

# **Beginner's Guide to Keto**

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## **Book Description**

Are you tired of living your life in a completely unhealthy manner, and want to change your lifestyle completely? Well, we're sure you've already heard of the Keto Diet, because how can you not? Every celebrity over the past few years has been obsessing over this diet, has tried it out, and has absolutely loved it.

Thanks to all these influencers, this diet that was once used to treat patients with epileptic seizures, is now a trend people follow to lose weight and change their lifestyle effectively.

Keto diet helps you cut out carbs, and replace them with healthy fats for your body to consume, and burn off from the inside. Still a little confused?

Don't worry, because you'll learn all about the Keto diet from this book!

### ***What you'll learn in this book:***

- What the Keto diet is exactly
- All about the process of Ketosis
- What foods to eat on the Keto Diet
- The foods you should avoid on the Keto Diet
- The health benefits of Keto
- Snacking on Keto
- Mistakes you should avoid while being on Keto
- A sample diet for a whole week, for beginners!

So what are you waiting for? Go ahead and read everything you need to know about Keto and get started on your journey!

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## **Introduction**

The Ketogenic diet is well known for being a low carb diet. When you change your lifestyle and cut out all your carbs, your body starts to produce ketones in the liver that are used for energy. These ketones are created when the body cells are consuming fats instead of carbs as they usually do, and it helps consume fat which leads to weight loss.

The keto diet has become relatively famous over the years, all because anyone and everyone who's been following it, has sworn by it. They say the Keto diet has really changed their life completely. Because remember: Keto isn't just a diet you follow for a few weeks and let go of, it's a lifestyle that you adopt, and it stays with you forever.

During normal food breakdown, glucose is often the primary source of energy for your body. Hence the extra fat is stored. This is the same fat that accumulated and hangs from the sides of your body that you hate so much! Well, this is what happens when your intake of carbs is a lot.

However, if you lower your intake of carbs, the body will start the process of Ketosis. During the keto diet, your body is forced into a whole different metabolic state. The keto diet does not emphasize on cutting calories, giving up on sweets, and it definitely doesn't encourage starving. It gives you a wider range of choices to choose to eat from; the only difference is it requires you to cut down on the intake of one particular food category: carbs.

Naturally, you will have to cut down on your junk intake and exercise regularly for better and faster results!

## **Chapter 1: Maintaining a healthy lifestyle**

People in the world of today are more aware of their weight and health than their ancestors. Now, sometimes men and women both think losing weight is a better goal than just being healthy.

Crash diets and starving yourself is the new trend! What these people forget is how unhealthy starving yourself is, and that it can have adverse effects on your health. If you want to look thin and fit; cutting out food completely is not the way to go about it. You should eat healthier foods, and incorporate gym in your daily routine, instead of going all out.

While you'll see some people who are thin, and fit, body shaming has become crazily incorporated in our lives as well. Women around the world are suffering from some serious depression because of weight issues. It's like the society does not want to accept a curvy woman anymore: they all look for girls under 50 KGS, which is almost impossible for most! Modelling and action dreams are crushed because girls are rejected for their weights; high school girls are bullied out of classes because of the way they look. Most times they're not even unhealthily obese or anything: they're just healthier than most. This makes them overthink and want to lose weight, but they want to try doing it the unhealthy way.

Maintaining a healthy lifestyle should be your top priority. Don't listen to others and don't pressurize yourself. Eating healthy and having a sound mind is all that matters. If you're overweight, then you definitely need to diet and lose weight to have a healthy BMI, because of course, obesity leads to several health-related issues. However, remember not to kill yourself for it, just have a positive attitude, set a goal and try to achieve it slowly but steadily!

### **What to do if you're overweight**

Firstly, just because you have a few curves as a girl does not mean you're overweight. However, every person should keep a check on their BMI, so they can know whether or not they lie on the healthy zone. Of course, you should keep what you eat in check as well as your physical activities. It is advised to keep within your calculated weight range,

above or below that is unhealthy and dangerous for your health, however, if you're struggling with being overweight, it's probably best that you start as soon as you can to shed those extra pounds.

Far away from body shaming or making you feel bad about the way you look, you should understand that being overweight is not healthy for you. A lot of issues arise due to obesity, for example:

- You may suffer from high levels of cholesterol
- A high level of sugar can lead to diabetes
- You may also start developing heart issues
- Feeling a lot of fatigue, and tiredness
- Laziness in anything you want to do, etc.

It's best you try to move past thinking other people are your enemies when they try to suggest you lose some weight. It's possible they're just looking out for you.

