



Ketogenic Diet Guide

1. Be knowledgeable:

- **What is a ketogenic diet?** The ketogenic diet is a high-fat, moderate-protein, very low-carb diet. This diet generates the production of ketone bodies which pass into the brain and replace glucose as an energy source.

- **What is ketosis?** The ketogenic diet causes the body to produce small fuel molecules called "ketones" which are produced from the breakdown of fats in the liver. The source of fuel and energy for the brain is glucose. Ketones are an alternative fuel for the brain, used when blood sugar (glucose) is in short supply. Ketones are produced if very few carbs and only moderate amounts of protein are eaten. On the keto diet, glucose levels are exhausted and the body is prompted to give the brain energy through an alternative method, ketones. The body takes stored fat through the liver and produces ketones which is then used as fuel throughout the body, including the brain. When the body produces ketones, it is called ketosis. Exhausting the body of glucose on a ketogenic diet forces the body to run entirely on fat which burns stored fat more rapidly.

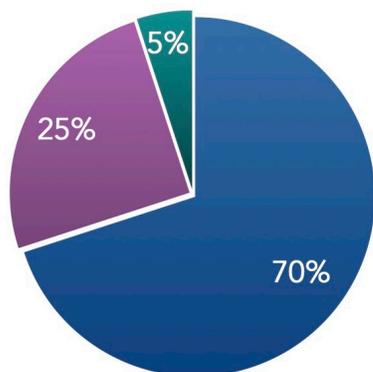
- Ketogenic benefits:

- Weight Loss
- Reverse Type 2 Diabetes
- Control blood sugar
- Mental focus
- Increased physical endurance/energy
- Lessen stomach problems
- Clear acne
- And more!

2. Clear out your pantry and fridge

Your food should be 5-10% carbohydrates, 20-25% protein, and 70% or more fat.

KETO MACROS



● FATS ● PROTEIN ● CARBS

***Note:** High-fat, moderate protein, and low carbs stimulates the ketosis process. Low-carb as well as only moderate-protein intake (less than 25%) is important as carbs and high protein have a lot of calories which will prevent ketosis from occurring.

-Foods to eat:

- Low-carb vegetables - broccoli, cauliflower, etc. (tomatoes are fine)
- Leafy greens - spinach, kale, etc.

- Nuts - macadamias, walnuts, etc.
- Other fats including coconut oil, extra virgin olive oil, avocado oil, high-fat salad dressing, saturated fats, etc.
- Meats - beef, lamb, poultry, eggs, etc.
- Fatty fish - salmon, tuna, etc.
- High-fat dairy including hard cheeses (cheddar, goat, mozzarella), high-fat cream (heavy whipping cream instead of whole milk), butter, etc.
- Avocado and berries – raspberries, blackberries, and other low glycemic impact berries. See the image below which depicts fruits permitted on the ketogenic diet. These are the general fruits encouraged on a keto diet, but some providers might suggest other fruits such as kiwi or peaches, so speak to your provider for individual instructions regarding fruits.
- Condiments: use salt, pepper and fresh herbs and spices.

***Note:** Although olive oil is recommended for consumption, it is not advised to actually cook with it on the ketogenic diet because olive oil, like many other oils, has a low flash point. Also, please check with your provider to determine the number of saturated fats to consume.

- Foods to avoid or eat sparingly at most:

- Most fruit - apples, bananas, etc. Most fruit has sugar which contributes to additional carbs.
- Alcoholic beverages due to their high sugar / carb content
- Legumes - beans, lentils, chickpeas, etc.
- Low-fat and diet products (including sugar-free foods)
- Condiments and sauces - condiments are often sugary with unhealthy fats
- Unhealthy fat: processed vegetable oils, mayonnaise, etc.

- Foods to NOT eat:

- Grains or starches - bread, wheat, corn, rice, cereal, etc.
- Sugar - sugar in all forms including honey, agave, stevia, simple sugar, etc.
- Tubers - potatoes, sweet potatoes, etc.

***In summary:** Avoid carb-based foods like grains, sugars, legumes, rice, potatoes, candy, juice and most fruits and focus on carbs from vegetables and certain fruits.

3. Get your family involved!

- Healthy snacking - make sure the snacks you choose for your kids are healthy such as approved fruits, veggies with hummus, or nuts.
- Skip the fast food - it is easy to stop for fast food for the kids, but avoid doing so. Keep your family dining habits healthy to foster healthier food cravings in your children.
- Get your kids involved - keep a step stool in your kitchen so that your kids can help with cooking. Teach them about the different herbs and healthy ingredients. This way, they will get excited about the food choices in your home! They will feel personally involved, developing a taste for the healthy foods.





Ketogenic Diet

By Team BodySite

Day 9 - Outside Aisles

Day 9 Bonus Content Send Test Email

Plan Day Contents



Today's Tip: Find the Right Path to Grocery Shopping

When shopping at the supermarket, try to stay away from the middle aisles. All of the foods you SHOULD be eating on the keto diet are located around the outside aisles of the store: produce, berries, meats, fish, dairy, fresh nuts, etc. If you are following this the program meal suggestions precisely, you can find the shopping lists and meal plans in the Bonus Content tabs of your account. If not, you may find it helpful and time saving to plan your keto meals and prepare a shopping list ahead of time.

Stay On Track: If you get off track, you risk going out of ketosis and the benefits of the keto diet (such as fat burning) will stop. As a shorthand, remember to get most of your calories from fat, a moderate amount from protein and very little from carbs.

