much protein. As it can result in lower levels of ketones and increased production of glucose, so try to pair proteins with fatty dishes.

Rely on some high-fat protein sources like eggs, greek yogurt, cheese for 15% of calories. These sources also provide important vitamins that are good for your hair, eyes, and keeps your immune system strong.

Some fruits and veggies are very high in natural sugars and thus should be avoided. A good rule of thumb is to stick with above-ground vegetables. Some veggies to load up on are broccoli, cauliflower, cabbage, lettuce, and spinach.

Limit your intake of high carb veggies like beets, squash, parsnips, potatoes, and carrots. Sweet starchy produce like sweet potatoes and bananas should never be consumed; otherwise, it will send your body back into glucose-burning mode. That's the exact opposite goal of the keto diet.



Here is the list of examples of food that you can eat, and that should be avoided during a keto diet.

WHAT TO EAT?

Carb keto diet food	Protein keto diet food	Fat keto diet food
<ul style="list-style-type: none">» Tomatoes» Eggplant» Asparagus» Broccoli» Cauliflower» Leafy greens» Cucumber» Bell peppers» Zucchini» Celery» Brussels sprouts	<ul style="list-style-type: none">» Chicken, dark meat if possible» Turkey, dark meat if possible» Venison» Beef» Fish & seafood, especially fatty fish like salmon, sardines, tuna and mackerel» Pork» Lamb» Eggs» Natural cheeses» Unsweetened, whole milk plain Greek yogurt» Whole milk ricotta cheese	<ul style="list-style-type: none">» Olive oil» Avocado oil» Olives» Avocados» Flaxseeds» Chia seeds» Pumpkin seeds» Sesame seeds» Nuts» Natural, No-sugar-added nut butters



WHAT NOT TO EAT?

- » **Low-fat dairy products.**
- » **Beans, peanuts and lentils.**
- » **Grains such as rice, pasta, and oatmeal.**
- » **Fruits except for lemons, tomatoes, and berries.**
- » **Sugary beverages.**
- » **Root vegetables and tubers like potatoes, carrots, parsnips.**
- » **Alcohols like beer, wine, and sweetened cocktails.**
- » **Trans fats like margarine.**

Still not sure how to plan your keto-diet and keep your carbs intake under 50 grams per day? For your ease, we have given a general one-week ketogenic meal plan if you are a beginner and about to start ketogenic-diet. It's not necessary to stick to this meal plan; you have a free option to follow a diet that keeps your net carbs under 50 grams per day.



DAY 1 OF KETO DIET

There are a variety of food options that you can eat at different times of the day. Some good food choices are mentioned in the table that will give you an idea of starting the keto diet from day 1.

BREAKFAST	LUNCH	DINNER
Keto pancakes + keto coffee (8 ounces of organic coffee with 1 to 2 tbs of coconut oil)	Skin-on baked chicken thighs + broccoli topped with bacon, sour cream and cheddar cheese	Broccoli + Beef Stir-Fry
Net carbs intake = 2g	Net carbs intake = 2g	Net carbs intake = 10g

The total carbs intake on day 1 of the keto-diet meal would be 14g if you follow this meal plan. Keto pancakes are made from low carb flour (almond flour, coconut flour or ground flax), cream cheese and eggs.

Keto coffee is a quiet healthier option for breakfast. Its main ingredients includes organic coconut oil, heavy whipped cream and grass-fed butter. Keto coffee is dense in healthy fats and it brings your body to a state of ketosis by breaking down fatty acids into ketones. It tends to make you feel fuller for longer time.

You can also have snacks in between. Taking $\frac{1}{4}$ cup almonds as snacks will add up 3.5g to the total of carbs, making a net of 17.5g.



DAY 2 OF KETO DIET

BREAKFAST	LUNCH	DINNER
2 Veggie Omelettes + keto coffee	Baked Pesto-Stuffed Chicken Breast + Bacon + Spinach Salad	Roasted Salmon with lemon-butter sauce + Roasted Broccoli (1 cup)
Net carbs intake = 7.5g	Net carbs intake = 6g	Net carbs intake = 4.5g

On day 2, you are consuming a total of 18g of carbs if you are not taking any snacks. You can make keto coffee on repeated days. As explained on day 1, keto coffee is a great option for breakfast as it promotes weight loss by suppressing appetite.

Mozzarella string cheese is a good snack option for you as it will add only 1g of carb into the total amount.