### **Obesity a direct hit to your self-confidence**

Obesity can make you lazy, and some people have reported that it's a constant reminder to them that they don't fit in with others who look comparatively fitter than them. It is a direct hit to their self-confidence, and eventually, they avoid hanging out with their friends and family if they constantly talk about losing weight.

Obesity can become the reason why you want to spend more time with yourself, feeling like there's no one out there who can understand you. This is the reason why several youngsters may even fall in the hands of depression!

Teens today consume too much junk food and sugary drinks, which is how they consume extra calories, and due to lesser physical activity, they start to gain weight. Video games, Netflix, laptops, and browsing through social media is the reason why so many people have lesser physical activity!

Poor body image often the reason why people start to get more conscious about the way they dress. And when you don't have a confident body language, others can easily figure

out that you have a low self-confidence level as well. It is suggested that parents of obese teens should have them open up about the issues they think their children are facing, in order to put an effort to help them regain their confidence.

## **Different kinds of diet plans you can follow to lose weight**

Several dieticians have developed different diet plans over the years, fitting everyone's needs according to their weight loss goals. If you search the internet, you'll come across all sorts of diets and get their details, ranging from vegan diets to protein, egg, and even only fruit and vegetable diets.

You can easily consult some dieticians if you want to have a tailor-made diet for you. However, you have to understand that you must not starve yourself in order to lose weight. If you do, you'll only be shedding off some water weight. The sooner you lose that weight, the sooner you'll gain it as well. It's better to stick to a healthy diet, rather than a crash diet because a healthier diet can be made into a lifestyle.

However, with a crash diet, you'll be missing out on all your important nutrients, vitamins etc. due to which you'll start to crave all the fatty foods and sweet foods you're cutting down on. So here's what will happen: You will cut off everything, maybe even take some small portions of food once a day. This will continue for a week, or a week and a half, and you'll get tired of it. So you'll have a cheat meal, which is likely to turn into a whole cheat day, and then you will have a hard time coming back to your diet!

## **Some effective diet plans that are quite famous in today's age are:**

### **Intermittent fasting:**

This includes you restricting your eating time to a few hours, while during the rest of the time you're just taking in water or black coffee etc. Often people follow the 16:8 ratio, whereby you're fasting or 16 hours and restrict your eating window to 8 hours. You eat your breakfast, lunch, and dinner at this time. Its very effective for people who want to lose weight!

## **The Army Diet**

Army Diet promises you'll lose about 10 pounds in 3 days! Well, essentially it lasts for about 7 days, but the meal plan only includes a menu for 3 days. For the rest of the 4 days, you ought to restrict yourself to eat within 1200 calories, but they are sort of your days off. You can start your 3-day menu again after 4 days!

## **The GM diet**

Gm Diet is an extensive diet which promises that you will lose up to 15 pounds in a week!! This diet shows more results than any other diet yet. It includes limiting most days in your week to only eating fruits and vegetables, which is extremely hard, but extremely effective as well. However, its best stated that we're not in favour of crash diets.

## **Incorporating exercise in your daily routine**

If you're looking to lose weight, you ought to strike a balance between your diet as well as physical activities. You can't just expect to keep losing weight through healthy eating, because that'll make your skin loose from everywhere you lose weight! It's better to start incorporating physical activity in your daily life as well. This will also aid in your weight loss journey: it's expected to speed up!

You can increase your physical activity by going on walks, and eventually turning it into jogs and runs when you get used to it. Walking or running is a very effective way of exercising to stay healthy and losing weight as well. You can set your daily set goals: Most people have a target of achieving 10,000 steps every day!

Other than that, if you want to tone up your body and build muscle mass as well, then hitting the gym is a perfect way. A bit of cardio and weight training simultaneously will have you looking absolutely amazing soon!

## **Most people also prefer the following:**

- Doing Yoga, because it relaxes their mental state as well, helps them exercise and feel more connected to their body

- Doing Pilates is an effective way to shape up your body, and keep it toned while you're losing weight. Having muscle mass gives your body a really good shape!
- Working out at the gym etc.

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## **Chapter 2: An Effective Diet**

An effective diet can help keep you in check. It can help avoid several different health issues that are caused due to consuming unhealthy food all the time. As discussed, there are so many diets that people are following out there, and they are obviously all effective for different kinds of body types. All these diets include having fruits, vegetables, and they want you to have your maximum physical activity.

