

A beginner's complete guide
to keto diet

EVERYTHING YOU NEED TO KNOW ABOUT THE KETOGENIC DIET



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Benefits OF THE KETOGENIC DIET

WEIGHT LOSS WITH LESS EFFORT



REGULATE & LOWER APPETITE LEVELS



STABILIZED BLOOD SUGAR



INSULIN RESISTANCE



MENTAL CLARITY



IMPROVED CHOLESTEROL LEVELS & LOWERED BLOOD PRESSURE



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1

WEIGHT LOSS WITH LESS EFFORT

Studies show that in the long term the **ketogenic diet** is very powerful for weight loss, compared to a low-carb, low-calorie diet. People lost two times more weight on a keto diet than those following a classing low-fat diet

2

STABILIZED BLOOD SUGAR

Consider embarking a ketogenic way of life, if you are pre-diabetic or already have type 2 diabetes. Many people in the keto community have had great success managing the disease with a keto diet.

3

MENTAL CLARITY

By eating low carb foods, you avoid the spikes in blood sugar, meaning the cognitive functions are improved. The human brain works most efficiently and effectively in a state of ketosis. Fuelling the body with a reliable and constant energy source, you will have energy all day long.

4

REGULATE AND LOWER APPETITE LEVELS

Studies show people that are following a ketogenic diet without restricting calories and eat to satiety experience less hunger and therefore eat fewer calories.

5

CONTROL SEIZURES IN CHILDHOOD EPILEPSY

The Ketogenic diet was introduced in the 1920s for the treatment of epilepsy. Nutritional ketosis is used since then to control seizures in childhood epilepsy efficiently.

6

INSULIN RESISTANCE

Studies show that following a low carb ketogenic diet help people lower the insulin levels to normal ranges, making one less likely to develop type 2 diabetes.

What can I Eat on a Keto Diet?



- Meats – pork, poultry, fish, beef, lamb
- Eggs
- Leafy Greens – spinach, kale,
- Vegetables that grow above – broccoli, cauliflower, cabbage, mushrooms
- High-fat dairy – butter, hard cheeses, high fat cream
- Nuts and seeds – macadamias, almonds, pecans, walnuts, sunflower seeds
- Avocado
- Berries- raspberries, blueberries, blackberries, etc.
- Sweeteners – stevia, allulose, erythritol, monk fruit, tagatose, inulin
- Other fats – coconut oil, high-fat salad dressing, saturated fats, etc.

Keto Macros & How to count them?

Getting to understand what are the **macros** according to your goals is essential to have great success on a keto diet.

Protein is an essential macro that should you should always reach. Eating too little protein leads to muscle loss and overeating protein can kick you out of **ketosis**.

The fat intake depends on your goals. Not everyone is on the keto diet for weight loss. Some people are following the keto diet as a treatment/ control for different diseases.

To find out the NET carbs, subtract the fiber and sugar alcohols (if in the product) from the TOTAL Carbs.



Vegetables and the ketogenic diet



It's better to choose the dark leafy greens and vegetables that grow above the ground (they are lower in carbs). Usually, you will serve the vegetables as a side for protein.

Vegetable	Serving Size	Net Carbs
Lettuce	1 cup	0.5
Spinach	1 cup	0.3
Cauliflower (cooked)	1 cup	1.1
Cabbage (raw, shredded)	1 cup	2.2
Broccoli (fresh)	1 cup	3.6
Kale (raw)	1 cup	0.8
Green Beans(Boiled)	1 cup	5.85
Zucchini (Cooked)	1 cup	3
Eggplant (cooked)	1 cup	6.1
Bok Choi	100g	1.2

What fruits can I eat on a keto diet?

Most fruits are high in natural sugars (fructose), and it would be best to eat in moderation.

As a general rule stick to berries and limit the serving size to 30g or less. Focus on getting your nutrients from vegetables and eat fruit as a treat.

Fruit	Serving Size	Net Carbs
Avocado	1/2 half of an avocado	1.8
Blackberry	3/4 cup	4.3
Raspberry	3/4 cup	5.4
Strawberry	3/4 cup	5.44
Blackberry	3/4 cup	4.3



Ketosis is an excellent way to lose body fat and improve your health. Ketosis happens when the food intake is very low (fasting), or when the carbohydrate intake is limited. When it doesn't have enough carbohydrates available (glucose), your body uses its own fat stores for energy. During this period, ketones are produced from the breakdown of fats in the liver.

