

*RAPID***KETO** — success —



Dr. Harlan Kilstein

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Rapid Keto Success

Welcome to Rapid Keto Success

There's a lot of buzz on the internet and in health magazines about the ketogenic way of eating and its many benefits. In this book I have put together a complete introduction and guide to the Keto lifestyle.

In Part One, I take a hard look at why diets typically fail and why you are not to blame. This book is for the many people who have tried to lose weight and maybe found success for a fleeting moment, only to regain all the lost weight *PLUS* some extra pounds with each attempt.

Part Two is packed with solid information about how and why a ketogenic lifestyle works to help you become healthier and more vibrant. In this section you will learn how a Keto program will help you reach your perfect weight and stay there!

Part Three outlines the pathway to your success. Yes, you can eat cheesecake, chocolate chip cookies, cheese biscuits and tacos! It's all a matter of using the right ingredients. To help you get started I've included a chapter that's full of delicious, easy to make recipes. There's also a 30 day food plan that includes snacks and desserts. And to make it even easier you'll find weekly shopping lists are provided as well.

If you think you can't lose weight ... now there's a way for you to effortlessly get the body you desire. But first I'm going to ask you to stop starving yourself and please; *stop counting calories*.

Here's the method that's working for more than 600,000 of our followers and it will work for you — Guaranteed!





It's Not Your Fault!

If you want to get to your ideal weight I have two words to share with you:

Stop Dieting!

In the next few chapters, I'm going to challenge every deeply held belief you have about eating. And ... I'm going to reveal how anyone can get to their ideal body weight.

- It doesn't matter if you've failed countless times before.
- It doesn't matter if you've gained weight after bariatric surgery.
- It doesn't matter if you lack will power or can't give up your favorite foods.

I'm going to share a complete approach that really works. It's not a fad. There are no bogus magical pills and best of all this method has been proven to work by dozens of scientific studies.

That's why I get concerned when I meet so many people who want to look better and be healthier, but who are still being disappointed by their weight loss efforts.



Yes; They Are Lying To You

Lies, half-truths and misinformation are everywhere, and this concerns me.

Government officials, medical professionals, nutritionists, and big business are guilty as sin. Why?

As you'll see, they're the ones who designed the plans that have an estimated 70.2% of Americans weighing in the obese and morbidly obese categories.



If you've tried and failed repeatedly, please don't blame yourself. I promise you can get the body you want without a struggle.

- there's no need to starve yourself
- there are no impossible conditions to stick to
- you don't have to do massive amounts of exercise
- and you certainly don't have to take endless pills or drugs.

Three Reasons Why People Fail

#1: "Magic"

They promise the magical cure. Typically, it's focused around a single food or drink.

You'll see these "fads" pop up on social media all the time.

You probably remember the cabbage soup diet. Well today's equal is the beef and butter diet. That's all you eat.



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Look — these may temporarily cause some changes, but you put all the weight back on (and often add more).

Nobody can actually stick to one of these crazy eating plans.

Many of them may actually be dangerous if you follow them for any length of time. They can deprive your body of vital nutrients you need.

#2: “Starvation”

One popular plan features a combination of less than 500 calories a day and regular HCG injections (which supposedly cause weight loss).

This pretty much eliminates eating normal food. You certainly can’t eat out in restaurants.

You are basically starving yourself. No one can keep that up for long. And when it’s all over, the pounds come back and bring their friends along for the ride.





#3: "The Dangerous"

The Internet is filled with offers for magic beans. They make outrageous (and often illegal) claims like:

"Burn off 10 pounds of body fat a night while you sleep."

"Take this pill and eat as much of anything you want."

And the biggest scammers steal the names of celebrities as if they endorse these products.

You've seen these pages with the "photo-shopped" pictures and the fake comments on the bottom.

You know these things don't work. People use them because they are desperate for something that will.

So why don't we discover what really DOES work ...



Discover The Secret To Eating Your Way Thin!

Picture yourself basking in the compliments you're receiving from amazed friends.

Listen to your family members make stunned comments when they see the new you.

Smile inside when the people who thought you were a quitter, with no willpower, see the proof of your success.

You'll be delighted when they see a new, thin, energetic you.

And are amazed (or maybe even jealous) of your success.

Imagine yourself putting on a sexy dress or bathing suit and actually liking what you see in the mirror!

In Just 30 Days...

- You'll look years younger.
- You won't recognize yourself in the mirror.
- You'll have more energy than you've ever had.
- And you'll never be hungry again.

Get ready to get rid of all your excess body fat. Stop counting calories.

Eat as much as you want *and* still lose weight — once you know these fat-burning secrets.

This is about a way of living the rest of your life. It's not just another quick fix that's replaced in a few weeks with something newer and trendier.



- You'll have the body you've always dreamed about
- Your blood work will stun your doctors
- And you'll enjoy amazing levels of energy.

Not Another Diet!

Every person who has ever started a diet knows the frustration.

In the beginning it looks promising. You may even drop a few pounds and you feel like you can conquer the world.

Then something happens. You get upset by something and need comfort food, or there's a holiday, a celebration — even your own birthday, and you fall off the wagon. It marks the beginning of the end.

And all the pounds you lost come right back. Sometimes even a few extra as well. If this seems familiar to you, let me assure you those days are OVER.

There are four mistaken beliefs that keep people from the body they deserve.

Mistaken Belief #1 — Low Fat, Fat Free and Sugar-Free Are Healthier.

This is absolutely not true. Low fat, fat free and sugar-free foods are actually filled with chemicals which do NOT belong in your body. In fact, here's something that is absolutely astounding. Many products that are labeled sugar-free actually contain a dangerous chemical called maltodextrin which is used as a pesticide. It's also a form of sugar, but not one that we want to eat.





Mistaken Belief #2 — You Have to Exercise to Lose Weight.

Exercise is really good for you. It will improve your health. But getting on the cardio equipment for an hour once or twice a week is probably not going to affect your weight very much.

In fact, most people discover that even exercising multiple times a week does nothing to help you lose weight.

The real key to success has nothing to do with exercise. It has to do with what you put in your mouth.



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Mistaken Belief #3 — Cut Down Your Calories to Lose Weight.

This is the big lie of the diet industry — count your calories (or points, it's all the same). But the truth is every single study, carried out under supervised conditions, revealed that cutting calories absolutely failed as a weight loss strategy.

Yes, there are hundreds of diets which are all secret ways of counting or cutting your calories but none of them actually work long term. People cut, or try to cut, their calories to absurdly low levels, but no one is able to maintain it for any length of time. They feel like they're starving and give up their diet.

And what's more, when you cut calories it triggers an instinct inside your body. It's called the 'starvation response' because your body thinks that it's starving. So what does your body do? It says "it's time to store fat."

I'm going to tell you a secret. It's not about how much you eat, it's about what you put into your mouth. Eating less food is no guarantee that you're going to lose weight.

In fact, we tell our more than 1,800,000 members to STOP COUNTING CALORIES and learn this secret about how to eat:

Eat when you're hungry, stop when you're full.

Mistaken Belief #4 — Fat Makes You Fat

This is absolutely untrue. The truth is that if you want to burn fat the secret is to eat fat. The right kinds of fat. And train your body to burn fat for fuel.

For example, all of the information we have been fed about butter being bad. Whoops! Even Time magazine published an article recently saying we were wrong about butter. They were wrong about butter. They were wrong about eggs.





This isn't something that you are responsible for. You were lied to again and again, not only by the nutrition industry, but by the government. They said that following the food pyramid was the best way for you to lose weight. But for many people, the government's food pyramid is the shortcut to obesity.

Everything they told you about losing weight was a lie. There are millions and millions of people following bad advice.

How this Book Works

You're holding the path to a new life. There are three parts to this book. In the first part, we'll concentrate on breaking down the myths which are keeping millions of people like you from achieving their ideal body.

In the second part you'll get practical advice on how to train your body to melt away the fat, using its own natural bias for fat-rich, nutrient dense food that will never leave you feeling hungry.

Now that you are armed with the information you need you are ready for Part III: Time to Commit. The last three chapters outline the 30-day Rapid Keto Success program with complete daily menu plans, weekly shopping lists and delicious ketogenic recipes.



Part I: The Myths of Fat



Chapter 1

Why Weight Loss Doesn't Last

In the last three decades, doctors highly recommended caloric reduction as the treatment of choice for obesity. This advice was based on the prevailing belief that obesity is caused by eating excess calories.

Obesity is defined in terms of a person's body mass index (BMI). Your BMI is calculated by dividing your weight (in kilograms) by your height (in meters). If a person's BMI exceeds 30, then they are considered obese in medical standards.

The problem with this theory is that virtually every person who uses calorie reduction as a diet method FAILS. Why is this the case?

In this chapter, we explore why calorie reduction is NOT the be-all and end-all for weight loss.

The Calorie-Reduction Error

Most people think that their weight is a result of a simple equation:

Calories In — Calories Out = Body Fat

It is dangerous to subscribe to this way of thinking, as it implies that the key to losing weight is to simply eat less and move more.

But not only is the notion of "calories in vs. calories out" overly simplistic, it is also tied to false assumptions.

One of the biggest misconceptions people believe is that caloric intake and caloric expenditure are independent from each other.



In truth, a 50% decrease in your caloric intake also leads to a similar 50% decrease in the calories your body uses. So, if you drastically reduce your daily intake from 3,000 to 1,500 calories, your body adjusts its calorie output to 1,500 calories per day to restore balance and preserve itself. Therefore, the end result would be very minimal weight loss.



Another big fallacy most people believe is that they are in full control of their caloric intake based on what they eat.

Here's the real situation — we cannot control the hormones in our bodies that influence our decisions of when to eat and when to stop. Our bodies have multiple overlapping hormonal systems that are responsible for triggering our hunger, as well as fullness, signals. Therefore, obesity is not a result of an imbalance between calories in and calories out. It is a hormonal disorder.

Yet, the most dangerous assumption of all is *thinking that all calories are the same*, regardless of the source.

This suggests that all that matters at the end of the day is our total calorie intake. But is it really smart to assume that a calorie of olive oil is same as a calorie of sugar? Of course not. These two types of food affect our bodies differently. The body processes sugar by provoking an insulin response from the pancreas, while healthy oils are absorbed by the small intestine and get transported to the liver. This means that the latter does not impact blood glucose levels or insulin, while sugar does, drastically.





As different food types are metabolized by the body differently, they also trigger different hormonal responses.

The fact is that different foods can have vastly different effects on our bodies and go through different metabolic pathways before they're turned into energy.

Just focusing on the calorie content of food and disregarding the metabolic effects they have on the body is a highly flawed way of thinking.

What is more important than the total number of calories we ingest, is the type of food we are eating. Processed foods high in saturated fat and refined starch or sugar, can cause inflammation that disrupts the hormonal signals that tell your brain "I'm full." The result: You eat a lot more.

Sure, there are national statistics in the United States that suggest the increase in obesity rates is associated with an increase in daily calorie consumption. Yet, correlation is not causation.



There is plenty of evidence worldwide that disproves this causal relationship for the simple reason that a decrease in total caloric intake does not paint the full picture of the story. We are not a calorie-weighing scale that accumulates fat whenever there is an imbalance of calories in our bodies.

Some may even try to apply the law of thermodynamics in the topic of obesity by saying that “energy can neither be created nor destroyed,” therefore what you consume must exactly equal what you can release. But even if this is an intelligent-sounding argument, it has little to no relevance to how our bodies work.

Our bodies are not isolated systems and we constantly have energy entering and leaving depending on our physical condition, activity, and even the weather. A simple example: Our bodies burn more energy in the winter to regulate our body temperature and keep us warm. This means that the body has multiple ways of dissipating excess energy instead of storing it as fat — from heat production and bone repair to brain cognition and detoxification, you name it! It does not always have to be fat production. Yet all of these bodily functions are tightly regulated by our hormones, therefore we are not fully in control of how our bodies should be spending the energy we ingest.

Unfortunately, we cannot just simply tell our bodies to divert 50% of its energy to body-heat production, 30% of its energy to new protein production and 20% of its energy to digestion. The majority of this energy expenditure is controlled automatically by our hormones and the reason why most people suggest exercise is because that it is the only activity we can control.

Most people have it backwards. They believe that increased calorie intake is driving the weight gain, while it is more probable that the fat gain caused by our hormones drives increased calorie intake.





Take for example what happens during a teenage boy's puberty. During puberty, a teenage boy eats more calories than he expends. But instead of turning into fat, the calories are used to build muscle, bones, skin and organs, therefore leading to a sudden spurt in height. It is not the increased calorie intake that is driving the growth, but hormones, growth factors and physiological processes. They are causing the growth, which then drives the increased calorie intake.

Obesity must be looked at similarly. Calories are consequences of the weight gain, not a cause. In the same way that a teenage boy's muscles and bones grow because of hormones, an obese person's fat level may be growing because of hormones.

If you are still in disbelief of the powerful role hormones play in our body's overall functioning, one blatant example of this is birth control pills, which often have weight gain as a side effect. There are no calories in these pills, but they alter the physiology of the body to cause weight gain. In this case, the increased calorie intake is secondary to the change in hormones.

Why Weight Loss is Designed to Fail

If you refer back to the formula of $\text{Calories In} - \text{Calories Out} = \text{Body Fat}$, this assumes that Calories Out remains stable all throughout.

In reality, a person who is used to consuming 3,000 calories a day will have 3,000 calories to expend. If that intake drops to 1,500, then the output will also drop to 1,500. No weight will be lost as the body will simply balance its energy budget.



Let's take a look at a famous experiment carried out decades ago to provide a more conclusive basis for this argument.

Back in 1944, Dr. Ancel Keys performed the Minnesota Starvation Experiment. 36 young, healthy, men were selected with an average height of 5'10 (1.78 meters) and an average weight of 153 pounds (69.3 kilograms). For the first three months, they received a standard diet of 3,200 calories per day. They were then put into semi-starvation phase over the next six months, with only 1,570 calories given to them daily. In addition, they walked 22 miles per week as exercise.

Their calorie intake was continually adjusted to reach a total weight loss target of 24 percent, averaging 2.5 pounds (1.1 kilograms) per week. On this basis, some men eventually received less than 1,000 calories per day.

Throughout the experiment, the men experienced profound physical and psychological changes. Among the most common finding was the constant feeling of cold. They all showed signs of weakness and became extremely tired and dizzy. Their heart rates slowed considerably, and their physical endurance and blood pressure dropped by half. They even experienced hair loss and nail brittleness throughout the deprivation period.

Psychologically, there were equally devastating effects. Because they were plagued with hunger, the men experienced a complete lack of interest in anything except for food. Some hoarded cookbooks and kitchen utensils. Some were unable to concentrate, and several withdrew from their university studies.

Let's reflect on what was happening here. Prior to the study, the subjects ate and also burned approximately 3,000 calories per day. Then, suddenly, their calorie intake was reduced to approximately 1,500 per day. All their bodily functions that require energy dropped by almost 30-40%, which wrought complete havoc to their overall body functioning.



The conclusion — dropping caloric intake will result into a similar decline in caloric expenditure.

If you take only the calories in-calories out equation into consideration, the men should have lost 78 pounds (35.3 kilograms) over the course of the experiment. But the actual average weight loss was much less — only 37 pounds (16.8 kilograms) — less than half of what was expected. Why is this the case?

The simple answer: Homeostatic balance. If we reduce daily calorie intake by 500 calories, our bodies begin to adjust its expenditure by 500 calories as well. If you don't take the adjustment into consideration, you'll blindly believe that you will lose 1 pound of fat per week. So in 100 weeks, you would lose 100 pounds. But this is not realistic, otherwise at some point, you'd have zero pounds left to lose. The body must, at some point, reduce its caloric expenditure to meet the lower caloric intake. It just so happens that this adaptation occurs almost immediately and persists long term.

So, why is it that people lose weight during the semi-starvation period?

During this restrictive phase, body fat dropped much quicker than overall body weight, as fat stores were used to power the body. Yet, this is not a sustainable way of eating. Once you are back to your normal eating habits, you will regain the weight rather quickly. But even worse, your body weight will continue to increase. That's because when your body enters semi-starvation mode, your metabolism (total energy expenditure) is altered and slows down greatly.

Assume a woman eats and burns 2,000 calories daily. Following doctor's orders, she begins to follow a calorie-restricted, portion-controlled, low-fat diet, reducing her intake by 500 calories per day. Quickly, her total energy expenditure also drops by 500 calories per day. This considerable drop in energy will lead to feelings of hunger, lethargy, depression and irritability. Even if she feels it's intolerable, she sticks with it, clinging to the illusion of long-term results.



Initially, she loses weight, but as her body's caloric expenditure decreases to match her lowered intake, her weight plateaus and she is no longer losing weight, even if she sticks to the diet rigorously. Feeling frustrated, she abandons the diet and starts bingeing, even exceeding her normal 2,000 daily caloric intake on extremely stressful days. Yet, because she put her body into starvation mode, her metabolism has slowed to an output of only 1500 calories per day, therefore all her weight comes rushing back— as fat.

Is this a lack of willpower or simply just a result of poor medical advice?

Of course, the failing isn't hers. A highly portion-controlled calorie-reduction diet is doomed to fail right from the start. Eating less does not result in lasting weight loss, especially if you are only looking at the total calorie count per day, without any mindfulness to the type of food you are eating.

It's just simply how your hormones work. With increased hunger and decreased satiety, your desire to eat rises. Moreover, these hormonal changes occur almost immediately and persist almost indefinitely. People on a diet tend to feel hungrier, and that effect is not a lack of willpower or brain trickery. Increased hunger is a normal and expected hormonal response to weight loss, especially if it's drastic and very restrictive.

Dr. Keys' Minnesota Starvation Experiment first documented the effect of "semi-starvation neurosis." His findings were that people who are put on restrictive diets and are subject to persistent pangs of hunger constantly dream about food. They obsess about food. All they can think about is food. This behavior is not some strange affliction of the obese. In fact, it's entirely hormonally-driven and normal. It's the body's way of surviving. Once our body detects signs of hunger, it compels us to get more food. That's the reason why you are more likely to binge eat for dinner if you haven't eaten a decent meal during the day.





Therefore, losing weight triggers two important bodily responses. First, total energy expenditure is immediately and indefinitely reduced in order to conserve the available energy. Second, hormonal hunger signaling is amplified in an effort to survive. Weight loss then results in increased hunger and decreased metabolism. This is simply an evolutionary survival strategy. This is also the reason why weight loss doesn't last forever. Our bodies will always constantly look for ways to make us regain the weight back.

How Weight Loss Alters Bodily Functions

Let's break down the several problems that are associated with dramatically reducing how much you eat. When your body is deprived, it does not have energy to survive, and it will start drawing energy from your muscles, therefore leading to a loss of muscle mass. This is one of the main reasons why we get fatter as we age. There is a decrease in muscle mass and associated hormones. We also experience decreased leptin levels and low energy. Leptin is one of those hormones that drive the hunger and satiation signals of your body. Therefore, low leptin levels register as hunger signals to your brain. As you slim down, your body releases much less leptin, the fullness hormone. If you lose 10 percent of your body weight, leptin drops by about 50 percent, so your brain is programmed to think that you have shed more pounds than you actually have, and it tells your body it needs more food and should burn fewer calories. This is the simple reason why weight loss plateaus occur and why maintaining weight loss is so difficult.



When you are dieting, your body is forced to work on a reduced number of calories per day. Eventually, your body adapts and trains itself to live on whatever calories it gets, without losing weight. This is a built-in survival mechanism among mammals, which serves as your body's way to protect yourself against starvation. Once you have hit this weight loss plateau, it will become much more difficult to lose any more pounds.

What's worse, you may even start gaining them back. This is known as the "rebound effect." This rebounding effect happens when your body has adapted to a much lower caloric level and ends up storing body fat when you revert back to your normal eating habits.

Just don't shoot the messenger when we tell you that the *more you reduce your calories, the lower the chances you'll stick to it*. That's because when you're on a diet, your hormones are working even more persistently to signal your body to eat more. And on extremely restrictive and torturous diets, you're going to trigger a rebound effect that will cause you to gain back all the weight and more. Bottom line: Diets don't work.

If Diets Don't Work, What Will?

A large percentage of dieters regain all their weight loss in a span of three years. Obesity research fails to reflect this truth because it rarely follows people for more than 18 months. This makes most weight-loss studies very inconclusive. Yet, this isn't breaking news. Doctors know that most obesity treatments focused on portion-controlled and calorie-reduction diets do not work. But why do they still promote these weight loss strategies and encourage people to "eat less, move more?"

The answer is simple: Most doctors want you to believe this fallacy because it fuels the marketing campaigns of nutrition companies and large pharmaceutical corporations that are fat-shaming to make money. They try to blame it on people's lack of willpower, but in truth, they are ignoring the role hormones play in our body functioning, especially in body-fat regulation.





If only researchers and doctors started spreading the truth — that depriving the body of its energy requirements only leads to more hunger — we'd have a much better chance of addressing obesity.

The way calorie-in-calorie-out diets are promoted only leads to more weight gain. Why? First, dieting is stressful. Calorie restriction produces stress hormones, which act on fat cells to increase the amount of abdominal fat. Such fat is associated with medical problems like diabetes and heart disease, regardless of overall weight.

Second, weight anxiety and dieting lead to binge eating, therefore causing weight gain. Dieting also reduces the influence of the brain's weight-regulation system by teaching us to rely on rules rather than hunger to control eating. People who eat this way become more vulnerable to external cues telling them what to eat. In the modern environment, many of those cues were invented by marketers to make us eat more, like advertising, supersizing, and the all-you-can-eat buffet. In addition, the evidence that dieting improves people's health is surprisingly poor. Calorie restriction is just not sustainable.



Why Weight Loss Doesn't Last Forever

Research suggests that one of the best predictors of long-term weight loss is the number of pounds you lose in the first month of dieting. Yet even if you manage to drop some excess pounds, the success you have in your first month will not have any relation to your success in keeping the weight off permanently.

The simple truth is that your chance of keeping the weight off for five years or more, is about the same as your chance of surviving metastatic lung cancer: approximately 5 percent! That's why you can lose the same 15 pounds every year during a certain time period and gain it right back regular as clockwork. That's just how the body works. Your hormones dictate your eating behavior and regulate your body-fat ratio automatically, whether you like it or not. Even strong willpower cannot help you with that.

So, if dieting doesn't work, what should we do instead?

The answer is mindful consumption and clean eating. That means paying attention to signals of hunger and fullness and eating foods that are inherently good for you. It's time to focus less on weight and more on building healthy eating habits.

It's time to focus less on weight and more on changing behavior: establishing healthy habits and eating home-cooked food. Weight loss may not always be in your control, but healthy eating habits are. The underrated truth is — healthy behaviors will result in weight loss for people who have weight to lose. But the weight loss is a symptom of better health, not a cause of poor health. Isn't this an empowering fact to keep in mind?



Chapter 2

Calorie Counting – Why It Doesn't Work

Many people believe that calorie counting is the key to weight loss, so much so that their default weight loss plan is to simply reduce total calorie intake per day.

Not only is this method oversimplified, it also doesn't work in the long run. Why? For most people, it is either unsustainable over time, or the pounds just kept coming back no matter how hard they try to stick to their plan.

That's because calorie counting just doesn't work. Why?

The previous chapter zeroed in on the myth of calorie intake reduction for weight loss. In this chapter, we debunk all the fallacies we are told about calories and focus on what matters instead.

Let's start with this – calories are only a single factor in the multifactorial disease that is obesity. There's a much larger factor at play, our hormones, which are responsible for regulating almost every function in our body, including body-fat regulation.

The biggest reason why low-calorie diets fail is simple: They are based on total calorie count, which does not provide a full picture of the type of food we are consuming. It also completely disregards the role that multiple overlapping hormonal systems have in body weight regulation.

Yes, it may be very well true that keeping track of your calorie intake is helpful to get an estimate of how much you're eating per day, but just a total number alone cannot be the answer to weight loss.





For one, not all types of food are created equally in terms of calories. While some foods give you more bang for your buck and are calorie-friendly, other food can be more nutrient-dense yet can be more taxing on the calorie budget. Here's a good example: An eight-piece Chicken McNuggets meal from McDonalds that comes with a large portion of salted fries only has 730 calories, while a freshly-made poke bowl with brown rice, edamame and salmon sashimi contains nearly 1,000 calories. If you follow the calorie reduction method, then the McDonalds meal is clearly the better choice. But is it really the healthier choice? Not only is this method very misleading, it also works against your normal body programming. Why?

Our hormones are responsible for signaling when we eat and how much we eat. Strictly adhering to a highly portion-controlled diet that is designed to restrict your caloric intake leads to disordered eating. Having a strict calorie budget per day can lead to unhealthy eating habits, as well. Anyone who follows a very strict calorie-counting diet tends to cheat their way through their cravings by skipping lunch to eat a red velvet cupcake, for example, or drinking a soda as a treat for having 'extra' calories left throughout the day. Not only is this counter-intuitive, it also leads to more binge tendencies and cravings.



Rigid calorie counting also tampers with the body's natural hunger or fullness signals and can result in an unhealthy preoccupation with food — leading to orthorexia, compulsive exercising, and bingeing. Some people begin to compensate with over-exercising, if they feel that they have exceeded their daily calorie intake. Regardless of whether you choose to starve yourself in the evenings, or beat yourself in the gym, it's not healthy for your body nor your well-being.

A better way to get in touch with your calorie needs is to ask yourself if you're hungry. Our bodies give us plenty of signs to look for food and start eating. Physical symptoms of hunger can include obvious hunger pangs, stomach growling, and an empty or hollow feeling. They can also manifestly subtlety in the form of energy loss, difficulties in concentration and irritability.

But what's more important than knowing when you're hungry, is knowing which signals tell you when you're full. You know you are full if you feel good and satisfied, without feeling like you're stuffed and about to throw up.

If you just really listen to your body, you'll be surprised that you don't need to count calories to maintain a healthy weight. Because let's be real: Do you really want to be obsessively counting, tracking and analyzing your food each and every time you eat? That takes away the pleasures of eating, doesn't it? Eating that way locks you into a mental prison and you do not want to have an unhealthy obsession with food labels and making sure you check every label and each portion size of every meal you eat.

