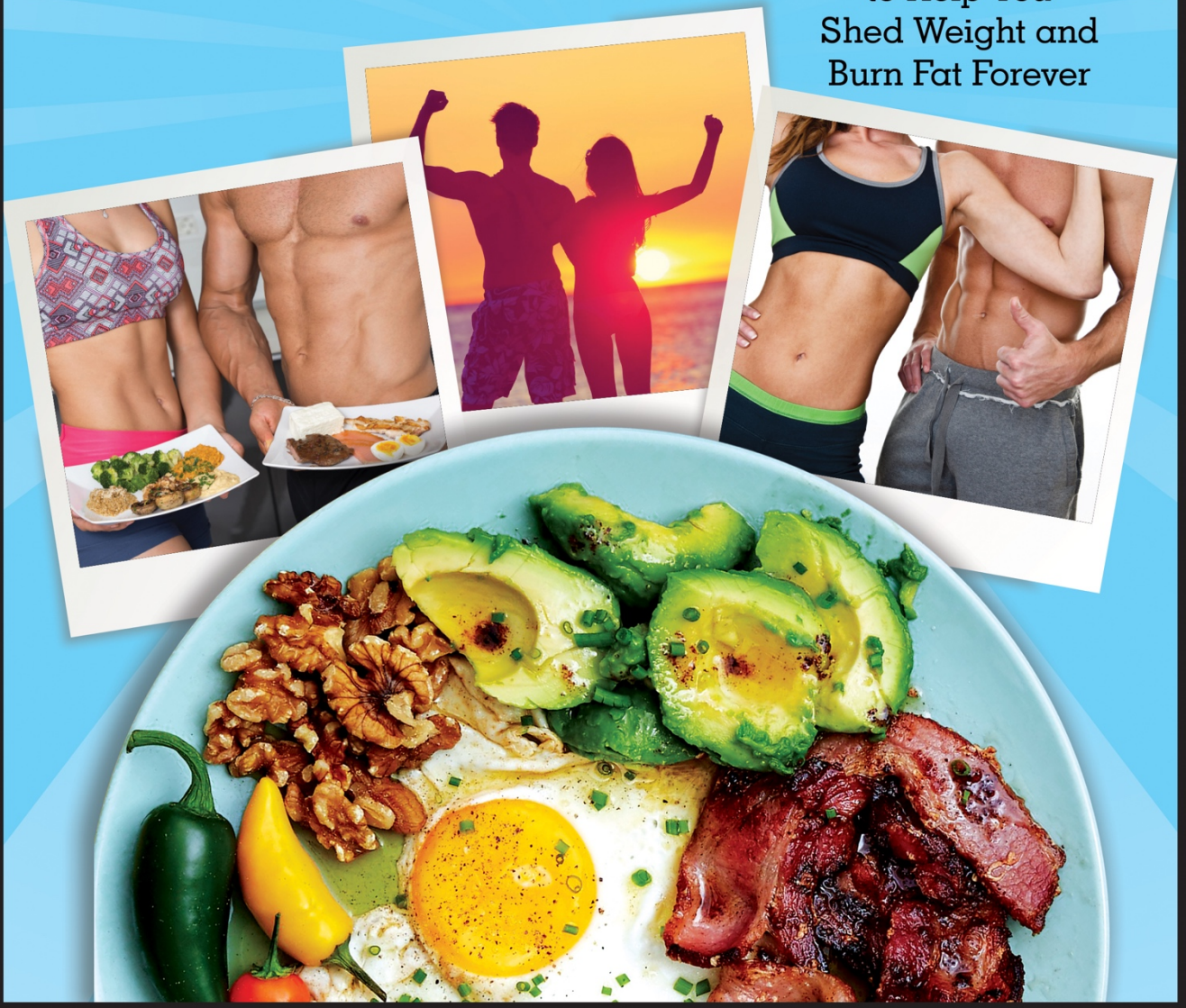


# The Ultimate Beginner's Guide to **K**eto

12 Delicious Recipes  
to Help You  
Shed Weight and  
Burn Fat Forever



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## **Where Did the Keto Diet Come From?**

One of the most popular of all current weight-loss plans, the Keto diet, properly called the Ketogenic diet, is a regimen that provides an average amount of protein, a very low level of carbohydrates, and high levels of fats.

For nearly a century (since the early 1920s), this type of diet has been used as an effective treatment for epilepsy management in children, and more recently has found a place as a possible way to avoid certain kinds of brain cancer and Type 2 Diabetes.

Popularity of the diet died out in the 1930s when doctors began using anticonvulsant drugs to treat epilepsy. It wasn't until the 1990s when another widespread surge of popularity renewed interest in the Keto diet.

Current areas of interest for researchers, related to possible benefits of the Keto diet, include its use as a treatment for Parkinson's disease, headaches, autism, brain cancer, generalized pain, Alzheimer's disease, ALS, and some kinds of sleep disorders.



**Figure 1: A Keto favorite; baked salmon**

The central mechanism of the diet is its ability to force the human body to burn fats rather than carbohydrates. In a "normal" metabolism, the body uses carbohydrates to make glucose as a fuel for a wide range of physiological systems, including brain function.

But those who follow a Keto diet intentionally deprive their bodies of carbs, thus forcing the liver to convert stored fats into what scientists call "Ketone bodies," which are able to do most of the work that glucose typically does.

When human blood contains Ketone bodies instead of glucose, a state of "Ketosis" exists. That leads to all sorts of consequences, most of which are positive. When the brain, for example, uses Ketones, rather than glucose, for energy, epileptic seizures decrease.

The famous Atkins diet is a form of the Ketogenic diet but has been adapted for a wider range of users. Early forms of the Keto diet

restricted the intake of water, but that feature of the plan was scrapped when it resulted in kidney stones in those who followed it.

Recent inquiries on popular search engines reveal that terms like "Keto diet," and "Keto foods" are among the most frequently investigated terms among people who are looking for weight-loss methods.

## **The Science behind the Basic Keto Diet**

Unlike lots of other celebrity and fad diets, Ketogenic eating plans are simple in their design: they deliver most of their calories in the form of fat and very, very few in the form of carbohydrates. Protein levels are normal, but the general effect is to force the metabolism to use stored fats for its energy supply (hence the quick weight loss).

In non-dieting bodies, human beings use carbohydrates rather than fats for energy, but when there are few carbs to use, the body switches onto a “backup” system in which stored fat is gobbled up as fuel.