Breakfast



Vegetable Egg Muffin

Ingredients Nutrition Info Track This

Ingredients

- 2 eggs
- 1/4 cup of kale
- tablespoon of chives
- tablespoon of coconut milk
- salt and pepper to taste
- 2 slices of prosciutto
- 1 teaspoon of coconut oil

Instructions

- 1.) Preheat the oven to 350 degrees
- 2.) Whisk eggs and add in the chopped kale and chives
- 3.) Add in the coconut milk, salt and pepper
- 4.) grease 3-4 muffin cups with coconut oil and link each cup with a slice of prosciutto
- 5.) Fill each lined cup about 2/3 of the way full
- 6.) Bake for 30 minutes
- 7.) Let cool and enjoy!

Lunch



Tomato And Pepper Steak Salad

Ingredients Nutrition Info Track This

Yields 2 servings

Ingredients

- 2 large handfuls of salad greens
- 1/2 red bell pepper, chopped into slices
- 6-8 grape or cherry tomatoes, chopped into halves
- 4 radishes, sliced
- 1 tbs of avocado oil
- Salt to taste
- 1/2 lb of steak
- 1/4 cup gluten free tamari soy sauce
- 1/2 Tablespoon fresh lemon juice

Instructions

- 1.) Marinate the steak in the tamari soy sauce
- 2.) Prepare the salad by tossing the bell pepper tomatoes, radishes, and salad greens with olive oil, lemon juice and salt to taste.
- 3.) Divide salad between 2 plates
- 4.) Place avocado oil into a frying pan on high heat and cook the marinated steak to the level of doneness you like.
- 5.) Place the steak on a plate for 1 minute. Cut the steak into slices and place the steak on top of the salad.

Save one serving for lunch tomorrow!

Dinner



Wholesome Tuna Salad

Ingredients Nutrition Info Track This

Ingredients

- 1/4 cup of cucumber diced
- 1/2 avocado diced
- Juice of 1/2 a lemon
- 1 small can of tuna
- 1 tbsp of Paleo Mayonnaise
- 1 tbsp of Mustard
- Lettuce wedge
- Salt and Pepper to taste

Instructions

- In a bowl, combine cucumber, avocado and lemon juice
- In a separate bowl mix the tuna with the mayonnaise and mustard
- Combine both bowl of ingredients and mix well
- Place a scoop of tuna on top of lettuce or vegetables of choice
- Add salt to taste
- Top with black pepper

*Note: Look ahead to tomorrow! We encourage you to make the Chicken Zucchini Noodle Soup today.

Want to see more? Login to your BodySite account now!





KETOGENIC DIET

DAY 8

- Clarified Coffee
- Tuna Tartare leftovers
- Zucchini Sliders

DAY 9

- Vegetable Egg Muffin
- Tomato and Pepper Steak Salad
- Wholesome Tuna Salad

DAY 10

- Matcha Breakfast Smoothie
- Tomato and Pepper Steak Salad leftovers
- Chicken Zucchini Noodle Soup

DAY 11

- Mushroom, Spinach and Bacon Breakfast
- Chicken Zucchini Noodle Soup leftovers
- Greek Peasant Salad

DAY 12

- Cinnamon Breakfast Porridge
- Simple Sardines Salad
- Simple Pork Tenderloin

DAY 13

- Poached Egg Soup
- Broccoli Salad
- Shrimp and Melon Salad

DAY 14

- Frozen Chocolate Shake
- Shrimp and Melon Salad leftovers
- Greek Salad with Grilled Chicken and Feta



Keto Diet Grocery List: **Week 2**

Fresh Produce

- 1 cup fresh spinach
- 1 medium onion
- 2 medium zucchini
- 1 Tbs chives
- 1/2 large red bell pepper
- 1/2 large green bell pepper
- 2 button mushrooms
- 1 celery stalk
- 4 radishes
- 2 sprigs green onion
- 2 avocado
- 1/4 cup cilantro
- 1.5 large cucumbers
- 1/4 cup kale
- 1/4 red onion
- 2 cups mixed greens
- 4 sprigs basil
- 1.5 heads romaine lettuce
- 1/4 head iceberg lettuce (or your preference)
- 1 large tomato
- 1/3 pint cherry tomatoes
- 1/2 lemon
- 1/3 cup cantaloupe

Meats & Seafood

- 12 oz. chicken breast
- 8 oz. pork tenderloin
- 4 oz. ground beef
- 6 strips bacon
- 8 oz. steak (fattier cut)
- 2 slices prociuttio
- 1/2 Lb. shrimp

Dairy

- 3 oz. feta cheese
- 16 oz. almond milk
- 8 oz. Greek yogurt
- 3 large eggs
- 3 oz. coconut milk
- 1 slice cheddar cheese
- 1 Tbs. Paleo mayo
- 2 oz. coconut cream
- 1/2 Tbs. ghee

Canned Goods & Such

- 1/4 cup almonds
- 5 cups chicken broth
- 1, 5 oz. can tuna
- 1 small can sardines
- 4 black olives
- 1.5 Tbs. lemon juice
- 1 cup black coffee
- 1 Tbs. goji berries
- Tbs. coconut flakes
- 1 Tbs. cacao nibs

Pantry Staples

check and make sure you have the following items in your pantry:

- Salt
- Black pepper
- Large bottle extra virgin olive oil
- Balsamic vinegar
- Coconut oil
- Avocado oil
- Mustard
- Cardamom
- Gluten-free tamari soy sauce
- Matcha powder
- Chia seeds
- Dried oregano
- Dried basil
- Nutmeg
- Ground cloves
- Cinnamon
- Almond butter, unsweetened
- Cocoa powder
- Vanilla

Dining Out Keto Cheat Sheet

- Look up the menu!
- Order a rib eye steak, tuna or salmon not the sandwich or burrito
- Ask for veggies as the side, not french fries or mashed potatoes
 - Add on the cheese and bacon!
- NO dessert, instead get a cappuccino (no sugar)