### **The similarities between different diets for weight loss:**

After giving several diets from around the world a view, we've concluded that all diets effective for weight loss have a few things in common. These include:

#### **They all advice you to lower your intake of sugar**

While moderate amounts of sugar are still understandable, and unavoidable, however eating processed sugars is the biggest issue faced by everyone in today's world. Eating excess sugar – or fructose can overload the liver, which is turned into fat in return. Besides, sugar just provides you with empty calories. This means they increase your calorie intake quite a lot, however, don't make your tummy full and don't provide any essential nutrients you require.

#### **You should eliminate all your refined carbs**

The most common of these today is wheat flour, which is consumed in great amounts on an everyday basis now. Without eating any whole grain, or enough fibre, eating wheat flour can help your blood sugar level shoot up that will lead to severe cravings whenever you try to stop eating foods with it. Several diets require you to eliminate carbs from your diet altogether, in order to avoid heart diseases, diabetes etc.

#### **They require you to have a higher intake of fruits and vegetables.**

It is suggested that you take a fruit-based breakfast if you're eating before 12 PM. Fruits keep you fulfilled longer, especially if you pair it up with green tea. Furthermore, you should focus on eating healthy vegetables whenever you're eating your proteins. For example, if you're trying to lose weight, you should try to have ¼ part carbs (healthy

carbs!), 1/4 part proteins, and 2/4 part should be full of vegetables. It will fill your tummy, and you'll be satisfied as well, with no cravings.

### **Lastly**

All diets want you to focus on your food intake and watch what you're eating instead of focusing on your calorie restrictions. Of course, you have to look out for your calories for losing weight and need to keep in strict control. However, you shouldn't forget that you should be wise in choosing what you want to eat. You should be aware of the food intake, and make sure you're making healthy choices for yourself to eat from.

### **The benefits of a healthy diet**

Eating a healthy diet means you're trying to avoid foods with a high level of sugar, but you should also avoid foods with a high level of salt too. You should, in general, watch everything you eat! You're probably wondering by now why I'm stressing so much about eating a "healthier" diet. Well, there are uncountable benefits of avoiding junk and treating your body like you love it, by eating food that will heal it instead of destroying it from the inside.

### **Here are some of the benefits listed for you:**

#### **The most obvious one is weight loss**

If you're struggling with obesity, eating a healthier diet will definitely put you on the path to lose some extra weight on you. Obesity obviously leads to higher risks of heart disease, diabetes, poor bone density, and makes people quite lazy. All these issues have been discussed above.

#### **Leaving bad eating habits**

Bad eating habits are the leading cause of several cancers today. And an unhealthy diet along with obesity may increase a person's risk of cancer quite a lot. It is to be noted that a diet with an increased level of fruit and vegetable intake can help reduce the risk of cancer as well.

## **No Heart diseases**

Heart diseases are quite common in countries where people don't have a healthy diet. It has been reported that premature stages of heart diseases, and as well as strokes, can be avoided by simple changes in lifestyle that include healthier eating as well as increased physical activity. To avoid heart issues, you should probably be avoiding foods high in oil, like deep-fried chicken, fries, etc. Prefer grilled or baked food over fried foods.

## **Strong bones**

You have stronger, bones, and stronger teeth! With all essential vitamins and nutrients available to your bodies, it is likely for you to avoid having bone depletion as you grow older. Several women face bone issues like arthritis, osteoporosis etc. These problems can be avoided by eating a healthier diet.

A healthier diet can help your digestive system get better. You won't have constipation issues and will have a better metabolism as well.

A healthier diet is also known to help you have a better memory than most! It avoids the risks of developing Alzheimer's disease, dementia, etc.

## **Consider doing Keto**

One diet that has relatively caught on in the past 2-3 years is the Keto diet. All celebrities, including the Kardashians who have a lot of influence over everyone, have been seen to follow this diet in order to stay in shape. LeBron James is also a fan of this diet. People follow it in order to burn off extra tummy fat, to stop different craving foods, vamp slightly down on their hunger, and increasing their energy for all the world they have to do.

The keto diet puts the body in a natural fat burning process – known as ketosis, all while you're eating fats as well as oil-based foods. Initially, Keto was prescribed for people with epilepsy in order to stop their seizures. It wasn't designed to lose weight.

However, over the years, it has been noticed that losing weight while doing Keto is quite effective, as well as satisfying. You don't have to crave all the things you love like

brownies etc. because, through different recipes, you'll be able to fulfill your sweet tooth as well! Keto is a great way to embark on your journey for weight loss.