This “backup” system is what scientists call the state of ketosis. Here’s how the two different systems look from the outside:

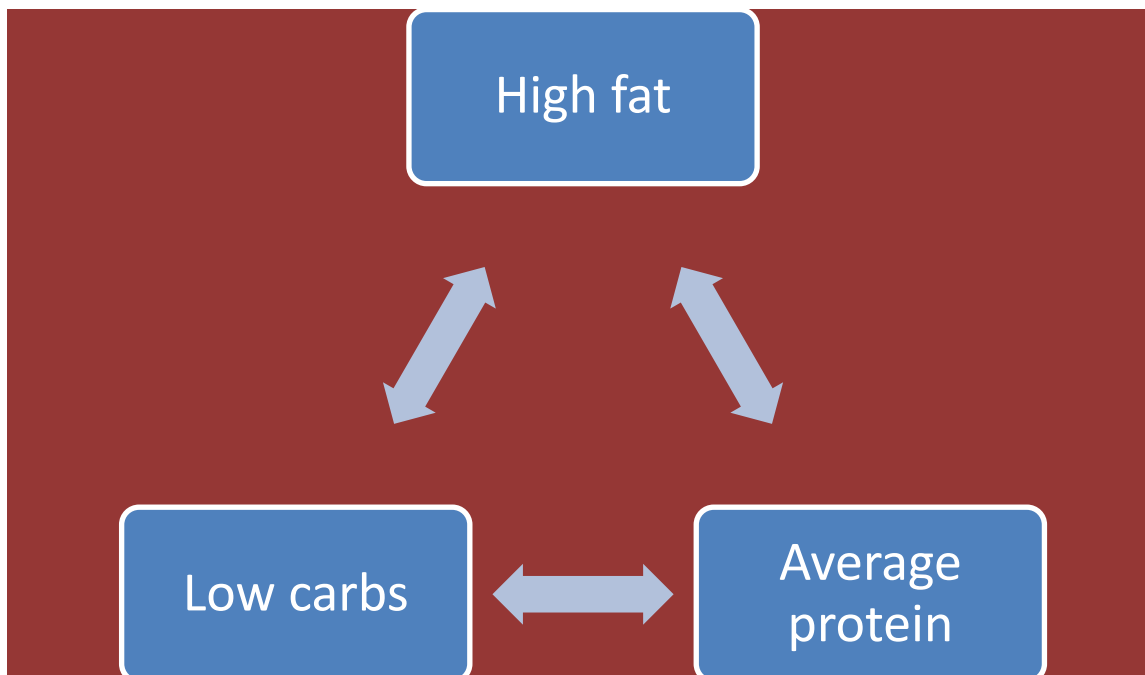
**In a normal, non-dieting body:** Carbohydrates are used for fueling the physical and brain systems. The body breaks carbs down into glucose, the basic fuel for physical and brain activities. This is called a “normal glucose metabolism” and is what most of us live with 99 percent of our lives, unless we face starvation or go on an intense fasting program.

**In a body that is in “ketosis”:** When there are no carbs to make the basic fuel, glucose, the body switches over and starts using stored fat for fuel. Your metabolism breaks these stored fats down in the liver by splitting them into two different substances. The two substances the liver

creates from stored fat are fatty acids and “ketone bodies.”

These ketone bodies are sent from the liver to the brain, which now uses them instead of glucose to do its work. When you have lots of ketone bodies floating around in your bloodstream, doctors say you are in a “state of ketosis,” which is neither good nor bad but which is a completely different situation than your normal physical state.

The goal of all keto diets is to put your body into ketosis so that it will be burning stored fat as fuel. The upside to this, especially on low calorie keto plans, is quick weight loss.



**Figure 2: Common components of the diet**

## **The Main Advantages of “Going Keto”**

The benefits of the Keto diet are numerous, and many of them are overlapping and mutually-reinforcing. People who embark on a Keto regimen do so for the purpose of losing extra pounds and do not intend

to stay on the diet long-term. However, there are also those who come to enjoy the overall structure of the diet and are able to stick with it for many months, even years.

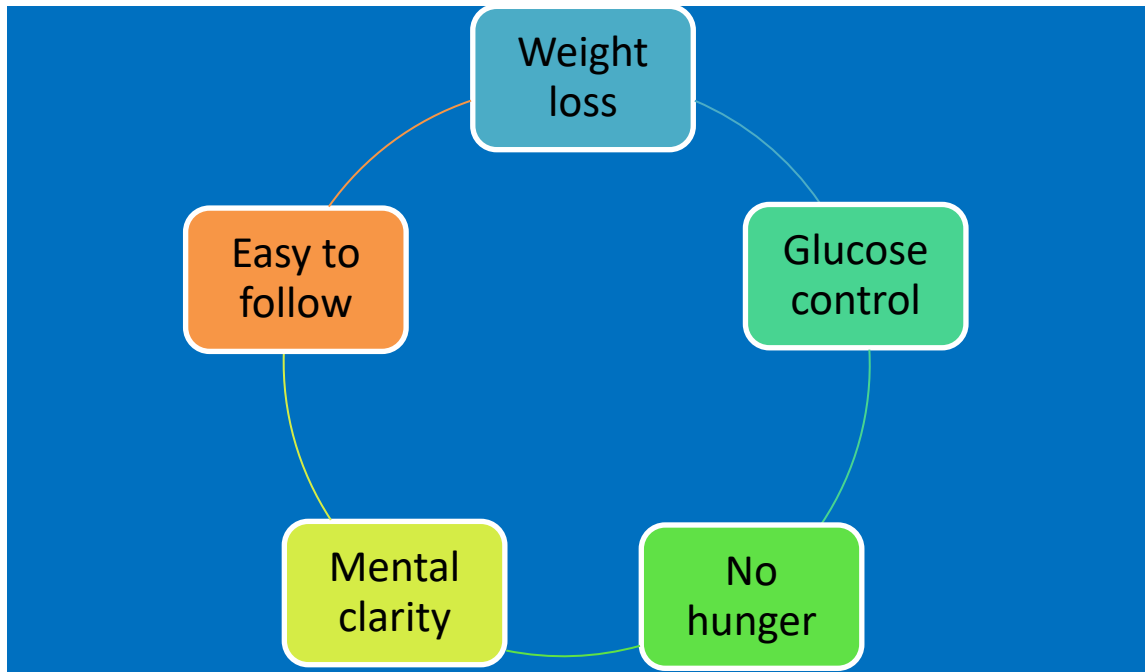


Figure 3: Advantages of going Keto

The advantages listed below are among the best-known but are by no means the only reasons that people gravitate to the diet.

- **Rapid weight loss:** The biggest attraction for thousands of people who opt for the Keto diet is rapid weight loss. Yes, much of the loss is accounted for by water-weight, but some is not. And if you want to drop 15 pounds so you can look good at Cousin Henry's wedding, then the Keto diet might just do the trick. Many versions of the diet ballyhoo a promise of 10-15 pounds within the first two weeks on the program. In ancient versions of Keto-like diets (Scarsdale for example), that was the main claim to fame for Keto

regimens.