Effective Tips to Reach Ketosis

1. **Restrict the carbohydrate intake** to less than 20g net grams per day or less and stay below 35g total carbs.
2. **Limit the protein.** When you are following a keto diet, you should eat the protein based on your needs. Overeating protein (eating more than your body needs) can kick you out of ketosis.
3. **Eat as much fat as you can.** Forget the conventional dieting rules and start to incorporate as many healthy fats in your diet. Leafy Greens – spinach, kale,
4. **Avoid snacking.** To reach ketosis faster and lose weight, we need to avoid insulin spikes, therefore, stop snacking, especially when not hungry.
5. **Add some physical activity.** Any exercise is highly recommended on the ketogenic diet because it's a great way to increase the ketone production slightly.
6. **Stress Less.** Cortisol is a hormone produced by the adrenal glands and helps the body to manage stress. The stress hormone can interfere with the hunger hormones: Ghrelin and Leptin.
7. **Sleep enough.** I recommend a healthy 8-hour sleep if you want to have the best results with the ketogenic diet.
8. **Use supplements.** Sometimes we don't get our daily requirements only from foods. While not necessary, supplements can help you reach ketosis faster, relief the symptoms of keto flu and improve the overall keto results.

How do I know I am in ketosis?

- **Frequent urination.** Since you are not eating a high amount of carbohydrates, the insulin levels are lowered. This way your body won't retain salt and water. The kidneys begin to excrete any excess fluid in the body. That's why you need to visit the bathroom often.
- **Stinky Breath.** Acetone, the primary ketone body in the breath is eliminated during keto-adaptation. The bad breath is temporary, and it will go away after you become adapted to use ketones as the primary fuel.
- **Lower Hunger & Increased Energy.** When you are in ketosis and 'survived' the keto flu, your body runs on both body fat and dietary fat. You will notice you can resist much longer without being hungry.
- **Dry Mouth.** Excreting so much excess water from the body leads to a dry mouth and a need to drink more water. Drink enough water and keep electrolytes (Sodium, potassium, chloride, calcium, magnesium) levels under control.



What are Macros?

The three main “macros” (macronutrients) are carbohydrates (carbs), protein, and fats. Use an [online keto calculator](#) to check what are the optimal macros according to your specific goals, current weight, age, gender, level of activity, etc.

Generally, the macronutrient ratio varies within the following ranges:

- Calories from Carbs: 5-10%
- Calories from Protein: 20-25%
- Calories from Fat: 70-80%

For ideas and inspiration on how to reach your macros, take a look at our [keto recipes](#). If you don't want deal with the meal planning, consider getting detailed shopping lists, meal plans, and free coaching in my Keto for Accelerated Fat Loss Program.



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Different types of Keto Diets

Is your final goal to build muscle mass while on Keto? You will need to increase your protein intake up to 1.0-1.2g .per kilo of body weight.

- **Standard Ketogenic Diet (SKD):** This is the most common keto diet type. It's the best approach if fat loss is your goal. The vast majority of people follow the standard ketogenic diet. Stick with less than 20g net carbs per day, moderate protein intake and up the fat intake.
- **Targeted Ketogenic Diet (TKD):** The TKD is best for people who need more energy around workouts time. An individual following the TKD approach increases the carbs before a workout.
- **Cyclical Ketogenic Diet (CKD):** The CKD means restricting carbs to a minimum for several days followed by a day or two of eating high carb. This is called "carb-loading". This variation of the keto diet is best for bodybuilders or athletes to help with weight loss building lean mass.



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Exercise on a Ketogenic Diet

At the beginning of the ketogenic diet, you will notice that your energy is lower than usual. That's because you transition to a new fuel (ketones). All you need to do is to drink enough water, replenish electrolytes, and eat sufficient fat.

Exercise is a wellbeing tool before being a weight loss tool. Physical activity makes most people feel better by only getting a moderate amount of training.