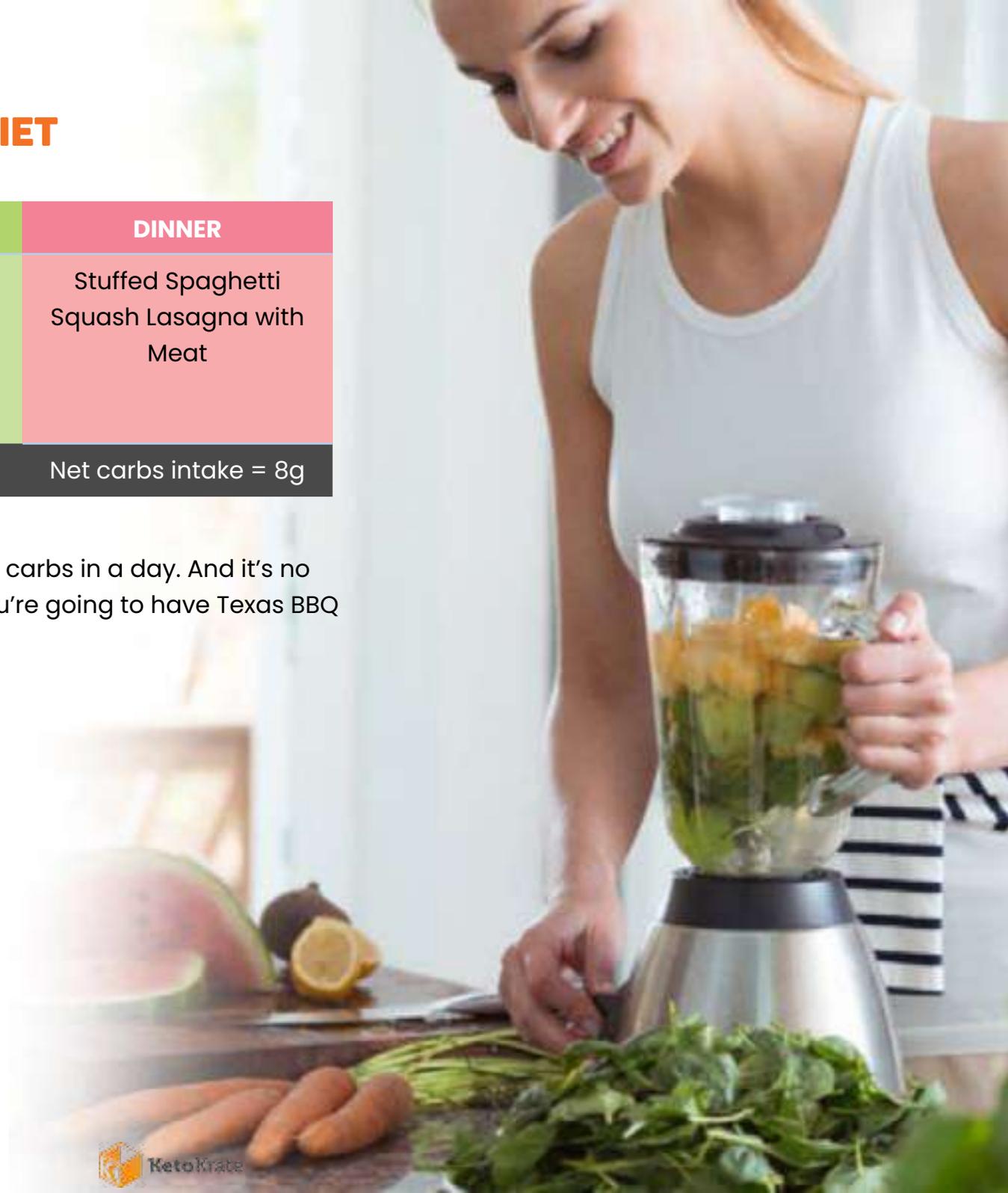
Tip: It's not necessary to make different food every day; you can also repeat the same meal if you want to.



DAY 3 OF KETO DIET

BREAKFAST	LUNCH	DINNER
Fried Eggs (2) + Strips of Bacon (2) + Avocado (½)	Spinach Frittata with Prosciutto + Peppers with Spinach Salad	Stuffed Spaghetti Squash Lasagna with Meat
Net carbs intake = 2.5g	Net carbs intake = 6g	Net carbs intake = 8g

Day 3 of keto-diet will make you consume 16.5g of carbs in a day. And it's no worry if you want to enjoy some snacks. Even if you're going to have Texas BBQ Pork Rinds, you'll only be getting 1g of extra carbs.