- **Higher energy and sharper mental focus:** Anyone who has gone on a Keto program and stuck with it for a while will attest to the higher energy levels and a feeling of being propelled by “jet fuel” (a common term in the Keto community). The sharpened mental focus apparently comes from the brain’s switch-over from burning glucose to utilizing Ketone bodies as fuel. Researchers believe that the human brain, at least temporarily, is aided by this switch. Whether long-term Ketosis is able to maintain this level of mental and physical sharpness is an unanswered question.
- **Improved satiety from fats:** One of the key factors that helps people stay on the Keto diet (even though there are many incentives and temptations to cheat) is the increased satiety from the high fat intake. Olive oil, seafood, dark chocolate, high-fat dairy products and nuts (to name just a few) can do an effective job of preventing hunger pangs. Every diet has its drawbacks and advantages, but very few diets allow such a high percentage of fat consumption as does the Keto program. In fact, Keto enthusiasts list “the ability to consume lots of fatty foods” as the top reason they are able to adhere to the plan.
- **Enhanced metabolic flexibility (body’s ability to shift between burning fat and carbs):** The Keto diet is one of the only regimens that cause the human metabolism to switch between burning carbs and fats. Most diets that have weight loss as their primary goal simply play around with calorie restriction and portion control. Not the Keto diet! This is serious business and is often mentioned as one of the main advantages of the program. The body, while on a Keto diet, actually learns to operate on a different type of fuel.
- **Lowered risk for type 2 diabetes:** Research has shown that those on the Keto diet have a much lower risk for type 2 diabetes and



other physical problems. One reason is the strict elimination of carbohydrates, a key component of the diabetic metabolism. Keto diets have been shown in research studies to help maintain proper glucose metabolism, and to reverse a detrimental condition known as insulin resistance.

- **Decreased risk of many kinds of heart disease:** By acting to increase “good” cholesterol levels, lower “bad” cholesterol, and maintain proper blood glucose levels, many people who are at risk for heart disease can see an improvement in their condition on the Keto diet, some research has shown.
- **Increase of the body’s ability to fight cancer:** Some of the best-known “cancer fighting” foods are a part of the Keto diet. In fact, a few studies have demonstrated that cancer cells become “starved” when the body switches over to a non-carbohydrate energy source. Processed sugars and many carbohydrate-laden foods have been linked to several types of cancer in research studies.
- **A lowered risk of some brain diseases and neurological problems:** Several neurological disorders might be treatable with the Keto diet. New research has shown that Alzheimer’s, Parkinson’s and other dementia-like brain disorders respond to a low-carbohydrate regimen like the Keto diet.
- The mechanism for this apparent action is not clearly understood, but researchers believe that it is related to the way that Keto diets are able to fight epilepsy in young children. There appears to be something unique about the brain’s ability to regenerate its powers when the fuel source is switched from glucose to Ketone bodies.
- **Longevity:** Recent research has linked the low-carb diets like the Keto diet to longer lifespan. In fact, one major study that examined people on low-carb, high-fat diets demonstrated that people can

add years to their lives by avoiding processed carbohydrates and consuming more fats, even saturated fats. This might be one of the key mechanisms behind the benefits of the Keto diet when it comes to preventing heart disease, brain disorders, and insulin-related problems.

## **Busting the Most Common Keto Myths**

The weight loss industry is filled with misconceptions, conflicting information and ‘bro-science’ (opinions passed off as facts). It’s no wonder so many people are confused and spinning their wheels not knowing what to do when trying to lose weight.

The Ketogenic diet has seen its popularity increase by leaps and bounds over the past few years as more and more people realize just how effective it is. Just like any other diet, it has its pros and cons. Remember, no diet is perfect for everybody.

Authoritative sources proclaim the keto diet to be both safe and effective for short-term weight loss and the control of seizures (for those who suffer from epilepsy). There are several common areas of misunderstanding about keto diets, but each one has a simple explanation.

When you begin uncovering what the top medical and science websites have to say about Keto diets, you will likely discover that they’re a smart way to lose weight and offer a healthy long-term lifestyle as well.

Let’s begin by tackling the most common misconceptions about using the Ketogenic diet as a tool to shed excess fat and look your best.

### **Myth One**

### **It's an easy diet that gives quick results:**

Not really. The term 'easy' is subjective and it all depends on the individual. If you compared the Keto diet to the paleo diet, then you might consider it a lot easier to adhere to, since the paleo diet is extremely stringent.

However, even with the Keto diet, there is a period where you'll need to adapt. Most people are addicted to sugar and carbs. Switching to a diet that gets 80 to 90 percent of its calories from fat can be challenging.

### **Myth Two**

#### **You'll DEFINITELY get faster results with it:**

All diets will yield results if followed correctly. Speed of weight loss will vary from individual to individual. Will you lose more fat with the Ketogenic diet? You might, if you follow the diet with a high level of compliance.

However, even then, it will take time to shed the fat. Weight loss is a slow process and you're not going to lose 15 pounds in a week. Even if you manage 10 pounds, a lot of it will be water weight.

Most people have an institutionalized sense of impatience. They want results fast and they want it NOW! The Keto diet will get you faster results than many other diets, but within a reasonable time.

You'll not go from overweight to lean in two weeks. Give yourself at least 2 months to see visible results. You might as well stay the course. The time is going to pass anyway.

### **Myth Three**

## **The Keto diet is dangerous:**

If followed correctly, the Keto diet is not a dangerous fad. In fact, it's extremely healthy. You will lose weight much more effectively, your blood sugar levels will stabilize, your bad cholesterol levels will decrease and your heart health will improve while your risk of cancer decreases and so much more.

It's important to know the difference between the good fats and bad fats. Cold-pressed coconut oil is a good fat. Hydrogenated canola oil is a bad fat that's high in monounsaturated fat, causes inflammation and accelerates the aging process.

When you're on a Keto diet, you **MUST** educate yourself well on what the good fats are. Then you'll be able to consume the omega-3 fatty acids that your body needs and avoid the omega-6 fatty acids that are inflammatory.

## **Myth Four**

### **The diet leads to Keto-acidosis:**

This issue is probably the biggest worry that people on the Keto diet have. When the Ketones in your body are too high, Keto-acidosis can occur. However, this is quite rare and tends to affect only those with type 1 diabetes. This is pathological Keto-acidosis and not a nutritional one.

If you wish to err on the side of caution, you can purchase a set of urine strips from the chemist and monitor your Ketosis. If your Ketones are too high, you can consume some complex carbohydrates and that should reset things to normal. There's no cause for panic.

## **Myth Five**

### **Keto diets aren't nutritious enough for basic human needs:**

The general keto plan is actually quite healthy, minimizes junk food, and provided everything the body needs for proper muscle and brain function.

Once weight loss goals have been achieved, many people continue on keto eating regimens but up the caloric amounts so that they don't continue to lose weight. There are lots of "lifers" who stay on the Atkins eating plan forever with no ill effects.