The Ketogenic diet, as it is called, is a good way to lose weight, eat healthy, and improve your overall health as well. You should consider doing a Keto!

## **Types of Keto Diets**

There are several different kinds of Keto diets. People follow the ones that suit them the most, in order to yield long-lasting results and to have a lifestyle that can easily be incorporated in their routines without having to feel that they're starving themselves! Here are the four most common kinds of Keto diets:

### **The Standard Ketogenic Diet:**

This is the diet that most people prefer to follow. It aims in getting most of your calories from fats, (70-75%) about 20% of your calories from proteins, and 5% of it from carbs. You should restrict your carbs to almost nothing, except the intake that comes from eating other foods which have carbs in it. However, you should let go of rice, pita, bread, pasta etc. completely! Your diet mainly consists of eating healthy fats.

### **Well Formulated Ketogenic Diet:**

This kind of diet is similar to the standard Keto diet. It is just a better version of it because a person on the Keto diet is required to have a good sort out and formulated plan for all the fat, protein, and carbohydrates you are supposed to take in. The standards of the keto diet should be met in order to have the process of ketosis occur in your body.

### **The Medium Chain Triglycerides keto diet:**

The MCT diet focuses more on using medium-chain triglycerides to provide a major portion of the fat content that is required for the keto diet.

## **What is Ketosis**

In the everyday process, the cells in our body use glucose in order to get energy from. It is well known that Glucose is received from carbohydrates, which is majorly sourced from starch and sugar (that may include fruits, bread, rice, pasta etc.)

These foods are broken down by the cells into simpler sugars from which Glucose is derived. When the required glucose is not available to the body, the cells will instantly try an alternative way to meet the needs to keep giving you the energy you need.

However, now the cells will begin to break down any fat stored in order to provide you with glucose from triglycerides. Ketones are created during this process. So Ketosis is the state of the body when the body cells use the fat stores in order to create energy, and they make ketones during the whole process.

## **Tips to get into the process of Ketosis**

Studies have shown that the process of Ketosis can aid in your weight loss journey. It is a metabolic process that can have a lot of health benefits as well. However, achieving the state of Ketosis requires a lot of planning and patience as well. Here are a few tips that can help you get into the process of ketosis:

### **Restrict your carbs**

The first and foremost thing to do is to restrict your carbs as much as you can. In order for your body to go through ketosis, its highly important for you to cut down your carbs. So instead of getting the energy from the carbohydrates in your body, your cells will start to tackle fat cells. This will instantly aid in weight loss and will control your blood sugar levels.

### **Coconut oil**

If you start eating food cooked in coconut oil, then you can reach ketosis faster. Coconut oil contains MCTs which are rapidly absorbed in your body cells, taken to the liver. Coconut oil may slightly erupt digestive issues like constipation or diarrhea, so it always

recommended to incorporate this in your diet slowly. Other than that, you'll be in the process of ketosis in 2 WEEKS if you're dedicated to this diet.

### **Physical activity**

An increased level of physical activity is known to help your body reach ketosis faster. When carb intake is minimized, and glycogen stores are low, the liver starts to produce ketones. It has been reported that with an increased level of physical activity, the ketones created by the liver as a by-product also increases.

### **Short or longer fasts**

Sometimes people go for short or longer fasts in order to get in the process of ketosis faster. Ideally, it is seen that people fast for 24-48 hours before embarking on the keto diet, so the process of ketosis can start faster than normal.

### **Adequate protein diet**

It is suggested that you maintain an adequate protein diet. Don't ingest too much protein, because that might mess with your fat intake. Taking 20% protein in the whole day while having maximum fat intake is how you should effectively plan your meals.

## **Chapter 3: What exactly is the Keto Diet?**

As already discussed in detail, the Ketogenic diet, otherwise known as the keto diet, is a high in fat and low carb diet. It resembles several other low carb diets. However, the keto diet has gained popularity over the years, thanks to all the celebrities and social media influencers that swear their life by it.

Due to the process of ketosis in our body, the cells, instead of breaking down carbohydrates for glucose, start to go after fat. However, it should be kept in mind that we should only be ingesting healthy fats while on the keto diet. It's been seen that the keto diet is extremely effective for weight loss, and the best part is you don't even have to restrict your calorie intake: just watching your carb intake is enough. It has been observed that the keto diet can help you lose up to 2.2 times more weight than other calorie and food restriction diets can.