Reasons to exercise on a keto diet:

- **Lose weight** (body fat)
- Get in shape
- Stay healthy
- Look good and feel good
- **Improve strength** and flexibility
- Build muscle



A 2014 study tested off-road cyclists to determine the long-term effects of the ketogenic diet on performance and exercise metabolism. The ketogenic diet made favorable changes in body mass and body composition.

Numerous studies have shown that keto-adapted athletes performed better on a low carb diet and lost a significant amount of body fat.

Several recent studies have shown that CrossFit athletes can still perform well on a ketogenic diet while improving the **body composition**.

One **study** found that after six weeks on a ketogenic diet, men and woman athletes significantly decreased body fat mass (-6.2 pounds), maintained muscle mass, and improved overall performance.



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Dangers of the Keto Diet

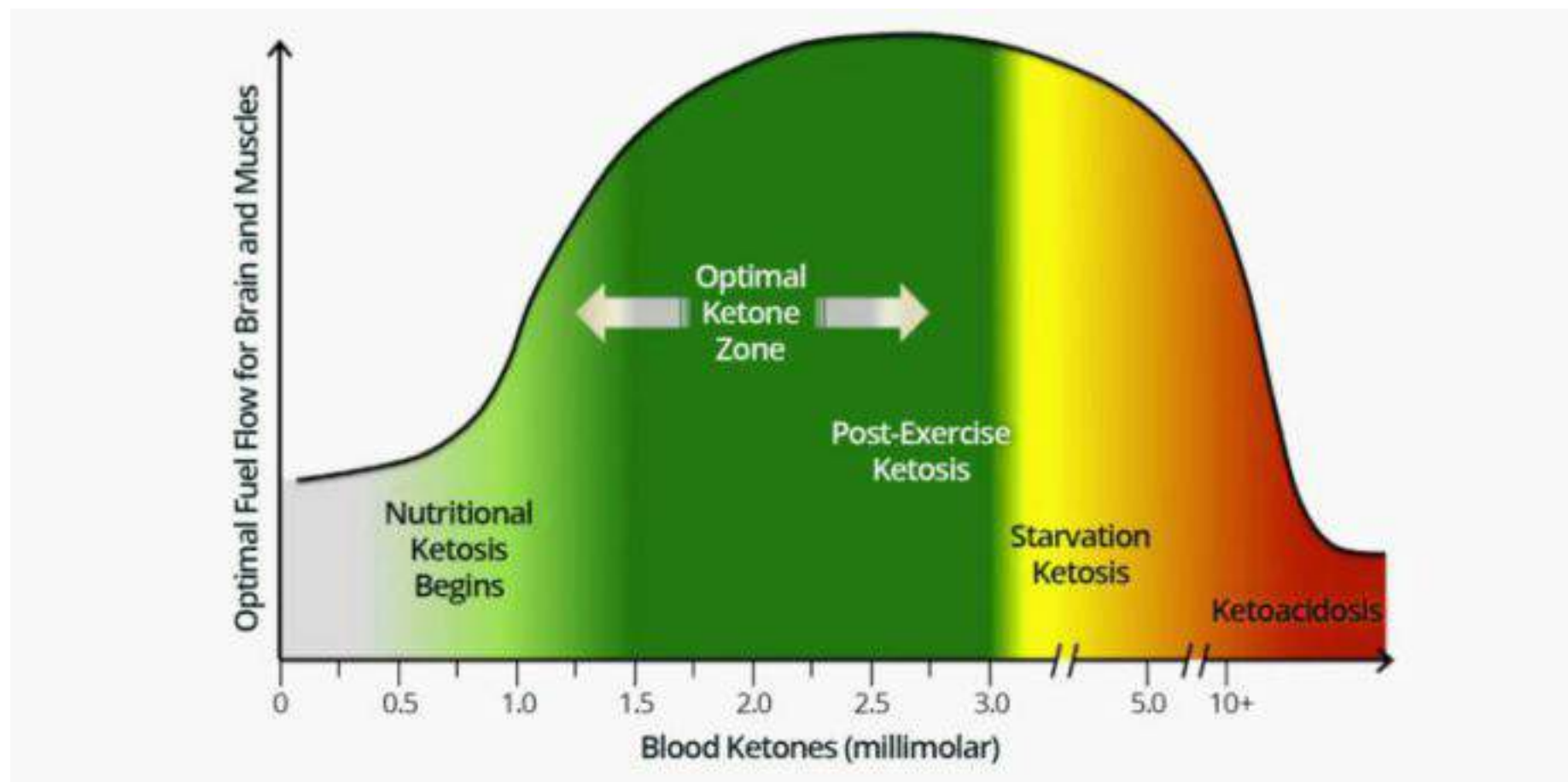
Common misinformation about ketosis is that people confuse it with ketoacidosis.