DAY 4 OF KETO DIET

BREAKFAST	LUNCH	DINNER
Scrambled Eggs with shredded cheddar cheese (2) + Chicken Sausage Patties (2)	Bowl of Broccoli Cheese Soup	Turkey Bacon Brussels Sprouts + Lamb Burgers with sliced Avocados & Mayonnaise
Net carbs intake = 2.5g	Net carbs intake = 4g	Net carbs intake = 15g

Good job until now!

It's the middle of the week, and you are already on track by keeping your carbs intake at a minimum. The meal plan of day 4 will also make you feel confident about your keto-diet with just 21.5g of total carbs intake. And you know what? You are allowed to eat classic meat sticks as snacks. It will only have 2g of carbs, which is not a matter to worry about now.



DAY 5 OF KETO DIET

BREAKFAST	LUNCH	DINNER
Boiled Eggs + Ham Steak	Tuna Salad and Cucumber slices (½)	Instant Pot Chicken + Dried Tomatoes & Spinach + Sautéed zoodles (1 cup)
Net carbs intake = 2.5g	Net carbs intake = 6g	Net carbs intake = 10g

18.5g of total carbs intake on day five, which is even less than the previous day, is applaudable.

Cooking with so many instructions sometimes makes it even harder for you to stay motivated to your decision? You can be more creative in cooking to increase your keto recipe resources. You can use alternative food when you get bored of following traditional meal plans. You don't need to stick to the chicken. Consider the other options, meat is a rich source of iron, and fish contains omega-3 fatty acids and vitamin D.



DAY 6 OF KETO DIET

BREAKFAST	LUNCH	DINNER
Low-Carb Biscuits (2) + Keto Coffee	Chicken Meatballs with low-carb marinara sauce (6)	Taco Salad + Ground Beef
Net carbs intake = 2.5g	Net carbs intake = 6g	Net carbs intake = 10g

Marina sauces are recommended for keto eaters as they have much lower carbs than tomatoes. But here is a tip for you! Be sure to read the labels before taking any sauce as it might have added sugar. The total carbs intake after consuming the above-mentioned meal would be 17g. Eating Cheese Ball with cream cheese as a snack would be safe; it only will increase 3.5g of carbs.