### **Which foods should you eat while doing Keto**

So while you're thinking that eating on the Keto diet will be difficult, it honestly might not be as hard as you think. Here are some foods you can eat during the Keto diet:

#### **Low Carb Vegetables:**

Eat vegetables, but you've got to look out for what you're eating. Eating vegetables like potatoes even during one meal can put you over the carb intake for a day! Go for maybe carrots, cucumbers, etc.

#### **Avocados:**

People on Keto swear by avocados and literally have it every single day! It's nutritious and full of vitamins.

#### **Seafood:**

Fish and even shell food is allowed to be consumed on Keto. You can eat clams, squid, even octopus, and salmon, mackerel etc. can also be eaten.

## **Cheese**

Cheese is super delicious, and guess what? You can eat it as you like on your Keto!

## **Eggs:**

So that's good news, you can have a nice breakfast and have your scrambled eggs just the way you like them.

## **Chicken:**

Another source of good protein can be consumed for dinner as you like!

## **Coconut oil:**

This is a great source to get your body into the process of ketosis, and it's healthier as well.

## **Olive Oil:**

Some people are not very happy with the strong odour of coconut oil, so they prefer cooking their food in olive oil. This oil has proved to have several benefits for the heart too.

## **Dark Chocolate:**

Craving that dessert after dinner? Or want to have something sweet to start off your day with? Well, you can eat dark chocolate while doing a Keto diet.

## **Here are the foods you should avoid while doing Keto**

To make it easier for you, we've compiled a list of foods that you should avoid while being on the keto diet. You can refer back to this list whenever you're doubtful about whether or not you should be eating something!

## **Fruits:**

While it comes to a shock to most people, some fruits can be high in sugar and carbs, which is why it is recommended for you to avoid them while you're on your diet. The fruits you should avoid include:

- Oranges
- Pineapples
- Grapes
- Tangerines
- Apples
- Bananas
- Mangoes
- Peaches
- All sorts of fruit juices
- You should avoid dried out fruits as well

### **Vegetables:**

The keto diet rule of thumb is to avoid eating most vegetables that grow underground because they're high in starch, sugar, or carbs. Here's a list for you:

- Potatoes
- Sweet potatoes
- Peas
- Parsnips
- Artichoke

### **Beverages:**

All fizzy drinks are to be avoided at all costs because they are extremely high in content.

Others include:

- Coca Cola
- Pepsi
- 7 UP

- Sprite
- Fanta
- Miranda
- Hot Chocolate
- Mochas
- Smoothies
- Root beers
- Alcohol
- Energy drinks!

### **Others:**

Other items you can look out for include:

- Condensed Milk
- Chocolates other than Dark chocolate
- Breaded meats etc.

### **Snacks you can eat if you're feeling hungry**

Since calorie intake isn't a big deal while you're on the Keto diet, you can cut yourself some slack and have some healthy snacks between meals if you feel like it. If you're confused about what you can snack on, here are a few ideas for you:

#### **Cucumbers:**

Freshly cut cucumbers are a great way to keep yourself hydrated, and have a light snack. Some people love eating it with cream cheese, and honestly, it tastes great! Enjoy it in the afternoon or between meals, as you like.

#### **Olives:**

You can munch on some olives if you like them. They pretty much have the same benefits as those of olive oil, but they're in solid form so they can help fill up your stomach as well.

**Nuts:**

These are known to reduce heart disease, and avoid cancers as well. You can have Almonds, Cashew Nuts, Pistachios, Sesame Seeds, etc.

**Berries:**

While most fruits are considered to have a high content of carbs in them, so they're not allowed to be eaten on the Keto diet, its lucky that berries are! You can have your favourite strawberries, blueberries, and even raspberries, and enjoy them with all the high-fat cream you want.

**The Health Benefits of Low Carb Keto Diet**

Low carb diets don't have adverse effects on your health like other diets do. So here are a few health benefits that your keto diet is secretly giving you, and we thought its best, you know! All the more reasons to be doing this diet, include:

**Reduce your appetite**

This low carb diet will help you reduce your appetite. Most people quit on their diets because they start feeling hungry, and feel like they're starving themselves to lose weight. However, being low on carbs actually helps reduce your hunger, which means lesser food intake and lesser calories leading to weight loss!

**Fat molecules**

The fat molecules in your bloodstream (triglycerides) reduce. When people reduce the intake of carbs, the number of these triglycerides drops as well.

**Good cholesterol**

There is an increase in the levels of "good cholesterol" in your body. This is also known as high-density lipoprotein. The higher the relative amount of good cholesterol to bad cholesterol, the better it is for your heart.

