



HOW TO SUCCESSFULLY TRANSITION INTO A KETO DIET PLAN

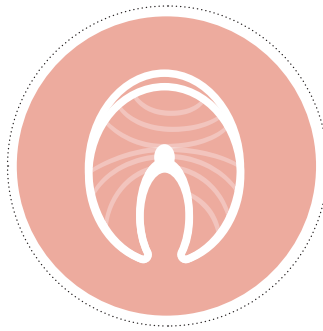
Are you ready to lay low on the carbs and turn your body into a well-oiled, fat-burning machine? Unlike many fad diets, going keto completely readjusts your body's metabolism, so there will be a few bumps along the way. Here are some tips on making transitioning to a keto diet plan easier in the beginning. **BY VICKI MARTINEZ**

STEP 1:

LEARN YOUR KETO DIET PLAN MACROS



HEALTHY FATS



PROTEIN

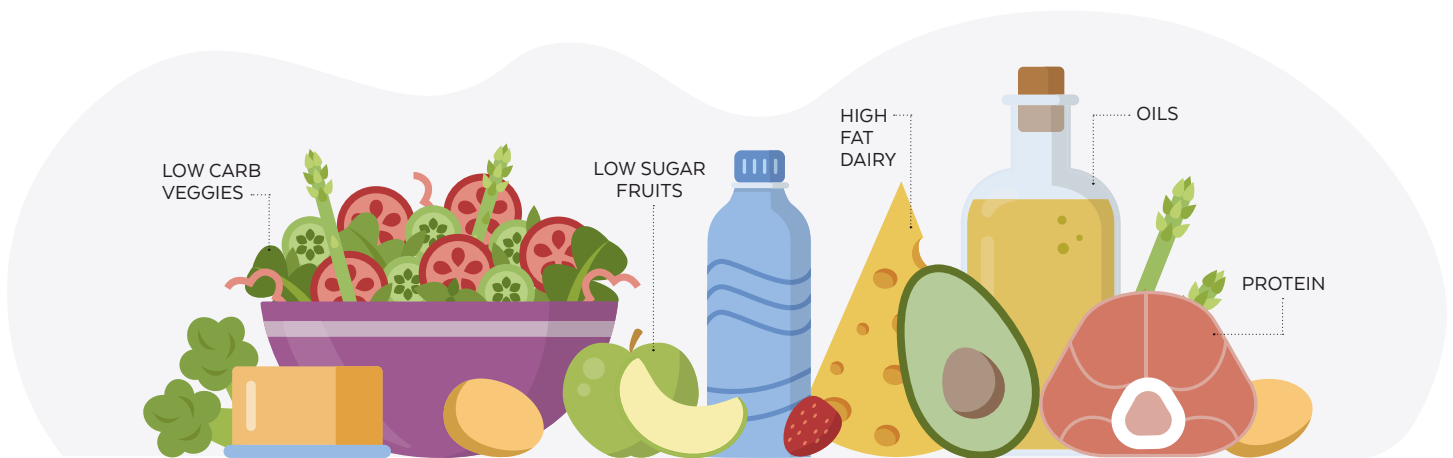


CARBOHYDRATES

What keto gurus refer to as macros are the three macronutrients necessary for the human body to function effectively: healthy fat, protein and carbohydrates. Knowing your specific macro count gives you a general guideline on how much of each you need daily. You can calculate your unique set of macros by using one of the many online macro calculators. Plug in your height, weight, age and activity level to determine daily dietary targets for grams of healthy fats, protein and carbohydrates.

STEP 2:

KETO PANTRY PREPAREDNESS



Fill your pantry with keto-friendly foods and nix (as in donate) any carb-packed items. Most folks, when first starting the ketogenic journey, experience serious cravings. Without carbs readily available to grab, it's easier to redirect yourself and find alternatives to deal with the cravings.

It's also important to have items on hand that make it easy to prepare on-the-go meals, like these **low-carb tortillas**. You can stuff these full of your favorite foods that are approved on your keto diet plan and avoid the pull of the drive-thru.

TRY: CHICKEN AVOCADO RANCH WRAPS

STEP 3:

WEATHER THE STORM



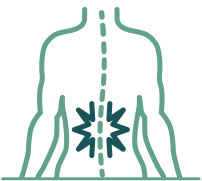
THE KETO FLU:

Unfortunately, there's no vaccination for this. The keto flu, as the name implies, is a set of flu-like symptoms (achiness, lightheadedness, nausea, foggy brain and lethargy) that occurs as your body begins shifting from sugar-burner to fat-burner. Some experience the keto flu for several days, others for a week or two.



TIRED TO THE BONE:

If you are new to a keto diet plan, the best way to get through this initial side effect is to mentally prepare for it. Although short-lived, intense fatigue causes many newbies to give up on keto believing it is not working for them. Keep in mind that a glucose-deprived system needs time to “learn” how to break down fat to produce energy.

