

Keto Kickstart

Keto or the Ketogenic Diet is a high fat, moderate protein, low carb approach to eating that has many benefits beyond weight loss. It's used to improve brain function, neurological disorders, Type 2 Diabetes - even cancer! (*Check with your doctor before making any dietary changes.*)

I teach Keto very differently than mainstream keto experts (which usually involves tracking every single morsel's macros - protein, fat and carb grams - and limiting even green veggies. Most people starting mainstream keto test their urine or blood daily too. You certainly could do some of these tracking measures if you're curious (I did back when I started), but I like to keep it waaay simpler.

Just eat more fat - 3-5 servings of healthy fat at each meal (minimum!) and limit carbohydrates to only non-starchy veggies. Keep protein to slightly less than a serving (a little smaller than the size of your palm). That should bring most people into a state of ketosis **over time**.

I'm going to emphasize **over time**, because in the beginning, the body gets a bit confused with this dietary change since it's used to burning glucose (sugar) for fuel and now it's learning how to use ketones (fat) for fuel. So the adaptation period can take several weeks.

Did you know that babies are born in ketosis and stay ketogenic when breastfed? It's a natural physiological state even from an ancestral perspective. It's only since we became carb abundant with agriculture and processed foods that we drifted away from using fat (ketones) as fuel in favor of sugar. It's no coincidence that the rise in Diabetes and Obesity correlates with this evolutionary shift.

I recommend that you ensure that you are "keto or fat adapted" before reintroducing or cycling in small amounts of carbohydrates - which can be a beneficial strategy to balance hormones or to fuel athletic performance. So in the beginning, in the Keto Kickstart, we keep it fairly dialed in. Don't worry, it's super delicious and you can even have a cocktail or two in the process!

SIGNS THAT YOU'RE 'KETO OR FAT ADAPTED':

- APPETITE CORRECTION - YOU CAN GO SEVERAL HOURS IN BETWEEN MEALS
- CLEARER THINKING
- MORE ENERGY
- BRIGHTER MOOD
- WEIGHT LOSS AND/OR INCHES LOST (BETTER FITTING CLOTHES)

Keto Meal Plan

Combining your Keto Kickstart with Intermittent Fasting is effortless. It allows us to break away from the breakfast>snack>lunch>snack>dinner>snack eating rollercoaster we may be accustomed to and eat more intuitively - usually just 1-2 times per day.

When I break my fast at 11am, 12 or 1pm, if I'm home, I'll many times prepare the breakfast foods I love (eggs and bacon with plenty of greens and veggies). If I have great leftovers, maybe I'll have those or a huge salad with loads of delicious healthy fats and leftover chicken or canned wild fish. Sometimes I feel like having a rich, keto smoothie. Later, if I'm having dinner with my family, I'll usually have a smaller portion simply because I'm not as hungry. If it's just me, a snack usually suffices - especially if I had a delicious, satisfying "break-fast" meal.

I let my appetite for nourishing foods guide my choices. The following Keto Meal Plan with simple recipes and a shopping list can be used for inspiration. Swap any foods that don't agree with you. If you're working on weight loss or healing, definitely omit all dairy, alcohol and caffeine for a few weeks. I encourage you to experiment and make this plan your own!

KEYS to KETO

- Don't intentionally undereat. Don't overeat either. Aim to eat to 80% fullness - not to the point of feeling "stuffed".
- Eat in a relaxed, undistracted state to help digestion. Chew food thoroughly and eat slowly. Apple cider vinegar, Keto/Gut Healing Lemonade, bitters and digestive enzymes can be helpful for some people.
- Since you're not eating processed foods, be sure to use sea salt on meals to get essential microminerals and to balance electrolytes.
- Stay hydrated. Super important!!! You can even add sea salt to water.
- The transition to becoming "Keto or Fat Adapted" can bring on symptoms referred to as the "Keto Flu" - headaches, cravings, fatigue, digestive upset. This is just the body's way of transitioning- you can think of it like withdrawals and/or detox reactions. Follow the points above and if at any point you feel like you can't function and that Keto is not for you, just take a break and try again when you're up to it.