Ketoacidosis is a rare medical condition that mostly happens to people with type 1 diabetes. What you need to know is that **ketosis** and ketoacidosis are not the same things.

Does eating a low carb diet cause ketoacidosis?

In fact, ketoacidosis is a life-threatening malfunction of the body, when **ketone** production is imbalanced and excessive. It is caused when very **high blood sugar** and very high levels of ketones happen simultaneously.

The graph below shows the significant difference in the number of ketones in the blood between ketosis and ketoacidosis.



What's important to remember is that ketoacidosis is not usually seen in healthy individuals going on a ketogenic diet or even supplementing with **exogenous ketones**.



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What happens to the body

WHAT HAPPENS IN YOUR BODY BEFORE BEING IN KETOSIS



Your body is used to burn glucose for energy. When you drastically cut the carbohydrate intake, your body is confused and has to learn how to use fatty acids for energy.

When your body has to deal with the empty glucose stores, it has to create a new pack of enzymes. Adapting to the ketogenic lifestyle and switching from running on carbohydrates as fuel to using fat and ketones as the new fuel can take a few weeks.

Have patience to truly keto-adapt and remember all the health benefits you will experience. Once a person is keto-adapted, the body tends to balance out and regulate all the biological processes.

Have you ever tried a low carb diet and felt sick in the first days? A part of the transitioning to relying on fat includes some symptoms like headaches, dizziness, nausea and feeling light-headed.

Most of the time all these symptoms suggest a lack of electrolytes, due to the diuretic effect of ketosis. Along with the increased excretion of water, you also lose minerals faster. Stay hydrated and keep an eye on the sodium intake.

Salt - is the answer to beating the "keto-flu". Use sodium as much as possible as it will help with water retention and with the keeping the electrolytes at a healthy level.



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Keto Flu

Keto flu, also called 'induction flu' is the most common side effect for keto beginners- it makes people feel sick after 3-4 days after starting a keto diet. Transitioning to a ketogenic diet can make you tired, dizzy, exhausted, etc.

The main reasons for the keto flu:

1. **Withdrawal from Carbs.** Some studies show that sugars (carbohydrates) are as addictive as cocaine and heroin. Your body is not used to process a higher intake of fat and needs to create enzymes to be able to do this. In the withdrawal period, many people (including myself) report headaches, irritability and increased cravings for carbs. To make the transition easier, you can start by slowly reducing the carb intake. Give your body time to get used to the new fuel.
2. **Electrolyte imbalance.** As I mentioned before, keto has a diuretic effect. Every time you go to the bathroom, along with the liquids, you lose lots of electrolytes (sodium, magnesium, potassium). The fact is that once you reduce the carb intake, your kidneys switch from retaining salt to rapidly excreting it along with a significant amount of water. What you can do to feel better is trying to drink bouillon for extra salt, and drink my keto electrolyte drink during the day.

How long does the keto flu last?



Drinking sufficient water (**bone broth**) and replenishing electrolytes, while eating more fat can realize most of the symptoms of the keto flu in less than a week. The process can take more or less depending on each person.



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Common side Effects on a Keto Diet

Transitioning to a keto diet often comes with a few **side effects** that are only temporary. Some of them I experienced myself too when I first started the keto diet, five years ago. Drinking enough water and including high in micronutrient foods are a great way to make the adapting to a high-fat diet easier.

Read below some of the most common side effects and let me know if you struggled with any of it and what cure you used to beat them.