**Low carb diets**

Low carb diets help in lowering blood sugar level, which may be a big help for those people who are suffering from diabetes! These people can reduce their insulin intake by 50% almost immediately as well.

Low carb diets have been found to be therapeutic for several brain disorders.

## **Health conditions that benefit from Keto**

Elevated blood pressure is easily brought down by doing the keto diet due to the low level of intake of carbs!

### **Hypertension**

Hypertension is definitely a risk factor for many other diseases, especially heart-related and brain-related ones. Through Keto, hypertension can be treated to quite an extent, mitigation the factors leading to other associated diseases.

### **Diabetic patients**

Ketogenic diets are also being used for treating diabetic patients in order to lower their sugar levels and help them get healthier in their lifestyles. As already discussed, the biggest health benefit keto offers is the fact that it can lower cholesterol levels which can help treat, and avoid, several heart-related diseases. Eating healthy leads to a healthy and happy body. Other health conditions that Keto can help may include:

#### **Cancer:**

Keto diet is suggested for cancer patients to follow for slow tumour growth

#### **Alzheimer's:**

Keto diet helps in the slow progression of Alzheimer's disease

#### **Acne:**

Lower sugar intake leads to lower blood sugar levels that are known to be able to cure acne

**Epilepsy:**

Previously, Keto was used as a diet to help epileptic patients avoid their seizures

**Parkinson's disease:**

It has been reported that Keto helps improve the situation for patients suffering from Parkinson's

**Brain recovery:**

One animal study concluded that through the keto diet, brain injuries have seen to get better at a faster rate.

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## **Chapter 4: Maintaining the Keto Diet**

As popularly known, difficult diets are quite hard to maintain. Keto in the start can be thought to be difficult, but if you want to change your lifestyle completely instead of just dieting for a few days, things might get easier for you.

Cutting down on carbs is good for you because carbs are the main reason why so much fat gets stored in you. So no carbs mean no more fat gain, rather this can lead to fat loss. Maintaining Keto gets difficult for some people eventually, and while we don't blame them, we think it might be due to lack of understanding, and lack of time for proper meal planning.

### **Why the Keto diet is considered difficult?**

Some people just give up on Keto and claim it's not as easy as it looks. But what good thing in life ever comes easy, eh? Sure, the first week or two will be difficult for you because you're cutting out the one thing you absolutely love: carbs. But if you get through this transitory period, you'll be good to go for your whole life (if you're willing to!).

It gets hard for people to maintain, or the diet is considered hard in general, because people sometimes find it difficult to take out time to buy Keto-friendly foods. While this can be catered to by going out and buying your weekly groceries every Sunday, it's just not convincing to people who just don't want to follow it.

Furthermore, several people just can't practice self-control while on a diet. The thought of being on a "diet" is constantly hovering over their head due to which they just want to binge eat or have junk food after 1 or 2 healthy meals. And this may also just happen when you have lack of understanding of this diet: you can have such delicious foods while you're on the keto diet if you're just willing to take out the time to make your own meals. But again, this is another reason why people find the keto diet hard to follow, because many often don't have the time to prepare meals for themselves and they can't buy any junk or bakery bought food due to excess amount of carbs!

And lastly, everyone is just too impatient. They all continuously want to see results, and if results take time (which they do as it varies from person to person), they want to skip following the diet instead of being consistent. This is a bad approach.

## **How to remain on Keto when going out for food**

Keto is a great diet, especially as compared to the other calorie-restricted diets because it gives you a wide range of food options you can choose to eat from. This helps you continue your fun outings with friends because where ever you go, you're bound to find something you can eat while still remaining firm on your Keto diet!

For starters, you know that Keto allows you to eat any kind of meat as a source of protein. Several restaurants have chicken or fish-based dishes that are famous and extremely delicious. Just opt for a dish that's on the grilled side, and check out its sides. Get some added cheese maybe, more vegetables, and have a nice fulfilling dinner for yourself.

Worried that your friends are going out for junk food, like burgers, pizza, fries etc.? Well, that shouldn't be a big deal, since you can eat burgers as well. However, you might have to make slight alterations. Instead of eating the buns, try replacing them with lettuce and eat your meat patty the way you like it. And instead of having fries, perhaps you can order a side of veggies, maybe carrots, or cucumbers. Stay away from potatoes at all costs!

Lastly, if you want to head out for some coffee with your friends, it's suggested you stay away from creamy mochas and hot chocolate etc. However, you can still have an espresso or even black coffee. This will satisfy your coffee craving, and you can have a nice conversation with your friends while you're at it as well.