### **Myth Six**

**Keto diets result in dangerous dehydration and a seriously low level of electrolytes:**

This one's easy to remedy because all you need to do is drink a lot of water while on a keto diet and there will be no risk of dehydration. As for electrolytes like potassium, sodium, and magnesium, you can either eat foods rich in these substances or use a liquid supplement to insure that you get enough of them to prevent any ill effects.

### **Myth Seven**

**Keto diets lead to inevitable constipation:**

When done incorrectly, keto diets can lead to constipation, but that is not how they're designed. The answer to any constipation on a keto diet is the "three Fs," namely, fluids, fiber and fat.

Some newbies to keto eating do have fewer bowel movements as a result of less waste in the body, but that's not the same as "blockage," or standard constipation. In either case, proper keto diets emphasize eating fats, taking in large amounts of fluids and consuming high-fiber foods. If you do those three things, not only will you not suffer constipation, but you'll feel better, lose weight faster, and look better doing it.

## **Myth Eight**

### **Keto diets lead to muscle destruction, kidney stones and gallstones:**

None of those three assertions is true. In fact, keto diets are a good way to promote muscle building. The brain uses ketones as its primary fuel source, thus has no need to “break down” muscle protein for fuel. Most of the misunderstanding in this area is based on an incorrect view of what ketosis is.

As for gallstones, it is a fact that the more fat a person consumes, the lower their chance of developing gallstones. However, if you’ve been on super low-fat diet on and off for several years and then suddenly start a keto diet, your body might “flush out” whatever gallstones have already been present in your gallbladder. This effect is not the fault of the keto diet, but the direct result of a past low-fat dieting lifestyle.

Kidney stones as a result of keto dieting: This common misconception is based on the wrong assumption that keto dieting is a “high protein” plan. In reality, keto diets contain normal amounts of protein and high amounts of fat. How or where this myth began no one seems to know, but you’ll certainly encounter it if you begin to talk with people about keto diets.

## **The Fat and Cholesterol Issue**

Related to the myths listed above are two of the most asked questions about the Keto diet: will my cholesterol go up and will I add fat to my body?

Weight gain and a higher cholesterol level are two of the biggest

misconceptions about the Ketogenic diet. To truly understand why the Ketogenic diet will help you lose weight and lower your cholesterol level, you need to know what cholesterol is, and how the body burns fat.



**Figure 4: Another Keto staple; olive oil**

## **Here's Why You Won't Get Fatter**

The Ketogenic diet will not make you fat or clog up your arteries. When you're trying to lose weight with the Ketogenic diet, you must be at a daily caloric deficit of about 500 calories. This is the basic rule of all weight loss.

You must consume fewer calories than you expend. Since you're at a caloric deficit, even a Ketogenic diet that's high in fat will not cause you to gain weight. However, since you're constantly feeding your body a fat

rich diet that's low in carbs, Ketosis will set in.

That means, your body will be in a state where it burns fat for fuel instead of glycogen. This is the ideal place to be in. Now your body will tap into the stubborn fat stores and burn the fat there. As a result, you'll actually see your body fat percentage drop.

Other diets like the Atkins diet, paleo diet, etc. don't really create a state of Ketosis. Fat loss on those diets usually revolves around a caloric deficit and exercise, whereas the Ketogenic diet transforms the way your body gets its source of fuel. That's why the Keto diet is so powerful.

### **Here's Why Your Cholesterol Profile Will Improve**

It's time to set the record straight. "Bad cholesterol" is caused by inflammation within the body. Eating simple carbs such as white flour products, processed foods and sugary foods, inflames the body. In response, the body creates cholesterol to act as a form of protection for the cells.

Eating natural, healthy fats does not raise your blood cholesterol levels. A common misconception is that the arteries get clogged because they're filled with hardened plaque due to too much dietary cholesterol. This condition is known as atherosclerosis.

The truth of the matter is that atherosclerosis occurs when the arteries are inflamed and damaged due to oxidized lipoproteins getting through the arterial wall. Once again, this is due to sugar, processed foods and other detrimental foods – NOT natural healthy fats.

The Ketogenic diet encourages you to consume natural fats such as olive oil, coconut oil, oily fish (such as salmon, tuna, and mackerel), avocados, olives, eggs, walnuts, etc.

All the natural fat sources recommended by the Keto diet will benefit the



body in many ways. These foods are rich in fats and nutrients that the body craves. Common sense will tell us that our ancestors would have eaten these foods.

Hydrogenated food oils, sugary doughnuts, French fries, etc. were not part of their diet. That's why our distant ancestors were not obese.

If your bad cholesterol levels are high, the first thing you should do is reduce the inflammation in your body. The best way to do that is by getting on a Ketogenic diet. The omega-3 fatty acids from the fatty fish, etc. will reduce the inflammation.

So, what that really means is that the Ketogenic diet is the answer to the problem and not the cause. You can cast all your worries aside about this diet making you fat or raising your bad cholesterol levels. Quite the opposite holds true.

## **How to Beat the “Keto Flu”**

The dreaded Keto flu is nothing to panic about. While uncomfortable and mildly annoying, this is a natural reaction by the body when you suddenly minimize your intake of carbs drastically.

The majority of people are used to a diet that's mostly comprised of carbs followed by smaller portions of protein and an even smaller percentage of fat. However, when you get on a Ketogenic diet, you'll be turning the tables on your diet and doing the total opposite.

Almost 90 percent of your daily calories will come from fat, and the remaining 10 percent will be from protein with a miniscule portion of carbs, if any. This is something that will come as a shock to most people. The human body is just not used to this kind of eating.

Here are some of the Keto flu symptoms you may experience while trying to make the change:

- Body aches
- Cramps
- Difficulty concentrating/focusing
- Dizziness/drowsiness
- Fatigue
- Insomnia
- Irritability
- Nausea
- Stomach issues
- Sugar cravings

Millions of people are addicted to sugar and carbs. So, weaning yourself off these foods is akin to quitting an addiction and going cold turkey. It's inevitable to face some discomfort. The good news is that the Keto flu is only temporary.

Within a week or two, your body will adapt and be able to function as normal with the higher fat intake and carb restriction. It's imperative that you stay the course and not throw in the towel because of the Keto flu symptoms.

Quitting will mean that your weight loss will take longer and will be more difficult. So, endure the symptoms till your body adapts.

Here are some tips for anyone who has to deal with Keto flu:

- One of the best ways to adopt the Keto diet will be to ease into it instead of making the switch overnight. You can start off with a low carb diet and give your body time to adjust.
- Supplement your diet regimen with our own American Natural

Superfood blend. It can provide essential vitamins, minerals, and probiotics, as well as nice dose of protein that can really help with the keto flu.