Muscle Cramps

Muscle cramps, usually leg cramps are pretty common in the beginning of a strict ketogenic diet. It is a side effect of the keto diet being diuretic and increased urination. To me, it usually occurs by night time, but others get cramps in the morning. What you have to do is to drink more water, salt everything and take a magnesium supplement.

Constipation

Being new to the keto diet can cause constipation, as your digestive system needs time to adapt to this lifestyle change.

Here's what you can do if you have this possible side effect.

- **Drink enough water and increase the salt intake.** Usually, the most common cause of constipation in keto is dehydration. One quick and easy solution is to make sure you are drinking water and salt everything you eat.
- **Increase the quantity of vegetables** you are eating. Make sure you are getting enough vegetables to get high-quality fiber.
- Include Psyllium Seeds Husks in your diet. A trick I use and does miracles is to have one tablespoon psyllium seeds husks with a large glass of water in the evening.

Heart Palpitations

If you experience an elevated heart rate in the first few weeks of the keto diet, it's nothing to worry. Dehydration and a lack of salt can cause an elevated heart rate.

If the problem persists, you may need to add a potassium supplement to your diet.

Reduced Physical Performance

Since your body still tries to adapt to entirely working on ketones, you may feel weak in the first few days. Lots of studies have shown that keto diets are effective for endurance in athletes.

Just be patient, stick to eating 20-50 grams carbs, increase the fat intake until you get your strength and energy back.



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Other Less Common Side Effects on a Keto Diet

Some people experience less common symptoms on the keto diet. Most of them are related to being hydrated and having a balanced electrolytes intake. Make sure you are getting enough water and micronutrients.

Keto Rash



Keto rash is a symptom I have experienced myself. It appeared all over my chest after three or four weeks of the ketogenic diet.

From what I have read, there's no exact cause for prurigo pigmentosa (the scientific name of keto rash). The rash was itchy, red to brown eczema almost painful when touched.

The exact cause the keto rash is not yet confirmed, but there are a few explanations.

Some of them include weight loss, sweating, candida die off, food allergy, etc.

In my opinion, the keto rash is the effect of the toxins that are released from fat cells during deep ketosis.

The best thing you can do, if you are affected by the keto rash is to wear clothes that absorb sweat and shower every time after physical activity.

Try increasing the carb intake enough to get you out of ketosis to see if the keto rash disappears.

Breastfeeding

In our Facebook Group "keto pregnancy - keto mommy" are a lot of women that have great success with **keto and breastfeeding**. Some of them got pregnant and managed to keep the pregnancy after being diagnosed with PCOS. As a breastfeeding mom, you can inspire from 12k+ keto mothers that are making the group a source of daily motivation.

Increased Cholesterol

The classic effect of a keto diet on cholesterol is a slightly increased, mostly due to an elevation of the good cholesterol (HDL), lowering risk of heart disease.

The increased triglyceride numbers are typical of people losing weight. As you get to a steady weight, the increases in the triglycerides will stop.

The cholesterol profile improves in two more ways: lower triglycerides and larger, fluffier LDL particles.



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Other Less Common Side Effects on a Keto Diet

Hair Loss

Experiencing hair loss while going on a new diet is a common issue, and it's only temporary. Make sure you are not restricting your calories and eat as much fat as you need to feel good and satisfied. Eat nutrient dense, delicious keto foods to avoid any nutrient deficiencies. I suggest trying to reduce the stress, sleep at least 8 hours and take a high-quality multivitamin.

Indigestion

When transitioning to a keto diet, you may experience indigestion, stomach pain, heartburn. It might be frustrating having these issues since you are making healthier choices than before. Try to increase the fat intake slowly, make sure you are well hydrated.

Reduced tolerance to alcohol

There is no apparent reason for this, but you'll likely tolerate less alcohol on keto. Drinking alcohol on a keto diet will also slow down the weight loss process, as the body burns the alcohol before anything else. Drinking alcohol also slows the ketone production.

How to eat cheap on a keto?

Cleaning your pantry and making space for new keto staples may seem expensive, especially in the beginning. In fact, in the long term, it's way cheaper than you may think. I will share with you a few tips that helped me shop smart and save money while cooking keto meals.