Keto Meal Plan

	MEAL 1	MEAL 2	SNACK
MONDAY	FATTY COFFEE/TEA 2-3 FRIED EGGS WITH 2-3 SLICES BACON, VEGGIES & GREENS SAUTEED IN BUTTER/OIL	3 OZ ROTISSERIE CHICKEN WITH ROASTED CAULIFLOWER AND BROCCOLI WITH BABY KALE SALAD	1/4 CUP MACADAMIA NUTS
TUESDAY	FATTY COFFEE/TEA CHICKEN SALAD LETTUCE CUPS WITH 1/2 AVOCADO	GRASS FED BURGER OVER GREENS WITH 1/2 AVOCADO, ONION, TOMATO TOPPED WITH MAYO SERVED W/ SAUTÉED MUSHROOMS/ONIONS	2 TBS ALMOND BUTTER WITH CELERY STICKS
WEDNESDAY	FATTY COFFEE/TEA KETO VANILLA GINGER SMOOTHIE	ZOODLES OR COODLES WITH MEATBALLS	2 TBS GUACOMOLE WITH PEPPER STRIPS
THURSDAY	FATTY COFFEE/TEA SALAD W/ 1/2 AVOCADO, 2 T SUNFLOWER SEEDS TOPPED WITH CAN OF SARDINES OR TUNA MIXED WITH MAYO	CHICKEN APPLE SAUSAGE SAUTEED WITH PURPLE CABBAGE, ONIONS, RED PEPPERS AND GREENS. TOP WITH GOAT CHEESE	1/2 CUP OLIVES & FETA
FRIDAY	FATTY COFFEE/TEA KETO CHOCO-ALMOND SMOOTHIE	EASY CHILI WITH AVOCADO AND CHOPPED ONION	CHOCOLATE FAT BOMB
SATURDAY	FATTY COFFEE/TEA LEFTOVER CHILI WITH AVOCADO AND CHOPPED ONION	CHICKEN WINGS! WITH BLUE CHEESE OR RANCH DRESSING SERVED WITH ROASTED PARSNIP 'FRIES'	1/4 CUP PUMPKIN SEEDS WITH 1/4 CUP COCONUT FLAKES
SUNDAY	FATTY COFFEE/TEA 3 EGG OMELETTE WITH SLICED CHICKEN SAUSAGE, VEGGIES & CHEESE	SLOW COOKER PORK ROAST WITH APPLE, CABBAGE, MUSHROOMS AND ONIONS	COCONUT BUTTER BITES

Keto Recipes

FATTY COFFEE/TEA

- 16 oz brewed coffee or tea
- 1 tsp MCT oil (optional)
- 1-2 T Coconut Oil/Unsalted Pastured Butter
- 2 T Full fat Coconut Milk (to preference)
- Cinnamon or Spice to taste
- Stevia to taste

Blend and enjoy! Save this for your eating window. When fasting, try to have your coffee black or with just MCT oil and cinnamon.

ACV GINGER-ADE

- 16 oz Water
- Juice of 1 Lemon
- 1 T Apple Cider Vinegar
- 1" piece of fresh ginger (cut into chunks)
- Cinnamon or stevia drops (optional)
- Ice

Mix and enjoy during your eating window. Omit stevia to enjoy during fasting window.

KETO (GUT HEALING) LEMONADE

- 16 oz Water
- Juice of 1 Lemon
- 1 T Aloe Vera Juice
- 1/4 t sea salt
- Stevia drops (eating window only)
- Ice

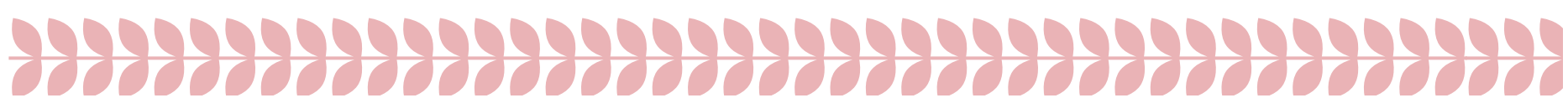
Mix and enjoy throughout the day!

OTHER BEVERAGES

- Water infused w/ lemon, lime, cucumber, berries, herbs, etc.
- Herbal teas (hot or iced - unsweetened)
- Sparkling Water/Mineral Water

IN MODERATION (eating window only):

- Kevita, Kombucha (no sugar added)
- Dry Wine (1-2 4 oz glass, 1-3x/wk max)
- Spirits with seltzer and lime, herbs, cucumber, etc.. (1-2 cocktails, 1 - 3 x/wk max)



KETO VANILLA GINGER SMOOTHIE

- 1 can full fat Coconut Milk
- 1 serving Vanilla PurePaleo Protein Powder
- 1 inch chunk of Ginger (to taste)
- 1 t Cinnamon
- 1 t Turmeric
- 2 cups fresh or frozen Greens (optional)
- 1-2 T Fish Oil, Coconut Oil or MCT Oil
- Ice

Blend and enjoy slowly as a meal.