- Gradually, lower your carb intake and increase your fat intake till you're on a Keto diet. This will give your body time to adapt and you can escape the Keto flu symptoms. Inch by inch, life's a cinch. Yard by yard, life is hard. Go slow.
- It's also essential that you stay hydrated. Drink sufficient water throughout the day and watch your caloric intake. You should be at a daily caloric deficit of about 500 calories. You do not want to go too low.
- Don't cut both your carbs and fats. That's a recipe for a weight loss plateau. Instead, eat more healthy fats so that you're meeting your calorie needs for the day.
- Engage in exercise daily. This will improve your mood and get your blood pumping. Keep the exercise relaxed and gentle, like a brisk walk or a leisurely swim.
- Drink some bone broth or mix some Himalayan salt in water and drink. The loss of sodium and electrolytes in your body could be causing some of the problems.
- You may also wish to consume a magnesium supplement and eat foods that are rich in potassium (avocados, spinach, mushrooms, salmon, and nuts).

If you follow the pointers above, you'll be able to avoid Keto flu or at the very least, you'll be able to mitigate the symptoms. Stick to the plan and give your body time to adapt. Once you've found your footing with the Keto diet, you'll become a fat burning machine, and that's when the fun starts.

## The “Dazzling, Delicious Dozen” Keto Recipes

The best thing about Keto cooking is the versatility. You can turn just about any classic into a Keto-friendly meal with a bit of re-tooling. Always make sure that you are using ingredients from an “approved” Keto list of foods, avoiding anything that has an abundance of carbs.

Check out the 12 recipes below, any of which can be upsized or downsized, depending whether you want to use it as a lunch, breakfast or dinner.

And remember, our own American Natural Superfood is a great way to supplement your diet with a quick, delicious, healthy snack shake that will keep you in ketosis!

### **Spinach Salad**

Real bacon and bacon fat add a savory sizzle to this low-carb favorite, nutrition-rich spinach salad with nutritious eggs and tangy vinegar.

#### **Ingredients:**

1 bag fresh baby spinach  
4 slices bacon  
2 hard boiled eggs  
1/4 cup chopped onion  
1/4 cup vinegar  
1 package Splenda  
Salt and pepper

#### **To Make:**

In a frying pan, cook bacon to desired crispness. Save the bacon grease while allowing the cooked bacon to drain on a paper towel. Prepare a

fresh salad using the spinach and onion. Slice the hard boiled eggs, and arrange on top of the spinach salad. Crumble the bacon into bite-sized pieces.

Once the bacon grease has cooled down a bit, add vinegar, pepper and Splenda. Stir and heat slowly until boiling. Pour the hot bacon dressing over the spinach salad. Toss with the crumbled bacon slices.

Yields 2 servings

Total Carbs: 5 grams per serving



**Figure 5: Spinach salad with bacon and eggs for an awesome lunch**

## **Shrimp and Cheese Omelet**

Here's a protein-rich variation on the typical Ketogenic omelet breakfast or lunch. Shrimp is tasty and offers plenty of excellent nutrition if you

buy yours wild-caught.

**Ingredients:**

3 eggs  
1 Tbs. butter  
3 oz. shrimp, chopped  
1 oz. shredded Monterey Jack cheese  
2 tsp fresh parsley, chopped  
Scallions, chopped  
1 tsp basil, chopped (optional)

**To Make:**

Heat butter in a frying pan. Sautee shrimp until just cooked. Beat eggs together in a bowl, and then pour over the shrimp in the pan. Add parsley, cheese and scallions. Cook on medium-low until egg is well formed and cheese has melted. Remove from heat. Top with basil and extra cheese if desired.

Yields 1 serving

Total Carbs: about 2.72 grams per serving



**Figure 6: Shrimp and cheese were made for each other**

## **Tandoori Chicken Wings with Yogurt Dipping Sauce**

Give your low-carb chicken wings lunch some Indian flair with garlic and ginger, warming spices, tangy lemon and Keto-friendly yogurt sauce.

### **Ingredients:**

- 2 1/2 lbs chicken wings, trimmed and separated
- 1 cup "Keto yogurt"
- 2 Tablespoons ginger
- 6 cloves garlic, minced
- 1-1/2 teaspoons curry powder
- 1/4 teaspoon turmeric
- 1/2 teaspoon cumin
- 1/2 teaspoon dry mustard

2 teaspoons red pepper flakes  
Juice of 1 lemon  
3 Tablespoons vegetable oil  
Salt, pepper

**To Make:**

Mix all ingredients in a bowl. Marinate for a minimum of 2 hours. Reserve marinade to use for basting, and then broil chicken wings on a broiling rack in the oven, basting every 10 minutes, until browned and cooked through. Transfer to platter and serve with yogurt dipping sauce, recipe below.

***Yogurt Dipping Sauce:***

1 quart milk  
1 cup heavy cream  
1 Tablespoon plain yogurt

***To Make:***

Add milk and cream to a saucepan and bring to a boil. Remove from heat and cool to room temperature. Stir in yogurt. Cover and keep in a warm place for approximately 20-30 hours.

Yields 4 servings  
Total Carbs: 4 grams per serving





**Figure 7: It's all about the sauce, with Tandoori chicken wings**

## **Bacon Cheeseburger Keto Friendly Lunch Idea**

### **Ingredients:**

1 lb. ground beef  
1 egg  
4 slices bacon, cooked and crumbled  
4 oz. cheddar cheese  
4 oz. mozzarella  
Garlic powder, salt and pepper

### **To Make:**

Preheat oven to 350 degrees. In a large skillet, brown ground beef and

drain remaining fat. Mix in egg, cheddar, garlic powder, salt and pepper to taste. Transfer to a glass casserole dish and top with mozzarella. Bake for 30-35 minutes. Top with bacon crumbles.

Yields 3 servings

Total Carbs: 2 grams per serving



**Figure 8: Beef, egg, bacon, and cheese make a super "bun-less" burger**

## **Chicken Breast Stir-Fry**

What's not to like about stir-fried chicken and vegetables, tossed with fresh lettuce and your favorite salad dressing? This is a hearty and filling, protein-rich lunch that won't fill you up on carbs.

### **Ingredients:**

1 cup lettuce  
1 tomato, chopped  
1 green pepper, chopped  
1 chicken breast, sliced  
Non-stick cooking spray  
A few ounces low carb dressing

Coat a frying pan with non-stick cooking spray and heat to medium. Stir-fry chicken pieces, and then remove from heat. Lightly stir-fry the tomato and pepper. When cooled slightly, add to a plate of fresh lettuce, and pour dressing over the top.

Yields: 1 serving  
Total Carbs: 4 grams per serving



**Figure 9: Chicken breast stir-fry is a Keto favorite**

## **Low Carb Chili with Black Soybeans**

Black soybeans keep the total carbs low in this belly-filling, classic chili recipe with warming spices. Carbs go even lower when you substitute beef broth for the tomatoes. A great and healthy way to vary things up from the usual egg, cheese and meat fare that is so common for Ketogenic eating!