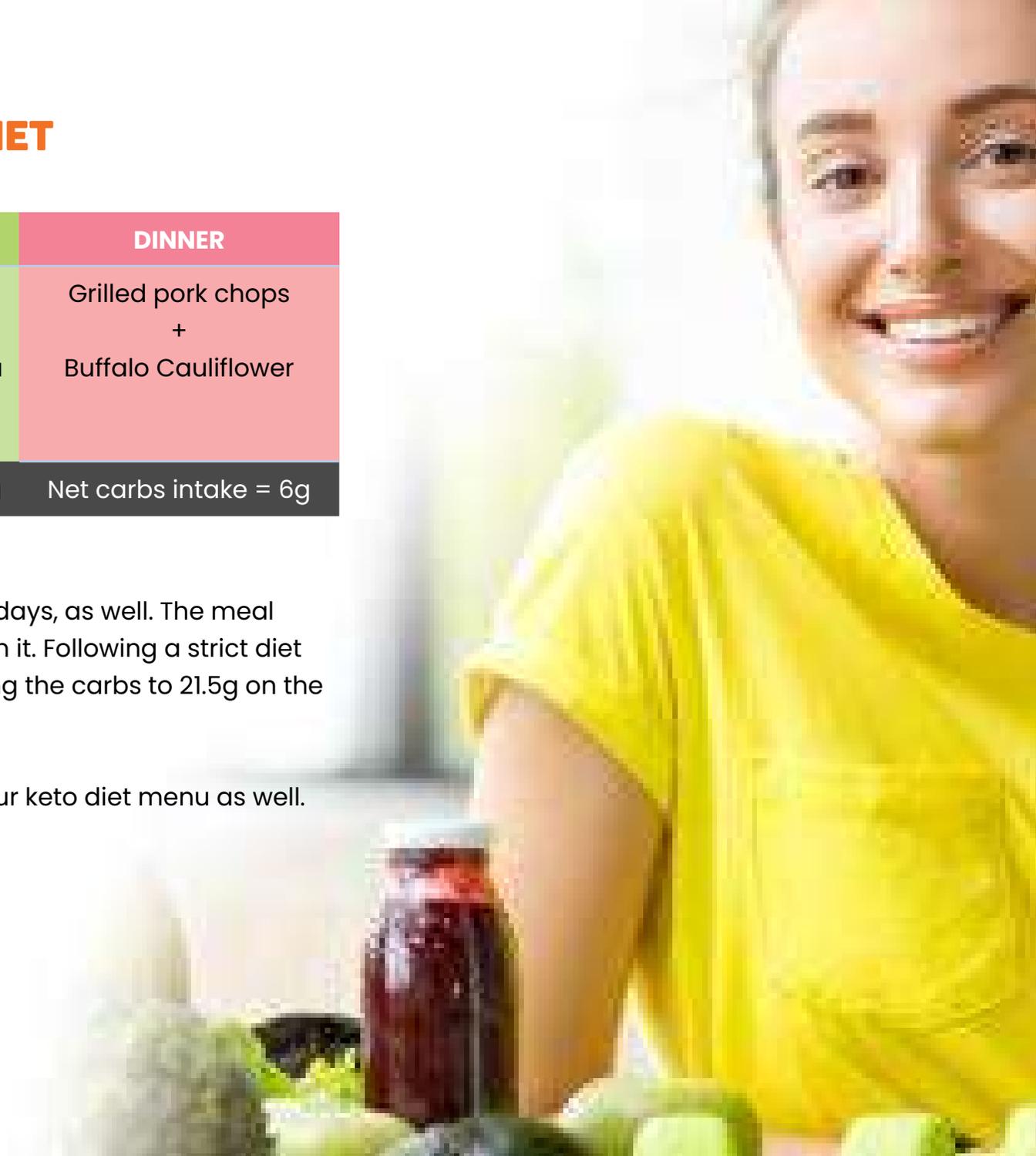
DAY 7 OF KETO DIET

BREAKFAST	LUNCH	DINNER
Raspberries with unsweetened whipped cream (½ cup)	Creamed Spinach + Lemon Chicken Piccata	Grilled pork chops + Buffalo Cauliflower
Net carbs intake = 4g	Net carbs intake = 11.5g	Net carbs intake = 6g

NO WEEKEND FOR KETO-DIET!

You need to take care of your carbs intake on Sundays, as well. The meal mentioned above will have a total of 21.5 g carbs in it. Following a strict diet throughout the week must be hard. But maintaining the carbs to 21.5g on the last day of your week means SUCCESS.

Now you are an expert on how to make perfect your keto diet menu as well.



FIVE CRAVE-WORTHY RECIPES TO KEEP YOU THRIVING ON KETO DIET

Being so heavily invested in a high carb diet, it may seem tough to change your eating habits. However, with these great recipes, keto will not seem like a diet after all!

1. BUFFALO CHICKEN CHOPPED SALAD

Calories from Carbs	Calories from Proteins	Calories from Fats
6%	27%	67%

Ingredients:

- » Cooked chicken (10 oz)
- » Melted butter (3 tbsp)
- » Chilli Sauce (1/4 cup)
- » Chopped Romaine Lettuce (10 oz)
- » Crisped up, crumbled bacon (4 slices)
- » Diced Carrot (1)
- » Green bell peppers (1/4 cup)
- » Sliced green Onions (4)
- » Cherry tomatoes (1/2 cup)



- » **Crumbled Blue Cheese (¼ cup)**
- » **Diced Avocado (1)**

Instructions:

- » **Mix the chicken with melted butter and buffalo sauce in a bowl.**
- » **Mix crumbled blue cheese, Ranch dressing, and keto sauce separately for the dressing of the salad.**
- » **Now, divide the salad fillings in a bowl, chicken on top, and drizzled with dressing.**

The salad makes three servings, and it can be stored for up to 2 days.



2. CAULIFLOWER HUMMUS WITH HARISSA CRACKERS

Calories from Carbs	Calories from Proteins	Calories from Fats
4.96g	13.6g	42.08g

Ingredients:

Humus:

- » Cauliflower (2 cups)
- » Garlic (1 clove)
- » Tahini(1 tbsp)
- » Lemon juice (1 lemon)
- » Cumin (1 tsp)
- » Salt (½ tsp)
- » Olive oil (5tbsp)

Crackers:

- » Milled Flax seeds (1 cup)
- » Eggs (2)
- » Harissa paste (2 tsp)



- » **Almond meal (2tbsp)**
- » **Salt (½ tsp)**

A selection of vegetable crudites and olives to serve.