## **How to fight your cravings**

Not eating carbs can lead you to crave carbs, a LOT! This is just human psyche when you're trying to give up on something; your mind makes you crave it even more. However, you have to fight these cravings sensibly. Here are a few tips to ensure keeping away from carbs and binge eating:

- Make sure you don't take too long between eating meals. When your body feels starvation, its blood sugar level drops and you crave carbs
- Eat your proteins and vegetables with every meal, or at least 2 meals in a day!
- Stick with a meal plan and follow it thoroughly. It'll require some calculations, but you can easily get through with it.
- Sometimes carb cravings and hunger pangs can arise because you're too bored. So you should try to distract yourself, like go out for a walk, or catch some coffee with friends (black coffee!)
- Don't confuse thirst for hunger. Sometimes when you're dehydrated, your mind might confuse you for being hungry. Try having 2 glasses of water each hour to keep yourself hydrated, as well as full.

## **Addressing common concerns about Keto**

Some people wonder if the keto diet is safe. If you're well aware, understand the diet, and know which fats to avoid (bad fats), then it's definitely safe. However, lack of keto awareness and making bad food choices might not be a good idea.

Should you consult a doctor? It is recommended that a person consult their dietician before starting Keto because it will help you get a tailor-made diet plan as well.

Furthermore, if you're wondering about how much your carb intake should be, well, it shouldn't be more than 10% of your total food. This is often gained from the food you're already eating!

However, the one common concern almost everyone has is, how much weight can I lose on Keto? Well, you can lose up to 10 KGs in a month, but that's only if you're very obese. For relatively healthier and thinner people, it takes a bit more time to shred some pounds than it does for those who are overweight. So results will be different for everyone, but one thing is for sure, this diet is very effective!

## **Chapter 5: A sample of what you should be eating**

Of course, it's a little hard for people who are just starting out on the Keto diet, so I thought I'd give you a sample of what you should be eating. This plan consists of meal plans for a whole week. Once you've followed it, and lasted through the week, you can either go with it again, or you can mix and match to cook some healthier and more delicious dishes for yourself! There are recipes on the internet, as keto blogs and pages are exploding with delicious dishes you can try while you're on this low carb diet. Anyhow, here's a meal plan:

### **Monday:**

#### **Breakfast:**

2 eggs, black coffee (unsweetened)

#### **Lunch:**

Chicken salad, with olive oil, and cheese added

#### **Dinner:**

Fish and veggies of your choice

### **Tuesday:**

#### **Breakfast:**

Make a ketogenic healthy milkshake for yourself! You can search up the recipes and find amazing choices

#### **Lunch:**

Shrimp Salad with Avocado

#### **Dinner:**

Chicken with Parmesan cheese, and asparagus

## **Wednesday:**

### **Breakfast:**

An omelet, with tomato, basil, and cheese in it

### **Lunch:**

Handful of nuts, with guacamole and celery sticks

### **Dinner:**

Meatballs with cheddar cheese on top, veggies of your choice!

## **Thursday:**

### **Breakfast:**

Omelet with avocado, salsa, onion, etc. Coffee if you like

### **Tuesday:**

Make a milkshake with almond milk, peanut butter, cocoa powder, and enjoy!

### **Dinner:**

Chicken steak with cream cheese and vegetables

## **Friday:**

### **Breakfast:**

Fried eggs, with vegetables

### **Lunch:**

Salmon in olive oil with cheese slices and nuts

**Dinner:**

Bunless burger, chicken in lettuce, salsa, etc.

**Saturday:**

**Breakfast:**

Greek yogurt with berries in it

**Lunch:**

Beef in coconut oil and vegetables

**Dinner:**

Prawns with lemon and cheese sticks on the side

**Sunday:**

**Breakfast:**

Eggs with mushrooms and berries on the side

**Lunch:**

Chicken Parmesan

**Dinner:**

White fish with spinach, onions, and cheese

## **Chapter 6: Keto Mistakes Beginners should look out for**

Keto is not just a diet for most people; it's a whole lifestyle. That's what I would suggest to you as well: look at Keto as a lifestyle instead of just a diet. Keto is a way of living and shouldn't just be a part of your life only until the time you're trying to lose weight. It's healthy, and you don't need to worry about your body or health with it. So why not just make it an everyday thing? However, some people feel like Keto just isn't for them. This might be because they're making some mistakes but failing to acknowledge them. Every keto beginner makes mistakes, and we're here to guide you through it.