### **Ingredients:**

4 cups canned tomatoes, drained or 4 cups beef both  
2 cans Eden Black soybeans, drained  
2 cloves minced garlic  
1 cup chopped onions  
3 Tablespoons olive oil  
2 lbs lean beef, chopped  
2 bay leaves  
1 teaspoon oregano  
1/4 teaspoon crushed cumin  
2-3 Tablespoons chili powder

### **To Make:**

Place all ingredients in a large stock pot or slow cooker. Bring to a boil. Reduce heat. Cover and simmer for 1- 2 hours.

Yields 12 servings

Total Carbs: 8.5 grams per serving (3.2 grams if using broth)



**Figure 10: Soybean lovers can't get enough of this tasty chili dish**

### **Tofu-Roni and Cheese Low Carb Mac N Cheese Alternative**

The firmer the tofu you can find, the better this recipe will be. Don't be afraid to take a heavy hand with the spices, as tofu tends to lack flavor.

#### **Ingredients:**

- 1 lb. tofu, firm - well-drained \*
- 2 eggs
- 2 cups cheddar cheese
- 1/4 cup heavy cream
- Salt and pepper - to taste
- Pinch of onion powder
- Pinch of garlic powder
- Pinch of nutmeg

Pinch of dry mustard  
Cayenne pepper

**To Make:**

\*Drain tofu well. Slice into small pieces, keeping things consistent. In a separate bowl, mix together eggs, cream and cheese. Stir tofu pieces into mixture and season to your liking.



**Figure 11: Tofu-roni and cheese makes the perfect Keto lunch**

**Tuna and Avocado Salad Keto-friendly Lunch**

Here's a spicy variation on the classic tuna sandwich. Eggs deliver extra protein and nutrition, and avocado provides a big boost of healthy fat that compliments the tuna nicely.

**Ingredients:**

2 large hard boiled eggs  
1 can of tuna  
2 Tablespoons mayonnaise  
1 cup avocado, mashed  
1/2 cup onion, chopped  
2 Tablespoons pickle relish  
2 teaspoons hot sauce  
Fresh lemon juice  
Salt

**To Make:**

Peel eggs and mince as you would egg salad. Peel and pit the avocado and squeeze some of the lemon juice all over it to prevent discoloration. Mash avocado in with egg. Drain tuna and mix into egg/avocado, adding onions, mayonnaise, relish, salt and hot sauce. Stir well and serve over a bed of fresh lettuce.

Yields 4 servings  
Total Carbs: 9 grams per serving



**Figure 12: Tuna and avocado salad is unique and delicious**

## **Ham and Cheese Log**

Here's a delicious way to indulge the Ketogenic way - and you can dip yourself some low carb crackers for an extra special treat.

### **Ingredients:**

- 8 ounces cream cheese, softened
- 2 1/4 ounces deviled ham
- 2 cup cheddar cheese, shredded
- 1 teaspoon grated onions
- 1 teaspoon dry mustard
- 1/2 teaspoon paprika
- 1 Tablespoon dried parsley
- 1/2 cup pecans, chopped



Parsley sprigs

**To Make:**

In a bowl, mix everything together except for pecans and parsley. Chill for at least one hour. Shape mixture into 8-inch logs and roll in pecans. Garnish with parsley and  
Serve with crackers.

Yields 8 servings

Total Carbs: 2 grams per serving



**Figure 13: Spread it on celery for a nutritious snack**

**Garlic Aioli Chicken Wrap**

Garlic lovers will appreciate this low-carb chicken wrap that's perfect for lunch or dinner. An "aioli" is a Sicilian dressing made from garlic, olive oil and citrus concoction often poured over grilled meats just before

serving. This selection has an amazing flavor that will add that special something to your lunch wrap.

**Ingredients:**

3 oz. cooked chicken  
1 Mission Low Carb Tortilla  
6 garlic cloves, peeled and halved  
1 egg yolk  
1 cup extra virgin olive oil  
2 Tablespoons lemon juice

**To Make:**

Mash garlic with a mortar and pestle or use a garlic press. Stir in salt and egg yolk and beat mixture until egg turn a light color. Slowly drizzle in olive oil, followed by the lemon juice. Stir well and season to taste.

Yields 1 serving  
Total Carbs: 5 grams per serving



**Figure 14: Garlic and chicken make the best tortilla wrap for a balanced meal**

## **Egg, Tomato and Parmesan Bake**

### **Ingredients:**

- 5 eggs
- 3 Tablespoons chunky tomato sauce
- 2 Tablespoons heavy cream
- 2 Tablespoons grated Parmesan cheese

### **To Make:**

Preheat oven to 350. Combine eggs and cream in mixing bowl. Stir in tomato sauce and add the cheese. Pour into a glass baking dish and bake

for 25 -35 minutes. Check cooking progress every 5 minutes after the first 25 minutes have passed to make sure the mixture doesn't burn. A toothpick that's inserted in the middle and comes out clean, ensure that your Parmesan tomato egg bake is done. Top off with extra cheese and allow to melt.

Yields 1 serving

Total Carbs: 7 grams per serving



**Figure 15: Keto foods are never boring!**

## **Canadian Cheddar Soup**

Give this rich and creamy soup a velvety smooth texture by pureeing it in a blender. This is a delicious, hearty and filling meal that won't make you miss the carbs one bit.

### **Ingredients:**

2 Tablespoons butter

1/4 cup onion, chopped

1/4 cup chopped celery  
2 Tablespoons soy flour  
1/4 Teaspoon dry mustard  
1 pinch nutmeg  
1 pinch pepper  
3 cups chicken stock  
1 1/2 cups heavy cream  
1 cup water  
1 1/2 cups Cheddar cheese, shredded  
1 dash Worcestershire sauce

**To Make:**

Start by melting the butter into a large saucepan. Add celery and onion pieces, cooking on medium or medium-low and stirring occasionally, until tender. Stir in flour, mustard, nutmeg and pepper. Continue cooking for 2-3 more minutes. Pour in chicken stock. Simmer for another 20 minutes, stirring occasionally.

If you enjoy your soups extra smooth, then you can use a hand blender to puree your soup right in the pot. Another option is to let the soup cool a bit and then scoop it out bit by bit to puree in a regular blender. After blending, return your cheese soup to the pot and add cream and water. When soup is just about to bubble, add cheddar cheese and allow it to melt completely. Add Worcestershire sauce, salt and pepper to taste.

Yields 6 servings

Total Carbs: 6 grams per serving



**Figure 16: Add low-carb bread to Canadian cheddar soup and it's a meal**

### **3 Tried-and-True Techniques for Getting Started**

Let's look at a few ways you can employ the Ketogenic diet to help you lose weight. It's important to note that most people will find that they'll have to go through a period where the body tries to adapt to the diet. Most of us get a major chunk of our calories from carbs and protein. With the Keto diet, most of your calories will come from fat. Because of this, you may experience carb withdrawal symptoms such as mood swings, nausea, drowsiness, lethargy, etc.