- **Plan your meals and make shopping lists.** There's no better way to buy only the things you need than making a keto meal plan ahead. Take a look at the ingredients you already have in your kitchen, go online and find keto recipes that you will love eating the next week. Make a shopping list with all the ingredients you need, purchase them and cook.
- **Buy bargains.** Buying in bulk often comes with extra discounts. Finding a local butcher can also reduce the costs. Buy cheaper cuts of meat, the ones higher in fat are usually less expensive than the lean meats. Meal prep your meals and use leftovers efficiently. This way you will spend less time in the kitchen and save some money.
- **Eat homemade keto meals.** Eating out can get very expensive. When cooking at home, it's easier to eat healthier, and you will most likely use higher-quality ingredients. Keep your meals super simple. Include protein, vegetables cooked in lots of healthy fats to keep you full for longer.



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FAQ



What carbs are not allowed?

- All grains (wheat, oats, rice, etc.)
- Most fruits
- Processed foods
- Sweetened and Sugary Drinks
- “Low-fat” labeled products
- Sweet Alcoholic drinks (beers, cocktails, flavored liquors)
- Starchy vegetables
- Legumes (beans, chickpeas, etc.)
- Pastry Products



How can I track my macros?

Many people use an online app. I love using MyFitenssPal to track my carb intake. It helps you to keep track of all the keto macros to make sure you are eating enough to reach your goals. If you aren't used to tracking everything you eat, it may take a little to configure the app and understand how to use it.



I cheated and binged on carbs. What can I do?

Go straight back on track, eat keto foods and don't weigh your self. The temporary weight gain is because when you are eating more carbs, your body retains more water.

Try finding out what caused you to give up the keto diet and make some fat bombs to control your cravings. If you have trouble sticking the keto diet alone, consider joining my Keto for Accelerated Fat Loss Community.



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I am vegan/vegetarian, can I still do a ketogenic diet?

It's absolutely possible to follow a ketogenic diet as a vegetarian or vegan, but it inevitably requires more specialized attention than a standard ketogenic diet that includes animal products. A vegan diet needs for sure specific support with supplements.


I am allergic to eggs/ avocado/ dairy, etc., can I follow a keto diet

Yes, you can follow the diet without any of the foods you are allergic to, or you just don't like. Many people go dairy-free for health reasons. There are no exact rules, and you can create your own keto meal plan based on your current health. As long as you are keeping the carbs at the minimum, moderate the protein, and up the fat intake, you will be in ketosis.

Do I need to workout on a keto diet to lose weight?

 While some people have great success losing weight without working out, including some physical activity can be beneficial for your health. Moving your body will increase your body's metabolism, and along with a nutrient-dense keto diet, you'll see excellent results and keep the weight off for good.

Help! I've hit a weight stall. What Can I do?

 A chaotic lifestyle with a lot of stress, poor sleep, lack of exercise can slow down the weight loss process. Keep in mind that weight loss is not a linear protocol and the scale isn't always the best measure of progress. You may not see any results on the scale, but if your clothes are looser than before, you're on the right track. All you have to do is to keep going and not give up. Make sure your macros are calculated according to your current status and watch out for any hidden carbs you may be eating.

You can also read a more detailed list of why you are not losing weight on a keto diet on my blog.



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KETO FOR ACCELERATED FAT LOSS PROGRAM

How it Works?

1. Purchase the Keto Program here.
2. **Receive instant access** to all the files included along with an invitation to join the Free Keto Coaching Group.
3. Download all the files you received by e-mail.
4. Start cooking and share all your meal photos, struggles & achievements with me and the group.
5. Tag me on Instagram @**LowCarbSpark** or #**KetoforAcceleratedFatLoss** so we can inspire more people to get healthy.

EACH MEAL PLAN CONTAINS

- ✓ **4 weeks** of Mouthwatering Recipes Meal Plan
- ✓ **All macros calculated** for accelerated fat loss
- ✓ **Weekly Shopping Lists**
- ✓ The Ultimate **Start-Up Guide**
- ✓ Easy to follow, single servings recipe guide
- ✓ **Access to our private Facebook group for FREE coaching**, support, motivation, and amazing keto community
- ✓ Weekly Overview of All Meals (Private coaching)
- ✓ Printable meal planner organizer to track your progress
- ✓ Special Bonuses for all the members



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