This is what tends to happen — the more you calculate your calories, the more you will think about what you could eat, what you wanted to eat and what you are allowed to eat.



The brain reacts to this constraint by making up fake rules of what you can and cannot eat and looks for foods that are low in calories without really thinking about their nutritional value. Therefore, it simply does not make sense to approach food from a mathematical standpoint. Your body is not a calculator that takes in food based on their calorie count and crunches up results based on formulas. In addition, exercising such strong restraint causes you to focus on food even more, making you feel hungrier and want to binge. It really is counter-intuitive from all angles, isn't it?

If you really want to lose weight, you don't want to be thinking about food around the clock. But this is what happens when you subject your body to semi-starvation. It is simply the body's survival instinct to look for more food.

Calories Are Not Everything

Calories are basically a measure of how much energy a food contains. Yet, there is much more to food than just calories. If you only look at calories as the lone measure of what you should be eating, then for breakfast, you could eat 100g of cornflakes instead of a hearty bowl of Greek yogurt with bananas, dates and coconut flakes. Even though bananas and dates are two of the most calorie-rich fruits, they are also loaded with vitamins and minerals that are good for you. So even if that breakfast bowl has a higher caloric content, it is still the better food choice.

Bottom-line is: It's wrong to think that a meal with low caloric content is automatically healthy. Some food items may have very low calorie content but also have no corresponding nutritional value.

High-quality calories come from foods that are rich in nutrients, like leafy greens, avocados, nuts, chicken, eggs, and grass-fed beef. They may be rich in calories and fill you up very quickly, but they are loaded with healthy fats, proteins and nutrients and will keep you full for a long time. They also trigger the release of hormones that tell your body to burn fat.





If your diet is predominantly based on processed foods with added sugar and refined grains, you are eating very dense food that is not inherently satisfying. This will make you more likely to overeat because these foods are not filling. They also prompt your body to store fat. Even if you keep their consumption at bay to adhere to your daily calorie requirement, their effect on your body will not entirely be positive. Your body just does not treat all calories the same way.

Truth is — just because you are on a diet doesn't mean you should stay away from a good piece of steak. You should not avoid your favorite high-calorie foods completely, otherwise you will have constant cravings and a stronger need to binge.

The danger with calorie counting is that it makes us perceive high-calorie foods that are off limits as more valuable, creating a fake sense of deprivation. Therefore, when you finally give in, you will feel guilty and out of control for eating your favorite foods, leading you to reckless abandon and eating uncontrollably. As long as you don't deprive yourself of foods you love, you are less likely to overeat them. In the end it's all about moderation.

So here's something interesting: In a comparative study that looked into the effectiveness of three types of diets, namely low-fat, low-glycemic and low-carb, the conclusions suggest that a low-carb diet is more effective than a low-fat diet.



This is the complete opposite of what we've always been taught. Nutrition guidelines always recommend a low-calorie, low-fat diet. The big problem of this approach is that when you focus on calories, you're likely to eat less fat, since fatty foods contain more calories than protein. However, when you eat less fat, you're likely to eat more carbohydrates, as your body is looking for an energy source. Do you see the problem in this?

The body is naturally designed to burn calories from fats, not from carbs and proteins. Therefore, by observing a low-calorie diet, people who struggle with their weight are usually burning more calories from the breakdown of carbs and proteins, not fats. This means that they are burning a lot of calories, but they are not burning calories from stored body fat. Reality is – it doesn't matter so much how many calories you ate or burned. Only your hormones will be able to regulate your metabolism. Unfortunately, we can't actively influence our hormones to focus more on weight loss.

We produce different types of hormones such as cortisol, adrenaline, insulin and glucagon. Some hormones burn fats, while some hormones store fats and others trigger our bodies to burn carbs and protein.

These hormones are triggered by our diet and our stress levels. Too much stress can lead to an over-production of cortisol and adrenaline, which can trigger your body to burn carbs and proteins instead of fats.

Our diets can also influence hormone production. If you eat a large amount of carbs, you produce more insulin, which stores fat, whereas protein consumption produces glucagon, the hormone that is responsible for burning fat.

If you still have not gotten it yet: What you eat is even more important than how many calories you eat.

One very simple way to tell if you are burning carbs instead of fats is if you are struggling with cravings, low blood sugar, irritability, lack of focus, mid-afternoon slumps, insomnia and disordered eating throughout the day.



If you are eating healthily, your body is functioning more optimally, and you are less likely to feel mood fluctuations.

Once again: If you use calorie counting as a diet strategy, it will almost always lead to failure. Why? Starving yourself can slow down your metabolism and as a result, it makes you burn muscle instead of fat.

Another big fallacy many people believe is that burning calories leads to burning the fat stored around our waists and bottoms. Unfortunately, it's not as simple as this. The body burns calories from either fats, carbohydrates, or muscles, and starvation can lead to a loss of muscles and daily energy, instead of fat loss.

Yet, the bigger problem is not in what you burn, but what happens after the diet. Once you start eating normally again after a period of following a calorie-restricted diet, you'll gain back more weight as your metabolism is altered. It's time to stop calorie counting now and focus more on what matters.

The Alternative to Calorie Counting

More than keeping track of every calorie you eat, it's important to be more deliberate about the food you eat. When you eat high-quality food, you don't even have to count calories. High-quality foods include non-starchy and leafy vegetables, nutrient-dense proteins such as seafood, and whole-food fats from avocado and seeds.

Do you know the one thing they all have in common? You don't need a nutrition label to tell you they're healthy and good for you. As long as you give your body the food it needs, it will take care of the rest, including making sure you remain at a healthy, stable weight. Focus on quality over quantity and ditch the calorie journal for good.





Focus more on ingredients than calories

What's more important than looking at the total calories of a meal, is looking at its ingredients. When some people head to a fast food chain, they usually make themselves feel better by opting for a salad instead of a big fat burger. It's easy to assume that you're being kind to your waistline by opting for some greens, but plenty of fast food salads are even healthier than several of the burgers. Sure, they may contain greens, but they also usually contain heavy dressing, cheeses and croutons, which barely have any nutritional value. If you're trying to get your weight in check, it's not only important to watch your calorie intake and your portions. Be sure to check all the ingredients, so you can make the right decision.

Make sure to eat to satisfy

The body does not bode well with restriction, as your hormones are likely going to fire up hunger signals and backfire against your efforts to lose weight. Yet, the very basic premise of calorie counting is restraint. What this suggests is that calorie counting is counterintuitive. Not only will you feel constantly hungry, your mood can change, your energy and sex drive will plummet, you will feel cold all the time and your skin, hair and nails will also lose their luster. That's because calorie deprivation also leads to nutrient deprivation. Instead, learn how to eat to satisfy. This does not mean eating as many cookies as you want. This just means listening to what your body wants and needs to function optimally. If you pay better attention to your body, you will know what to eat and when to eat and will find it much easier to maintain a healthy body weight.





Remember that calories aren't all equal.

If you had 250 calories of chips and 250 calories of avocado, which do you think is better for your body? You don't even have to Google the answer. You just know that avocado is a better option for you because it is loaded with healthy fats and is packed with fiber and potassium.

If you happen to be a person used to calorie counting, you'll know that there is a lot of fat in avocados and a lot of calories but compare that to a bag of unsalted chips which may technically have less calories, but also zero nutritional value.

Bottom line is not all calories are created equally and different types of food are processed by the body differently. Even different kinds of fats (saturated vs unsaturated) and carbs (simple vs complex) are metabolized by the body differently. Your body does not just look into the numerical calorie content of food, it also processes the minerals, proteins, fats and vitamins of what you are eating.





Count sugar, it's a better measure

Managing your insulin levels is more effective than counting calories. You can manage your insulin levels by watching your daily sugar intake. The biggest reason why you should control your sugar intake is simple. When you eat refined sugar, your body produces more insulin, which is appropriately named the fat storing hormone. Similarly, you should also control your carb intake as carbs (such as white bread, white pasta, pastries and baked goods, desserts, bagels) are also converted by your body into sugar. By keeping a good tab on your sugar intake, you can manage your insulin and blood sugar levels, which will ultimately help you shed any excess weight.

In the end, counting calories will not only lead to failed attempts at weight loss, it will ruin your relationship with food. Putting yourself on a very rigid controlled diet is exhausting, unrealistic and obsessive. If you just listen to what your body is telling you, you will eat what will truly satisfy you and your body will do its best of regulating your metabolism and keeping your weight at bay. Just eat real food and focus on high-quality ingredients that give you satisfaction.



Chapter 3

A Big Fat Lie (Why Science is Wrong About Fat)

We've been told time and time again that fat is the enemy. This is the biggest lie of the food and health industry. Not only is this fat phobia completely unbacked by science, but consuming fat is actually necessary if you want to lose weight.

This may come as a surprise to many, as it goes against everything we've been told about the role fat plays in our diet. But more and more studies suggest that people who eat a high-fat diet have significantly lower likelihood of becoming obese. Additionally, there is also no evidence to prove that high-fat dairy foods contribute to a risk of obesity or heart disease.

In this chapter, we talk about why fat is your friend and not your enemy. We will also teach you the truth about fat. Big clue: It's good for you.

A Closer Look into the Big Fat Misconception

As obesity rates were rising in the late 70's, researchers began looking for the cause of this new health threat and they blamed cholesterol as the culprit. Governments took measure by introducing the first national dietary guidelines to encourage everyone to trim their daily fat intake to about 30% of their total daily calories. More particularly, consumers were encouraged to limit their consumption of saturated fat — from red meat and dairy products like milk, eggs and cheese — to no more than 10% of their total calorie intake per day.



Since then, doctors and dietitians have been very fond of recommending a low-fat diet, despite the lack of scientific evidence to prove that eating less fat translates to fewer cases of heart disease and obesity. Food manufacturers also rode on the anti-fat bandwagon and began selling everything in a “low-fat” version.

The problem with this anti-fat crusade is two-fold. Not only is 30% an arbitrary number, there is no known scientific evidence proving that increased consumption of high-fat food leads to higher levels of blood cholesterol.

Even when governments strongly encouraged a drastic cut in fat intake, it has not solved society’s heart health or weight problems. In fact, obesity rates are at an all-time high, as is heart disease, cancer, diabetes and stroke.

The fact is, the fat found in food does not influence the cholesterol reserves of your body. In fact, roughly only a third of the cholesterol from food becomes part of the circulating cholesterol that can potentially build up in heart vessels. Simply put: fat is not the culprit.

Moreover, this obsession with fat and cholesterol has a counterintuitive effect. Typically, when we cut down on fat, we replace it with carbohydrates. The problem is that carbs get processed differently. They are broken down as sugars and are stored as a different form of fat which may actually do more harm to the heart than cholesterol coming from animal products like red meat and dairy.

Thankfully, many researchers have rebelled against the saturated fat and cholesterol theory. What they’ve seen, is that 60% of all reported heart attacks occur in people with normal cholesterol levels. Additionally, the majority of individuals with high cholesterol levels never have heart attacks.

This debunks everything we were told about fat leading to high cholesterol leading to heart disease. There is simply no correlation. What is also interesting to know is that the American Heart Association does not recognize high cholesterol levels as a common determinant of heart disease.



All in all, it is becoming clear that reducing total fat consumption is not the key to weight loss and prevention against obesity. And far from being ‘bad’ fats play an important role in our body’s daily functioning - from giving us the energy we need to the feeling of satiety after meals. Essential fatty acids also serve as brain food; which means that depriving yourself of fat can not only lead to difficulty in concentration, memory retention and focus, but also to numerous health, psychiatric and social problems. Fats are also needed to absorb fat-soluble vitamins such as A, D, E and K. Some of which can help us lose weight. Unfortunately, we consume too few of the healthy fats, and too many of the unhealthy, man-made versions.

The Different Kinds of Fat

In order to understand the different types of fat, it’s important to understand its molecular structure. Don’t worry, this is not going to be a technical explanation.

Every molecule of carbohydrate contains six carbon atoms and every molecule of fat contains two to eighty carbon atoms. Each of these carbon atoms can form a bond with four other atoms. Two of these bonds will always be used as connectors to the next carbon in the chain. If the remaining two bonds are connected to hydrogens, the fat is said to be saturated with hydrogen atoms. On the other hand, if they don’t bond with hydrogen atoms, the fat is considered unsaturated. Since the carbon atoms are linked to each other, we can think of a fat molecule as a chain of hydrocarbons. Short-chain fatty acids are comprised of fewer than six carbon atoms; medium-chain fatty acids (MCFA) are comprised of six to ten carbon atoms; and long-chain fatty acids are comprised of more than ten carbon atoms.

Saturated Fats

Most people can easily identify saturated fats. They are typically solid at room temperature and include animal-based fats such as lard, dairy-based fats such as butter, and coconut-based fats such as coconut oil.





The consumption of saturated fats has been frowned upon for decades, but their health benefits are plenty. Aside from improving cholesterol levels, they play a crucial role in cardiovascular health. The addition of saturated fat to our diet is proven to reduce the levels of lipoprotein, which correlates strongly with risk for heart disease. Saturated fats found in butter and coconut oil play key roles in immune health, while insufficient saturated fatty acids in white blood cells hampers their ability to recognize and destroy viruses, bacteria, and fungi.

Unsaturated Fats

Conversely, unsaturated fats are fats that are liquid at room temperature and are typically vegetable-based. There are two kinds of unsaturated fats: monounsaturated and polyunsaturated.

Monounsaturated fats include olive oil, nut oils, and avocado oil, while polyunsaturated fats include canola oil and fish oil. Despite what we are told about the benefits of nut oils, increased consumption of monounsaturated and polyunsaturated fatty acids has been shown to increase blood ketones and lower blood triglycerides, which are a risk factor for heart disease.

Trans Fats

Trans fats are created when unsaturated fat gets turned into saturated fat by adding hydrogens. It is the process used to make vegetable oils solid at room temperature, namely, margarine. The consumption of trans fats increases the risk of coronary heart disease by raising levels of LDL ("bad") cholesterol and lowering levels of HDL ("good") cholesterol, so make sure to stay away from them!



Importance of Fat

Despite all the misconception surrounding fat, it is an integral part of a healthy diet and is actually the cornerstone of a ketogenic diet.

Here's a quick explanation of why fat is important to trigger ketosis: Fats come in the form of triglycerides in our diet and are stores as triglycerides, as well. Triglycerides are molecules that consist of a glycerol backbone connected to three fatty acids. The liver uses the glycerol backbone to create glucose during gluconeogenesis, but the remainder of the fat molecule is nearly all ketogenic. For this reason, fat should comprise the majority of a healthy diet, representing around 60% of total calorie intake. In the treatment of obesity, achieving the state of ketosis is crucial, as it facilitates fat loss through a reduction in insulin levels.

When you reduce your carbohydrate consumption and moderate your protein intake, you need a replacement for these carbohydrates and protein. What is left in the equation? Dietary fat. Therefore, the trick is to make roughly 60 to 80 percent of your diet consist of fat, depending on your ultimate goal and make sure they are the 'good kind.' The simplest way to go about that is to check that your fat intake comes from a variety of animal sources such as red meat, poultry, fish and dairy.

Think of eating fat as a way to fuel your metabolic engine - turning your body from a sugar-burner to a fat-burner. The only way to make this transition is to change your diet to one that is primarily based on dietary fat. By adapting to a fast-based diet and using ketones as a primary source of fuel, you'll reach your desired weight more easily — and are more likely to maintain it.



Fats to Eat and Fats to Avoid

The ketogenic diet requires a large consumption of fat, but only the right kinds of fats.

It should be clear to you by now that there are fats to eat plentifully and fats to completely avoid. Knowing the difference between these is key to making sure that you activate the production of ketones in your body.

Fats to eat more of

- Saturated fats — such as butter, ghee, coconut oil and palm oil – are all very healthy to cook with. Ghee is a good replacement for butter, if you are lactose-intolerant or have dairy allergies. *Otherwise, there is no harm in using butter for cooking.* If you want to go for vegan options, coconut oil is great for use in low- or medium-heat cooking, while palm oil is mostly recommended for higher-heat cooking. More good news is that these oils won't turn rancid as easily as other oils because they have longer shelf life. Plus, they have a thermogenic effect, which means that they raise body temperature, boost energy and metabolic rate, therefore promoting weight loss. They do not contain any cholesterol and have not been shown to raise LDL levels.
- Essential fatty acids (EFAs) are basically omega-6 fats and omega-3 fats which are mostly found in animal sources. Modern diets have typically more omega-6 fats than omega-3 fats. Keeping a good balance between both is still highly recommended. Omega-6 fats are found in many oils such as sunflower and corn oil, while omega-3 fats are primarily found in fish, seafood, grass-fed meat and dairy, as well as flax, hemp, chia seeds and walnuts. The more you eat of these types of fat, the more optimal your health will be.





Fats to limit and avoid

- While they are not completely bad for you, polyunsaturated oils such as corn, soy and sunflower oils should be limited or avoided if possible. These types of fat have more than one double bond, which makes them more vulnerable to oxidation. Why is oxidation a problem? It can cause widespread free-radical damage which is implicated in heart disease and cancer. If you are currently using these types of oil for your cooking, it is best to replace them with avocado oil and ghee.
- Canola oil is a monounsaturated fat, as is olive oil, which means it contains only one double bond. Technically it could be used for salad dressings, cold foods, and low-temperature cooking, however the problem is that most canola oil is made from GMO canola. This makes it a health risk for you.
- Baked and fried goods such as crackers, cakes, muffins and doughnuts have a high chance of containing trans fats. That's because they are mostly made with margarine, which is a replacement for butter. Margarine is made from different oils mixed with emulsifiers, vitamins, coloring, flavoring and other ingredients.
- The good fats are more structurally read to convert to ketones. For example, short- and medium-chain fats such as those found in butter, ghee and coconut oil will readily convert to ketones.



You know the truth about fat, now what?

Isn't it unbelievable how most of the eating habits we picked up are not even scientifically sound?

I grew up watching my mom struggle with her weight. She was a serial yo-yo dieter and her doctor told her to eat low-fat all the time, but she was never really able to keep the weight off. Many of us developed such as a big fear for fat without even knowing why. The good news is: It's never too late to think differently and learn new eating habits.

When you cut the fat in your diet, it's replaced by carbohydrate, which is far more damaging to your health than fat will ever be.

Saturated fats such as butter, coconut oil, and red meat and even monounsaturated fats like those found in avocados, olive oil, and macadamia nuts are good for you – contrary to what you've been told to believe all your life. They don't cause any harm when eaten until you feel full. In fact, they even do your body good when you eat them. They are anti-inflammatory, they raise “good” cholesterol, they do not raise your blood sugar, plus they help you create ketones.

If there's only one thing you remember from this chapter, make sure it's this: Fat is not the enemy in your diet. It is your friend. It helps you feel fuller for longer periods of time and is exactly what you need in order to burn fat. It may sound contradictory to say that in order to burn fat you must eat fat, but it's perfectly aligned with how our bodies and hormones function.

Eating plenty of fat with your low-carb and moderate-protein diet is key to preventing you from being hungry. By having the ‘full’ feeling, you are more able to moderate your food consumption and only eat when you're hungry.

Furthermore, insufficient fat intake prevents you from achieving the ketogenic state, which means that you will never your fat-burning mode. So indulge in good fats and get slim!



Chapter 4

Insulin Resistance

If you've tried every trick in the dieting book and still find it hard to lose weight, there is one factor you may have not considered before — and it's called insulin resistance (also known as metabolism dysfunction).

For those who haven't heard of insulin resistance before, it is your body's inability to properly convert the food you eat into energy to fuel your cells. If you have a metabolism dysfunction, you will likely have difficulty in regulating your blood sugar, which is often due to insulin resistance or even diabetes. Regardless of the cause, what happens is that your body is unable to pull glucose into the cells, therefore leading to a buildup in the blood instead. When this happens, your body turns this extra energy into fat and stores it for later.

In this chapter, we zoom into how metabolic changes lead to weight problems and teach you some ways on how to reverse this metabolic dysfunction and keep the weight off for good.

What is Insulin Resistance

Many doctors consider insulin resistance a serious health problem, since it is known to increase the risk of developing Type 2 diabetes. But what causes insulin resistance in the first place?

Medical literature will point you to inflammation, oxidative stress and free radicals as the possible causes of insulin resistance. Yet, when people talk about inflammation as the cause of a problem, this is clearly scientifically flawed, as inflammation is simply just the body's way of responding to injury. In short: inflammation is only the response, not the cause.



The same goes for oxidative stress or free radicals. If they were the real cause of the problem, then antioxidant therapy should be effective. However, there is no proof of that either. That's because oxidative stress is only the response to the underlying disease. It's a similar story with high blood sugar. There is a root cause and hyperglycemia is simply the symptom.

Insulin resistance is a reaction against excessive insulin. Normally, there is an inverse relationship that exists between blood glucose and free fatty acid (FFA). In a state of fasting, one's glucose levels are low and consequently one's FFA levels are high. The body is burning fat for energy. Yet, while you eat, insulin levels go up, therefore your glucose levels go up and FFA levels fall. However, in the case of Type 2 diabetes, insulin levels are perpetually high, therefore glucose levels remain high, and because of excessive insulin resistance, the body's FFA levels are also high.

What happens with diabetics is that the tissues of their bodies are now at risk of receiving both excessive glucose and fat, which causes the oxidative stress and the inflammatory response. What seems to be the provoking factor here is the excessive glucose and insulin. Excess glucose results in excessive ATP production, causing oxidative stress. In other words, insulin is driving much of this excess glucose into the liver and this gets converted into fat. Some of this fat can be exported out of the liver to other tissues such as the pancreas and the muscles. This is what leads to a condition called 'fatty pancreas.' In the case of muscle cells, the fat deposits develop between the strands of muscles. This condition is called 'intramyocyte lipid accumulation.' Many consider this as the cause of insulin resistance, but it is simply the result of excessive glucose and insulin.

When you have insulin resistance, your tissues become increasingly busy improving their resistance to protect themselves from the insulin, leading to high blood sugar.



Think of it this way: Imagine you have too much clutter in your house and want to downsize, but instead of actually throwing out the garbage out of the house, you just shift things around in the same house. It doesn't solve the problem, right?

That's how it is with high blood sugars too. Instead of reducing the total amount of whole-body glucose, it gets moved from the blood into the body. As this high glucose is toxic, the natural response of the body is to protect itself. So, insulin resistance is a biological response. It's not a bad thing, it's actually a good thing. It's the body's way of trying to protect the cells from toxic levels of glucose.

Yet, before we get any further, let's make it clear that when we're speaking of insulin resistance, we usually mean peripheral insulin resistance. Insulin resistance in muscle and fat cells, as opposed to insulin resistance in the pancreas and liver, is a much bigger issue and is proven to be detrimental to our health. Where people usually get most confused here is not completely understanding what happens to the body when you have Type 2 diabetes.

For diabetics, their blood sugar is usually high. Once you understand that is due to an excess of glucose, then this all becomes rather simple to explain. Unfortunately, excess glucose in the blood is just one of the things diabetics struggle with. They usually have an excess of fat as well. Therefore, these extra nutrients need somewhere to go, as they can't just pile up into the blood forever. For diabetics, this means that their cells take in more than the normal allotment of these nutrients. When you include high glucose levels in the picture, your cells simply just get overwhelmed by it, and so they resist. Therefore, the pancreas works harder to fight back and insulin goes up some more, and then the cells are forced to take in more to fight back again. Ultimately, you end up with very high insulin levels and a lot of peripheral insulin resistance as the battle plays out.





Why Insulin Resistance Isn't So Bad After All

Many doctors prescribe insulin to diabetics as a quick fix, instead of targeting the real problem. While insulin masks the problem at first glance, over time the cells will just 'resist' even harder, toxic glucose is forced into the tissues and they start to rot.

When you use insulin as a treatment, it's basically forcing glucose into your cells and you'll need more and more medication. It just becomes an endless destructive cycle. Instead of simply targeting the insulin and reducing the total amount of glucose to solve the problem, we are increasing it. Obviously, this does not make things better, it makes things worse.

You may wonder then, what happens then if one didn't have this insulin resistance. Wouldn't your body just continue to function normally with the cells clearing the blood of excess glucose.

This faulty way of thinking is the cause of the problem, as it presumes that it is preferable for our cells to be fed all this extra glucose. *Luckily about 50% of the American population has insulin resistance. Why luckily?* Because insulin resistance is actually protective. It's a big misconception that insulin resistance is a bad thing. So, what is insulin resistance protecting us from?





As the name suggests, insulin resistance is the body's way of protecting against excessive insulin and therefore excessive glucose. When you shift the toxic glucose out of the blood and force it into the body, it has no net benefit. The toxic glucose still remains in the body. The reason why insulin resistance is a good thing is because it protects the tissues against the blood trying to shove all its toxic load into the cells. It's simply the logical way for the body to handle all the excess insulin it has accumulated. Therefore, the problem is not the IR at all. The root cause is actually the excess glucose and excess insulin. Take that away, and the type two diabetes goes away.

Very simply put: One of the biggest consequences of diabetes is that our cells are exposed to too much glucose, therefore leading to damage. That's why high blood sugar is a big concern actually. What peripheral insulin resistance does is to simply prevent damage, although only to a certain degree, as the cells still get damaged from too much glucose over time. This is where a lot of the complications arise. High blood sugar in itself isn't really the concern. It is only when too much glucose gets into our cells that we have a problem.

How to Work with Insulin Resistance

There are multiple types of treatment for Type 2 diabetes. Unfortunately, some doctors settle for treating the symptoms instead of directly targeting the problem. These destructive treatments work on tissue insulin resistance, which is there precisely to protect the tissues. In fact, there is a class of medications known as TZDs (such as Actos and Avandia) which directly override insulin resistance, forcing glucose into our cells. These anti-diabetic meds are actually very dangerous for our health, as they not only make people fat, they inadvertently cause cancer and heart attacks.



Ketosis helps maintain a grip on your blood sugar levels. That's because you don't get any huge spikes in blood sugar when there's ketone production through nutrition. What this suggests is very simple: There is only one sensible way to treat high blood sugar and that's to basically reduce the excessive amounts of sugar that are being excreted into our blood from our livers – which is the actual cause of the problem – and not just trying to sweep it under the rug. It also means we should stop being guided by the effect of anti-diabetic insulin medication on your blood sugar readings, as they are very temporary anyway.