KETO CHOCO-ALMOND SMOOTHIE

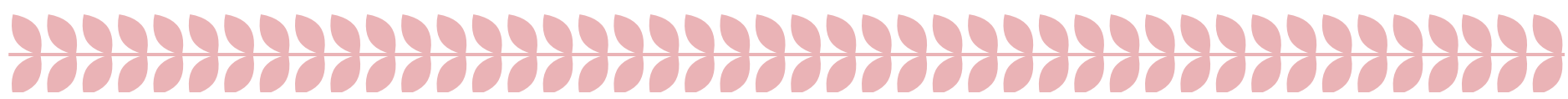
- 1 can full fat Coconut Milk
- 1 serving Chocolate PurePaleo Protein Powder
- 2 T Almond Butter
- 2 cups fresh or frozen Greens (optional)
- 1-2 T Fish Oil, Coconut Oil or MCT Oil
- Ice

Blend and enjoy slowly as a meal.

Keto Recipes

SAUTEING AND ROASTING VEGGIES - KETO STYLE

- Don't skimp on fat! Use high quality fats/oils like coconut oil, pastured butter, ghee, chopped bacon, animal fats (bacon, tallow, lard, duck), palm oil, avocado oil & olive oil (on low heat).
- If sautéing, coat the pan generously and bring to medium heat.
- Add veggies such as onions first to soften and mellow their sharpness, then add denser, then medium textured veggies and end with greens until wilted. Garlic can burn quickly and get bitter, so I add that in the middle of cooking, move it around and watch it carefully.
- If roasting veggies, coat them well in fat/oil. It's best to massage the fat and any spices you choose so that the veggies are evenly coated. Most veggies such as Brussels Sprouts, parsnip fries, broccoli and cauliflower roast in about 20 minutes at 400 F (ovens vary so watch closely). Starchy veggies like winter squash, carrots, sweet potatoes, etc.. take longer depending on chop size.



BABY KALE SALAD (Serves 2)

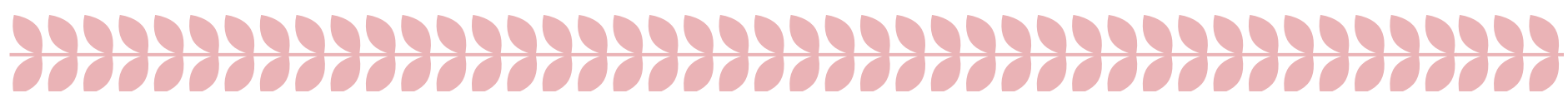
- 6 cups Baby Kale (or Chopped Curly Kale)
 - 1/2 cup thinly sliced red onion
 - 2 baby cucumbers (or 1/2 English) - sliced into matchsticks
 - 6-10 radishes sliced into matchsticks
 - 1 cup thinly sliced purple cabbage
 - 1/2 cup sunflower seeds
 - 1/2 - 1 apple - sliced into matchsticks
 - 1/2 cup olive oil
 - 1/2 lemon - juiced
 - Salt & Pepper
- Combine all ingredients in a container. Double up recipe for leftovers because the hearty greens and veggies in this salad should keep very well for a few days. For extra fat, top with avocado when servings (don't store avocado with leftovers though - it'll get mushy.)

Keto Recipes

CHICKEN SALAD LETTUCE CUPS - Serves 2

- 1 cup cooked chicken cut into 1/2" cubes (use leftover rotisserie chicken)
- 1 cup chopped celery
- 1/2 cup mayo
- Salt and pepper taste
- 1-2 cups leftover Baby Kale salad
- 2-4 Butter Lettuce or Romaine Leaves

Combine chicken with mayo and celery. Fill lettuce leaves with leftover Baby Kale salad, top with chicken salad and serve.



EASY CHILI - Serves 6-8

- 2 T fat of choice
- 2 lbs grass fed beef or bison
- 1 lg. can crushed tomatoes
- 1 chopped onion
- 2-4 gloves minced garlic (to taste)
- 1 bag frozen Stoplight peppers (or fresh)
- 1 bag frozen greens of choice (or 4 cups fresh)
- 2 T chili powder or favorite combination of spices
- 1 t cumin
- 1 T plain cocoa
- Salt & Pepper
- OPTIONAL: chopped cilantro, chopped onion, chopped avocado, squeeze of lime