In industry terms, this is known as the 'Keto flu' and is par for the course because your body is adapting. Stick with the Keto diet and in 2

weeks, you'll be just fine.

**Use a “fat fast”:** One of the best techniques to seeing fat loss will be to eat natural high-fat foods for 1 week. No carbs, no sugar. The key is to eat mindfully. You must be attuned to your body. Eat only when you're hungry and stop when you aren't.

For this fat fasting protocol to work, you **MUST** be very strict. The smallest deviation will thwart your attempts to reach Ketosis. This is an extreme method that requires total adherence and dedication. Even a small sip of soda can undo the entire process. It's that sensitive.

The rewards for all this effort are fantastic. You'll be able to see 8 to 10 pounds of weight loss in a week. While a lot of it will be water weight, you'll lose fat too. From here on, you can get started on the Keto diet, because your body would have adapted.

**Try standard fasting:** Even if you're not on the Ketogenic diet, fasting can still help you reach a state of Ketosis. That's why intermittent fasting is so potent. It gets the body to produce Ketones too.

Fasting for 16 hours a day will create a state of Ketosis that will help your body to burn fat for fuel instead of carbs. If you can fast for 20 to 24 hours, that will be even better. When you're first starting off, you may wish to start with a 10 hour fast and slowly work your way up.

**Eat 5 or 6 small meals each day:** Another way to reach Ketosis will be to consume 5 or 6 small meals spread throughout the day. This is like 'grazing' ... and it's different from gorging on 3 large meals.

The 5 or 6 small meals you have will contain no more than 200 calories each. Ideally, you should be getting most of your calories from natural fats and a very small amount from protein. It's best to avoid carbs totally.

The beauty of the Ketogenic diet or achieving a state of Ketosis is the fact that it focuses on fat loss and not weight loss. Losing weight is not the goal. You can lose weight and still be skinny fat. Always remember that your goal should be to reduce your body fat percentage and not just the numbers on the scale.

**Other methods:** Do note that if you wish to lose weight, exercise is still important to boost your metabolic rate and burn more calories. You'll also need to be at a caloric deficit. It's tricky to be on a Ketogenic diet because 1 gram of fat contains 9 calories.

So, it'll be easy to over consume calories if you're not careful. Pay close attention to your caloric consumption. You should have a daily deficit of about 500 calories, and most of your calories should come from fat. If you can balance both these objectives, your body will enter a state of Ketosis and the fat will melt off faster than you ever thought possible.

## **Learn More Here!**

### ***Books, Websites and Videos about Keto Diets***

The following resources include videos, books and websites that offer additional information. *Simply click on the hyperlinked resource title and you'll be able to go directly to a live link for that particular item.* Most book listings are from major online retailers like Amazon, Barnes & Noble, and others. All video links are sources from YouTube. Website links for the most part are informational, like WebMD, Wikipedia, and other authoritative business, health and medical resources.

### **[Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet](#)**

The authors explain the keto diet's huge medical benefits which include



quick weight loss, reduction in diabetes symptoms, avoidance of cancer, possible diversion of Alzheimer's disease, and dozens of other scientific pluses that come with eating a low-carb, high-fat diet.

The book is full of research-backed discussion of the Ketogenic diet program, and is considered one of the primary texts on the subject for those who want the whole story about how keto works, why it is a smart way to eat, and where it came from.

### **[Easy Ketogenic Diet Slow Cooking: Low-Carb, High-Fat Keto Recipes That Cook Themselves](#)**

This book “keeps keto interesting” and shows cooks of all experience levels how to prepare a full range of keto-friendly foods the slow-cooking way.

Clear and to the point, this is one of the better keto cookbooks on the market and is a bestseller for good reason: it delivers the goods, in the form of simple recipes that taste great and meet the sometimes exacting rules of keto eating. Even for people who aren't on keto diets, this book makes a nice addition to the kitchen library. Slow-cooking enthusiasts will be in keto heaven.

### **[Dr. Eric Berg's “7 Benefits of Keto Diets” Video](#)**

Dr. Berg's video is intriguing in the way it breaks down the benefits of keto diets, offering 7 short outlines of how keto eating is the way to go. Berg believes that Ketogenic diets create a “superior fuel” for the body when it utilizes ketones rather than glucose for the brain.

When it comes to fast weight loss, improved mood, and a more powerful memory, Berg says that the keto diet is a winner in all three categories. Not only that, but keto diets have the ability to eliminate hunger and craving, major problems with almost all other diets.

Finally, Dr. Berg points to an overall improved metabolism for keto

dieters, while at the same time their bodies are able to avoid insulin dysfunction.

For those who have even a mild form of insulin dysfunction, a keto diet can be a fast and effective way of dealing with the problem. This is a huge advantage for those who do not want to, or can't, take medications for insulin problems.

Re-establishing the body's metabolic point a notch or two lower is a good way to reduce the "set point" of a keto dieter's metabolism, which is generally a good thing medically speaking.

### **Dr. Axe: Video**

Dr. Axe is a popular media personality who renders his opinion on all things concerning nutrition, lifestyle and related subjects. Here he dissects the Ketogenic diet and concludes that not only is it a smart way to lose weight, but can possibly help fight cancer, Alzheimer's disease and other serious maladies.

Dr. Axe explains in lay terms how the diet works to burn fats, rather than carbohydrates, as fuel for the brain. However, the good doctor parts from many other keto enthusiasts when he suggests that no one should be on a keto regimen for more than about 6 months. He claims that the 80-10-10 ratio of fat-carbs-protein is an ideal situation for weight loss and other goals, within certain limits.

He also notes that keto diets are the fastest-working of all the "safe" diets out there, and are able to do double-duty for cancer patients. Cancer cells, according to Dr. Axe, need sugar for their survival, which is why keto diets are able to "starve" cancer cells and prevent their further growth.

This is only a theory and Dr. Axe, to his credit, labels it as such. In any case, it is interesting to view the ideas behind the cancer-fighting

abilities of keto diets.

For Alzheimer's patients, Axe feels that healthy, natural fats are the best thing for the brain. Ketones, rather than glucose, are apparently a better fuel for the brain of an Alzheimer's sufferer.

Axe also suggests that keto dieters make sure they get three kinds of fats: omega-6, omega-3, and saturated fats. By following the rules of Ketogenic diets, it is possible to improve general physical health and safeguard the brain from possible effects of degenerative disease, according to Dr. Axe.

### **[WebMD: Website](#)**

One of the more authoritative medical websites, WebMD has a fantastic rundown of the keto diet via a slideshow. Here is the direct link for those who wish to see the whole thing, and to learn more about the ins and outs of keto diets.

### **Super Recipe Resource for Keto Enthusiasts**

There are hundreds of books about the keto diet, or adapted versions of it. One of the most comprehensive and highly-rated is [The Keto Diet: The Complete Guide to a High-Fat Diet, with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence](#), a 2017 publication that digs into the science, the pros, the cons, the recipes and much more. Author Leanne Vogel views the diet more as a lifestyle than as a one-shot method for dropping a few pounds, but she does offer advice for those who are in it solely for the weight loss.