Truly, the best treatments are aimed at removing glucose from the body. This includes prevention in the form of diets, burning it off and urinating it out. If you think about our house analogy again, imagine your house is full of garbage. You can do either of two things. One, you stop putting garbage in, or two, you start throwing garbage out. An even better solution is to do both at the same time. In short: you fast and diet at the same time.

A ketogenic approach is probably the most effective dietary treatment for any form of immune-related illnesses. By eliminating sugar and relying on ketones and free fatty acids instead, your body is able to regulate itself. If you supercharge this approach by controlling both the quality and quantity of carbohydrate foods in your diet, then you can regulate your insulin and blood sugar levels without any fluctuations that can cause your tissues to overwork. Since a disturbed insulin and blood sugar response has a negative impact on every cell in one's body, maintaining normal function of this metabolic system is vital to long-term health.

Achieving a state of ketosis in your diet lowers the amount of stress you put on your body through the elimination of known culprit foods, such as sugar, white flour, grains, legumes, and more. Making the big switch from the unnatural and stressful state of being a sugar-burner to the more relaxed state of being a fat-burner is arguably the most effective approach to losing weight and remaining healthy.



Chapter 5

Public Enemy Number One: Sugar

When health associations all over the world started declaring war on cholesterol in the early 1960s, fat quickly became the enemy in most households. Families were very hasty to respond by removing butter and cream from their dinner tables and converting to ‘low fat’ options.

What they weren’t told was that many of these ‘low-fat’ alternatives contained a lot of sugar.

While naturally occurring sugar in fruits, nuts and vegetables is not inherently bad, refined sugar is detrimental to one’s health and is the real cause of the health crisis we’ve seen over the past several decades.

In this chapter, we debunk all the myths about fat and talk about the real enemy — refined sugar.

The Fat vs Sugar Debate

As far back as the 1960s sugar manufacturers paid scientists to conceal information about sugar’s negative effect on public health. At the same time, they ‘encouraged’ scientists to promote saturated fat as the cause of heart disease.

As a result, health organizations started the anti-fat movement which led food manufacturers and dietitians to promote low-fat diets. Yet, doesn’t it seem strange to you that with decades of low-fat products and millions of people cutting fat out of their diets, health statistics are showing no signs of improvement? In fact, the obesity epidemic, particularly in the United States, has been steadily rising. Clearly, dietary fat is not the main issue.





The bigger problem is that low-fat diets tend to be high in sugar and very bad for the heart. When people restrict their calorie intake, they eat more starch and more sugar instead and this actually increases their cholesterol levels, eventually leading to heart attacks.

In recent studies, researchers have found that dietary fat from meat and nut sources like grass-fed beef and walnuts have no negative health effects, including on the heart. Dietary fat, contrary to popular belief, has been proven to not only boost your energy but is necessary for your body to be able to burn fat.

Today, unbiased health advocates consider sugar the real enemy to those who want to keep their weight at bay – not fat. In fact, the Dietary Guidelines Advisory Committee in the United States consider sugar to be one of the biggest health concerns and recommended it should make up 10% or less of our total daily calorie intake.

The American Heart Association goes further than that and recommends that no more than half of your daily discretionary calories comes from added sugars. Translated into laymen's terms, that's about 6 teaspoons or 100 calories for women, and 9 teaspoons or 150 calories for men.

The problem is: Our diets are laden with sugar, even if we don't know it. In fact, the average American eats between 13 and 20 teaspoons of added sugar a day. That's about 230 calories for women, and 335 for men. This is 100% more than the acceptable daily sugar intake and clearly a big concern. But is sugar really that bad?





What makes sugar bad?

In its natural state, sugar is relatively harmless. Sugar is found in fruits, vegetables and dairy as a compound known as fructose or lactose. It only becomes a problem when it is added to foods during processing for added flavor, texture, or color. Sadly, sugar is not only found in candy, cereal or doughnuts. Sugar is found in *ALMOST EVERY PROCESSED FOOD* from bread to milk and yogurt and 'healthy' granola.

Eating too much sugar has many undesirable health effects, the most obvious of which is major weight gain. Added sugar drives your insulin levels up, tampers with your metabolism, and converts those empty calories into unwanted fat. In fact, obesity is one of the main consequences of excessive sugar intake and is a serious risk factor in high blood pressure. High blood pressure increases the workload of the heart and arteries and can cause damage over time to the whole circulatory system. Eventually, high blood pressure can lead to heart disease, heart attacks, stroke, kidney damage, artery disease, and other serious coronary conditions.

Not only that but sugar is a seriously addictive substance and activates reward systems in your brain that make you crave more. Eating too much sugar keeps those reward systems going – much like drugs do with your brain. The more sugar you eat, the more your body needs to crank insulin production up, negatively affecting your hormones and driving your body to store fat.



Why You Should Regulate Your Sugar Intake

Sugar is not dangerous if you only eat the right kind. In fact, our bodies are designed to keep the glucose levels in our blood constant. The beta cells in your pancreas are responsible for regulating your blood sugar level. When your blood glucose rises after you eat, the beta cells release insulin into your bloodstream. Insulin acts like a key in a way – unlocking muscle, fat, and liver cells so glucose can get inside them. It's very important in healthy body functioning, as most of the cells in your body use glucose along with amino acids (the building blocks of protein) and fats for energy. It's one of the main sources of fuel for your brain.

However, when your brain experiences continuous sugar spikes from a sugar-laden cereal breakfast or your protein bar snack, your cells become numb to insulin and immune to its effects. This in turn leads to health problems, as our bodies lose the ability to burn all the sugar you eat. Inevitably, your body stores it as fat, creating insulin resistance and causing overall metabolic havoc.

Because of the high insulin resistance caused by excess sugar intake, fructose, glucose, and other forms of sugar cannot enter the cells and get stuck in the bloodstream. High blood sugar leads to pre-diabetes and eventually the threat of actual diabetes. The spike in insulin caused by high sugar intake also drives fat into the liver cells, causing 'fatty liver disease' and inflammation. Fatty liver disease is another precursor to diabetes, heart attacks and cancers. The key is to regulate and make sure you consume only sugar found from healthy food sources such as fruits, vegetables and nuts.

Tip: If you want to reduce your health risk, ditch soda. Studies have shown that sugar-sweetened beverages are associated with increased risk of coronary heart disease. Here's a disturbing fact that should help you kick that habit for good: For every sugar-loaded drink you consume, you may raise your risk of heart disease by up to 25%. In one study, older adults who drank more than four cans of soda per day were 30% more likely to be diagnosed with heart disease.



How Insulin and Glucagon Affect Fat Storage

Over-consumption of sugar triggers production of “ghrelin”, the hormone that signals your body that it’s hungry. So, cutting down on sweets means that you will also feel less hungry throughout the day. Focusing on whole, unprocessed foods is key to making sure you keep your weight at bay. Let’s make it clearer for you: The primary source of weight gain, other than lack of exercise, is sugar intake at the wrong time, and in large quantities.

So, what does a person need to do in order to lose body fat? Doctors say that you must maintain your blood sugar levels between 70 mg/dl and 110 mg/dl. This is key to use insulin and glucagon in your favor, and in so doing, help you burn more fat.

At this point, it’s going to get a little bit more technical for you to understand how and why the process works. Basically, the pancreas works with the liver to control your blood sugar level. When you begin eating, the pancreas starts releasing small amounts of insulin. When a lot of glucose enters the bloodstream, the pancreas in turn releases more insulin. This stimulates the liver to synthesize glycogen – the storage form of glucose – and also stimulates adipose (fat) cells, muscle cells, and other cells to increase glucose uptake. By activating both glucose storage in the liver and glucose transfer from the bloodstream into various types of cells, insulin makes sure that the glucose levels in your blood do not experience a sudden spike.

Diabetics understand how critical and important this is. In laymen’s terms: As you eat more sugar, more insulin is produced and more fat cells are stimulated to take up more glucose. When this happens, the cells are full of glucose and you simply build and store more fat. Your system will not be able to burn fat naturally, as it is now overloaded with sugar.



Just stick with me for a little bit, as I further attempt to explain the insulin level and glucagon secretion in lay terms. Insulin levels, referred to as your blood sugar levels, typically fluctuate a little for normal-weight individuals. By keeping these levels steady, it is almost impossible to gain weight or put fat on the body. You can do this by simply regulating your carbohydrate and sugar intake. On the flip side: When your diet contains mostly sugar and carbohydrates, your blood sugar level may skyrocket far past the desired level of 110 mg/dl. For example, drinking a regular coke creates a spike in your insulin level for two hours on average. The more sugar you eat, the longer the spiked level will remain. The danger of this is that it will facilitate storage of glucose (blood sugar) in your muscle tissues and especially fat cells.

Complementary to insulin regulation, glucagon secretion is a bodily function responsible for burning or metabolizing fat already stored on your body. Glucagon is a hormone produced by the pancreas that stimulates the breakdown of glycogen in the liver into glucose, which increases blood glucose. Glucagon is secreted by the alpha cells of the pancreas when one's blood sugar levels are low. This primarily occurs between meals and when exercising, as glucagon causes the liver to release stored energy into circulation.

Eating large amounts of sugar or carbohydrates causes a double whammy. It causes a spike on your insulin level and cause an immediate decline of your fat burning metabolism, which makes it impossible during the period of the spiked cycle for your body to burn or metabolize stored fat. Therefore: When the correct types of food are eaten in the right quantity and in the right combination, glucagon works with insulin levels to help you maintain a strong, healthy body and a healthy body-fat ratio.



Tips to Eat Less Sugar

I am not implying that you cannot eat sugar. It's okay to treat yourself to a rich dessert once or twice a week. But, if you're drinking 3 to 5 cans of soda per day, it's time to take a closer look at your sugar intake.

Start small by picking up on these habits:

- *Reduce your alcohol intake.* Alcohol in itself is high in sugar and the effect on your body is exacerbated because the alcohol serves as the body's immediate energy source, leaving the sugar to be stored as fat.
- *Opt to flavor your food with fresh herbs, dried spices, pesto, lemon and vinegar.* Sauces such as ketchup, barbecue sauce and sweet chili sauce have a shockingly high sugar content. Just a tablespoon of ketchup contains four grams of sugar.
- *Eat complex carbohydrates in smaller meals throughout the day.* This will lessen the chance of a spiked insulin level and allow more of your food and stored fat to be burned as energy, giving you the healthy body you desire and keeping your insulin level down.
- *Choose whole foods over processed foods.* Even better, why don't you cook from scratch when possible so you can avoid added sugars? You don't have to cook elaborate meals. Simple tricks like marinating your meat and fish in herbs, spices and olive oil will give you delicious results.
- *Be smart with your snacking.* Most people know that candy and cookies contain a lot of sugar, so they look for healthier snack alternatives. Surprisingly, healthy alternatives such as granola bars and protein bars contain a lot of sugar too. Even dried fruit can be full of sugar, unless the label explicitly says "100% fruit."





The Key to Optimize Fat Burning

Essentially, insulin and glucagon work in balance to keep your weight in check. Insulin promotes energy storage and the manufacture of proteins, while glucagon promotes the release of stored energy. The trick is to make sure that your blood glucose level is in check — that is below 110 mg/dl – as it will not only help in keeping fat away, but also get your body to consistently burn more stored fat.

A good diet with healthy fat and protein sources will minimize insulin spikes, increase glucagon, and ultimately promote less fat storage. Simply put: For one to optimize fat reduction, it all boils down to the basic principle of eating properly and exercising regularly. Remember to pay closer attention to what you eat in order to maintain an optimal blood-sugar level since it can facilitate more fat burning throughout your day.



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Part II:

Rapid Keto Success



Chapter 6

The First Step to Your Keto Way of Life

In the past, on all those diets that failed you, you probably counted calories. So let me introduce you to what you really need to track, so the weight rolls off and stays off — macronutrients (or what we fondly call macros).

You are going to become best buddies with macros as you start on this exciting journey to health and happiness.

So What Are Macronutrients?

Let's break that long word down; 'macro' is Greek for large, and 'nutrients' are what foods are made of. So putting that together ... macronutrients are the groups of foods our body uses in large quantities.

There are 3 macronutrients: carbohydrates, fats and proteins.

Carbohydrates	Fats	Proteins
<ul style="list-style-type: none">• Flour (including bread, pasta, cakes, cookies)• Sugar (including candy and other forms of sugar)• Starchy vegetables (like potatoes)• Most fruits• Beans	<ul style="list-style-type: none">• Butter• Margarine and other processed butter alternatives• Oils (olive, avocado, & nut oils like coconut oil)	<ul style="list-style-type: none">• Eggs• Dairy products• Meat• Nuts
Non-essential	Essential	Essential



The important point here is that of the 3 macros, only carbohydrates are *non-essential*, which means that your body *does not need them* in order to function.

So even if you never ate carbs again, you could live a normal healthy life. That's not true for fats and proteins, without those you'd soon start seeing a downturn in your health.

Follow our easy guidelines to know how much of each macro you should eat to get into the fat-burning state of ketosis. Since we now know that carbohydrates are unnecessary (and even harmful) for your body, that will be based on a *low-carb, medium protein, high-fat* eating ratio.

How to Calculate Your Macros & Track Your Food

The easiest way to calculate your macros and track what you're eating is to use an app.

Here are the ones our community recommends:

- My Fitness Pal (free version)
- Carb Manager
- Senza
- Cronometer
- Baritastic

Each app will ask you some basic information such as your age, height, weight, and what type of eating plan you want. Input "Ketogenic" and you'll be presented with macros.

In some cases, these macros require some tweaking. We've found 75% fats, 20% protein, and 5% healthy carbs works for most people.





If you want to jump start your results, some people use 80% fats, 15% protein, and 5% healthy carbs.

You can tweak most apps by a simple adjustment that takes just a few seconds.

If you want to understand how the app is calculating your macros, here's a brief explanation:

Macro I - Carbohydrates

It's hard to cut out carbs entirely without losing a valuable source of essential vitamins from things like green vegetables and low sugar fruits. So, you'll enjoy a 20-gram daily carb allowance.

Be sure you adjust your macros to 20 net carbs a day.

It's not just about the grams though, the source of those carbohydrates is important, so please don't 'spend' those carbs on a 20g cookie. Stay clear of any non-Keto ingredients! They can kick you out of ketosis and slow down your weight loss. Get your carbs from a source that won't send your blood-sugar levels soaring and more importantly, won't lead you down the 'sugar craving' path of no return. Invest your carb allowance in some nutritious delicious veggies tossed in olive oil or smothered in butter.



Macro II - Protein

The amount of protein that you should eat will depend on your lean body mass (LBM), which includes your bones, water, muscles, organs, and tissues.

How do you determine your lean body mass? Here are three methods, starting with the most accurate and ending with the “slap dash” technique.

The DEXA Scan

For the most accurate results, we recommend a DEXA Scan, which is a kind of x-ray machine that can determine your body fat percentage. Once you know that, you can easily deduce your lean body mass.

Here's what you need to do:

- Google “DEXA Scan” and find your nearest provider.
- Call and make an appointment confirming that they include body-fat percentage.
- At the time of publishing a scan costs around \$125

U.S. Navy's Body Fat Calculator

A quicker and cheaper option, if accuracy is less important to you, is the U.S. Navy's Body Fat Calculator. You'll need just a few minutes, a measuring tape, and an internet connection to get a good indication of your LBM.

Tip: Make sure you take all your measurements in the same way — inches and pounds, or centimeters and kilograms.



Instructions:

1. Measure your height while not wearing shoes. If you can, have a friend or family member measure you.
2. Measure your waist. For men measure around the navel, and for women at the narrowest point. Your arms should be relaxed by your side and don't suck in your stomach while you're measuring.
3. Measure your neck. Start below the Adam's Apple or larynx while you keep your head straight and forward and your shoulders down and relaxed.
4. If you are a woman, measure your hips at the widest point.
5. We're done. Now plug the numbers into an online body fat calculator like [this one](#).
6. Rinse and repeat the measurements three times to check for accuracy. If you get different results, find the average by adding your 3 results together, then dividing by 3.

Slap Dash Method

You can get a very approximate lean body mass estimation based on a standardized body type.

For Women — A five foot (or 152.4 cm) woman with an average muscle build will have a lean body mass of 85lbs. Add or subtract 3.25lbs for every inch you are over or under 5 feet.

For Men — A five foot (or 152.4 cm) man with an average muscle build will have a lean body mass of 95lbs. Add or subtract 4.25lbs for every inch you are over or under 5 feet.





What Next?

Now you have your lean body mass, we're going to calculate how much protein you'll eat each day so that you don't fall into deficit and lose lean muscle tissue, or overdose and slow down your weight loss.

We recommend consuming between 0.6 grams - 1 gram of protein per pound of lean body mass.

The difference depends on how sensitive you are to protein. This is mostly relevant for people with Type 2 diabetes who find that protein can spin their blood-sugar levels out of control. For the average person who is moderately active then you should aim for 0.7 to 0.8 of protein per pound of lean body mass.

So if your LBM is 85lbs: $85 \times 0.7 = 60\text{g}$ of protein a day.

I'll go into more detail about which proteins you will want to eat later in this chapter.



Macro III - Fat

The third macronutrient, and the one that us Keto-ers LOVE is fat.

Fat is an essential nutrient. We can't stay healthy without it. The membrane of every cell in our body is made of fats (lipids), and we have an estimated 37.2 trillion cells in our body! That shows you just how vital fat is in our diet.

One of the most overlooked qualities of fat is that it helps us to feel full. So by adding fat-rich foods to your diet, you're going to stay satisfied for longer and you'll soon find that you need to eat less often and smaller amounts.

So how much fat should you eat on the Keto way of life?

You'll initially base it on the amount of your protein macros and then start listening to your body and adjust accordingly. The range will be anywhere between 1:1 to 2:1.

So back to our example. If you're eating 60 grams of protein daily, start off with 60 grams of fat too. But listen to your body and if you are feeling hungry, eat more fat. Increase the ratio gradually to around 2:1 fat to protein. So for every gram of protein, you eat, you'll have somewhere around 2 grams of fat.

If you are not feeling hungry at all after 5-6 hours, that may be a sign you need to reduce the amount of fat you're eating. But try not to go below 40-50 grams a day, as your body needs those fats for general health

Just a word to the wise — we've already talked about the 'fear of fat' syndrome (Chapter 3) that we've been brainwashed into, so switching to a fat-rich diet does require a mindset change and a leap of confidence. Let your body guide you and soon you'll see and feel results, not only in your weight, but in your energy levels, your focus and your appetite.





Becoming Fat Adapted

It's likely that until now you've been existing on a high-carb, low-fat diet, so your body is used to getting its fuel by converting carbohydrates into glucose. That means it will need to go through a process of learning to use fat for fuel instead.

This can take from one to four weeks, it's different for each person, but don't worry, you'll still be losing weight in the meantime.

Your body will signal you when it has gone through this process and become 'fat adapted' in the following ways:

- You'll notice that you're not really hungry anymore and can go for 5-6 hours without even thinking about food
- Even when you are hungry, you don't feel ravenous
- Your taste buds will change and you'll find yourself craving high-fat foods rather than carbs and sugars
- You'll feel extra energetic and your energy levels will be consistent throughout the day
- After long-distance aerobic exercise you won't feel as hungry or crave carbs/proteins to replenish your energy
- Your brain will be clearer and more focused and your memory will be better
- You'll have fewer mood swings and be able to handle stress better





The Keto-Busters You'll Want to Avoid

Here's a simple breakdown of foods that you'll want to avoid as you clean up your eating and get healthy:

- *Sugar.* Sugar is the devil! But believe me, once you've weaned yourself off it, you're going to feel so much better. Pay attention - sugar goes by many different names and is found in almost all processed food, and in places you would never believe, so check your labels.
- *Grains.* These are the carb-heavy, blood-polluting foods that we want to get rid of, so we can burn away the fat. Steer clear of wheat products like bread, pasta, cereal, cakes, pastries, oats, rice, corn, and beer. Whole grains like wheat, rye, barley, buckwheat, and quinoa should be avoided too. Don't panic, there are lots of Keto-friendly alternatives to your old favorites like pizza, cheesecake, cookies, rice and bread. I promise that you are not going to feel deprived. (Read on for some delicious recipes).
- *Starchy Vegetables* like potatoes and yams are no-go foods. They send your insulin levels through the roof. Legumes like peas, beans and lentils are carb-rich, so avoid those as well. Processed and Trans Fats are going to be replaced with their more natural alternatives. So say adios to margarine or any other spreadable butter replacement (eat the real thing!) vegetable oils and most seed oils like sunflower, canola and corn.
- *Fruit.* Those natural sugars found in fruits mean they are rich in carbs. Keep away from apples, oranges, bananas, grapes, mangos and all dried fruit.



Yes please! Keto-Friendly Foods to Enjoy

Oh, you are just going to just love this way of eating. The food is so tasty and filling that you'll find it easy to stick with as you watch those pounds drop off.

Here's what you'll enjoy on Keto:

- *Fats & Oils.* Roll out the healthy fats and feel satisfied for longer while your body uses them for fuel. You can now eat (guilt-free) butter, olive oil, coconut oil, avocado, egg yolks, and macadamia nuts. Imagine drizzling butter on everything ... yum!
- *Protein.* Any type of meat is great on Keto: beef, lamb, pork, chicken, turkey, game. That means sizzling steaks, crispy bacon, roasted chicken, and anything your carnivorous heart desires. Also salmon and other wild-caught fish, seafood and eggs. In all instances, if your budget allows, try to buy organic, free-range or grass-fed products which will allow your body to detox.
- *Vegetables.* You can eat (and should try to eat) lots of non-starchy vegetables such as leafy greens and spinach, broccoli, asparagus, mushrooms, cucumbers, lettuce, onions, peppers, tomatoes, Brussels sprouts, zucchini and cauliflower.
- *Fruits to enjoy.* You can enjoy low-carb fruits like blueberries, raspberries, blackberries, and strawberries
- *Dairy.* You can indulge your taste buds with butter, cheese, heavy cream, sour cream, cream cheese, and unsweetened yogurt. Chose the full-fat options to keep you satiated longer.
- *Beverages.* One of the most enjoyable parts of the keto way of life is bulletproof coffee. Water is going to help flush all those toxins and sugars from your body, so drink plenty. You can flavor it with stevia-based flavorings or lemon/lime juice for variety.





Now you know what kinds of foods you are going to eat on the Keto diet and in what kind of quantities, you're ready for the next step, which is to start eating! In the next chapter I'm going to walk you through meal planning, shopping for food and what to look out for so you get awesome results quickly. Let's get going ...



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Chapter 7

The Practicalities - Getting Started

Following a ketogenic diet is really easy, since most of the foods you'll be eating are available at your local supermarket and are simple to prepare. Once you get your pantry and freezer stocked up with Keto ingredients, you'll find this is the most convenient, delicious and effective diet you've ever been on!

Let's get you rolling by stocking up your kitchen, planning out your meals and making sure that you avoid some newbie errors.

Making Your Kitchen Keto-Friendly

Ideally, you'd get rid of all non-Keto food in your house and stock-up on tasty Keto foods only, but that's not always possible.

If you are the only one in your family doing Keto, then take some steps to prevent temptation. This is especially important in the first week when you'll be "coming off" carbs. After that it will become much easier because you'll feel satisfied and your taste buds will change.

It's important also to explain what you're doing to your family and get their support, so they don't offer you an Oreo or cook you some pasta for dinner.

Start by putting all the non-Keto foods onto one shelf of the refrigerator or into one cupboard, so that you won't even need to look at them.





If everyone in your family is going Keto, then you can do a complete clear out of your cupboards, refrigerator, and freezer. Give away any food which isn't Keto friendly (see the foods to avoid from Chapter 6). Remember, you can eat meats, eggs, cheese and low-carb veggies, so no need to get rid of those.

You might notice that your cupboards are bare once you've ditched all the non Keto-friendly foods; that's because most of them were packed with carbs and full of unhealthy additives.

Now let's stock up on healthy natural foods. If your budget can stretch to it, buy organic, grass-fed versions of meat and dairy products. They'll give you more nutrients and less toxins.



This is a great list to get you started. Choose your favorites and stock up on the basics:

Dairy	Fruit	Meat
<ul style="list-style-type: none"> • Butter • Cheddar • Cream cheese • Creme fraiche • Eggs • Full-fat yogurt • Ghee • Heavy whipping cream • Mascarpone cheese • Sour cream • Unsweetened almond milk 	<ul style="list-style-type: none"> • Blueberries • Raspberries • Blackberries • Strawberries 	<ul style="list-style-type: none"> • Bacon • Beef • Chicken & poultry • Game • Lamb • Pork • Steak
Fish	Vegetables	Store cupboard essentials
<ul style="list-style-type: none"> • Ahi • Catfish • Halibut • Herring • Mackerel • Mahi mahi • Salmon • Sardines • Swordfish • Trout • Tuna • Walleye • White fish (cod) • Seafood 	<ul style="list-style-type: none"> • Asparagus • Arugula • Avocado • Bok Choy • Broccoli • Cabbage • Cauliflower • Celery • Collard greens • Endive • Garlic • Ginger • Kale • Kelp • Lettuce • Pepper • Radishes • Seaweed • Spinach • Swiss chard • Watercress • Zucchini 	<ul style="list-style-type: none"> • Pink Himalayan Salt • Pickles • Tomato sauce (no sugar) • Almond flour • Coconut flour • Peanut butter • Swerve • Extra virgin olive oil • Coconut oil • Zuvia • MCT Oil • Nuts • Green tea • Herbal tea • Organic coffee • Lard



Planning Your Meals

A little planning will go a long way to saving you time, effort, money and from having to make constant decisions about what to eat. Even more important - when you plan, you're much less likely to cheat or fall of the wagon.

The Planning Process

Choose one day a week to sit down and think Keto. Draw up a table with the meals and snacks you plan to eat each day, taking into consideration where you are going to be.

From that chart, make your shopping list, so you have all the ingredients you need ready to hand.