Instructions:

- 1. Steam the chopped cauliflowers for 4 minutes. Then leave it to cool.**
- 2. To prepare crackers, combine all the ingredients until the formation of dough.**
- 3. To make the dough thin, roll out the dough between two sheets of baking parchment.**
- 4. Make a grid in dough by scoring the dough with a knife. It will make it easy to break it apart once cooked.**
- 5. Bake it at 350°F for 10 minutes. Now, flip the crackers after 10 mins and bake for five more minutes.**
- 6. At the same time, prepare hummus. Blend the cooked cauliflower, garlic, olive oil, tahini, lemon juice, salt, and cumin with the help of a food processor.**

Now, top the hummus with olive oil, chopped parsley, and black pepper too and it is ready. Eat it with crackers and vegetable crudites.



3. SWEET CHILI KETO PORK CHOPS

Calories from Carbs	Calories from Proteins	Calories from Fats
3g	32g	24g

Ingredients:

- » Avocado oil (1tbsp)
- » Pork chops (4)
- » Kosher salt ($\frac{1}{2}$ tsp)
- » Ground Black Pepper ($\frac{1}{4}$ tsp)

To make the sauce:

- » Orange Marmalade, sugar-free (3tbsp)
- » Lime juice (1tsp)
- » Sesame Oil ($\frac{1}{2}$ tsp)
- » Dried red pepper flakes ($\frac{1}{4}$ tsp)
- » Fish sauce (1tsp)
- » Chopped habanero peppers and scallions (to taste)



Instructions:

1. Heat the oil.
2. Season the pork chops with pepper and salt on both sides.
3. Cook the pork chops in heated oil for 3-4 minutes.
4. Now, to make the sauce, put all ingredients to a pan and stir them well.
5. Cook the mixture for 2-3 minutes on medium heat.
6. Pour the prepared sauce on the pork chops.

The fantastic meal is ready to eat.



4. KETO STRAWBERRY FUDGE POPS

Calories from Carbs	Calories from Proteins	Calories from Fats
4g	2g	16g

Ingredients:

- » Full fat Coconut Milk (1 can)
- » Cocoa Powder (1/3 cup)
- » Cocoa Butter (1/4 cup)
- » Swerve Confectioners (1/4 cup)
- » Melted chocolate, unsweetened (1 ounce)
- » Diced Strawberries (6)

Instructions:

1. Put all the ingredients (cocoa butter, cocoa powder, coconut milk, artificial sweetener, and unsweetened chocolate on heat.
2. Put the strawberries in 10 popsicle molds.
3. Now, divide the above-prepared mixture between these molds and place lid on them.
4. Insert popsicles sticks into molds and transfer them to the freezer.
5. Leave them for at least 3 hours so that they get solid.



5. TURMERIC MILKSHAKE

Calories from Carbs	Calories from Proteins	Calories from Fats
6.9g	1.6g	35.2g

Ingredients:

- » Coconut Milk (375ml)
- » Turmeric Powder ($\frac{3}{4}$ tsp)
- » Coconut Oil (2 tbsp)
- » Ginger Powder ($\frac{1}{2}$ tsp)
- » Vanilla ($\frac{1}{4}$ tsp)
- » Cinnamon ($\frac{1}{4}$ tsp)
- » Artificial Sweetener

Instructions:

1. Put all the ingredients mentioned above in a blender and blend them.
2. Keep blending the ingredients for 30 secs until the texture of the mixture becomes thick.
3. Pour it in glass and sprinkle some turmeric and cinnamon on it to garnish.



THE COMPLETE ALTERNATIVE FOOD LIST

If you are a beginner and about to start a keto diet, you might think that you will have to survive on meat and salad for the rest of your life. But it doesn't necessarily have to be this case. Especially, if you are not a meat lover. There is still a chance to enjoy your favorite food, even though your diet has to be changed. It is possible by using alternative food that has low carbs and, yes, they are equally delicious, but with more nutritional value.