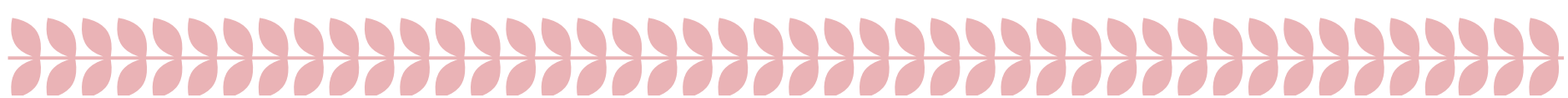
- Heat fat in large pot. Add onion and saute until soft. Add garlic and peppers and stir to cook evenly. Add beef or bison and spices (except cocoa). Cook through breaking up meat into small chunks. Stir in tomatoes and add greens and cook thoroughly. Allow to simmer for at least 20 minutes. Add cocoa and adjust seasonings to taste. Serve topped with chopped onion, cilantro, 1/2 avocado with a squeeze of lime.

Keto Recipes

ZOODLES (or COODLES) WITH MEATBALLS - Serves 3-4

- 1 lb grassfed beef or bison
- 2 eggs
- 2-3 T Italian Herbs (dried) or 1/4 cup fresh
- 1 t sea salt + 1/2 t pepper
- 1 chopped yellow onion
- 2-4 cloves garlic minced
- 1/2 cup parmesan cheese (or Nutritional Yeast if avoiding dairy)
- 1 jar no sugar added Tomato Sauce
- 3-4 T Olive Oil
- 4-6 cups spiralized zucchini Zoodles (~3 medium zucchini or buy premade) OR thinly slice green cabbage for Coodles

Preheat oven to 350 F. Combine first 7 ingredients in large bowl and roll into 1 1/2" meatballs and place on parchment lined baking sheet. Bake for 30-40 minutes - turn over halfway through cooking time to brown on all sides. In large skillet, heat oil and toss zoodles or coodles to coat. Cook until soft. Add sauce. Season with salt and pepper. Serve with meatballs. Top with more parmesan if desired.



CHICKEN WINGS! - Serves 4-6

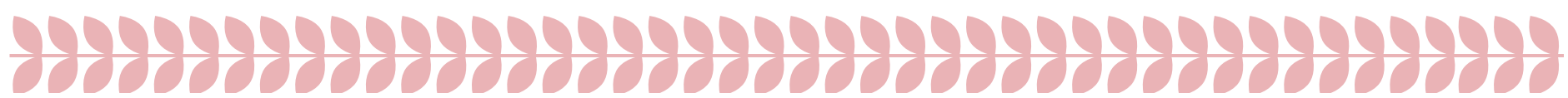
- 2 lbs Chicken Wings (fresh or frozen)
 - 4 T Chili Powder with 1 t cumin (or spice blend of choice)
 - Salt
 - 4 oz Wing Sauce (no sugar added)
 - 4 T melted pastured butter
 - Blue Cheese or Ranch Dressing (no sugar added or homemade)
 - Celery sticks
- Preheat oven to 450 F. Generously salt thawed and patted dry chicken wings. Sprinkle with seasonings and bake for 30-40 minutes until browned (turn over during cooking). Remove from oven. In large bowl, mix Wing Sauce and butter. Toss cooked wings to coat. Serve with blue cheese or ranch dressing with celery sticks.

Keto Recipes

SLOW COOKER PORK ROAST - Serves 4-6

- ~3 lb Pastured Pork Roast
- Salt and Pepper
- 2 T Fat (leftover bacon fat works well)
- 4 cups chopped cabbage (purple, green or both)
- 1 apple sliced
- 1 container button mushrooms
- 1 sliced yellow onion
- 1 cup broth or water

Salt and pepper the roast generously. Heat fat in skillet (or if Slowcooker has a sear setting, use that). Sear all sides of roast until browned. Place in slow cooker with remaining ingredients and cook on low for 8 hours.



CHOCOLATE FAT BOMBS

- 1/4 cup unsweetened almond butter
- 1/4 cup coconut oil
- 1 oz unsweetened baking chocolate
- 1 T cocoa powder
- 6 Stevia drops

In double boiler, melt all ingredients except stevia. Remove from heat and add stevia drops to desired taste.

Pour into silicone molds or ice tray and chill in freezer until set. Store in air tight container.

Have one or two as a snack as needed.

COCONUT BUTTER BITES

- 1/4 cup coconut butter (softened)
- 1/4 cup coconut oil (softened)
- 1/4 cup chopped nuts or seeds
- 2 T coconut flakes
- 1/4 cup cocoa nibs (optional)
- 6 Stevia drops

Combine all ingredients. Roll into balls or fill silicone molds or ice tray. Chill in freezer or fridge. Store in air tight container. Have one or two as a snack as needed.