What will you eat?

Take a look at the Keto pyramid and you'll see that the majority of your food intake is going to be from meats, eggs, cheese, and fats. That's the basis for planning your daily menus.



Keep it simple at the beginning. You may want to start your day with a bulletproof coffee. Then for each meal, you'll want to include a fatty source of protein (meat, cheese, butter etc.) and a low-carb veggie.

Make sure you're getting plenty of fat so you won't feel hungry and your body will get the 'burn fats now' message.

Here are some suggestions for each meal. You can find hundreds more recipes for free on completelyketo.com.

Breakfasts	Lunch	Dinner	Snacks	Deserts
<ul style="list-style-type: none"> • Eggs - any way • Fox Hill bagel + cream cheese/ grilled cheese/ smoked salmon • Bacon • Quiche • Keto Pancakes • Avocado • Berries & sour cream 	<ul style="list-style-type: none"> • Ham & cheese omelet • Cheeseburger wrapped in lettuce • Spinach salad with bacon, egg & tomatoes • Chicken fajita with guacamole & sour cream • Creamy Keto Zucchini Soup • Fathead (or Slimhead) Pizza (You'll pity people who eat "regular" pizza). 	<ul style="list-style-type: none"> • Meat & salad with Keto dressing • Roast Beef & tomatoes • Completely Keto wine poached salmon • Completely Keto lemon basil roasted chicken • Completely Keto Speed Chilli • Completely Keto Spaghetti & Meatballs 	<ul style="list-style-type: none"> • Celery & cream cheese dip • Macadamia nuts • Olives & pickles • Pork rinds • Bacon wrapped cheese sticks • Almonds • Pepperoni • Hard-boiled eggs • Cheese cubes/sticks 	<ul style="list-style-type: none"> • Completely Keto Instant Chocolate Pudding • Completely Keto Red Velvet Cupcakes & Cream Cheese Frosting • Completely Keto White & Dark Chocolate Covered Strawberries • Completely Keto Ice Cream Sandwiches



Here's something else that you're going to want to stock up on and include in your daily routine...

Electrolytes Are a Must (Everyday)

During the first week of keto, as your body withdraws from carbs, it's going to flush out a whole bunch of toxins. You're likely to see a big weight loss from all the excess water leaving your body.

Problem is, you'll also lose some essential minerals, namely sodium (salt) potassium and magnesium.

Now, if your body doesn't have enough of those, you could get "Keto flu" (where you might feel dizzy, get a headache, the sniffles or just feel really tired). But this is easily preventable.

To replace the lost minerals, the first thing I advise is to drink plenty of water and take in some extra salt. I recommend Pink Himalayan salt. It tastes just the same, but has some extra minerals added. Put a teaspoon in a cup of water and swallow it down. For some extra saltiness you can also eat pickles, drink pickle juice and eat salty foods (like bacon). Your body will thank you!

Next, even if you're drinking pickle juice, you need to get yourself some electrolytes — they're a must!

Stock up on these as you'll need them even after the first week. Electrolytes will help keep your body in balance as it goes through this transformation. I recommend at least one electrolyte drink a day, two if you notice Keto flu symptoms or you exercise.

They come as a soluble powder and make sure to buy a version without artificial colors, sweeteners, or sugar (Stevia sweetener is fine). Any of the popular brands that you see on a supermarket shelf are filled with chemicals you can't pronounce and don't provide enough of the elements you need — avoid these!





Get these electrolytes now so you have them ready and that way there'll be no reason for you to get Keto flu or ever suffer from a lack of minerals.

A quick note: electrolyte water, sold in the supermarkets doesn't have enough electrolytes to rebalance your body, plus they often have many artificial additives, so keep clear of them.

Our Completely Keto electrolytes are delicious and inexpensive.

You can get them here: Check out our special buy 3 get 2 free.

<https://completelyketo.shop/electrolytesale/>



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Eating Healthy Not Carby

As we discovered on a Keto diet we limit carbs to 20g a day.

Trouble is, carbs are found in most foods — even in the most unlikely places (broccoli is almost entirely carb, now would you have believed that)? That's why it's important to carefully track everything you eat with an app (like My Fitness Pal).

As a general guideline, the simpler your meals are, the easier it will be for you to keep your carbs low and eat Keto.

Very Low-Carb Foods that are Keto-friendly

- *Meat & fish:* beef, poultry, pork cuts, lamb and goat, salmon and most fish have no carbs.
- *Shellfish (4oz):* Oysters: 8g, Scallops: 2.5g, Shrimp: 1g, Natural crab: 1g, Imitation/Surimi crabmeat: 12-15g, mussels: 8.4g
- *Eggs:* 0.6g per one large egg
- *Dairy:* natural butter has zero carbs. Heavy cream, 0.8g in 2 tbsps., sour cream 1g/oz, whole milk plain or Greek yogurt 6g to 7g. Even veggies, herbs & spices have carbs, so make sure you track these too.





Hidden Sugars

In chapter 5 you discovered why sugar is the real enemy in the fight against weight gain, so you know to avoid it like the plague! But I wanted to warn you to be on the alert for *hidden sugar*. It's buried everywhere - and under all kinds of names, so you need to pay very close attention to make sure you don't mistakenly eat sugar and kick yourself out of ketosis.

Watch out particularly for hidden sugars in supposedly healthy foods like:

- Sugar-free drinks
- Protein bars
- Green smoothies
- Fruits & Veggies (even Keto-friendly ones)
- Sauces
- Nut Butters (peanut, almond, cashew)
- Dairy
- Non-dairy milks
- Salad dressings
- Frozen dinners





Misleading Food Labels

First of all, don't believe the hype written on food labels. "Sugar-free," "no added sugar," "carb-free" and other such claims are often misleading. Read the ingredients carefully and if there is anything suspicious, give it a miss.

Artificial Sweeteners

Some artificial sweeteners, which are supposedly sugar-free, contain hidden sugars that you want to avoid. Even if the label says 0% sugar, check the ingredients.

Watch out for:

- Sorbitol
- Maltitol
- Splenda
- Maltodextrin (which is also used as a pesticide)
- Vegetable glycerin
- Honey
- Agave
- Molasses



Here's what you can use instead:

- Stevia
- Pure Liquid Sucralose (powder is a problem)
- Erythritol
- Xylitol
- Monk fruit
- Tagatose
- Allulose

Is it Keto (How to Tell)

Though Keto is quite a simple way of eating, using mainly natural foods, sometimes working out if something is Keto-friendly can be a little tricky.

Don't worry, with these three simple steps you'll soon be reading food labels like a Keto pro.

1. Read the Ingredient List

Food manufacturers have to list all ingredients - with the ones used in the largest quantities at the top of the list.

This makes it easy for you to quickly identify carb and sugar-rich foods.

As a general rule of thumb, if carbs or the word sugar (in ANY form) are listed as one of the ingredients, it's NOT KETO and you shouldn't eat it!



2. Total Carbs or Net Carbs

Most food labels show “Total Carbs” but this includes a percentage of fiber. To get the pure (or net) carb content, you’ll want to follow this:

Total Carbohydrate minus Dietary Fiber, (minus Sugar Alcohol if any) = Net Carbs

Now, you have a 20g carb allowance - some people go by total carbs and some by net carbs. The difference? It will depend on how sensitive you are to insulin.

This is another one of those “try and see how your body reacts” situations. If you see that it’s taking you a while to get into ketosis or lose the pounds, switch to counting “total” carbs and see how that goes.

3. The Serving Size on the Nutrition Label

Pay attention to this as it’s really easy to slip up. “Serving size” written on food labels is either the amount people usually eat of that food, or the amount that they should eat.

So, for example, in a “recommended serving size” of 4 oz of broccoli there are 6 grams of carbs. If you’re eating more than that, you’ll need to adjust your carb count.

So to understand how many carbs in an entire can, box, or package:

Serving size x number of servings in packet x carbs per serving = carbs in total if you eat the whole thing.

So now let’s put all this great information into action.





Action Checklist

- Sit down and make a meal plan.
- Work out your shopping list, checking what you've got in your house that can be used and what you need to buy.
- Clear out or organize non-Keto foods so you won't be tempted.
- Go shop.
- Start eating!



Chapter 8

Living Keto

The wonderful thing about Keto is, it's not just a quick-fix diet. It's a way of life. And unlike other weight-loss options, which are hard to stick with for a long time (because who wants to spend their entire life feeling hungry and deprived) Keto will keep you full and licking your lips with yumminess.

Here's one thing to bear in mind — your Keto journey will be easier if you get the support of the people around you. By support I mean:

- Believing that Keto works and that it's going to work for you. (Give them this book to read!).
- Getting onboard to help you with shopping/cooking/eating out in Keto-friendly restaurants.
- Not trying to tempt you to cheat.
- Not stealing your last Keto bagel!

The great thing about delicious Keto food is that it doesn't feel like you are eating "diet food." So the whole family can enjoy grilled meats and salad, Keto chili, or roast chicken and veggies and everyone will be happy.

Don't forget to treat them to lip-smacking desserts occasionally too, like my famous Keto cheesecake.

In addition to getting the support of your friends and family, you'll also want to find a Keto community where you can share recipes, tips, and ask questions. Fortunately, if you're reading this book, you have access to our private Rapid Keto Success community on Facebook. You can get instant answers to your questions, encouragement and support when you need it - and a round of applause for your efforts.



In this chapter, we're going to cover how to eat Keto when you're out, eating in a restaurant, or celebrating with friends.

7 Keto Restaurant Hacks

On other diets, eating out can be a nightmare!

Not so with Keto. I'm going to show you just how easy it is. But first, here are some general guidelines for eating out "Keto style".

1. Look up the menu before choosing or going to a restaurant and work out what you can order (or give them a call and see how they can help you).
2. Focus on meat, cheese and veggies.
3. Choose an appetizer and an entrée, rather than an entrée and dessert.
4. Inquire about the ingredients in sauces and dressings. Ask for butter, olive oil, or lemon juice to avoid the hidden sugars. Say no to soy sauce--it has wheat in it, and is inflammatory and not Keto.
5. Avoid fried and breaded food.
6. Aim to enjoy the whole occasion (no cooking, no mess, quality time with friends and family) rather than make it just about the food.
7. Don't panic if you eat something that turns out not to be Keto, just go right back to your Keto foods the next day

The great news is that many restaurants are becoming more sensitive to different dietary requirements and will often go out of their way to help you. So don't be afraid to make special requests.

HINT: If you tell restaurants you are allergic to grains or sugar, you'll be amazed at how much more sensitive they are to your order.





Questions to Ask

If it isn't clear that your meal is 100% Keto friendly, ask a few questions to reduce the chance of unwanted carbs sneaking in:

- How is that cooked?

Ask for your protein to be pan-fried in butter, grilled or steamed rather than deep-fried.

- Is that breaded?

Breaded food is NOT Keto!

- Can I have the sauce/dressing on the side?

If you're not sure whether the sauce or dressing is sugar-free, ask! If it's sweetened, ask for a butter or cream based option or simply ask for some olive oil and vinegar.

- Can I substitute the side for a salad or veggies?

Most restaurants will gladly accommodate this, so you're good to go.



So what can you eat when you're out? There's so much to choose from!

Keto-Friendly Foods to Order When Dining Out

The most keto-friendly places tend to be:

- A steakhouse
- A fish/seafood restaurant
- A BBQ spot (get the meat without the sauce).
- A burger bar (say no to the bun).
- A Mexican restaurant but no rice, beans, tortillas, tacos, or chips.

But really, you can eat anywhere. Here are a few suggestions of what to order:

Appetizers	Entrés	Sides
<ul style="list-style-type: none">• Chicken wings (non-breaded, no sauce)• Sautéed mushrooms• Carpaccio (dressing on the side)• Salad with meat or cheese• Guacamole with celery sticks	<ul style="list-style-type: none">• Steak• Roasted or grilled chicken• Pork chops• Salmon, lobster, or any other seafood in a creamy/butter sauce• A large salad with plenty of meat and Keto-friendly dressing	<ul style="list-style-type: none">• Salad• Broccoli• Asparagus• Green beans• Sautéed or creamed spinach• Mushrooms• Cauliflower



When You Need to Grab Some Fast Food

Yep, it happens, you need to grab something fast and the nearest and cheapest place is a fast food outlet. While not ideal, you can still stick with Keto in most places.

And the good news is, there are more and more offerings of healthy foods popping up all over.

- *Keto@Chicken joint* — Anything that's not breaded: chicken steak, wings, breast. We hate to mention it, but many of these fast food restaurants use processed chicken containing non-Keto ingredients. Don't be afraid to ask for the ingredients.
- *Keto@Burger* — Order a burger without a bun, many places will wrap it in lettuce for you. Add some bacon and/or cheese. Hold the ketchup and go for mustard instead.
- *Keto@Sandwich bar* — Most of these places are now offering lettuce wraps, so fill your wrap with meat, cheese, mayo & spicy sauce. If they don't do wraps, ask to hold the bread and take your filling in a bowl.
- *Keto@Sushi Bar* — order sashimi or nigiri (ditch the rice) + seaweed salad
- *Keto@Mexican* — order your food in a bowl with extra meat, guacamole, sour cream, cheese and veggies. Skip the tortilla, rice and beans.
- *Keto@Coffee shops* — many of the syrups are non-Keto, and the packaged sweeteners at many coffee shops have hidden sugars. You're good with plain brewed coffee and a splash of heavy cream.





Keto Snacks

Most of us are habitual snackers. We grab something when we are bored, or tired to perk us up. Or we like to “graze” throughout the day rather than eat big meals.

You’re probably going to find that your desire to snack fades away as you eat more filling Keto meals, but the following suggestions also make great sense for someone who wants to eat on the go.

- Hard-boiled eggs
- Deli meats
- String Cheese
- Beef jerky
- Sardines
- Macadamia nuts/Almonds/Pecans
- Pork Rinds
- Pickles & olives
- Natural Peanut butter without sugar
- Guacamole & celery sticks or cheese
- Iced Coffee

If you know you’re going to be hungry, pack some of these in your bag. You can also find most of these in any convenience store.



Cheers! Wines and Alcohol on Keto

The first thing to know about alcohol is that it is also a macronutrient, and your body will use it for energy before all other macros. That means if you drink alcohol you will slow down the fat-burning process and you may not stay in ketosis.

If you do choose to indulge occasionally, the safest bet is dry wine (Pinot Noir, Cabernet Sauvignon & Merlot) which has about 3 grams of carbs per 5 oz glass.

Here's some really good news for Keto folks: dry champagne comes in at 1.5 carbs per glass. So break out the bubbly!

Your other options are pure (not flavored) spirits: vodka, cognac, brandy, bourbon, whisky, rum, tequila, and gin all have zero carbs. But watch out for the mixers, which are often sweetened.

Avoid cocktails which will almost certainly contain a lot of sugar. We have a list of cocktails you can have, such as margaritas, mint juleps, Moscow mules, and more at completelyketo.com

Serving Keto to Non-Keto Friends And Have Them Beg For More

Want to have friends over, or take a Keto cake into work for a birthday celebration? No problem. Everyone will be amazed at how delicious it is, and don't be surprised if they want the recipe too.

Here's some ways to impress when you want to entertain:

- *Throw a BBQ* — and drop some steaks or salmon fillets on the fire. Make a side of my Sour Cream Cucumber and Dill Salad, sautéed veggies with butter and some of Tsippy Kilstein's Nearly World Famous Keto Rolls. Yum!



- *Give them some comfort food* — like Chicken Soup, “I Want More” Keto Meatloaf or some Southern Fried Chicken
- *Spice it up* with some Hungarian Chicken Paprikash or Sweet Chicken and Jalapeño Slices.
- *Have a pizza party* with the Keto-friendly Fathead Pizza.
- *And for dessert:* Perfect Keto Cheesecake or Pecan Pie.

There are a ton of FREE recipes at [Completely Keto](#).

How to Stay Keto at Birthdays and Celebrations

Birthdays and celebrations are full of temptations - from the cake, to the alcohol and not knowing what food your hosts are serving or how they made it.

Here's some advice:

- If your host is a family member or friend, call them up beforehand and ask what food they are planning to serve. If you feel comfortable making a request (like leaving you a portion without sauce or sautéing your meat rather than breading) do so.
- Ask your host if it's okay to bring along some Keto food and bring enough for everyone to taste and be wowed!
- Eat before you go and just nibble on salad, cheese or veggie sticks.
- You can also make the excuse of feeling “off” and not having much appetite. Fill your plate sparingly so as not to offend your host and nibble.
- If you eat something non-Keto, it's not the end of the world! Just drink plenty of water and get back to eating Keto as soon as possible.





My biggest tip here is: enjoy Keto. That's the only way to really make it work. And you'll see how easily Keto fits into your lifestyle. So you can still do all the things you love - like eating out — AND lose weight and get healthier.

Keto doesn't mean you have to put your life on hold. You can do this without feeling deprived or like you can't go out.

Just use the tips from this Chapter, and go out and have some fun!



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Chapter 9

10 Common Keto Mistakes

When you're starting out on the Keto way of eating, it may take a while to understand the basics. That's why we put this book together, so you have everything you need to know at your fingertips.

The more you understand how Keto works, the less likely you are to make mistakes and the quicker you'll see results.

So here are some of the most common Keto mistakes — and our top tips to avoid them.

Mistake #1 - Not Tracking Your Macros

Tracking your macros is a basic part of a Keto way of life. It will ensure you're getting enough fats and not overdoing the carbs or proteins.

Luckily, it's really easy to track macros with apps like MyFitnessPal (try the free version). Sign up with Facebook or your email, and input your goals, height, weight, activity level, etc. Then record what you eat and you'll always know where you stand.

If you don't want to use a tracking app, grab a notebook and track your macros by writing them down.

The main areas to keep an eye on are:

Eat enough fats — Many people still fear the fat. But we Keto-ers know that if you want to lose fat, you need to consume fat, so that means hitting your daily fat macros. Trust Keto and enjoy the delicious food.





Don't eat too much protein — On the ketogenic diet because your body is using fat as fuel, it only needs protein to help maintain muscle mass. You need much less protein than you'd expect to make this happen. When you consume more protein than your body needs, it gets converted into glucose and can knock you out of ketosis.

Watch those carbs — Keep an eye on those sneaky carbs. They hide in the most unexpected places. Carb overdose is the No.1 reason for not losing weight on Keto, so pay attention.

Keep checking back to the food lists and you'll get the hang of it in no time. That leads us to ...

Mistake #2 - Not Meal Planning

Meal planning will not only save you the headache of deciding what to eat every few hours, it's a great way to get organized and save money as well, because you'll buy only what you need.

When you don't plan your meals, you may fall short of your daily macros or end up grabbing food that knocks you out of ketosis.

Meal planning is a habit you need to get into, so you have the right foods on hand and you eat the right amount of them.



Here are my top tips:

1. Choose one day a week to sit down and plan. Draw up a chart with the days of the week and room for 3 meals and snacks under each day.
2. Check out Keto recipes included in Rapid Keto Success - and plan each delicious day with an eye on your macros.
3. Take into consideration times when you may need to eat while on the go, in a restaurant, or at an event.
4. Now use that plan to make a shopping list. Buy food in bulk to save money.
5. Do as much food prep ahead of time as you can (many people like to do this on a Sunday to set themselves up for the week).

Once you've done that, you'll know exactly what you're going to be eating on any given day and it will be so much easier to stay Keto and melt those pounds away super-fast.

And when you're buying and choosing foods, make sure you avoid ...

Mistake #3 - Not Checking Ingredients

Until you become familiar with Keto-friendly foods (don't worry, you'll get the hang of it pretty soon) it's important to read food labels carefully.

I explained how to read food labels in Chapter 7 — Is it Keto (How to Tell)

Check the ingredients for hidden sugars, total carbs and net carbs, and don't believe manufacturers claims of "sugar-free" or "low-carb" without checking for yourself.



So you're on your way ... the next mistake to avoid is ...

Mistake #4 - Obsessing Over the Scale

Do not, I repeat, do not make the mistake of weighing yourself every day!

That's just a recipe for disaster and you'll lose motivation if you don't see the numbers you expect.

Weight loss is not predictable. It depends on many things including your metabolism, hormones and history. So do me a favor and weigh yourself once a month and just concentrate on enjoying this way of life.

Now I know that you really want to see results, and we've been conditioned to think that the best way to judge the success of a diet is by the number of pounds lost. And I promise - if you follow the Keto way of eating you will lose pounds — plenty of them.

But I want to warn you that the number on the scale is just one way (and not always the most accurate) to measure your success.

Just as important, if not more than your weight, are your body measurements, the way you fit in your clothes, your energy levels and the way you relate to food.

And another thing, weight loss is very personal. Everyone is different. We all gain and lose fat in different areas and at different rates. Don't base your expectations on someone else's progress. Focus on your own journey.

As long as you are seeing a steady loss, feeling great and enjoying the food, don't sweat over the numbers on the scale or how much your husband has lost.



And there's another fatal obsession which can drive you crazy...

Mistake #5 - Obsessing Over Ketones

It's going to take a good few days, sometimes more, for your body to understand that carbs are no longer its source of energy - and switch to burning fat. Once it does, your body enters ketosis and will be producing ketone bodies.

Now, people get stuck on this "Am I in Ketosis?" question and start using urine strips to measure ketones.

Trouble is, they are not very accurate and can send you into a spin if you've been doing everything right, but the strip says you're not in ketosis.

So there are other factors to consider: are you losing inches? Does your face look slimmer? Do you feel more energetic and less hungry? Is your brain less "foggy"?

These are all signs that Keto is working.

Instead of obsessing over ketones, put your energies into eating nutritious and delicious food, watching your macros, eating enough salt and drinking your daily electrolytes.

A friendly piece of advice, you'll see (and hear) people pushing powders that put you into Ketosis in 30 seconds. They call these products exogenous Ketones. They have many different trade names, but they are designed to put Ketones in your blood and urine for short periods of time. They do not lead to, speed up, or assist in nutritional Ketosis. They are expensive and a waste of money. There is not a shred of scientific evidence that they work. All claims that you can eat "regular" foods and take these supplements are flat-out lies.

One more thing, these products use what are called "Ketone salts." They taste awful and no one ever takes them more than once for obvious reasons. Do not take products that promise to put you into "instant Ketosis". They do not help you lose weight. Save your money.





Which leads us to ...

Mistake #6 - Not Drinking Enough Water

Once you ditch the carbs, your body will flush out a lot of water which it stored to process them.

It's important to replace this water so you don't get dehydrated. You also need to replenish the nutrients that got flushed out (I talked about the importance of drinking electrolytes to prevent Keto "flu" in Chapter 7).

You'll need more than the standard 8 cups of water a day on Keto. Aim for at least 10 cups and pay attention to how often you urinate. If you're going to the bathroom a lot then drink less.

And now for the tough one ...

Mistake #7 - Thinking Cheating Won't Hurt

We're human. There are times when it's going to be hard to resist a slice of birthday cake, a side of fries with your steak, or a beer when you're being sociable.

But there are consequences.

As long as you accept that, quickly get back to eating Keto, and make sure that a one-time indulgence doesn't become a habit, you'll be okay in the long run.

But cheating can cause intense stomach cramps, massive headaches, and kick you out of ketosis for a period of time varying from a few days to a month.





Which leads me to ...

Mistake #8 - Giving Up When You Reach a Plateau or Stall

What do you do if the weight loss isn't happening as fast as you'd like — or not at all?

It's frustrating, and some people get discouraged and give up. The solution is usually a small simple tweak of what you're eating.

Here are some questions to ask yourself:

- Are you sticking to the 20g daily carb allowance?
- Are you eating the right amount of protein?
- Are you checking ingredients?
- Are you eating too many (calorie-rich) nuts?
- Are dairy foods the problem?
- Are you drinking enough water?
- Are you getting enough sleep?

Most people find that by cutting carbs for a while (counting total carbs instead of net for example), cutting out dairy or reducing the amount of calories they eat, solves the problem and gets you back on track.

If you are stuck be sure to read our Speed Keto book and follow that special eating plan. You'll be stunned by the results.



Our next mistake is ...

Mistake #9- Thinking Keto is a Diet and Not a Way of Life

Even though Keto is an extremely effective way to burn fat, it isn't a diet that you do for a short period to lose weight and then go back to your old eating habits.

Instead, it should be a complete change in *what* you eat and the *way* you eat.

Through embracing the Keto way of life, many people renew their relationship with "food", their appetite and discover a passion for cooking.

The health benefits of Keto show that it's worth sticking with for the rest of your life. Your quality of your life will improve as you become more energetic, more focused and in many cases, get off meds.

And because Keto food is so tasty and filling, you won't feel deprived, which is one of the reasons most people can't wait to get off diets.

Finally ...

Mistake #10 - Doing This On Your Own

When you decide to go Keto it's important to get support.

Your family don't necessarily have to eat Keto with you (though chances are they'll love your food) but they should understand what you're doing and why you're doing it.

We're here to help you every step of the way, whether it's Facebook in one of my groups (CompletelyKeto, CompletelyKeto For Beginners or Keto Recipes for Beginners) or via our programs on [CompletelyKeto.shop](https://completelyketo.shop)

Come and join us!



Part III:

Time to Commit!



Chapter 10

30 Day Menu Plan

The first step you took was buying Rapid Keto success and reaching this point. That already means you are a winner.

You want the results of Keto and are prepared to take action.

First, I want to say I'm a real person and I'm personally committed to your success. We will support your journey either by phone 1-866-FOR-KETO where we're eager to chat with you and help you OR by participating in our CompletelyKeto group on Facebook.

So as we put our plan from theory into action, I want you to get excited because Keto will bring you results.

You're going to notice some incredible changes in your life.

In a few days to a few weeks you'll notice: you're not hungry like you were, and you have more energy and confidence.

You're probably not going to like this idea but the first thing I want you to do is get on a scale and take your measurements.

Now, stay off the scale for 30 days. The scale is the biggest liar in the world. You'll always notice inches before pounds. If you like, take measurements every 7 days. But I'm going to repeat in the strongest tone possible.

Stay off the scale.

Pretty please?



Substitutions:

A lot of people look at meal plans and say, I don't eat that, I'm allergic to that, I can't have that.