Vogel has words of caution and helpful hints for anyone who ventures into the keto universe, including how to shop for the right foods, how to order in restaurants, what the best and worst keto foods are, how to discover the exact best version of the program for your body, and how to

troubleshoot challenges all along the way. If you decide that the keto diet is something that might address your goals, this is one of the best single resources of information.

## **A Very Short “Keto Dictionary”**

The following glossary contains some of the most common terms and facts that apply to this topic. It’s impossible to include everything, so we’ve chosen a few dozen usages that typically appear in news and media reports, government studies and academic research papers.

**Alcohol:** On any keto diet, it’s generally okay to drink low-carb alcohol in moderation. Just stay away from beer and other fatty forms of alcohol.

**App:** There are, of course, hundreds of apps you can download to your preferred device in order to track and follow your keto diet plan. Many of the fancier apps include recipes for each meal, snack options and simple recording of daily calorie, fat, protein and carb data.

**Atkins:** The Atkins Diet is one of the most popular keto diets currently being used by large numbers of people. Like the Scarsdale Diet before it, the Atkins plan is a full-blown “lifestyle” eating plan that can be followed for more than just a few weeks. Because keto has been around so long, no one “owns” the copyright on the term, so just about anyone who wants to can write a book entitled, “My Keto Diet.”

**Cancer:** Some cancer patients need to put their bodies into ketosis for a certain period of time during treatment regimens. In the old days, this usually meant fasting, but now there are keto diet plans to follow which accomplish the same goal without harsh fasts. Cancer patients have come to love their “non-fast fast” keto diets whenever they need to induce a state of ketosis for treatment purposes. It sure beats not eating anything at all!

**Low-carb vegetables:** A staple of keto diets, LCVs are one of the guilt-free and versatile foods for any keto enthusiast. As an adjunct to a meat-centered meal or as a snack, LCVs are one of the main components of most keto diets.

**Buddy system:** Most keto diet advocates recommend using a buddy system for the duration of the early portion of the plan. This helps a lot with food preparation, mutual encouragement and in maintaining enthusiasm levels on what is essentially a very new way of eating and living. Going it alone is much more difficult.

**Cheat day:** Many diets allow people to have so-called cheat days, where they are allowed to eat anything they wish. For keto diets, this practice is strongly discouraged because the full Ketogenic effect is hard to maintain or achieve if there are breaks in the process.

**Dessert:** Unlike most diets, keto diets allow for a full range of desserts as long as they're low-carb. Cheesecake and similar delicacies are a-okay on Ketogenic diets. The high-fat component of keto diets is what draws some people to them in the first place, after years of low-fat, low-fun dieting.

**Exercise:** Exercise is allowed on keto diets but is not a mainstay of the plans. Rapid weight loss will take place in ketosis if the dietary regimen is followed correctly. Even so, most keto dieters do exercise as a way of maintaining tone, burning a few extra calories, and keeping themselves in generally good physical shape. A sensible mixture of flexibility/stretching, walking/jogging, and light weight training is a common system for keto dieters.

**Fast food:** Because most fast food contains “empty” calories, it is advised that keto dieters avoid it. Instead, the goal is to prepare as many of your own meals as possible, to include good fats, protein and a few grams of carbs. One huge disadvantage of fast food is the low nutrient

value of the meals.

**For dogs:** Some studies have shown that cancer in dogs can be avoided with keto diets. There are now commercial dog food products that tout these claims but most researchers believe more work needs to be done before we can say that keto eating is the best way for dogs to avoid getting cancer.

**Gallstones:** Some keto dieters suffer from gallstones, but that's not the fault of the diet. Instead, it is believed that many keto dieters previously followed low-fat regimens to lose weight. Low-fat diets are notorious for creating gallstones, which are then "flushed out" when that person begins a high-fat keto diet. Fats stimulate the gallbladder into activity, so when you start a keto regimen, any gallstones already inside you might come out.

**Ketosis:** The body's state when it is using broken-down fat as fuel, rather than making glucose from carbohydrates. When the body splits fats apart in the liver, it ends up with fatty acids and ketones. The ketones are then used by the brain for fuel.

**Test strips:** These inexpensive pieces of paper are ideal for testing your urine and seeing whether your body is in ketosis. It usually takes a few days for most people to reach this point, but the strips will allow you to know, from day to day, whether you're still "on the plan" or not. If you cheat and eat a high-carb meal, you might notice that it takes a few days to get back into full ketosis.

**Olive oil:** One of the "good fats" on most keto diet programs.

**Restaurants:** Eating out can be difficult on a keto diet but there are more restaurants these days that cater to keto enthusiasts. Just be sure to read menu details online before heading to your favorite restaurant and being sure to plan restaurant trips carefully. After a while you'll figure out what you can and can't eat while dining out.

**Scarsdale:** The Complete Scarsdale Medical Diet was one of the first mass-marketed keto diets. It was created by Dr. Herman Tarnower in the 1970s and is named for the city in which he worked. The book sold millions of copies and is generally considered one of the seminal “diet” books in American history.

**Protein bread:** A high-protein, low-carb bread that you can buy in bakeries or make yourself at home. For people who enjoy having toast with their breakfast, protein bread is a savior for keto dieters because it tastes great and fits into the keto program well.

## **The “Verdict” on Keto Diets is...**

Keto diets appear safe and effective, unlike about 80 percent of all other popular diet plans. For people who want to drop 5 or 10 pounds pretty quickly, a keto plan is probably a good way of doing so, provided you get a doctor’s approval first.

The restrictions and “rules” on keto diets aren’t that bad. In fact, as long as you stick to the “just enough protein” rule, minimize carbs and take in enough fats, you’ll start burning stored fat within a few days of starting the diet. That typically means no pasta, ice cream, cookies, grains, bread, or fruit while on a keto diet, but increasing your intake of butter, extremely lean meat and butter.

Because there haven’t been as many scientific research studies done on keto diets, doctors don’t know as much about them as they do about other diet plans. But it is pretty well accepted by the medical community that keto diets are good for safe, rapid weight loss and for treating epileptic seizures in children!

Compared to traditional diets based on overall decreased caloric intake

and the “food pyramid,” keto diets have much more fat and much less carbohydrate sources. The Atkins Diet and the Scarsdale Medical Diet are two examples of formalized plans that are considered effective Ketogenic diets.

There’s no consensus opinion on how long a person can or should stay on a keto diet, but most agree that it appears to be a safe way of eating because of the limited amount of junk food and sweets.

We do not offer medical advice, so if you have a concern about your state of health, be sure to speak with a physician or other medical professional. The above information is for general educational purposes only and is not intended as any kind of official medical guidance.