### **Don't focus on the scale**

"I lost 4 lbs in a week while doing keto!" "I suddenly gained weight during keto!"

There are different statements you'll hear from people who do Keto for a short while, mostly relating to their weight. The thing is, like every other diet; Keto works differently for different people. You might gain weight initially and then start to lose weight, or you might just lose a lot at once and then it might take your time to lose some extra pounds off your body as well.

Don't focus on the scale; just focus on your healthy intake and inch measurements. The real progress is losing inches of fat off of yourself: scales can lie at times.

### **No meal planning**

No meal planning is the worst mistake beginners make. Meal planning is important because, when you're hungry and rushing out early in the morning, grabbing an apple is not the way to go about it. Plan your meals a night before, and prep for it if needed. Make your lunch and carry it with you to school/work, and eat it! Come home and take out some time to prepare for dinner. Don't just grab anything you have access to. Dedicate time to Keto, and you'll get the results you want.

### **Not drinking enough water**

Shifting to a Keto diet naturally means your body needs a LOT more water. When you're transitioning out of carbs and taking in more fat, some people report feeling hungry at

the start of the diet. It's good that you carry a water bottle with you, and keep drinking enough water throughout the day.

Regardless of everything, water is an important part of your lifestyle. Getting used to a larger amount of water intake for some people may be a huge adjustment, but it's something they ought to do. You can have electrolytes version of water as well, in order to replenish your electrolytes!

### **Not getting enough sleep**

Just like water, not getting an adequate amount of sleep not only causes you to gain weight, it also makes you cranky for the rest of your day. This leads you to ignore your meal planning, and binge eating just because you want to feel better. Do you think we can afford that? Nope, not at all! You need to make sure you don't get off track no matter what. Besides, sleeping for about 8 hours (for an adult) is the required time for your body to recharge itself. Take care of not only your diet but also your lifestyle habits.

### **Consuming the wrong fats**

When people start Keto, the biggest issue they have is not being able to differentiate between good fats and bad fats. Or else, they aren't consuming as much fat content as needed because they're focusing on other portions in their food!

Try avoiding bad fats like seed oils, fried fish, or fatty fish in general. I know, it may be confusing, but eventually, it gets better. Bad fats increase cholesterol levels, which is bad for your heart.

Try consuming good fats like adding heavy cream to your smoothies, or coffee. You can add dressings to your salads like mayo, and even have amazing desserts while on Keto using a few alternate ingredients.

### **Eating too much protein**

On Keto, people start to eat larger portions of protein to fulfill their stomach instead of consuming the fat they need. This is wrong! Remember, Keto is using fat for burning excess body fat, and protein is only needed for the muscle mass.

## **Comparing yourself with others**

People will have different progress while doing Keto along the way. You don't have to compare yourself with everyone else. Focus on yourself and your own progress draw no comparisons. At the end of the day, you'll see how much progress you've made, and you'll be content with it. Don't worry too much!

## **Side effects of the Keto diet**

There aren't any drastic side effects while doing the Keto diet. However, you may experience:

- Excessive Thirst
- Hunger
- Short term Laziness and Fatigue
- Excessive urination
- Lightheadedness
- Weight loss
- Constipation

However, you should keep in mind that all these side effects are short-lived and will only be faced by you at the start of your diet. They'll eventually go away as you progress through your routine and your body gets used to it.

## **Warnings about the Keto Diet**

Here are some things you might want to look out for when doing Keto:

### **The Keto Flu**

People often complain about feeling lethargic and having fatigue when they're on Keto. This is called the Keto flu, which may also induce dizziness and vomiting. You ought to look out for it.

### **Diarrhea or Constipation**

When you change your diet intake, your metabolic system goes through a drastic change as well. This may cause some issues in your digestion initially, like leading you to have constipation or diarrhea. However, it gets fine soon, without any medication.

### **Reduced Athletic Performance**

When you're feeling lethargic, you often feel like you have no energy left to workout or engage in any exercise. Don't worry; it'll get better! Just check with your dietician if you're following your meal plan correctly, especially if you've made one for yourself.

## **Conclusion**

In conclusion, it may be stated that while the Keto diet may be considered quite difficult for most, you have to dedicate yourself to it if you want it to work out. Keto has several health benefits that can be good for you, and it even causes instant weight loss that is long-lasting, provided you maintain your lifestyle.

You just have to plan your meals efficiently, take time to go grocery shopping, prepare your meals, and eat them on time. Don't starve yourself.

The key is to cut out your carbs simply! Eat your protein, eat your healthy veggies, and good luck with your diet!

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