I get it.

So let me make this super easy for you.

- Don't eat anything you don't want to.
- You can substitute any breakfast for another breakfast.
- You can substitute any lunch for another lunch.
- You can substitute any dinner for another dinner.

But let me go further:

- If you don't like the form of protein – just switch out to another.
- A lot of people don't like pork, use beef, turkey, chicken, or lamb.
- A lot of people don't like a certain fish, just use one you like.
- Don't like fish at all? Switch proteins.
- The same goes for permitted vegetables. Just switch them out.

Keto works even if you modify the menus.

Just keep it simple.



Keto Success Weekly Menus

On this program we count net carbs as opposed to total carbs. The daily menu plan provides up to 20 net carbs per day. Most people will find their weight loss is steady counting net carbs. However, there are some that find consistent weight loss is harder to achieve counting net carbs and so they elect to count total carbs instead.

I recommend my Speed Keto program for anyone wishing to lower the carb content by counting total carbs. Many of my clients have found success on this program.

I've included the net carb of each meal along with the daily meal plan that follows. Additional nutritional information, including calorie counts, total carbs, fiber, net carbs, total fats and protein counts can be found listed at the end of each recipe in the recipe section.

I suggest you start the Keto Success Secrets program on a Monday. Use the week-end before to go through your fridge and pantry and get rid of tempting foods that may lead you astray. If you live outside a larger center some of the items on the basics list like MCT oil and psyllium powder may be difficult to find but can be easily purchased online, so planning ahead is important.

I advocate using chicken broth as a thirst quencher and healthy snack for everyone on the program. You can drink it freely throughout the day. I've included a recipe for a homemade chicken broth but it's also fine to purchase a healthy organic broth (usually found in a tetra box).

I think of Sunday as the “prep” day. For those with busy weeks some of these meals snacks and desserts can be made ahead and frozen in individual portions for easy use. It's wise to have some allowed snacks on hand and ready in the fridge or freezer for those moments when you need something fast to satisfy a craving.



A word about substitutions ...

I want everyone embarking on Keto Success to enjoy every mouthful eaten during this 30 day program, so substitutions are allowed; with one caveat. You must only substitute using recipes that are provided on the program. If you prefer turkey over chicken then that's what you should have. If you don't eat pork then skip the breakfast bacon and double up on eggs (or use bacon made with turkey or chicken). Swap mixed greens for baby spinach leaves in a salad if that tickles your fancy. The main thing here is to enjoy the meals you eat.

Substitutions will definitely alter the macros (nutritional content) of your meals and may impact your net carb intake for the day, but I wouldn't be too concerned about that. As long as you exchange for allowed food items the substitutions shouldn't be overly significant.

Week 1

Day #1, Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Bacon & Eggs (without avocado), 4 g net carbs
- Lunch: Tuna Salad and ½ tomato, sliced, 3 g net carbs
- Snack: 1 oz Tamari Nuts, 3 g net carbs
- Dinner: Salmon Skewers and Totally Keto Roasted Endive, 7 g net carbs
- Dessert: Perfect Keto Cheesecake, 1 g net grams



- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 2, Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Perfectly Boiled Eggs and 1 Tsippy's Keto Rolls, 1 g net carbs
- Lunch: 2 Keto Style Turkey Sandwiches with 3 black olives & ½ sliced avocado, 4 g net carbs
- Dinner: Keto Style Pad Thai, 4 g net carbs
- Dessert: 3 small Chocolate Chip Keto Cookies, 7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #3, Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.





Menu for the day:

- Breakfast: Mini Mediterranean Quiche, 4 g net carbs
- Snack: Olive Tahini Spread and Parmesan Poppy Seed Crackers, 3 g net carbs
- Lunch: Keto Style Pad Thai (leftover from last night), 4 g net carbs
- Dinner: Keto Chili Con Carne (freeze leftovers for use later in the week), 8 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #4, Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: 2 Mini Mediterranean Quiche (leftover), 4 g net carbs
- Lunch: 2 Keto Style Turkey Sandwiches, 2 g net carbs
- Dinner: Simple Roast Chicken with Perfect Keto Side Salad, 4 g net carbs
- Dessert: 3 small Chocolate Chip Keto Cookies, 7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #5, Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Granola (with yogurt), 8 g net carbs
- Lunch: Old Fashioned Chicken Soup (use leftover chicken to make soup), 5 g net carbs
- Snack: Parmesan Poppy Seed Crackers (with cheddar cheese), 1 g net carbs
- Dinner: Salad Nicoise, 6 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #6, Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Granola (with yogurt), 1 8 g net carbs
- Lunch: Deviled Eggs and 1 Tsippy's Keto Roll, 4 g net carbs
- Dinner: Keto Chili Con Carne (use frozen leftovers from Wednesday) 8 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #7, Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Tsippy's Cheese Strata, 3 g net carbs
- Snack: 2 oz Tamari Almonds, 6 g net carbs
- Lunch: Tuna Salad, 2 g net carbs
- Dinner: Grilled Steak and Marinated Cherry Tomato Salad, 4 g net carbs
- Dessert: Perfect Keto Cheesecake, 1 g net carbs





Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee and chicken broth.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week II

Day #8, Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Pancakes with Syrup, 5 g net carbs
- Lunch: Broccoli & Cheddar Frittata, 5 g net carbs
- Snack: 1 Keto Cheese Biscuit, 4 g net carbs
- Dinner: Ginger Soy Drumettes (cook a double batch for leftovers) and Perfect Keto Side Salad, 5 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day # 9, Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Broccoli & Cheddar Frittata (leftover from lunch yesterday), 5 g net carbs
- Lunch: Italian Meatball Soup and 1 Keto Cheese Biscuit, 10 g net carbs
- Snack: Parmesan Poppy Seed Keto Crackers (with 1 oz of Cheddar Cheese), 1 g Net Carbs
- Dinner: Ginger Soy Drumettes (leftover from yesterday) and Marinated Cherry Tomato Salad, 2 net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #10, Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: 2 Perfectly Boiled Eggs, 0 net carbs
- Lunch: Italian Meatball Soup (leftover), 7 g net carbs
- Dinner: Pork Tenderloin Roast and Grilled Veggies, 5 g net carbs
- Dessert: 3 small Chocolate Chip Keto Cookies, 7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #11, Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Morning Egg Scramble (with Bacon), 3 g net carbs
- Lunch: Avocado & Grilled Veggie Salad, 7 g net carbs
- Dinner: Beef Tortilla Filling and Homemade Keto Tortillas, 5 g net carbs
- Dessert: Blueberries & Cream, 5 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #12, Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Pancakes with Syrup, 5 g net carbs
- Lunch: Cheese & Tomato Keto Sandwiches, 5 g net carbs
- Dinner: Chicken Caesar Salad and 1 Keto Cheese Biscuit, 3 g net carbs
- Dessert: 1 Keto Macaroon, 5 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #13, Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Morning Egg Scramble (no bacon), 2 g net carbs
- Lunch: Tuna Salad, 2 g net carbs
- Dinner: Braised Lamb Shanks and Mashed Cauliflower, 9 g net carbs
- Dessert: 1 Keto Macaroon, 5 g net carbs





- Beverages as desired throughout the day:
electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #14, Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 2 Mini Quiche, 4 g net carbs
- Snack: 1 oz Tamari Almonds, 3 g net carbs
- Lunch: Quick & Easy Totally Keto Chef Salad, 3 g net carbs
- Dinner: Simple Roast Chicken and Grilled (or Roasted) Veggies, 4 g net carbs
- Dessert: Chocolate Chip Keto Cake for Two, 4 g net carbs
- Beverages as desired throughout the day:
electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week III

Day #15, Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Granola (with yogurt), 8 g net carbs
- Snack: 1 oz Tamari Almonds, 3 g net carbs
- Lunch: Old Fashioned Chicken Soup, 5 g net carbs
- Dinner: Tuna Croquettes and Caesar Salad, 2 g net carbs
- Dessert: Perfect Keto Cheesecake, 1 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 16, Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: 2 Perfectly Boiled Eggs, 0 g net carbs
- Lunch: Tuna Croquette (leftover from yesterday) with Cucumber & Dill Salad, 9 g net carbs
- Snack: Olive Tahini Spread with Parmesan Poppy Seed Crackers
3 g net carbs
- Dinner: Baked Creamy Lemon Haddock and Completely Keto Roasted Endives, 8 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #17, Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Granola (with yogurt), 3 g net carbs
- Lunch: Old fashioned Chicken Soup (leftover from Monday), 5 g net carbs
- Dinner: Pork Tenderloin Roast and Almost Potato Salad!, 6 g net carbs
- Dessert: Chocolate Chip Keto Cake for Two, 4 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #18, Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Spanish Omelet, 3 g net carbs
- Snack: 1 oz Tamari Almonds, 3 g net carbs
- Lunch: Keto Style Pork Sandwich (use leftover pork tenderloin)
3 g net carbs
- Dinner: Salmon & Zucchini Skewers and Perfect Keto Side Salad
10 g net carbs
- Dessert: Perfect Keto Cheesecake, 1 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #19, Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: Morning Egg Scramble (with pork, turkey or chicken bacon), 3 g net carbs
- Snack: 2 oz Tamari Almonds, 6 g net carbs
- Lunch: Curried Egg Sandwich (with 2 pieces of Cloud Bread)
2 g net carbs
- Dinner: Keto Style Pad Thai, 4 g net carb
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #20, Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Spinach & Blueberry Smooth Start, 4 g net carbs
- Snack: Parmesan Poppy Seed Crackers (with cheddar cheese)
1 g net carbs
- Lunch: Broccoli & Cheddar Frittata, 5 g net carbs
- Dinner: Grilled Steak and Marinated Cherry Tomato Salad
3 g net carbs
- Dessert: 1 Keto Macaroon, 5 g net carbs





- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #21, Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Pancakes with Syrup, 5 g net carbs
- Lunch: Italian Meatball Soup, 7 g net carbs
- Snack: Parmesan Poppy Seed Crackers, 1 g net carbs
- Dinner: Simple Keto Roast Chicken with Cauliflower Mash & Easy Mixed Greens Salad, 6 g net carbs
- Dessert: Perfect Keto Cheesecake, 1 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week IV

Day #22, Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Bacon & Egg Breakfast (with avocado on the side), 3 net carbs
- Snack: Parmesan Poppy Seed Crackers (with cheddar cheese), 1 g net carbs
- Lunch: Italian Meatball Soup (leftover), 7 g net carbs
- Dinner: Completely Keto Chile Con Carne, 8 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 23, Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: Mini Breakfast Quiche, 4 g net carbs
- Snack: Tamari Almonds , 3 g net carbs
- Lunch: Curried Egg Salad Sandwich, 2 g net carbs
- Dinner: Completely Keto Chili Con Carne (leftover), 8 g net carbs
- Desert: Perfect Keto Cheesecake, 1 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #24, Wednesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Mini Breakfast Quiche (leftover), 3 g net carbs
- Snack: Parmesan Poppy Seed Crackers (with Cheddar Cheese) 1 g net carbs
- Lunch: Tuna Salad, 2 net carbs
- Dinner: Ginger Soy Drumettes with Almost Potato Salad!, 5 g net carbs
- Dessert: 3 small Chocolate Chip Keto Cookies, 7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #25, Thursday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Keto Granola (with yogurt), 3 net carbs
- Snack: Tamari Nuts, 3 g net carbs
- Lunch: Quick & Easy Totally Keto Chef's Salad and 1 Tsippy's Roll 4 g net carbs
- Dinner: Sirloin Tip Beef Roast with Grilled Veggies (save some veggies for lunch tomorrow), 8 g net carbs
- Dessert: Perfectly Keto Cheesecake, 1 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #26, Friday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: Tsippy's Cheese Strata, 3 g net carbs
- Snack: Parmesan Poppy Seed Crackers, 1 g net carbs
- Lunch: Ham & Swiss Cheese Roll-ups with Grilled Veggie & Avocado Salad, 12 g net carbs
- Dinner: Simple Keto Roast Chicken and Roasted Brussels Sprouts, 4 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #27, Saturday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Baked Eggs in Avocado with Smoked Salmon, 1 g net carbs
- Snack: Olive Tahini Spread with Parmesan Poppy Seed Crackers, 3 g net carbs
- Lunch: Simple Keto Caesar (with chicken), 0 g net carbs
- Dinner: Lamb Kofta with Perfect Keto Side Salad, 7 g net carbs
- Dessert: 1 Keto Macaroon Cookie, 5 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.





**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #28, Sunday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Morning Egg Scramble (with pork, turkey or chicken bacon), 3 g net carbs
- Snack: 1 oz Tamari Almonds, 3 g net carbs
- Lunch: Lamb Kofta (leftover) with Marinated Cherry Tomato Salad
7 g net carbs
- Dinner: Creamy Lemon Haddock with Simple Keto Caesar
7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cup*



Week V

Day #29, Monday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Bacon & Eggs (Avocado on the side) and Perfectly Keto Cauliflower Hash Browns, 6g net carbs
- Lunch: Salad Nicoise, 6 g net carbs
- Snack: 1 oz Tamari Almonds, 3 g net carbs
- Dinner: Keto Beef Tortilla, 5 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 30, Tuesday

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.





Menu for the day:

- Breakfast: Spinach & Blueberry Smooth Start, 3 g net carbs
- Snack: Parmesan Poppy Seed Crackers (with cheddar cheese), 1 g net carbs
- Lunch: Curried Egg Salad Sandwich (with 2 pieces of cloud bread), 2 g net carbs
- Dinner: Steak and Roasted Brussels Sprouts and Easy Mixed Greens Side Salad, 6 g net carbs
- Dessert: 3 Keto Chocolate Chip Cookies, 7 g net carbs
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Chapter 11

Shopping Lists

Select Quality Foods

Organic is best when selecting veggies and “in season”, locally grown is also recommended. Choose pastured, grass fed meats, game meats and wild-caught fish and salmon. Free range poultry and eggs as well as grass-fed butter and organic oils should also top the shopping list.

I know that locally sourced and organically grown foods are more expensive but when your well-being and the health of your family is at stake, the quality of the foods you purchase really matters. If you are dealing with a tight budget then do the best you can, keeping in mind that there may be other places where you can trim monthly spending besides the weekly grocery bill.

You will need to have a look in your pantry to check out what you already have in stock before heading out to the grocery store and/or the Farmer's Market. This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, pink Himalayan salt, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week.

Throughout the Rapid Keto Success program you will be drinking plenty of fluids so be sure to stock up on organic teas and coffee, sugar free electrolyte drinks and organic chicken broth. Having a good supply of allowed beverages will ensure you keep well hydrated.



Please Note: The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly.

Week I

Basic Items

- MCT oil (Brain Octane is the best brand) not buy the granular product mixed with maltodextrin)
 - Extra virgin olive oil (select a good quality oil) » Swerve, granular or powdered (somewhat higher carb count)
 - organic coconut oil » xylitol (somewhat higher carb count)
 - avocado oil
 - electrolyte drinks, sugar-free
<https://completelyketo.shop/electrolytesale/>
 - coffee, regular & decaf
 - tea, herbal & regular
 - stevia sweetener, liquid and/or concentrated powder form
 - Dijon mustard
 - 1 jar or container of tahini
 - almond flour
 - coconut flour
 - xanthan gum
 - baking powder
 - baking soda
 - pure vanilla extract
 - mayonnaise, full fat and sugar free
 - boxed organic chicken broth
 - apple cider vinegar
 - wheat free tamari sauce, 1 bottle
- sweetener of choice from the following list:
 - » stevia, concentrated powder or liquid drops (do not buy the granular product mixed with maltodextrin)
 - » sucralose, liquid drops (do



Basic Items *(continued)*

- chili powder
- garlic granules
- ground cumin
- smoked chipotle powder
- dried oregano leaves
- dried thyme leaves
- ground cinnamon
- pure vanilla powder

Meats & Seafood

(You can substitute at any time to another type)

- 1 package of bacon (pork, turkey or chicken)
- 1 lb salmon fillets
- ½ lb boneless chicken breasts
- 2 lbs ground beef
- 8 oz deli turkey (baked), thinly sliced
- 1 whole 5 – 6 lb chicken (buy 2 if you plan on making homemade chicken broth)
- 4 filet mignon steaks, each 1 ½” thick and weighing about 6 oz.

Veggies & Fruits

- 1 avocado
- 1 bunch celery
- 1 bag of mixed salad greens
- Small box baby spinach leaves
- 1 tomato
- 1 small container of cherry tomatoes
- 1 bag of yellow cooking onions
- 1 head Romaine lettuce (or Boston lettuce)
- 1 small zucchini
- 2 garlic bulbs
- 1 small piece of fresh ginger
- 1 endive
- 1 lime
- 1 package shredded cabbage
- bean sprouts, small container
- 1 bunch green onions (scallions)
- 2 jalapeños
- 2 heads of cauliflower
- 1 bunch cilantro
- 1 bag frozen blueberries



Dairy Section

- 2 doz. Eggs
- 1 lb grass fed butter (buy 2lbs if making homemade ghee)
- Ghee (if not making your own)
- 1 pint Heavy cream (buy more if using in coffee every day)
- small container of full fat, plain Greek yogurt
- 1 container unflavored coconut milk, (not canned)
- Parmesan cheese
- Old cheddar cheese

Other Items

- 2 cans solid tuna, packed in oil
- 1 can anchovies
- Small package of unsalted peanuts
- 1 - 8 oz package of Miracle Noodles (Japanese yam noodles)
- chocolate chips, sugar-free
- small jar of sun-dried tomatoes packed in oil
- Mediterranean style sun-dried black olives, packed in oil
- Beef broth, bouillon cubes or boxed (watch for sugar in ingredients)
- 1 – 19 oz can diced stewed tomatoes, sugar-free
- 1 small can tomato paste
- Small bottle dry white wine (if using when roasting endive)
- ½ lb (about 2 C) unsweetened coconut chips
- ½ lb (about 2 C) Sunflower seeds
- ½ lb (about 2 C) Pecans
- ½ lb (about 2 C) Brazil nuts
- ½ lb (about 2 C) Hazelnuts
- ½ lb (about 2 C) Pumpkin seeds
- 1 lb raw almonds
- Poppy seeds, 1 small package





Week II

Take a few moments and look through your fridge and cupboards to take stock of what you still have on hand. Also, it's a good idea to look through the menu plan for this week to get a handle on what new ingredients you'll be needing over the coming seven days.

Basic Items

- Psyllium powder (can be ordered online)
- Powdered Swerve (can be ordered online)
- Ground rosemary
- Cocoa powder
- Paprika

Meats & Seafood

- 2 lb chicken drumettes
- 1 lb Italian sausage, mild or hot
- 1 lb pork tenderloin
- Bacon (pork, turkey or chicken), if needed
- Chicken breast, (amount depends on number of people you are feeding on Friday's dinner)
- ½ lb deli corned beef, sliced thinly
- ½ lb deli baked turkey, sliced thinly
- ½ lb ground beef



Veggies & Fruits

- Broccoli
- 1 Head of cauliflower
- Arugula
- 1 bag mixed greens
- 1 packages or boxes of baby spinach leaves
- 3 heads romaine lettuce
- 3 plum tomatoes
- 3 medium-sized tomatoes
- 1 box of cherry tomatoes
- 1 bunch of radishes
- 2 red bell pepper
- 1 yellow bell pepper
- 1 green bell pepper
- 1 zucchini
- 12 spears asparagus
- 1 English cucumber
- 3 avocados
- 1 Red onion
- 1 garlic bulb
- 2 lemons
- 1 small container fresh blueberries

Dairy Section

- 2 doz. Eggs
- Butter
- Heavy cream
- Old cheddar cheese (if needed)
- Small container full-fat sour cream
- 1 package full-fat cream cheese

Other Items

- Sesame seeds, small package
- 1 bottle of sugar free maple syrup
- 2 boxes of organic beef broth(1 quart each)
- Sugar-free chocolate chips (if needed)
- Unsweetened desiccated (or shredded) coconut
- 1 lb raw almonds (if you need to make more Tamari Nuts)



Week III

You may need to make up another batch of granola this week, depending on the number of people you are feeding. I am adding the necessary ingredients to this list and will mark each of these items as being for the Keto Granola. I'll do the same for other baked items as you may still have some cookies and cheesecake slices in your freezer.

Basic Items

Check the amount of MCT oil you have and re-order if necessary. As well you may need to re-order almond flour if you can't get it at the local supermarket. Purchase the rest of these items only if needed.

- MCT oil
- Almond flour
- Extra virgin olive oil
- Ghee (if not making your own)
- Boxed organic chicken broth (for chicken soup, etc)
- 2 boxes beef broth (for Italian meatball soup)
- Electrolyte drinks
- Coffee, regular and decaf
- Tea, regular and herbal
- Full fat mayonnaise, (if needed)
- Sweetener of choice (if needed)

Meats & Seafood

- 1 or 2 whole chickens (buy only one if not making homemade broth)
- 1 lb large chicken breasts
- 2 lb Haddock fillets (or other white fish such as sole, flounder, cod, halibut, sea bass etc.), 5-6 oz/fillet
- 1 lb pork tenderloin
- 1 lb salmon fillet
- 1 lb bacon (pork, turkey or chicken)
- 4 filet mignon steak – about 6 oz each (or steak of your choice)
- 1 lb Italian sausage, hot or mild





Veggies & Fruits

- 2 avocados
- 3 lemons
- 1 lime
- 2 bags mixed greens
- Arugula
- 2 bags of baby spinach leaves
- 3 heads Romaine lettuce
- Celery
- 1 bunch or package of radishes
- 3 heads of cauliflower
- 1 bunch broccoli
- Bag of yellow cooking onions, if needed
- 1 red onion
- 1 zucchini
- 4 tomatoes
- 2 boxes of cherry tomatoes
- 1 red pepper
- 3 garlic bulbs
- 1 piece of fresh ginger root
- 3 English cucumbers
- 1 bunch fresh dill
- 1 bunch fresh thyme (optional for garnish)
- 1 bunch fresh parsley
- 1 lb endives
- 1 turnip
- 1 bunch green onions (scallions)
- 1 container bean sprouts



Dairy Section

- 1 lb butter (2 lb if you need to make more ghee)
- Full fat, plain Greek yogurt
- 2 or 3 dozen eggs
- 1 or 2 quarts heavy cream
- 1 – 3 oz package of cream cheese (for cloud bread)
- 3 – 8 oz packages full fat cream cheese (for the cheesecake)
- 2 Large containers full fat sour cream (one is for cheesecake)
- Parmesan cheese
- Cheddar cheese

Other Items

- 6 cans tuna
- 1 lb raw almonds (for Tamari Almonds if needed)
- Poppy seeds (for Parmesan Poppy Seed Crackers, if needed)
- Black olives
- ½ lb (about 2 C) unsweetened coconut chips (for granola)
- ½ lb (about 2 C) Sunflower seeds (for granola)
- ½ lb (about 2 C) Pecans (for granola)
- ½ lb (about 2 C) Brazil nuts (for granola)
- ½ lb (about 2 C) Hazelnuts (for granola)
- ½ lb (about 2 C) Pumpkin seeds (for granola)
- Small bottle dry white wine (for endive, if needed)
- Sugar-free chocolate chips (if needed for cookies and cake)
- 1 package Miracle noodles (yam noodles)
- 1 package unsweetened (desiccated) coconut, (for macaroon cookies)



Week IV

Look through this week's menu and then have a look through your fridge and pantry to see what you have on hand and what may need replacing. If you made a batch of granola last week you are probably good on that front. The same goes for the desserts.

Basic Items

- MCT oil, if needed
- Almond flour, if needed
- Coffees, teas and electrolyte drinks, if needed
- Other oils, if needed
- Ghee, if not making your own
- Full fat mayonnaise, if needed
- 1 bottle of wheat free tamari sauce (if needed)
- Tahini, if needed

Meats & Seafood

- 1 whole chicken, buy 2 if making homemade chicken broth
- 1 large chicken breast
- 1 lb bacon (pork, turkey or chicken)
- 2 lb ground beef
- 2 lb ground lamb
- ½ lb corned beef
- ½ lb baked deli turkey
- ½ lb baked deli ham
- 3 oz smoked salmon, thinly sliced
- 2 ¼ lb sirloin tip beef roast
- 2 lb Haddock fillets (or other white fish such as sole, flounder, cod, halibut, sea bass etc.), 5-6 oz/fillet



Veggies & Fruits

- 5 lemons
- 5 avocados
- 1 bunch cilantro
- 1 bunch mint
- 1 bunch curly leaf parsley
- 2 garlic bulbs
- 2 red onions
- 2 jalapeño peppers
- 1 red bell pepper
- 1 yellow bell pepper
- 1 bunch radishes
- 1 head cauliflower 1 zucchini
- 1 turnip
- 12 asparagus spears
- 1 bunch green onions (scallions)
- Small piece of fresh ginger root
- 5 tomatoes
- 3 plum tomatoes
- 1 small container cherry tomatoes
- 2 English cucumbers
- 2or 3 heads Romaine lettuce
- 1 bag mixed greens
- 1 bag baby spinach leave
- 16 Brussels sprouts (about 1 lb)

Dairy Section

- 2or 3 dozen eggs
- 2 quarts heavy cream
- 1 or 2 lb butter (one for ghee if making your own)
- Swiss cheese
- Full fat cream cheese (for cloud bead)
- Cheddar cheese
- Small container full fat sour cream





Other Items _____

- 1 can tuna
- 1 can stewed tomatoes
- 1 small can tomato paste
- 1 box organic beef broth
- Black olives, if needed
- 1 lb raw almonds (for Tamari Almonds)
- Chocolate chips, if needed
- Bamboo skewers

Week V

Just a few more days and you will have completed the 30 day Keto Success program! You won't have a very big shopping list this time. Once again read the menu and check your fridge and pantry to see what you have in stock before heading out to do your shopping. You probably have all you need from the Basics Items List so we'll skip that this time.