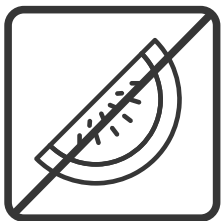


MUSCLE CRAMPS:

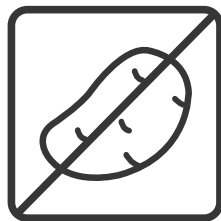
Many people experience weight loss within the first weeks of their ketogenic journey. Yahoo! Most of that is from water loss, which is perfectly normal. But water loss causes a reduction in sodium levels and a slight electrolyte imbalance. That combination often leads to muscle cramps. Fortunately, this side effect is preventable. Make sure you stay hydrated and supplement your diet with sodium. Coconut water is very hydrating and an excellent source of electrolytes (just be wary of the carb count).

STEP 4:

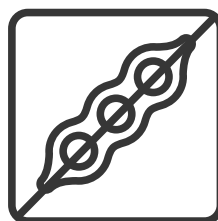
GO BIG AND GO LITTLE



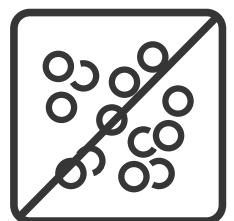
FRUITS



SWEET POTATOES



LEGUMES



QUINOA

You know your macros, but don't forget about your micros. Many of the foods you must now avoid—most fruits, sweet potatoes, legumes, quinoa—were probably a large source of your daily micronutrient (vitamin and mineral) intake.

For a quick and simple list of macro- and micro-friendly keto foods check out:

Let's Get This Party Started: Understanding What You Can (and Can't) Eat on the Ketogenic Diet.

Make sure to check with your doctor before starting a ketogenic diet.



CHICKEN AVOCADO RANCH WRAPS

Make 6 Wraps | Prep time: 10 minutes | Cook time: 25 minutes

Ingredients

6 Mission® Carb Balance® Flour Tortillas, warmed
2 chicken breasts, boneless and skinless
1 tablespoon olive oil, divided
1 teaspoon salt, divided
1/4 teaspoon paprika
1/4 cup Greek yogurt, fat-free plain
2 tablespoons water
1 1/2 teaspoons white vinegar
1 tablespoon chives, freshly chopped
1 tablespoon dill, freshly chopped
3/4 teaspoon garlic powder
1/4 teaspoon black pepper
4 romaine lettuce leaves
1 avocado, medium ripe, pitted and sliced
1 tomato, large ripe, sliced

Instructions

- Preheat oven to 400°.
- Place chicken in a baking dish, coat with 1 teaspoon olive oil, 3/4 teaspoon salt and paprika. Bake 25-30 minutes, or until juices run clear, and chicken registers 165°F on an instant-read thermometer. Transfer to cutting board, rest for 5 minutes and slice.
- In a medium bowl, combine yogurt, water, 2 teaspoons oil, vinegar, chives, dill, garlic powder, 1/4 teaspoon salt and pepper until smooth.
- Lay out tortillas on a clean work surface and layer each with lettuce, chicken, avocado and tomato. Top each with ranch then fold in one end and roll tightly to create wrap.



GRILLED SALMON WRAPS

Make 4 Wraps | Prep time: 10 minutes | Cook time: 15 minutes

Ingredients

4 Mission® Carb Balance® Whole Wheat Tortillas, warmed
1 tablespoon olive oil
1/2 teaspoon smoked paprika
1/4 teaspoon salt
4 salmon fillets (4 oz. each)
4 oz. cream cheese, softened
2 tablespoons mayonnaise
2 tablespoons red onion, finely chopped
2 tablespoons dill, freshly chopped
1 tablespoon capers
4 large romaine or iceberg lettuce leaves
1 large tomato, chopped

Instructions

- Prepare a grill or grill pan over medium-high heat.
- In a small bowl, combine oil, paprika and salt. Rub salmon evenly with oil mixture.
- Lightly grease the grill, transfer salmon to the hottest part of the grill, skin side down. Grill for 15 minutes or until salmon is opaque and flakes easily with a fork. Transfer to cutting board or plate and remove salmon skin.
- In a large bowl, beat to combine cream cheese and mayonnaise until light. Fold in onion, dill and capers. Lay out tortillas on a clean work surface, spread with cream cheese mixture leaving a 1/2" border all the way around. Layer with lettuce leaves, salmon fillet and tomatoes. Fold in one end then roll tightly to create wrap.



RED PEPPER & SPINACH SCRAMBLE WRAPS

Make 4 Wraps | Prep time: 15 minutes | Cook time: 10 minutes

Ingredients

4 Mission® Carb Balance® Flour Tortillas, warmed
6 eggs, large
1 garlic clove, minced
1/4 teaspoon sea salt
1/8 tsp. black pepper
1 tablespoon olive oil
2 cups baby spinach
1/4 cup roasted red peppers from jar, chopped
1/3 cup feta cheese crumbles

Instructions

- In a medium bowl whisk eggs with garlic, salt and pepper.
- In a large skillet over medium heat, warm oil. Add spinach and sauté until spinach begins to wilt. Pour in eggs and top with red peppers. Cook eggs, stirring frequently, until they begin to set, about 1 to 2 minutes. Sprinkle in feta cheese, stirring until eggs are completely set, about 1 to 2 minutes more.
- Lay out tortillas on a clean work surface and top with eggs. Fold in one end then roll tightly to create wrap.

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