Flour To Be Swapped With Nut Flours

You are on a keto diet, and at the same time, you are fond of baking. But you can't bake anything without using flour. Right? But here is a solution. You can use low carbs nut flours instead of regular flour. However, you'll have to adjust your baking as nut flours are not precisely the same in texture as white or whole wheat flour. Among nut flours, using almond flour products are not advisable due to their detrimental effects of health. Almond flour is enriched with concentrated omega-6 fats which can cause inflammation in the body and it has a much higher net carb. In contrast, coconut flour is much lower in net carbs and has almost zero omega-6 fats.

Sugar To Be Swapped With Natural Low-carb Sweeteners

To make your keto-diet work best for you, chocolate cupcakes, ice creams, puddings, and sugars need to be minimal, but the flavor needs



NOT. You can enjoy your favorite desserts if you are craving for them but by replacing the sugar with keto-compliant options. Some of the options that you have include stevia, erythritol, and monk fruit. These are the best replacements that you can use for sugar with no impact on your blood sugar levels.

Rice, Potatoes, Grains, To Be Swapped With Non-starchy Vegetables

You can easily get kicked out of your ketosis for consuming high carbs even for one time. So, if you are craving to eat rice, fries made of potatoes, or any of the grains, then don't cheat on your keto diet. You have a simple option of using non-starchy vegetables and fulfill your cravings. You can substitute regular rice with low carbs cauliflower rice. Not getting it? Just put some chopped cauliflower into the food processor until they start to look like regular rice. It will not have the same taste for sure, but you can satisfy your cravings to some extent when used with other food components. Mashed cauliflower is the best replacement for mashed potatoes as they have similar tastes. Instead of eating high carbs potato fries, you can make fries out of apples, which will have a minimal impact on adding carbs to your body.

Bread To Be Swapped With Keto Bread

Pizza, sandwiches, burgers, pastries. Can't say no to them? But if you can't eat bread then how can you eat any of this food? You'll have to give up on bread no matter what! But giving up bread doesn't have to be a dealbreaker. There are plenty of options that you can use instead of regular high carb bread. You can make your sandwiches out of



coconut or almond flour. You can eat burgers without having an unpleasant feeling of consuming too many calories just by using a lettuce wrap instead of a bun.

Pasta To Be Swapped With Spiralized Vegetables

Are you a fan of eating pasta? But your ketogenic diet is restricting you to avoid it? If you genuinely love pasta, then no one can keep you away from it because you have a great option to modify the pasta that you eat. Instead of pasta, use spiralize veggies like zucchini, rutabaga, carrots, and turnips.

Dairy To Be Replaced With Nut Alternatives

Dairy can be used while you are on your keto diet, but for people who are lactose intolerant, it's a no-go. Full fat coconut milk and coconut yogurt are two best alternatives to be used in the replacement of dairy. But pay attention; these products do have moderate amounts of sugars. If you want to eat cheese, then try to buy nut cheese that is made from cashews. It will not make you feel bloated from lactose.

These are the generic alternative food options for you. If you are looking for something specific then we have a list for you.



Food To Avoid	Alternative For Your Craving
Potato Fries	Apple Fries, Pita Fries, Kale chips
Soda	Monk fruit extract
Milk	Coconut Milk, Almond Milk
Smoothies	Cucumber Spinach Smoothie
Pasta	Zucchini noodles
Latte	Bulletproof Coffee
Ice cream	Halo Top Ice cream
Tortilla	Lettuce wraps
Snacks	Chia seeds, Almonds, Walnuts
Rice	Cauliflower rice, zucchini rice
Butter	Coconut Oil

FINAL THOUGHTS ON THE KETO DIET

Keto diet is a healthy diet option to lose weight in a short time period. Say you have a wedding to attend or a significant event is coming up, and you don't have time to quickly shed those pounds, then keto diet is your saviour. But be patient and be vigilant about your diet; otherwise, it will be of no use to you.

The most important thing to keep in mind when you are on the keto diet is the amount and source of carbs that you are consuming daily. Make sure your daily carbs intake doesn't exceed from 40 grams because that's how keto diet works.

Likewise, your daily fat intake should be greater than 160 grams. This makes fat consumption to be 70-80 of daily caloric intake. So, consuming meats, fats, oils, and a minimal amount of non-starchy vegetables can help you reduce the total carbs intake.

When on a keto diet, it's important to stick to keto-friendly food as we have just mentioned before in this ebook. This may include eating a controlled portion of sweetened beverages, baked food, grain products, and processed food. At the end of the day, the catch is consuming 2000 calories per day.

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