Meat & Fish _____

- Bacon (pork, turkey or chicken)
- ½ lb ground beef
- 4 filet mignon steaks (or steak of your choice), about 6 oz each



Veggies & Fruit

- 2 avocados
- 1 head cauliflower
- 1 head Romaine lettuce
- 1 bunch flat leaf parsley
- Arugula
- 1 bag of Baby spinach leaves
- 1 bag of Mixed greens
- ¼ lb String beans
- Red bell pepper
- English cucumber
- 1 tomato
- 1 Cooking onion
- 1 lb Brussels sprouts

Dairy Section

- Heavy cream
- 1 dozen eggs
- Sour cream
- Full fat cream cheese

Other Items

- 1 can tuna
- 1 can anchovies
- Capers
- Sugar- free chocolate chips



Chapter 12: Recipes

The Essentials





Bullet Proof Coffee

There are many different recipes for Bullet Proof Coffee out there on the internet. The Rapid Keto Success version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, *if desired*, 2 tsp heavy cream.

That's it!

Start slowly with MCT oil because it can cause a sensitive tummy. Every two weeks, if your stomach tolerates it, add a tsp until you're up to one tablespoon a day.

You can add some stevia to sweeten it if you like. I use SweetLeaf liquid stevia and carry the packets in my car.

You can use ghee or grass-fed butter instead of heavy cream.





The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Yield: 1 serving

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0



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Homemade Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon!

When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5 - 8 hours (or more). Makes about 4 quarts of stock.

Ingredients

- 1, 4-5 lb chicken whole or cut into pieces
- 2 celery stalks cut in half
- 5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 ½ tsp dried)
- Handful of fresh parsley (or 2 tsp dried)
- 2 tsp sea salt
- 1 tsp black peppercorns
- 1 ½ T apple cider vinegar
- Water to fill the 6 - 8 quart pot



Preparation

1. Place all ingredients into a 6-8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10-20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.
4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.
5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies & bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

Yield: About 4 quarts (16 one cup servings)

If using a slow cooker ... follow the steps outlined above.

The chicken will likely take 2 ½-3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4-24 hours.





Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

If you do not have any dairy issues, grass-fed butter works really well.

Ghee is a great fat to cook with because the milk solids have been removed. This fat can be used at higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter

Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color



3. The middle will be yellow. This is the deepest layer and it is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15 – 20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0 g
- Fiber: 0 g
- Net Carbs: 0 g
- Total Fat: 1 g
- Protein: 0 g





Vinaigrette

Homemade vinaigrettes are easy to make. Once you get onto how easy it is to whip one up there will be no going back to heavy handed, fake tasting store bought salad dressings.

Ingredients

- Juice from 1 lemon or 2 limes
- 1 tsp Dijon mustard
- 3 drops of liquid stevia
- $\frac{3}{4}$ C olive oil

Preparation

1. Whisk lemon juice, mustard and liquid stevia.
2. Drizzle olive oil into the lemon juice mixture and continue whisking until all the oil has been incorporated into the dressing.

Yield: 16 servings (1 Tablespoon in each serving)

Nutritional Information:

- Total Calories/serving: 90
- Total Carbs: 0 g
- Fiber: 0 g
- Net Carbs: 0 g
- Total Fat: 10 g
- Protein: 0 g





Tahini Salad Dressing

Here's a quick and easy salad dressing that is a staple item in my refrigerator. I always have some on hand to make getting a salad together for lunch or dinner a quicker process.

Ingredients

- 1/4 cup tahini (ground sesame seed paste)
- 2 T fresh lemon juice
- 1 T unfiltered apple cider vinegar
- 2 cloves garlic, minced or pushed through a press
- Sweetener of your choice, to taste
- Salt & pepper, to taste
- Water to thin (if needed)

Preparation

1. Pour all ingredients into a small jar with a tight fitting lid and shake. Adjust the seasonings to your taste.
2. You can also whisk the ingredients until smooth. Some brands of tahini are thicker than others so you may need to thin the dressing with a wee bit of water. Use immediately or store in refrigerator for later use.



Completely Keto Green Goddess Dressing

This dressing was invented and served to me by a friend. I begged for the recipe. Use this dressing for a change on any of the salads we have listed on the menu.

Ingredients

- 2 ripe avocados, peeled and stone removed
- 2 garlic cloves, minced or pushed through a press
- ½ C green onions (scallions), chopped
- 1 ½ T fresh dill, chopped
- ¼ C parsley, chopped
- 1 T fresh lemon juice
- ½ T fresh lime juice
- 1 ½ T
- Freshly ground pink Himalayan salt & black pepper, to taste

Preparation

1. Put all ingredients in food processor and process until creamy.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 161
- Total Carbs: 9 g
- Fiber: 6 g
- Net Carbs: 3 g
- Total Fat: 14 g
- Protein: 2 g



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Breakfast





Bacon and Egg Breakfast *(avocado on the side)*

I like to include avocado on my breakfast plate occasionally to up the fat content. It also compliments the egg and salty bacon flavors beautifully! If pork isn't something you eat, substitute bacon made using chicken or turkey. Try to find brands that don't add sugar during the curing process.

Ingredients

- 2 bacon strips (use pork, turkey or chicken bacon)
- 1 large egg
- ½ ripe Hass avocado, thinly sliced



Preparation

1. Fry bacon until crisp and cooked through in a heavy bottomed skillet over medium high heat. Remove & drain on paper towel. Set aside and keep warm.
2. Fry egg in the hot bacon grease to your liking.
3. Serve with sliced avocado on the side.

Yield: 1 serving

Nutritional Information:

(with avocado)

- Total Calories/Serving: 270
- Total Carbs: 8 g
- Fiber: 5 g
- Net Carbs: 3 g
- Total Fat: 23 g
- Protein: 12

Nutritional Information:

(no avocado)

- Total Calories/Serving: 150
- Total Carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2 g
- Total Fat: 12 g
- Protein: 11





Perfectly Boiled Eggs

(Hard boiled Eggs and/or Soft boiled egg)

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs:

1. Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at as rapid a rate.
2. When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.



Soft Boiled Eggs:

1. Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at a rapid a rate.
2. When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Take the top off the egg or peel and serve with butter to add some saturated fat to your breakfast. Season with salt and pepper to taste.

Yield: 1 large egg per serving

Nutritional Information:

- Total Calories/serving: 70
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g





Pancakes with Syrup

Pancakes are a favorite in my home on Saturday or Sunday mornings. I like them with syrup or just plain with a dab of butter melting on top. Blueberries make a nice addition too. Change it up and enjoy them often!

Ingredients

- 4 large eggs
- ½ C heavy cream
- ¼ tsp pure vanilla extract
- ¾ C almond Flour
- ½ tsp baking powder
- ¼ tsp pink Himalayan salt
- 4 tsp, granular Swerve (or equivalent amount of sweetener of your choice)
- 2 T Ghee
- ½ C sugar free maple syrup
- ¾ C almond Flour



Preparation

1. Separate eggs. Beat egg whites until stiff and set aside.
2. Combine almond flour, baking powder, salt and stevia in a measuring cup.
3. In a separate bowl, use a hand held mixer to beat together egg yolks, cream, and vanilla. Add the dry ingredients to the wet ingredients and mix.
4. Gently fold the stiff egg whites into the mixture until well incorporated.
5. Melt ghee in a heavy bottomed skillet over medium high heat. Spoon batter into the hot pan forming 4 small pancakes. Fry pancakes until golden brown on the bottom then flip and fry on the opposite side until the pancakes are golden and cooked through. Serve immediately with sugar free maple syrup drizzled over-top.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 370
- Total Carbs: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Total Fat: 34 g
- Protein: 11 g





Spinach and Blueberry Smooth Start

We call this breakfast smoothie “the Smooth Start” because it supplies the energy you need to get going first thing in the morning. You can choose to add your morning dose of MCT oil to this smoothie instead of putting it in your morning coffee if you prefer.

Ingredients

- 2 C baby spinach leaves
- ¼ C frozen blueberries
- ½ ripe avocado
- 5 ice cubes
- 2 C coconut milk, from carton
- Sweetener, to taste



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Preparation

1. Place all ingredients except the sweetener into a blender and process on high until smooth and creamy.
2. Add sweetener, a bit at a time, until the smoothie tastes the way you want.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 189
- Total Carbs: 7 g
- Fiber: 4 g
- Net Carbs: 3 g
- Total Fat: 10 g
- Protein: 18 g





Spanish Omelet

Ingredients

- 4 large eggs
- 2 T Ghee
- ½ C yellow onion, fine dice
- ¼ C celery, fine dice
- ¼ C bell pepper, fine dice
- 2 tsp turmeric
- ½ tsp whole ground cumin
- 1 C baby spinach leaves
- ½ tsp, pink Himalayan salt
- ¼ tsp ground black pepper



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Preparation

1. Beat eggs until light and foamy. Set aside.
2. Melt ghee in a heavy bottomed skillet over medium high heat. Add diced celery and onion and sauté, stirring occasionally for 3 minutes until onion is translucent and celery is soft.
3. Add turmeric and cumin and continue to sauté for 2 more minutes.
4. Add spinach and stir until spinach has wilted.
5. Pour in the beaten egg and add a grinding of salt and pepper over-top.
6. Allow to cook until set then gently lift the side, tip the pan and allow the liquid egg to run beneath the cooked egg. Do this in a few locations around the outer edge then cover the pan and continue cooking until the egg is completely cooked. Fold the omelet in half, using a spatula. Cut in half and serve immediately.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 298
- Total Carbs: 5 g
- Fiber: 2 g
- Net Carbs: 3 g
- Total Fat: 25 g
- Protein: 14 g





Morning Egg Scramble

(with or without bacon)

Garlic and scrambled eggs are a fine pairing. If you choose this breakfast without the bacon you'll be out the door in no time! Nutritional information for this recipe with or without bacon can be found at the end of the recipe. If you do choose to have bacon and pork isn't your thing you can substitute turkey or chicken bacon (just adjust the macros accordingly).

Ingredients

- 2 strips bacon (pork, turkey or chicken)
- 2 tsp ghee
- 1 garlic clove, minced or pushed through a press
- 2 eggs, whisked
- Salt & pepper to taste



Preparation

1. Fry bacon until crispy, drain on paper towel and set aside (keep warm).
2. Wipe out pan then melt ghee in pan over medium heat.
3. Add onion and sauté for a minute or two until translucent, golden colour.
4. Pour in whisked eggs and cook, stirring constantly until the egg is done to your liking.
5. Adjust seasoning with salt & pepper and serve on a warmed plate with bacon strips along-side.

Yield: 1 serving

Nutritional Information

(with 2 strips of pork bacon)

- Calories/serving: 324
- Total carbs: 3 g
- Fiber: 0 g
- Net Carbs: 3 g
- Total Fat: 27
- Protein: 18 g

Nutritional Information

(without bacon)

- Calories/serving: 238
- Total carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2 g
- Total Fat: 20 g
- Protein: 13 g



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Keto Granola

I suggest you make a batch of this granola on your first prep day so you can enjoy it in the morning over the next month of the Keto Success program. For mornings when you need to get out the door in a hurry, pair the granola with Greek yogurt for a quick and satisfying breakfast.

Ingredients

- 2 C unsweetened coconut chips
- 2 C Sunflower seeds
- 2 C Pecans
- 2 C Brazil nuts
- 2 C Hazelnuts
- 2 C Pumpkin seeds
- 2 Tsp pure vanilla powder
- 2 T Swerve or erythritol
- 2 Tsp Cinnamon
- ½ Cup cold pressed coconut oil

Preparation

1. Pre-heat oven to 350 F
2. Line two baking sheets with parchment paper and set aside.
3. Mix sunflower, pumpkin seeds with two teaspoons of pink Himalayan salt in a roasting pan and place on the middle rack of the pre-heated oven for 8 minutes. Remove from oven and allow to cool for 5 minutes.



4. Using a food processor coarsely chop all the nuts, seeds and coconut chips in small batches adding them to a large mixing bowl as they are done.
5. Add in the vanilla powder, swerve and cinnamon and mix well.
6. Melt the coconut oil and pour over-top the nut mixture and mix until everything is evenly coated.
7. Use your hands to pick up the granola, squeezing small handfuls together. Drop the compressed handfuls on the parchment lined pans spreading them out evenly.
8. Place the two pans in the oven for 20 minutes or more until the granola is a light golden color and smells like heaven!
9. Remove from oven and allow the granola to cool completely before storing in airtight containers.

Yield: 12 cups of granola, ¼ C per serving

Nutritional Information:

- Total Calories/serving of ¼ cup: 234
- Total Carbs: 7g
- Fiber: 4 g
- Net carbs: 3 g
- Total Fat: 22 g
- Protein: 10 g

Nutritional Information:

(with ½ C of full fat, plain, Greek yogurt)

- Total Calories/serving: 344
- Total Carbs: 12 g
- Fiber: 4 g
- Net carbs: 3 g
- Total Fat: 15 g
- Protein: 30 g





Baked Eggs in Avocado with Smoked Salmon

These eggs are perfect for a brunch with family and friends. They look elegant, plus they are easy to make. For a successful outcome you need to plan ahead so the avocados are ripe, but still firm, on the day you want to serve this dish.

Ingredients

- 2 ripe avocados, cut in halves and pits removed
- 3 oz smoked salmon, thinly sliced
- 4 Eggs
- Pinch of cayenne pepper
- 1 tsp pink Himalayan salt
- ¼ tsp ground black pepper
- Fresh herbs for garnish if desired
- Lemon wedges, for garnish if desired



Preparation

1. Preheat oven to 375 F
2. Cut avocados in half and remove the pits. Place, facing up with the peel side down, on a parchment lined baking sheet.
3. Crack one egg at a time into each avocado half place a thin slice of smoked salmon beside each egg inside the avocado depression.
4. Sprinkle salt, black pepper and cayenne evenly over the top of each egg.
5. Bake on the middle rack of the pre-heated oven for 20-25 minutes.
6. Garnish with freshly chopped herb of your choice. Place a lemon wedge on the side and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 214
- Total Carbs: 6 g
- Fiber: 5 g
- Net Carbs: 1 g
- Total Fat: 16 g
- Protein: 12 g





Mini Breakfast Quiche

We call these breakfast quiche but really they are great for any meal of the day. And bonus ... they taste great cold or at room temperature. So make extra and have some for a meal tomorrow. They will keep in the fridge when wrapped up tight for three days.

This recipe uses black olives, sun-dried tomatoes and caramelized onions but you should feel free to change it up and use whatever you have on hand. Spinach and ham make a hardy mini quiche that is excellent with thin slices of avocado served on the side. There's an endless list of possible ingredients and flavor profiles so you aren't likely to ever get bored eating mini quiche.

We recommend using a silicone muffin pan for this recipe. The flexible silicone makes it really easy to remove the quiche when the time comes!

Ingredients

- ½ large cooking onion, medium dice
- 2 tsp ghee
- 2 T finely diced sun-dried tomato
- 4 Mediterranean dried black olives
- 6 eggs
- ¼ C heavy cream
- ½ tsp Himalayan salt
- ¼ tsp black pepper



Preparation

1. Pre-heat the oven to 350 F
2. Melt ghee in skillet over medium high heat, add the diced onion and turn the heat under the pan down to medium. Sauté the onion until translucent and lightly caramelized (about 5 minutes).
3. While the onions are cooking prepare a muffin pan (6 individual cups) with a light coating of coconut oil.
4. Remove the olive meat from the pits and chop coarsely. Discard the pits.
5. Divide the caramelized onions, chopped black olives and diced sun-dried tomatoes evenly amongst the six muffin cups.
6. Whisk the 6 eggs together with the heavy cream, salt and pepper and pour over the ingredients already distributed in the 6 muffin cups, dividing the egg mixture evenly.
7. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg has set and a skewer comes out clean when inserted into the middle of one of the muffin cups. Let cool for a few minutes and then slip the mini quiches out of the muffin cups and onto a plate.

Yield: 3 servings (2 mini quiche per serving)

Nutritional Information:

- Calories/serving: 238
- Total Carbs: 4 g
- Fiber: 0 g
- Total Fat: 18 g
- Protein: 12 g





Tsippy's Cheese Strata

I make this breakfast strata when I have some leftover Tsippy's Rolls. When they've been around for a few days they tend dry out somewhat, making them perfect for a strata. If you can, put this casserole together the night before and hold it covered in the fridge overnight. The bread will soak up the egg mixture and be ready for the oven first thing in the morning. You can also get away with making it an hour head and letting the strata rest in the fridge. Either way, this breakfast casserole is a hit with my family!

Ingredients

- 3 Tsippy's Rolls, cut into 1" cubes
- ½ cooking onion, medium dice
- 2 tsp ghee (or extra virgin olive oil)
- 5 eggs
- ½ C heavy cream
- ¼ C water
- Grinding of pink Himalayan salt & black pepper
- ¾ C old cheddar or Asiago cheese, shredded



Preparation

1. Heat ghee in a skillet over medium high heat. Add onions and sauté until onions are translucent and a nice golden color. Remove from heat and set aside.
2. Spray rectangular cake pan with cooking oil and scatter cubed Tsippy's rolls around the bottom of the pan. Sprinkle cooked onion and $\frac{1}{2}$ C of the shredded cheese over-top.
3. In a separate bowl whisk the eggs, cream, water and salt & pepper. Pour over bread cubes in pan and sprinkle remaining cheese on top. Cover over with plastic wrap and refrigerate overnight.
4. Pre-heat oven to 350 F and bake the strata for 20 minutes on the middle rack of the pre-heated oven.
5. Cut into 6 pieces and serve immediately.

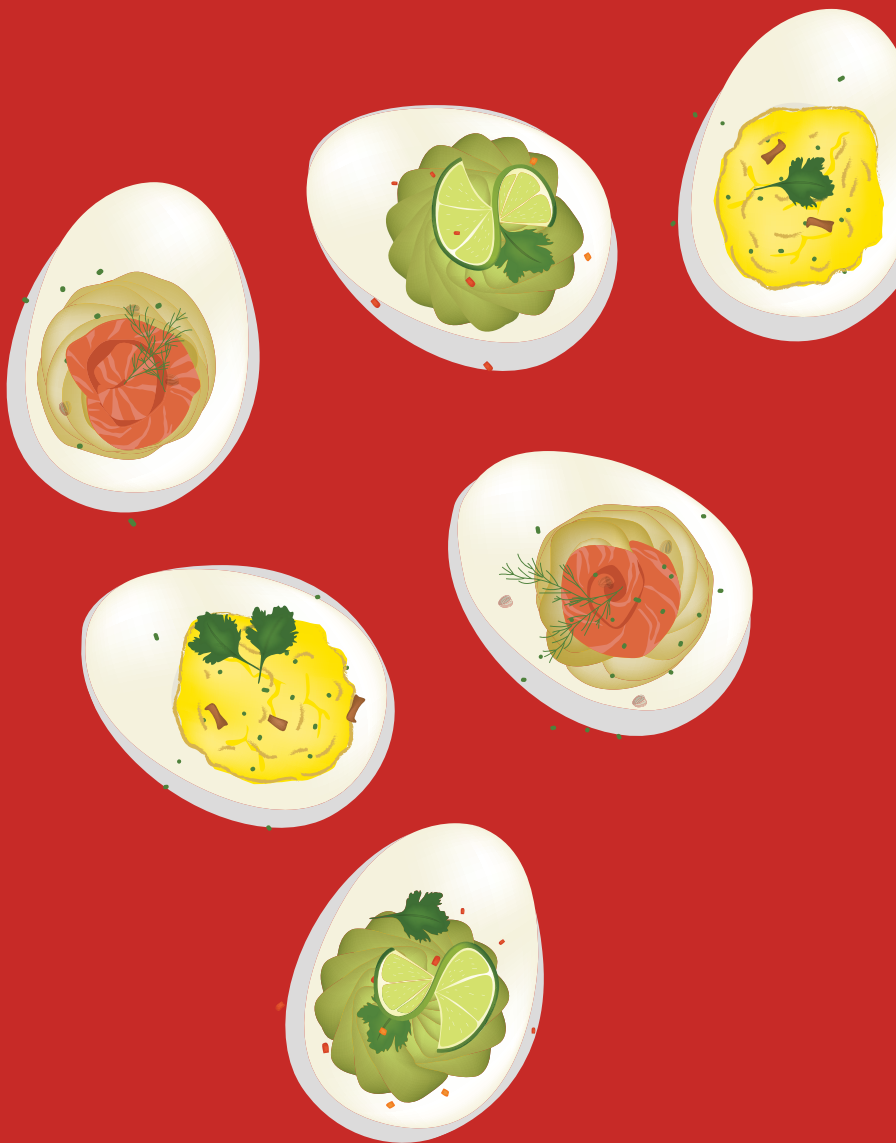
Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 340
- Total Carbs: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Total Fat: 29 g
- Protein: 15 g



Lunch





Tuna Salad

Great for packing in a lunch kit; you can make this one the night before!

Ingredients

- ½ avocado, small dice
- 2 T celery, small dice
- ½ can of tuna
- 2 T mayonnaise
- 1 tsp avocado oil
- 1 tsp Dijon mustard
- Salt & pepper to taste
- Hand-full of salad greens



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Preparation

1. Mix together the diced avocado and celery.
2. Flake the tuna and add the mayonnaise, avocado oil and Dijon mustard. Mix well
3. Combine the two mixtures. Salt and pepper to taste.
4. Place the tuna salad on top of the salad greens and serve.

Yield: one portion

Nutritional Information

- Calories: 417
- Total Carbohydrates: 7 g
- Fiber: 5 g
- Net Carbs: 2 g
- Total Fats: 37 g
- Protein: 18 g





Deviled Eggs

My granny used to serve deviled eggs at lunch-time and today it's still a favorite comfort food for my own family. These tasty eggs make a great snack at any time of the day for those on a ketogenic eating plan.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Salt & pepper to taste



Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish with a sprinkle of paprika and serve or refrigerate immediately.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 118
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 10 g
- Protein: 6 g





Keto Style Turkey Sandwich

We swap out carb-laden bread for Keto friendly romaine lettuce, iceberg or Boston lettuce leaves in this easy to prepare lunch sandwich. Simply layer deli meat with mayo and a tomato slice and there you have it; a lunch so light you could even have two “sandwiches” if you’re having a particularly hungry day! You can choose the deli meat you desire but please note the nutritional information provided here is for a sandwich with deli turkey (the baked kind.)

Ingredients

- 8 oz deli turkey slices (or other meat of your choice)
- 8 large romaine lettuce leaves
- 4 T mayonnaise
- Salt & pepper to taste



Preparation

1. Layer turkey slices tomato & mayo between 2 lettuce leaves. Repeat until you have 4 sandwiches and serve!

Yield: serves 2-4

Nutritional Information:

- Total Calories/serving: 150/ sandwich
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 11 g
- Protein: 10 g



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Old Fashioned Chicken Soup

I'm using cauliflower "rice" in place of the white rice usually found in chicken soup but I think you'll find this Keto version is just as good as the old fashioned chicken soup you remember from childhood. The cauliflower rice gets soft and soaks up the chicken flavor in the broth and the resulting texture, after simmering for awhile, is comforting just like the soup mom used to make.

Ingredients

- 2 T ghee
- 1 yellow cooking onion, small dice
- ½ C celery, small dice
- 6 C organic chicken stock, boxed
- 3 C cauliflower florets
- 1 bay leaf
- 2 tsp dried thyme leaves
- 2 large chicken breast, cut into small pieces



Preparation

1. Melt ghee over medium high heat and sauté diced onion and celery for 3 minutes until the onion is translucent and the celery has softened.
2. Add the chicken stock and bring to a boil. Lower heat under pot to medium.
3. Use a processor to chop the cauliflower florets into rice sized chunks. Do this in small batches until all the florets are used. Add the cauliflower “rice” to the pot along with 1 bay leaf and thyme.
4. Simmer for 20 minutes then add the cooked chicken and simmer for another 20 minutes. Cool and store in the fridge for up to 3 days. This soup also freezes well.

Yield: Serves 4 (with 2 servings leftover for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 184
- Total Carbs: 7 g
- Fiber: 2 g
- Net Carbs: 5 g
- Total Fat: 11 g
- Protein: 15 g





Bacon Wrapped Halloumi Cheese Plate

Halloumi cheese has a mild flavor and doesn't totally melt down in the oven making this cheese a perfect choice for pairing with bacon. You can eat these tasty cheese sticks right out of the oven or make them ahead for inclusion in a lunch box. They would also make a great keto-style appetizer at your next party! If you don't eat pork select turkey or chicken bacon instead.

Ingredients

- 4 oz Halloumi cheese, cut into 6 pieces lengthwise
- 6 bacon strips (made with pork, turkey or chicken)



Preparation

1. Pre-heat oven to 350 F.
2. Wrap a strip of bacon around each piece of cheese and place on a baking sheet lined with foil. Bake for 20 minutes or until the bacon is browned and the cheese has softened and spread a bit. Run the baking sheet under the broiler for a few minutes to crisp up the bacon. Serve immediately or cool to room temperature then refrigerate.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 299
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 24 g
- Protein: 20g





Quick & Easy Totally Keto Chef Salad

Ingredients

For the salad:

- ½ lb corn beef, thinly sliced
- ½ lb deli turkey (baked), thinly sliced
- ½ red bell pepper, sliced thin in round circles
- ½ green bell pepper
- 1 tomato, sliced in ¼ wedges
- 2 eggs, hard boiled, peeled & sliced in ¼ wedges
- 8 black olives, pitted
- 4 C romaine lettuce, torn into pieces
- 6 radishes, sliced thinly



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For the dressing:

- 1 C full fat mayonnaise
- ¼ C apple cider vinegar
- ¼ C sugar-free ketchup
- ¼ C extra virgin olive oil
- 1 garlic clove, minced or pushed through a press
- ¾ tsp dry mustard
- ¾ tsp paprika
- ½ tsp cayenne pepper (use less if you don't like heat)
- Sweetener of choice, to taste
- Grinding of pink Himalayan salt & black pepper, to taste

Preparation

1. Cut up all veggies and lay out on a platter
2. Place sliced turkey, corned beef, hard-boiled egg sections and black olives around on top of the veggies.
3. Mix all dressing ingredients together and store in a small mason jar.
4. Serve salad chilled with dressing on the side.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 505
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 47 g
- Protein: 16 g



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Broccoli & Cheddar Frittata

If you have leftovers, this frittata reheats nicely in the microwave or, if you are like me, you can eat it cold or at room temperature next morning for breakfast!

