

Keto Quickstart

The keto diet is high in healthy fat, contains moderate amounts of protein and is low in carbohydrates (less than 50 grams of carbs a day).

Practically this means each meal should contain a source of fat, some protein and minimal added carbs. An example would be a cut of quality grass fed meat, served with leafy green vegetables with an side of mayonnaise, butter or other quality dressing.

Practically speaking, 50 grams of daily carbs still allows for substantial consumption of vegetables, along with small amounts of incidental carbohydrates from nuts, seeds, dark chocolate and occasional serves of berries.

Remember: We are not trying to reduce caloric intake. If you are hungry, eat. As long as you choose approved foods it won't harm your progress towards a ketogenic (fat burning) state.

The three guidelines to remember:

1. Eliminate all refined vegetable oils
2. Ditch refined sugars and grains
3. Eat quality meat from animals raised on their natural diet, above ground vegetables and leafy greens and healthy fats.

Whilst these guidelines are simple to remember, I have included a list of foods to eliminate and their replacements below. Take the time to review this list and keep a copy handy for when you are out shopping.

Fruits and Vegetables

Eliminate

Starchy vegetables

- Sweet potatoes
- Potatoes
- Fruit

Replace with

Leafy greens and above ground vegetables including

- Celery
- Spinach
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Remember: It's not that some fruit and vegetables are "bad", it's just that we are trying to reduce your intake of carbs to help your body transition to a fat burning state. Once you have made it through the initial 21 day transition, feel free to add these back in small amounts whilst paying careful attention to how it affects your health, mood, and body composition.

- Asparagus
- Avocado
- Zucchini
- Cauliflower
- Cucumber
- Cabbage
- Broccoli
- Kale
- Brussel Sprouts
- Berries

Beverages

Eliminate

- Alcohol
- Sugar containing drinks and teas
- Fruit smoothies.
- Diet sodas (these trigger sugar cravings)

Replace with

- Teas
- Long black coffee with heavy cream/butter
- Water
- Carbonate water with a twist of lemon/lime

Baking Ingredients

Eliminate

- Flours
- Powdered sweeteners
- Flavoured syrups

Replace with

- Almond meal
- Coconut flour

Condiments/Cooking Items

Eliminate

- All condiments and salad dressings

Replace with

- Mayonnaise and salad dressings

that contain sweeteners, both artificial and natural, made from refined vegetable oils

- James
- Ketchup and sauces

made with a base of olive or avocado oil

Dairy Products

Eliminate

- Nonfat and low-fat milk
- Processed cheese
- Ice cream
- Fruity yogurts

Replace with

- Butter
- Aged cheese
- Cottage cheese
- Cream
- kefir
- Plain full-fat yohurt
- Whole milk

Fats and oils

Eliminate

All vegetable and seed oils including

- Canola oil
- Soybean oil
- Sunflower
- Buttery spreads and sprays

Replace with

- Avocado oil
- Olive oil
- Macadamia oil
- Butter
- Lard
- Beef dripping
- Coconut oil

Fast Food

Eliminate

Most fast food is full of carbohydrates

Replace with

- Skip your meal and enjoy the

and cooked in objectionable oils and should be avoided

benefits of intermittent fasting.

- Request a grain free variation

Grains

Eliminate

All grains and grain products

- Cereals, corn, pasta, rice and wheat
- Bread and flour products
- Breakfast foods such as cereal, granola, oatmeal
- Chips (corn, potato, tortilla)
- Barley
- Couscous
- Puffed snacks

Replace with

- Swap the tortillas with lettuce leaves
- Replace pasta with zoodles (zucchini noodles)
- Substitute coconut and almond meal for flours
- Replace snacks with nuts, berries, high percentage dark chocolate

Legumes

Eliminate

- Alfalfa
- Beans
- Peanuts
- Peas
- Lentles
- Soybeans
- Tofu

Replace with

Over the long term, if you are at or near your ideal body weight and have no sensitivities to these foods feel free to add these back in moderation.

Processed Meats

Eliminate

- Packaged meat products (check the label for objectionable

Replace with

- Locally raised, pastured/grassfed animals

additives).

- Factory farmed products

- Organic

Processed Snacks

Eliminate

- Energy bars
- Fruit bars
- Granola bars
- Protein Bars
- Frozen meal products

Replace with

- Look for low-carb packaged snacks
- Macadamia nuts
- 85-90 percent dark chocolate

Sweets

Eliminate

- Brownies
- Candy
- Candy bars
- cake
- milk chocolate
- Sugar and artificial sweeteners
- Sugar and chocolate coated nuts

Replace with

An important part of the keto diet is the elimination of sweets and their excess glucose. If needed try eating some dark chocolate to reduce cravings.