Keto Shopping List

PANTRY STAPLES

- _ Coffee/Tea
- _ Sea Salt (Himalayan or Celtic)
- _ Spices (Chili Powder, Cumin, Italian, Turmeric, Cinnamon, etc.)
- _ Cocoa Powder
- _ Stevia Drops (Sweet Leaf - online)
- _ Unsweetened Baking Chocolate
- _ Cocoa Nibs (health food stores)
- _ Wing Sauce no sugar (i.e., Frank's)
- _ Avocado Oil
- _ Olive Oil
- _ Coconut Oil
- _ Coconut Milk - 2 cans
- _ Coconut Butter (health foods store)
- _ Unsweetened Coconut Flakes
- _ Mayo (i.e., Primal Kitchen)
- _ Apple Cider Vinegar (Bragg's)
- _ Aloe Vera Juice (health food store)
- _ Nutritional Yeast Flakes (optional)
- _ Macadamia Nuts
- _ Sunflower Seeds
- _ Pumpkin Seeds
- _ Walnuts
- _ Almond Butter (unsweetened)
- _ Tomato Sauce (no sugar added)
- _ Crushed Tomatoes (2 lg. cans)
- _ Olives (jarred, canned or fresh)
- _ Canned Sardines
- _ Skipjack/Low mercury Tuna
- _ Bone Broth (organic - carton)

SUPPLEMENTS

- _ Protein Powder (Order Collagen based Chocolate and Vanilla here)
- _ MCT Oil (health food stores)
- _ Liquid Fish Oil (Order here)

PRODUCE

- _ Baby Kale, Assorted Fresh/Frozen Greens
- _ Butter Lettuce/Romaine Lettuce
- _ Avocados - 4
- _ Guacamole (premade)
- _ Tomatoes - 2-4
- _ Radishes (6-10)
- _ Cucumbers (Persian/Baby or English) - ~2
- _ Celery
- _ Onions (bag of yellow and red)
- _ Stoplight Peppers (fresh and frozen)
- _ Mushrooms - 2 packs
- _ Garlic - 2 heads
- _ Fresh Herbs (cilantro, parsley)
- _ Parsnips - ~8
- _ Brussels Sprouts - ~2 Lbs
- _ Broccoli - 1-2 heads
- _ Cauliflower - 1 head
- _ Zucchini or Zoodles - 3 medium
- _ Cabbage (Green and Purple)
- _ Lemons & Limes - 2 each
- _ Apples - 2
- _ Fresh Ginger - 3" piece

ANIMAL PRODUCTS

- _ Pastured Eggs (1-2 dozen)
- _ Pastured Butter (i.e, Kerry Gold) or Ghee
- _ Grassfed Beef or Bison (4 lbs)
- _ Rotisserie Chicken
- _ Chicken Wings (~2lbs)
- _ Pastured Pork Roast (~3 lbs)
- _ Nitrate Free Pastured Bacon
- _ Nitrate Free Chicken Sausage (2 packs)
- _ Feta, Goat Cheese, Cheddar, Parmesan
- _ Blue Cheese/Ranch Dressing (Tessemæ's, Primal Kitchen - at health food stores)

IF Plan

Use this worksheet to create an Intermittent Fasting plan to compliment your Keto Kickstart!

NAME: _____ DATE: _____

TARGET FASTING RATIO (I.E., 16:8, 18:6, 14:10): _____

TARGET STOP EATING TIME: _____ BREAK-FAST TIME: _____

IDEAL FASTING BEVERAGES:

WATER, PLAIN SELTZER, BLACK COFFEE OR TEA (ADD SEA SALT, CINNAMON, SPICES, APPLE CIDER VINEGAR, UNSWEETENED ELECTROLYTES, 1/2 TSP MCT OIL AS DESIRED - BONE BROTH IF NEEDED)

MEAL 1 OPTIONS:

MEAL 2/SNACK OPTIONS:

NOTES:

Evelyn D.

FUNCTIONAL NUTRITIONIST

Need help?

New clients can schedule a 1:1 Nutrition Clarity Session with me (it's free!) or book an initial session - a or follow up if you're a current client. I also offer several packages and programs.

Go to <http://evelynd.com/workwithme/>.



Evelyn DeDominicis has a Master's Degree in Functional Nutrition and several certifications in nutrition, culinary arts, healing and yoga. She specializes in helping women achieve hormonal balance and weight balance using real food nutrition strategies, intuitive eating and the body's own signals and biofeedback. She works with clients online and in 2 office locations in Connecticut. Learn more at evelynd.com.