Ingredients

- 1 ½ C broccoli florets
- 8 eggs
- 3 oz old Cheddar Cheese, grated
- 2 medium onions, medium dice
- 2 tablespoon extra virgin oil (or ghee)



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Preparation

1. Pre-heat oven to 350 F.
2. Steam broccoli over boiling water until done, (about 3 minutes). You want the broccoli to be tender yet retaining a nice bright green color. Overdone broccoli turns yellowish green.
3. While broccoli is steaming, heat olive oil over medium high heat in a cast iron skillet. Sauté onions for a few minutes until they become translucent and golden in color.
4. Beat eggs until light and frothy.
5. Add broccoli to the hot skillet, distributing it evenly around the pan and pour the beaten eggs over-top.
6. Cook the frittata on the stove-top for 3 or 4 minutes until the egg begins to set.
7. Sprinkle the grated cheddar over-top and place the skillet on the middle rack of the pre-heated oven. Bake for about 15 minutes until the eggs are completely set and the cheese has melted. Run under the broiler for 1 minute to brown the cheese and serve immediately.

Yield: 6 serving (save 2 servings for breakfast tomorrow!)

Nutritional Information:

- Total Calories/serving: 216
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5 g
- Total Fat: 15 g
- Protein: 12 g





Italian Meatball Soup

This Italian meatball soup goes together quickly and hits the spot when a filling lunch is required.

Ingredients

- 1 cooking onion, medium dice
- 2 T olive oil
- 2 quarts beef broth
- 1 head cauliflower, cut into florets
- 1 lb. Italian sausage (hot or mild)
- 1 package of baby spinach leaves



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Preparation

1. Heat olive oil in soup pot; add the chopped onion and sauté until the onion is translucent.
2. Place 1 cup of cauliflower florets into the bowl of a food processor and process into rice-sized chunks. Repeat until all the florets have been processed.
3. Add the cauliflower “rice” to the sautéed onions and stir in the beef broth. Heat, over medium high, until the broth comes to the boiling point. Turn the heat down to medium and simmer for about 15 minutes.
4. While the soup is simmering make tiny little sausage meatballs by rolling about 2 tsp of the meat between the palms of your hands. Repeat until all the ground Italian sausage is used.
5. Add the mini meatballs to the soup and continue to simmer the soup for another twenty minutes.
6. Add the spinach and stir until it has all wilted into the soup. The soup is ready to serve. However, as with most soups the flavor will continue to develop if the soup is brought to room temperature and then gets to rest in the fridge overnight.

Yield: Serves 8

Nutritional Information:

- Total Calories/serving: 274
- Total Carbs: 9 g
- Fiber: 2 g
- Net carbs: 7 g
- Total Fat: 19 g
- Protein: 17 g



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Salad Nicoise

This is one of my favorite lunch-time meals and is easy to whip together when company is coming.

Ingredients

For the dressing:

- 8 anchovies, boneless
- 4 T capers
- 1 ½ C bunch flat leaf parsley (1 Bunch)
- 1 T Dijon mustard
- 5 Cloves Garlic
- ¾ C extra virgin olive oil
- ¼ C apple cider vinegar
- 1 T dried oregano
- Grinding of pink Himalayan salt & black pepper, to taste



For the salad:

- 1 Romaine lettuce (head)
- 1-12 oz bag mixed greens
- 2 roasted red bell peppers, sliced thin
- 25 Small Nicoise olives
- 1 ¼ lb tuna (approx. 4 cans)
- 4 hard boiled eggs, cut into 1/8 wedges
- 4 radishes, sliced thinly
- 16 cherry tomatoes, sliced in half
- ¼ red onion cut, into thin slivered strips
- ¼ lb string beans, steamed and cut into 1" pieces on the diagonal
- 2 green onions (scallions) thinly sliced

Preparation

For the dressing:

1. Place all the ingredients in a food processor (reserve 2 anchovies to garnish the top of salad). Blend until smooth.
2. Pour into an air-tight glass jar and chill in the fridge. This dressing will keep well in a glass jar stored in the refrigerator for a week.



For the salad:

1. Discard tough outer romaine leaves and tear the remaining leaves into bite-sized pieces. Use a lettuce spinner to wash and dry torn pieces of romaine. Toss with mixed greens and divide the lettuce, evenly, between the 8 salads.
2. Drain tuna and divide chunks of the tuna evenly between each plate.
3. Distribute cherry tomatoes, string beans, red onion, peppers, sliced radish and egg wedges, evenly between the salads.
4. Slice reserved anchovies into smaller chunks. Garnish each of the salads with thinly sliced green onions and anchovy pieces.
5. Drizzle dressing generously over each salad and serve.

Yield: Serves 8

Nutritional Information:

- Total Calories/serving: 326
- Total Carbs: 12 g
- Fiber: 6 g
- Net Carbs: 6 g
- Total Fat: 29 g
- Protein: 6 g





Pork Tenderloin Sandwich

Ingredients

- ½ portion of Pork Tenderloin Roast, thinly sliced
- 2 pieces of Cloud Bread
- 2 tsp mayonnaise
- ½ tsp Dijon mustard



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Preparation

1. Spread mayo and mustard over cloud bread evenly and pile on the roast pork slices. Season with salt & pepper.
2. Cut the sandwich in half and serve.

Yield: 1 serving

Nutritional Information:

- Total Calories/serving: 298
- Total Carbs: 3 g
- Fiber: 0 g
- Net carbs: 3 g
- Total Fat: 20 g
- Protein: 20 g





Curried Egg Salad Sandwich

Ingredients

- 2 Cloud Bread pieces
- 1 Perfectly Hard Boiled Egg
- 1 T full fat mayonnaise
- ¼ tsp Dijon mustard
- 1 green onion (scallion), thinly sliced
- Grinding of pink
- ½ tsp curry powder
- 1 Romaine lettuce leaf
- Himalayan salt & black pepper (to taste)



Preparation

1. Mash hardboiled egg with a fork and mix in the mayonnaise, Dijon mustard, green onion and curry powder. Correct the seasoning with salt & pepper.
2. Spread the egg mixture on one piece of cloud bread. Top with the Romaine lettuce and cover with the second piece of Cloud Bread. Cut in half and serve.

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 245
- Total Carbs: 6 g
- Fiber: 5 g
- Net Carbs: 1 g
- Total Fat: 20 g
- Protein: 10 g



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Easy, 3 Ingredient, Keto Cheese Sandwich

Lunch will be ready in a matter of minutes when the three ingredient sandwich is on the menu!

Ingredients

- 6 Oz Cheese Farmer
- 3 Slices Tomato
- 6 Romaine lettuce leaves



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Instructions

1. Wash lettuce thoroughly and dry in a Lettuce Spinner
2. Lay three lettuce leaves out on a cutting board. Spoon 2 oz of farmer's cheese onto each leaf and top with a slice of tomato. Top each "sandwich" with one of the remaining lettuce leaves.

Yield: Serves 1 (3 sandwiches/serving)

Nutritional Information:

- Total Calories/serving: 349
- Total Carbs: 11 g
- Fiber: 6 g
- Net Carbs: 5 g
- Total Fat: 16 g
- Protein: 33 g



Ham & Swiss Cheese Roll-ups

Perfect for lunch at your desk on a busy day or served on a platter of appetizers; ham & Swiss cheese roll-ups are a versatile finger food!

Ingredients

- 4 oz Swiss cheese , thinly sliced (five thin slices)
- ½ lb shaved baked deli ham

Preparation

1. Use a cheese slicer to press down and run along the top of the cheese block to create 5 very thin slices of cheese
2. Make a log shape using the shaved to make a log shape the same width as the cheese slice. Place on one end of the cheese slice and roll up. Place seam side down on a plate. Do the same with the remaining ingredients.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 185
- Total Carbs: 5 g
- Fiber: 0 g
- Net Carbs: 5 g
- Total Fat: 19 g
- Protein: 25 g



Salads & Sides





Completely Keto Roasted Endives

Elegant enough for company, but simple to make and perfect for a weekday meal. This side-dish is enjoyed at our table often!

Ingredients

- 1 lb Endives
- 1 tsp sea salt flakes
- ½ C extra virgin olive oil
- ¼ C dry white wine
- 4 sprigs of thyme or parsley, optional for garnish



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Preparation

1. Preheat oven to 400 F
2. Rinse endives and cut into halves length-wise.
3. Arrange spears cut side up in a shallow baking tray, tucking them in so they sit together nice and snugly.
4. Sprinkle with salt flakes, olive oil and wine.
5. Turn spears over and then bring back to cut side up before placing the pan on the middle rack of the pre-heated oven.
6. Roast for 30 minutes and remove from oven. Allow to sit for a few minutes before serving.
7. When serving place spears on plate and pour juice over-top.
8. Garnish with small pieces of thyme or parsley, if desired.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 169
- Total Carbs: 5 g
- Fiber: 4 g
- Net Carbs: 1 g
- Total Fat: 14 g
- Protein: 1 g





Perfectly Keto Cauliflower Hash Browns

Cauliflower hash browns are a versatile side-dish at home next to bacon and eggs in the morning and equally satisfying when served next to roast pork or beef at dinner time.

Ingredients

- 3 cups grated cauliflower (about one medium sized head)
- 2 T cooking onion, minced
- 1 egg
- 2 garlic cloves, minced or pushed through a press
- ½ tsp Himalayan salt
- ¼ tsp pepper
- 2 T ghee



Preparation

1. Use a box grater or food processor to grate cauliflower; 3 cups altogether.
2. Microwave for 4 minutes and let cool. Squeeze out any excess moisture. I use folded over paper towel placed ovetop, and then press down on the micro-waved cauliflower using a flat-bottomed mug. This wicks the moisture up into the paper towel.
3. Add the remaining ingredients and combine.
4. Stove-top method: Melt half of the ghee in a heavy bottomed skillet over medium high heat. Make three mounds of the hash brown mixture in the hot pan and flatten each mound into an oval shape. Fry for 2 or 3 minutes then flip and continue cooking until the hash brown is crispy and cooked through. Repeat with the remaining batter making 6 hash browns in all.
5. Oven method: Form into six oval (or round) shaped hash browns on a parchment lined rimmed baking sheet.
6. Place on the middle rack of the pre-heated oven (400 F) for 15-20 minutes.
7. Let cool for 10 minutes and they will firm up.

Yield: 6 hash browns (1 hash brown per serving)

Nutritional Information:

- Total Calories/serving: 84
- Total Carbs: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Total Fat: 6 g
- Protein: 3 g





Marinated Cherry Tomato Salad

Put this salad together quickly and pour on the dressing then let it marinate at room temperature while your entrée is in the oven. We love the natural sweetness in these cherry tomatoes combined with the lightly pickled red onions. The addition of sun-dried black olives adds some salty zest. Great when paired with roasted chicken and always good next to a nicely seasoned, grilled steak.

Ingredients

- 6 Zima Cherry Tomatoes, cut in half length-ways
- ¼ C Red Onion, extra-thin slices
- 6 sun-dried black olives, pitted and coarsely chopped
- 2 tbsp, fresh lemon juice
- 2 tbsp, Extra Virgin Olive Oil
- ¼ C baby spinach leaves



Preparation

1. Mix together the cherry tomatoes, red onion and dried black olives.
2. Whisk together the lemon juice and olive oil. Pour over salad and toss, making sure to coat all the ingredients.
3. Set aside on the counter at room temperature to marinate for ½ - 1 hour before serving.
4. Arrange the baby spinach leaves on two plates and spoon the marinated tomato salad over-top dividing the dressing between the portions.

Yield: 2 servings

Nutritional Information:

- Total Carbs: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Total Fat: 14 g
- Protein: 1 g





Easy Mixed Greens Salad

Ingredients

- 2 C mixed greens of your choice
- 2 C baby spinach leaves
- ¼ C English cucumber, small dice
- 2 T Vinaigrette

Preparation

1. Toss mixed greens, spinach and cucumber together in a salad bowl
2. Drizzle vinaigrette over-top.
3. Toss and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 193
- Total Carbs: 6 g
- Fiber: 4 g
- Net Carbs 2 g
- Total Fat: 19 g
- Protein: 2 g





Perfect Keto Side Salad

Ingredients

- 2 C arugula
- 2 C baby spinach leaves
- 1 avocado, thin slices
- 12 cherry tomatoes, cut in half
- ¼ C red pepper, thin slices
- ¼ C cucumber, thin slices
- ¼ C Tahini Salad Dressing

Preparation

1. Divide arugula, avocado slices, cherry tomatoes, peppers and cucumbers evenly between four salad plates.
2. Drizzle tahini dressing over salad on each plate and serve.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 133
- Total Carbs: 6
- Fiber: 3
- Net carbs: 3 g
- Total Fat: 15 g
- Protein: 2 g



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Simple Keto Caesar

Ingredients

- 4 C romaine lettuce, torn into pieces
- 2 garlic cloves, finely minced or pushed through a press
- 1 tsp anchovy paste (optional)
- ½ tsp Worcestershire sauce
- 1T fresh lemon juice
- ½ tsp Dijon mustard
- ½ C full fat mayonnaise
- Salt & Pepper to taste
- 1 T Parmesan cheese, finely grated



Preparation

1. Place romaine leaves in a salad bowl.
2. In a separate bowl whisk anchovy paste (if using), Worcestershire sauce, lemon juice, Dijon mustard, mayonnaise and Parmesan. Add salt & pepper to taste.
3. Drizzle salad dressing over the romaine, toss & serve.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 163
- Total Carbs: 4 g
- Fiber: 4 g
- Net Carbs: 0 g
- Total Fat: 13 g
- Protein: 0 g

Nutritional Information:

(with chicken breast fried using 1 tsp ghee or olive oil)

- Total Calories/serving: 273
- Total Carbs: 4 g
- Fiber: 4 g
- Net Carbs: 0 g
- Total Fat: 22 g
- Protein: 31 g





Almost Potato Salad!

I know it may seem strange to substitute turnip for potatoes but keep an open mind and give this recipe a try. I think you'll find the flavor of this mock potato salad comes pretty close to its namesake!

Ingredients

- 3 C cubed raw turnip, small cubes
- 3 eggs, hard cooked (see [Perfectly Boiled Eggs](#))
- ¼ C green onion (scallions), thin slices
- ½ C full fat mayonnaise



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Preparation

1. Boil turnip until it softens but isn't mushy. Drain, cool then refrigerate
2. Boil eggs until hard (about 15 minutes for eggs that come straight from the fridge). Cool, then refrigerate.
3. When you are ready to make your salad, peel eggs and mash with a fork in a in a medium sized bowl.
4. Add cooked turnip, green onion slices and mayonnaise. Mix well. Garnish with a sprinkle of paprika before serving.

Yield: Makes 6 servings (save 2 servings for dinner tomorrow).

Nutritional Information:

- Total Calories/serving: 134
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 12 g
- Protein: 3 g





Cucumber & Dill Salad

Ingredients

- 2 English cucumber
- 1 C red onion, thinly sliced
- 2 cloves garlic, minced or pushed through a press
- 3 T fresh dill, chopped
- Juice from half a lemon
- $\frac{3}{4}$ C full fat sour cream
- Grinding of pink Himalayan salt & black pepper



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Preparation

1. Slice each cucumber into half, lengthwise.
2. Cut each cucumber half into slices about $\frac{1}{4}$ inch thick and place in a bowl. Add sliced red onion to the bowl and toss.
3. In a separate bowl combine sour cream, dill, lemon juice and garlic. Pour dressing over cucumber salad and toss to combine. Correct the seasoning with a grinding of salt and pepper.
4. Serve chilled

Yield: serves 6

Nutritional Information:

- Total Calories/serving: 92
- Total Carbs: 9 g
- Fiber: 2 g
- Net carbs: 7 g
- Total Fat: 5 g
- Protein: 2 g





Grilled Veggies

The vegetables taste best when grilled on the BBQ but roasting the veggies in a 400 F oven is a close second. You could also use a cast iron grill pan on the stove top to grill the veggies in separate batches.

Ingredients

- 1 medium sized zucchini, cut in half lengthwise
- 1 red onion, peeled and cut in half lengthwise
- 3 plum tomatoes, cut in half lengthwise
- 1 red pepper, seeded & cut into thirds
- 1 yellow pepper, seeded & cut into thirds
- 12 spears of asparagus, woody part of stems removed
- 1/3 C extra virgin olive oil



Preparation

1. Pre-heat your BBQ to medium-high for about 15 minutes with the lid down while you prep your vegetables.
2. Place all the veggies in a large bowl and drizzle the olive oil over-top. Gently toss the vegetables so they all get evenly coated with the oil.
3. Lift the lid of the BBQ and spread the veggies around on the lower grill rack. Using long-handled tongs, flip them over and move them around so all sides of each vegetable gets cooked evenly. Some vegetables will grill faster than others so keep a close eye on them all, removing each from the heat when done. Cover and keep warm until all the vegetables are done and ready to serve.

Yield: 8 servings (reserve 2 portions for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 105
- Total Carbs: 6 g
- Fiber: 2 g
- Net carbs: 4 g
- Total Fat: 9 g
- Protein: 1 g





Avocado & Grilled Veggie Salad

Sometimes I make grilled veggies for dinner just so I can have this salad the next day. When tossed with Vinaigrette, sliced avocado and mixed greens, the taste is superb.

Ingredients

- 1 ripe avocado, cut into slices
- Leftover Grilled Veggies from last night
- 2 C mixed green
- 1 T Vinaigrette

Preparation

1. Toss all ingredients together, plate and enjoy

Yield: 2 servings

Nutritional Information:

- Total Calories/serving: 234
- Total Carbs: 11 g
- Fiber: 4 g
- Net Carbs: 7 g
- Total Fat: 9 g
- Protein: 2 g





Mashed Cauliflower

For creamy cauliflower mash you will need to take care when squeezing the excess moisture out of the steamed cauliflower. It's a bit of a messy process but the end result is worth your effort. The mash will be creamier and thicker ... just the way you like it!

Ingredients

- 1 ½ heads of cauliflower, cut into florets
- 3 garlic cloves, minced or pushed through a press
- 3 T butter
- 1 T heavy cream
- ¼ tsp pink Himalayan salt flakes
- ¼ tsp black pepper



Preparation

1. Steam cauliflower over boiling water until very tender. Transfer cooked cauliflower to a deep bowl.
2. Using paper towel squeeze as much excess moisture as possible out of the flowerets by pressing down on them. The moisture will wick up into the paper towel. Don't worry if the cauliflower falls apart during this process.
3. Add the oil, cream and mash the cauliflower using a hand-held blender. Don't be afraid that the mash will get gluey by over-processing. It's the starch in potatoes that does that and since there's no starch in cauliflower you don't have to worry!
4. Correct the seasoning with salt and pepper. Serve while hot.

Serves 6

Nutritional Information:

- Total Calories/serving: 98
- Total Carbs: 8 g
- Fiber: 4 g
- Net Carbs: 4 g
- Total Fat: 7 g
- Protein: 3 g





Roasted Brussels Sprouts

- Roasting will caramelize the Brussels sprouts and deepens the flavor. This recipe makes a tasty side-dish that feeds four but you can easily double or triple it if you are feeding a crowd.

Ingredients

- 16 Brussels sprouts, trimmed and halved
- 2 tbsp. olive oil
- Himalayan salt
- Freshly ground black pepper



Preparation

1. Pre-heat oven to 350 F.
2. Place Brussels sprout halves in a large bowl and drizzle the olive oil over top. Stir them around until all the Brussels sprouts are coated with the oil.
3. Spread them out on a parchment or foil line baking sheet and season with salt and pepper.
4. Bake on the middle rack of the pre-heated oven until browned and a bit crispy on the outside and soft and tender on the inside. This will take about 20 minutes. Remove from the oven and serve immediately.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 92
- Total Carbs: 7g
- Fiber: 3 g
- Net Carbs: 4 g
- Total Fat: 7g
- Protein: 2 g





Dinner



Salmon & Zucchini Skewers

Pre-soak the wooden skewers for about half an hour then prep this meal in five minutes while you pre-heat the BBQ. Alternately, you can simply broil these skewers in the oven. Just be careful to position the rack low enough that the skewers don't get too hot and char. Keep a close eye on the salmon as it can be overcooked easily!

Ingredients

- 1 lb salmon fillet
- 1 T wheat free tamari sauce (or tamari sauce)
- 1 T apple cider vinegar
- 1 tsp fresh ginger, minced
- 1 garlic clove, minced
- 1 T extra-virgin olive oil
- Freshly ground pepper
- 1 small zucchini, cut into ¼" slices
- Wooden skewers



Preparation

1. Cut salmon into 12 chunks and thread onto a pre-soaked wooden skewers, alternating chunks with zucchini slices. Place in a shallow dish.
2. Whisk together the wheat free tamari sauce, rice vinegar, ginger, garlic and olive oil with a grinding of fresh pepper. Pour over skewers, turning to coat. Marinate in the refrigerator for 30 minutes.
3. You can grill these salmon skewers on a BBQ pre-heated on medium high or broil them in the oven (about 2 ½ minutes per side) until the salmon is flaky and cooked through.

Yield: Serves 4

Nutritional Information:

- Calories/serving: 145
- Total Carbs: 8 g
- Fiber: 1 g
- Net Carbs: 7 g
- Total Fat: 3 g
- Protein: 14 g





Keto Style Pad Thai

Ingredients

- 1/2 lb boneless chicken breasts, sliced into small thin strips
- Juice from 1 lime, freshly squeezed
- 8 oz Miracle noodles
- 4 garlic cloves, minced or pushed through a press
- 3 T ghee or coconut oil
- 1 C cabbage, shredded
- 3 T chopped peanuts
- ¼ tsp ground pepper
- 2 ½ tsp Pink Himalayan salt
- 1 Tsp Swerve
- 4 T tamari sauce, gluten free
- 2 large eggs, beaten well
- ¾ C bean sprouts
- 2 green onions (scallions), chopped into 2 inch diagonal pieces



Preparation

1. Prepare Miracle noodles according to package instructions and set aside.
2. Heat a wok or deep frying pan on medium heat.
3. Melt ghee (or coconut oil) and add the scallions & minced garlic. Sauté for 2 minutes.
4. Add shredded cabbage and bean sprouts. Stir-fry for 2-3 more minutes.
5. Turn heat up to medium high and the strips of chicken. Continue to stir-fry and toss until chicken is cooked through for another 2-3 minutes.
6. Using a spatula or spoon move everything to one side of the wok or pan. Pour the beaten eggs into the other side of the pan and stir-fry until the eggs are scramble and cooked through.
7. Stir everything in the wok together until well combined
8. In a small bowl mix together tamari sauce, Swerve and salt & pepper. Add the Miracle Noodles and combine well
9. Add the noodle mixture into the wok and stir until well combined and heated through.
10. Pour lime juice & peanuts over-top the Chicken Pad Thai and serve immediately.

Yield: Serves 4 (make enough so you have leftovers for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 228
- Total Carbs: 8 g
- Fiber: 4 g
- Net Carbs: 4 g
- Total Fat: 15 g
- Protein: 17 g





Simple Keto Roast Chicken

Remember to save the carcass in the freezer after you've pulled all the meat from the bones. You can throw it in the soup pot the next time you're making Chicken broth. You should have enough chicken left over from this meal to use for one of tomorrow's meals.

Ingredients

- 1 whole chicken, (about 5 – 6 lbs)
- ½ cooking onion, peeled
- 2 cloves garlic
- 1 T extra-virgin olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano
- Salt & pepper



Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken, inside and out with cool water and pat dry. Remove excess fat from around the edges of the chicken cavity then place the half onion and garlic cloves inside the cavity. Put the chicken into a roasting pan.
3. Brush outside of chicken with olive oil and sprinkle the thyme, oregano, salt and pepper over the skin surface. Place the pan on the middle rack of the pre-heated oven.
4. Immediately reduce the oven heat to 350 F and roast the chicken for about one hour. Baste the chicken with the pan drippings and return to the oven for about another ½ hr or until the internal temperature reaches 165 F (test both white and dark meat areas). Let the chicken rest on a platter for 5 minutes while you prepare the vegetables.

Yield: Serves 2 (3/4 - 1 C chicken meat/ serving) with 2 servings left over for use in tomorrow's meals)

Nutritional Information:

- Total Calories/serving: 338
- Total Carbs: 0 g
- Fiber: 0 g
- Net Carbs: 0 g
- Total Fat: 22 g
- Protein: 35 g





Completely Keto Chili Con Carne

I've included preparation instructions for both Insta Pot and oven cooking method. However you make our Keto chili it won't disappoint! This recipe makes a big batch so there will be plenty of chili leftover for tomorrow.

Ingredients

- ¼ C extra virgin olive oil
- 1 cooking onion, large dice
- 8 garlic cloves, minced or pushed through a press
- 2 lb ground beef
- 2 T chili powder
- 1 ½ tsp ground cumin
- 1 tsp smoked chipotle powder
- 2 ½ tsp pink Himalayan salt flakes
- 1 ½ tsp black pepper
- 2 C organic beef broth



- 1 whole cauliflower head, riced in the food processor
- 2 jalapeño peppers, seeded and minced finely (leave seeds in if you like heat!)
- 1 C diced stewed tomatoes, including the juice
- 1 small can tomato paste
- 1 T Xylitol (or equivalent amount of sweetener of choice)
- 1 bunch fresh cilantro, finely chopped (large stems removed)
- 1 sprig fresh cilantro, for garnish

Preparation

For cooking in an Instant Pot:

1. Place chopped onion in an Instant Pot
2. Set on sauté mode.
3. Pour olive oil in, on top of the chopped onion and stir well.
4. Allow to heat up and cook onion for 2-3 minutes.
5. Add ground beef and brown for another 2 minutes.
6. Place all other ingredients (except the garnish) in the Instant Pot and stir well.
7. Add water until about 2 inches from the top.
8. Close Instant Pot and cook on high for 20 minutes.



For cooking in oven:

1. Pre-heat oven to 325 F
2. Heat olive oil in a heavy, oven-proof pot over medium high heat. Add onion and sauté for 2 or 3 minutes. Add garlic and continue to sauté for 2 more minutes.
3. Add ground beef to the skillet and sauté until the meat is almost browned. Add spices, salt and pepper and continue to sauté until the meat is nicely browned.
4. Stir in the stewed tomatoes, beef broth and tomato paste. Add the diced jalapeño and riced cauliflower and give the ingredients a good stir to incorporate all the ingredients. Bring to a boil. Remove from heat immediately, cover pot with a tight fitting lid and place on the middle rack of the pre-heated oven.
5. Bake for 2 – 3 hours, stirring occasionally until the meat is tender and the all the flavors are well developed. Serve while hot or cool and refrigerate. This recipe also freezes well.

Yield: Serves 10

Nutritional Information:

- Total Calories/serving: 169
- Total Carbs: 11 g
- Fiber: 3 g
- Total Carbs: 8 g
- Total Fat: 16 g
- Protein: 22 g





Grilled Steak

If you can afford it, treat yourself to a nicely marbled filet mignon steak. We also like the strip loin and T-bone beef cuts. Look for nice lines of fat running through the meat and try to get steaks that are at least 1 ½” thick for best results. Also, get yourself a decent digital meat thermometer if you don’t already have one. This will ensure great results every time.

We like to keep it simple letting the taste of good beef shine through. Just a bit of salt & pepper and that’s it; you are good to go!

Ingredients

- 4 filet mignon steaks, each 1 1/2” thick and about 6 oz.
- Himalayan salt flakes
- freshly ground pepper



Preparation

1. Sprinkle salt flakes over each of the steaks followed by a grinding of fresh pepper. Flip the steaks and repeat.
2. BBQ Method: Pre-heat the grill to high and the sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side. The time will vary depending on the thickness of the steaks and your preference for “doneness”. You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.
3. Stove-top Method: We use a cast-iron grill pan for steaks cooked on the stove top. Turn the element to high and let the pan, sprayed with cooking oil, get good and hot. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F – 130 F (as described above) remove from the pan and let rest for a few minutes before serving.

Yield: Serves 4

Nutritional Information:

- Total calories: 420
- Total Carbs: 0 g
- Fiber: 0 g
- Net Carbs: 0 g
- Total Fat: 30 g
- Protein: 34 g





Ginger Soy Drumettes

These wings make great Keto finger food for a gathering. Or you can simply serve them up for a quick family meal any day of the week. Either way Ginger Soy Drumettes are a quick and easy recipe when time is at a premium.

Ingredients

- 2 garlic cloves, finely minced or crushed through a garlic press
- ¼ C soy sauce or wheat free tamari sauce
- 2 T unseasoned rice vinegar
- 1 T Xylitol (or equivalent of sweetener of your choice)
- 1 T fresh ginger, finely grated
- 1 tsp dark sesame oil
- 2 lb chicken drumettes
- 1 tsp toasted sesame seeds
- 2 tsp minced parsley



Preparation

1. Combine first six ingredients in a re-sealable food grade, plastic bag.
2. Add chicken drumettes and smoosh everything around until all the wings are coated with the marinade. Refrigerate for at least an hour or better still ... put this together in the morning and let them marinate all day in the fridge.
3. Remove drumettes from the marinade and pat dry. Discard the marinade. Arrange the drumettes on a rimmed pan and bake on the middle rack of the pre-heated oven for 20 minutes to 30 minutes (depending on the size of the drumettes). They are done when the internal temperature reaches 165 F.
4. If the drumettes need a bit more colour turn on the broiler and broil for a few minutes until the skin crisps up and they are a beautiful golden brown color.
5. Serve garnished with a few sesame seeds and minced parsley if desired.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 490
- Total Carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2 g
- Total Fat: 20 g
- Protein: 38 g





Pork Tenderloin Roast

With a simple mustard rub this pork tenderloin roast is out of the oven and on the table very quickly; perfect for a week-day meal!

Ingredients

- 1 lb Pork Tenderloin
- 2 tsp Dijon mustard
- 1 tsp dried rosemary
- 2 tsp dried thyme leaves
- Grinding of pink Himalayan salt & pepper



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Preparation

1. Pre-heat oven to 350 F
2. Rub Tenderloin with mustard, sprinkle with the dried herbs and place on a rimmed baking sheet that has been lined with foil or parchment paper.
3. Bake on the middle rack of a pre-heated oven for 35 – 40 minutes or until the internal temperature of the tenderloin roast reaches 145 F. Slice and serve immediately.

Yield: 4 servings (save one portion for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 121
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 3 g
- Protein: 23 g





Braised Lamb Shanks

I often make these tasty and tender lamb shanks on Saturday or Sunday when I am around the house doing chores and can keep an eye on the casserole, as it simmers in the oven.

Ingredients

- 2 T extra virgin olive oil
- 6 lamb shanks
- 1 onion, peeled and quartered
- 10 garlic cloves, peeled and left whole
- ½ medium turnip, peeled and cut into chunks
- 1 bottle dry red wine (or 1 quart of beef broth)
- 1 small can tomato paste
- 1 C water
- 1 beef bouillon cube
- 1 chicken bouillon cube
- 2 tsp dried rosemary leaves
- 2 tsp dried thyme



Preparation

1. Pre-heat oven to 325 F.
2. Heat oil in enamelled cast iron pot over medium-high heat. Working in batches, When the oil is hot brown the shanks, a few at a time, on all sides. Transfer shanks to plate and set aside.
3. Add onion, garlic cloves and turnip to pot and sauté over medium heat until golden brown. Stir in wine, tomatoes, beef broth and bouillon cubes. Season with rosemary and thyme. Return shanks to the pot and bring the liquid to a boil. Cover and place pot on the middle rack of the pre-heated oven for 2 hours or until meat is tender.
4. Remove pot from the oven and place on a burner over medium low heat. Simmer for 20 minutes on top of the stove. Transfer shanks to a platter and keep warm. Reduce the juices until thickened. This will take another 15 minutes. Plate shanks and drizzle some of the sauce over-top. Serve the remainder in a gravy boat on the side. I like to serve these shanks with mashed cauliflower and roasted Brussels sprouts.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 275
- Total Carbs: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Total Fat: 13 g
- Protein: 29 g





Keto Beef Tortilla

Tortillas are still on the menu! I've made these tortillas with ground beef but ground turkey or chicken could easily be used as well.

Ingredients

- 2 tsp extra virgin olive oil
- ¼ C cooking onion, small dice
- ½ lb ground beef
- ¼ tsp ground cumin
- ½ tsp paprika
- ¼ tsp dried oregano
- ¼ tsp smoked chipotle powder
- ½ avocado, small dice
- 1 medium tomato, small dice
- 2 T full-fat sour cream
- 4 Keto Tortillas



Preparation

1. Heat oil in a heavy bottomed skillet over medium high heat and add the diced onion. Sauté until the onion becomes translucent and add the ground beef. Continue until the meat begins to brown.
2. Add the spices and continue to sauté until the meat is cooked through.
3. Divide the mixture between the tortillas and sprinkle diced avocado and tomato over-top. Top the filling with sour cream and serve the tortillas folded in half over the filling.

Yield: Serves 4

Nutritional Information:

(for filling and tortilla)

- Total Calories/serving:
- Total Carbs: 8 g
- Fiber: 3 g
- Net Carbs: 5 g
- Total Fat: 28 g
- Protein: 20 g





Tuna Croquettes

This recipe will serve eight, four for dinner and four for lunch tomorrow. My family loves the crunchy texture and flavor that the almond flour gives this old fashioned classic!

Ingredients

- 1 Cup almond flour
- 5 Cans (5 Oz each) tuna, in water
- 3 T mayonnaise
- 2 Eggs
- 2 tsp pink Himalayan salt
- 1 tsp black pepper
- 1 tsp onion powder
- 1 tsp garlic powder
- 2 T ghee, for frying,
- 4 romaine lettuce leaves
- 1 tomato, cut into 4 thick slices
- ¼ C mayonnaise
- 1 T freshly squeezed lime juice
- 1 tsp chipotle powder



Preparation

1. Mix together the almond flour, tuna, mayonnaise, eggs, salt, pepper, onion powder and garlic powder.
2. Divide mixture into 16 equal sized portions, roll each portion into a ball and flatten each ball to create 16 patties.
3. Melt ghee in a heavy bottomed skillet over medium heat. Fry croquettes, a few at a time, cooking for two minutes on each side, until they turn a nice golden color. Using a spatula remove from skillet and keep warm.
4. Mix together the mayonnaise, lime juice and chipotle powder.
5. Divide the patties amongst 4 plates and serve topped with the mayo/lime/chipotle mixture.

Yield: Serves 8 (4 servings for dinner, 4 for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 327
- Total Carbs: 4 g
- Fiber: 2 g
- Net Carbs: 2 g
- Total Fat: 31 g
- Protein: 9 g





Sirloin Tip Beef Roast

Pop this roast in the oven along with some vegetables and your perfectly Keto evening meal will be ready in an hour.

Ingredients

- 2 ¼ lb Sirloin tip roast
- 1 tsp garlic powder
- 1 tsp dried thyme
- Grinding of pink Himalayan salt & black pepper



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Preparation

1. Preheat oven to 325 F
2. Place roast in pan. Sprinkle on garlic powder, thyme, salt and pepper.
3. Place on the upper rack and roast for 25 min. /lb approximately 50 minutes or until a meat thermometer reads 135 F for medium rare (140 F for medium). Remove from oven, cover with foil to keep warm and let rest for 15 minutes before carving. Serve with Grilled Veggies.

Yield: Serves 5

Nutritional Information:

- Total Calories/serving: 301
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 16 g
- Protein: 42 g





Lamb Kofta

I am particularly fond of the flavors in Mediterranean cuisine and these kofta are high on my list of Keto dinner favorites. You can substitute ground beef for the lamb if you prefer.

Ingredients

For the garlic sauce:

- 1 C full fat mayonnaise
- 7 garlic cloves, minced
- 1 T fresh mint, finely chopped
- 1/2 tsp pink Himalayan salt
- Zest & juice of 1 lemon



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For the Kofta:

- 2 lb ground lamb
- ½ C red onion, grated
- 5 garlic cloves, minced or pushed through a press
- ½ tsp allspice
- 1 tsp ground white pepper
- ½ C freshly chopped mint leaves
- ½ C freshly chopped curly parsley
- 2 tsp pink Himalayan salt
- 1 tsp cumin
- 5 T extra virgin olive oil
- You will need a dozen bamboo grilling sticks, soaked in water for ½ hour

Preparation

For the garlic sauce:

1. To make the garlic sauce place all ingredients in a blender and process on high speed until the sauce is smooth and creamy. Refrigerate until ready for use.



For the Kofta:

1. Soak 12 Bamboo skewers for half an hour to prevent them from burning when on the grill.
2. Mix all kofta ingredients (except the olive oil). Divide into 12 equal portions. Form each portion into an oblong sausage shape, and then flatten slightly. Using a tray covered with wax paper line up 12 Kofta, shaping them like a small sausage in length and then flattened. Push a skewer through each of the kofta and lay them side by side on a parchment lined baking sheet.
3. Grill kofta on the BBQ over medium high heat for 3 – 5 minutes on each side (or until the internal temperature reaches 165 F). Alternatively the kofta can be cooked in a well-oiled grill pan on the stove-top in smaller batches. Keep warm until ready to serve.
4. When all the kofta have been grilled serve immediately with garlic sauce on the side.

Yield: Serves 6 (save 2 kofta and some sauce for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 583
- Total Carbs: 5 g
- Fiber: 1 g
- Net Carbs: 4 g
- Total Fat: 49 g
- Protein: 34 g





Baked Creamy Lemon Haddock

I've used haddock for this recipe because it's plentiful where I live but any of the other fish, listed here, will work just as well. The creamy sauce tastes like pure luxury!

Ingredients

- 2 lb Haddock fillets (or other white fish such as sole, flounder, cod, halibut, sea bass etc.), 5-6 oz/fillet
- 1 C heavy cream
- ½ C full fat sour cream
- Juice & Zest of 2 Lemons
- Grinding of pink Himalayan salt & black pepper, to taste
- 2 tomatoes, cut into wedges
- ½ English Cucumber, thin slices



Preparation

1. Preheat oven to 350 F
2. Place fish fillets in buttered oven safe pan. Squeeze juice from lemons over-top of the fish and sprinkle on the lemon zest. Season the fillets with a grinding of salt & pepper.
3. Place on the middle rack of the pre-heated oven and bake for about 20 minutes or until the internal temperature of the fillets reaches 145 F.
4. Heat a small heavy bottomed skillet over medium heat and add the cream. Heat, stirring occasionally until small bubbles begin to form. Reduce heat to medium-low and add the juice of 2 lemons (seeds filtered out). Bring liquid back to the simmering point. Reduce heat to low and simmer from 8 – 10 minutes until the sauce thickens.
5. Add any juices from the oven baked fish to the creamy sauce.
6. Plate the fish and pour the sauce over-top. Serve with cut up tomato and cucumber on the side seasoned with a wee bit of olive oil, lemon juice, parsley flakes, salt & pepper.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 452
- Total Carbs: 10 g
- Fiber: 3 g
- Net Carbs: 7 g
- Total Fat: 29 g
- Protein: 30 g





Baking & Dessert



Tsippy's Rolls

Tsippy came up with this ketogenic roll recipe when she got tired of so-called “keto breads” with carb counts that were way too high for everyday use. They’ve been a staple in my kitchen ever since. The rolls freeze well and I usually make extra so that I can make a fabulous Keto breakfast casserole (Tsippy’s Cheese Strata) that uses stale rolls as an ingredient!

Ingredients

- 1 C tahini
- 5 large eggs
- 1 T apple cider vinegar
- 2 tsp swerve
- $\frac{3}{4}$ tsp baking soda
- $\frac{1}{4}$ tsp pink Himalayan salt



Preparation

1. Preheat Oven to 350 F
2. In a food processor or Vitamix, pulse tahini and eggs together until very smooth.
3. Add apple cider vinegar, swerve, baking soda & salt. Pulse until incorporated.
4. Spoon batter into a muffin pan greased with coconut oil.
5. Bake on the middle rack of the pre-heated oven for 40 minutes. Cool on a wire rack.

Yield: 12 small-sized rolls, 1 roll/serving

Nutritional Information:

- Total Calories/serving: 148
- Total Carbs: 4 g
- Fiber: 3 g
- Net Carbs: 1 g
- Total Fat: 12 g
- Protein: 7 g





Keto Cheese Biscuits

This is a good recipe to bake up on prep day. The biscuits are a versatile item on the Keto Success menu. They freeze well when wrapped individually, so they can easily be popped into a lunch kit on your way out the door. I like to eat a toasted split biscuit for an easy snack now and then, and of course, biscuits pair well with soup at lunch time any day!

Ingredients

- ¼ C coconut flour
- ¼ C almond flour
- ½ tsp xanthan gum
- ½ tsp baking powder
- 4 eggs
- ¼ C butter melted
- ¼ tsp salt
- 2 tsp garlic powder
- ¼ teaspoon onion powder
- ½ C extra-old cheddar cheese shredded



Preparation

1. Preheat oven to 400 F.
2. Whisk coconut flour and almond flour with baking powder and xanthan gum.
3. In a separate bowl whisk eggs, melted butter, salt, garlic powder and onion powder.
4. Fold dry ingredients into egg mixture and stir in shredded cheese.
5. Drop by tablespoonfuls onto baking sheet lined with parchment paper.
6. Bake on the middle rack of pre-heated oven for 15 minutes. Cool on wire rack.

Yield: 6 biscuits

- Nutritional Information:
- Total Calories/serving: 186
- Total Carbs: 7 g
- Fiber: 4 g
- Net Carbs: 3 g
- Total Fat: 14 g
- Protein: 7 g





Cloud Bread

This bread keeps well in the fridge for three days. If you freeze it make sure to slip a piece of parchment paper between the slices to make sure they won't stick together. It's a good idea to always have this cloud bread available for a quick lunch sandwich.

Recipes for this Cloud bread, also known as 'Oopsie' bread are all over the internet with no one really being clear about where it originated. Here's our favorite version ...

Ingredients

- 3 large eggs, separated
- 3 oz cream cheese, softened
- 1/8 tsp cream of tartar



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Preparation

1. Pre-heat oven to 300 F.
2. Whip egg white with a hand held mixer until they thicken slightly.
3. Sprinkle the cream of tartar over the whites and continue to whip until stiff peaks form.
4. Using the mixer blend the egg yolks and soft cream cheese until light and creamy.
5. Gently fold the egg white and yolk mixtures together by hand to form a batter, using a spatula.
6. Make 6 separate mounds of the batter on a parchment lined baking sheet, leaving a bit of space between each of the round pancake shapes.
7. Bake until lightly golden colored (about 30 minutes). Cool on a wire rack.

Yield: 6 pieces of cloud bread (one piece/serving)

Nutritional Information:

- Total Calories/serving: 85
- Total Carbs: 1 g
- Fiber: 0 g
- Net Carbs: 1 g
- Total Fat: 7 g
- Protein: 4 g





Keto Tortilla

Ingredients

- 2 eggs
- 2 egg whites
- 5 oz cream cheeses, softened
- 2 rounded teaspoons of psyllium husk powder
- 1 T coconut flour
- ½ tsp pink Himalayan salt



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Preparation

1. Pre-heat oven to 400 F.
2. Use a hand mixer to beat the eggs and egg whites for 3 or minutes until they are very light and frothy.
3. Add the softened cream cheese and continue to beat for another 2 minutes.
4. Mix together the dry ingredients then combine them with the egg mixture. Stir well and set aside for a few minutes while the batter thickens up to the consistency of pancake batter.
5. Line 2 rimmed baking sheets with parchment. Make 4 equal-sized circles of batter, 2 on each baking sheet. Place on the middle rack of the pre-heated oven and bake the tortillas for approximately 5 minutes or until the edges are slightly browned. Remove from oven and allow the tortillas to cool on the baking sheets.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 193
- Total Carbs: 4 g
- Fiber: 1 g
- Net Carbs: 3 g
- Total Fat: 15 g
- Protein: 7 g





Keto Chocolate Chip Cookies

Ingredients

- 6 T soft butter
- 2 T coconut oil
- 1 C xylitol (or equivalent amount of sweetener of choice)
- 1 egg, whisked
- 1 tsp pure vanilla extract
- 1 C almond flour
- 2 T coconut flour
- ½ tsp xanthan gum
- ½ tsp baking powder
- ½ C chocolate chips, (made with stevia)



Preparation

1. Pre-heat oven to 350 F
2. Cream together the sweetener, butter and coconut oil. Beat in the egg until well incorporated and creamy.
3. In a separate container, mix together the remaining dry ingredients. Add mixture to the butter mixture a bit at a time, while stirring. When the dough is smooth stir in the chocolate chips
4. Line a baking sheet with parchment paper. Divide dough into 4, equal-sized portions. Roll each portion of dough into a log that is about 4" long and 1 ½" in diameter. Wrap up 3 of the cookie logs in plastic wrap and place them in a re-sealable plastic bag. Put these logs of dough in the freezer for baking on another day. Slice the remaining log into 9 cookie dough rounds and place them on a parchment lined cookie sheet.
5. Bake on the middle rack of the pre-heated oven for 12 minutes or until the cookies are a nice golden brown. Remove from the oven and let the cookies rest in the pan for 10 minutes before moving them to a cooling rack.

Yield: 36 small cookies (3 cookies/serving)

Nutritional Information:

- Calories/ serving: 108
- Total carbs: 8 g
- Fiber: 1 g
- Net Carbs: 7 g
- Total fat: 11 g
- Protein: 1 g





Perfect Keto Cheesecake

I suggest you make this yummy cheesecake on your very first prep day. The recipe yields 12 servings and freezes well when individual portions are tightly wrapped. Do this and you will always have a totally Keto desert on hand and ready to add to a lunch kit or serve with an evening meal over the next 30 days of your Keto Success program. This cheesecake will not disappoint!

If you elect to add berries as garnish make sure to add the net carbs for these berries to your daily totals.

Ingredients

For the crust:

- 1 ½ C almond flour
- ½ C butter, melted
- ¼ C xylitol (or equivalent sweetener of your choice)
- ¾ tsp cinnamon



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For the filling:

- 3 - 8 oz packages of cream cheese no sugar
- 3 eggs, large
- 16 oz full fat sour cream
- 1 C xylitol (or equivalent sweetener of your choice)
- 1 tsp pure vanilla extract

Preparation

For the crust:

1. Pre-heat oven to 375 F
2. Mix all listed crust ingredients together.
3. Line the bottom of an 8" or 9" spring form pan with a piece of parchment paper cut to fit the pan. Butter the sides of the pan.
4. Press the crust mixture into the bottom of the pan allowing it to come up the sides a bit as well.
5. Bake on the middle rack of the pre-heated oven for 8 minutes. Remove to the counter but don't turn the oven off!

For the filling:

1. Allow cream cheese to soften at room temperature for 6-8 hours ahead of time. This step is important to ensure your cheesecake has no lumps and is nice and smooth.
2. Using a food processor or hand held beater, process (or beat) eggs and Xylitol until light and bubbly.
3. Add softened cream cheese a few tablespoons at a time while continuing to blend after each addition.



4. Add sour cream and vanilla and continue blending the mixture until smooth and creamy.
5. Pour filling into the crust and return to the middle rack of the hot oven for 30 minutes. Turn the oven off leaving the cheesecake in place, for one more hour, while the oven slowly cools. Remove the cheesecake to a cooling rack and refrigerate, covered with plastic wrap, when it reaches room temperature.
6. When ready to serve run a knife around the outside of the cheesecake and before releasing the spring and removing the circular side piece. Slip the cake off the bottom section of the pan onto a serving plate. The cake should slide off easily since you lined the pan with parchment. Serve garnished with a few of your favorite berries.

Yield: Serves 12

Nutritional Information:

- Total Calories/serving: 302
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 23 g
- Protein: 6 g





Chocolate Chip Keto Cake for Two

This tasty little treat can be whipped together quickly for a satisfying snack or meal-time dessert. It can also be cooked in the microwave (3 or 4 minutes) but I like the results better when baked in the oven.

Ingredients

- 1 ½ T coconut flour
- ½ tsp baking powder
- Pinch of salt
- 2 T cocoa powder
- 15 drops liquid stevia(or equivalent of sweetener of your choice)
- 1 egg
- 5 T heavy cream
- 1 T chocolate chips (sugar-free)



Preparation

1. Combine coconut flour, baking powder, salt and cocoa powder and set aside.
2. Combine sweetener, egg and heavy cream in a glass measuring cup and beat with a fork until well combined.
3. Pour liquid mixture into dry mixture and stir to form a batter.
4. Spoon batter into 2 muffin cups that have been given a light spray with cooking oil.
5. Place on the middle rack of the pre-heated oven for 15 – 20 minutes (until a toothpick inserted into the small cakes comes out clean).
6. Cool for 5 minutes in the muffin pan before removing to a wire rack.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 253
- Total Carbs: 8 g
- Fiber: 4 g
- Net Carbs: 4 g
- Total Fat: 19 g
- Protein: 6 g





Keto Macaroons

Easy to make, these macaroons are perfect for the lunch kit and make a nice sweet treat any time of the day.

Ingredients

- 3 egg whites
- ½ C powdered swerve
- 2 C unsweetened shredded coconut
- 1 tsp pure vanilla extract



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Preparation

1. Pre-heat oven to 300 F. Line a baking sheet with parchment paper and spread the coconut out on the parchment and place the pan on the middle rack of the pre-heated oven. Toast the coconut for 4 or 5 minutes or until it is a nice light golden brown. Remove from oven and set aside to cool.
2. Whip egg whites using a hand held beater while adding the Swerve, a bit at a time, until stiff peaks form.
3. Fold in the toasted coconut and vanilla.
4. Drop the batter by teaspoonful onto a parchment lined baking sheet and place on the middle rack of the oven.
5. Bake for 20 minutes. Turn the heat down to 265 F and bake for another 20 minutes until the macaroons are a light golden brown. Cool on a wire rack and store in an air-tight container.

Yield: 24 small cookies

Nutritional Information:

- Total Calories/serving: 43
- Total Carbs: 6 g
- Fiber: 1 g
- Net Carbs: 5 g
- Total Fat: 3 g
- Protein: 1 g





Blueberries & Cream

Ingredients

- ¼ C blueberries
- 3 T heavy cream
- Sweetener to taste

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 177
- Total Carbs: 6 g
- Fiber: 1 g
- Net carbs: 5 g
- Total Fat: 17 g
- Protein: 1 g



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Snack Recipes



Parmesan Poppy Seed Crackers

These crispy crackers are full of flavor and protein plus they're Keto friendly! Easy to make, once you try them they are sure to become a staple item in your kitchen cupboard. Pair a serving of these crackers with an ounce of cheddar for a perfectly Keto afternoon snack! (see nutritional info below)

Ingredients

- ¼ C almond flour
- 1 T Parmesan cheese, finely grated
- 3 tsp poppy seeds
- ¼ tsp garlic powder
- ¼ tsp onion powder
- ¼ tsp salt
- 1 egg white
- ¼ tsp Dijon mustard
- 1 T butter, softened



Preparation

1. Preheat oven to 325 F
2. Mix together the almond meal, Parmesan cheese, garlic powder, onion powder, salt and poppy seeds.
3. Add the egg white, Dijon mustard and soft butter to the dry ingredients mixing everything together using a flat spatula.
4. Place small mounds, about 1 tsp each, of the mixture onto parchment lined baking sheets.
5. Flatten each mound by placing a small piece of parchment paper that has been sprayed with cooking oil over top the mound.
6. Press down on the mound with a flat-bottomed glass to create a flat, round cracker-sized disc. Repeat with each mound until all the mixture has been used.
7. Place cookie sheet on the middle rack of the pre-heated oven and bake for 8 minutes until the crackers begin to brown around their outer edges.
8. Cool on a wire rack and store in an air-tight container.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 128
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 12 g
- Protein: 4 g

Nutritional Information:

(with 1 oz of medium cheddar cheese)

- Total Calories/serving: 147
- Total Carbs: 3 g
- Fiber: 2 g
- Net Carbs: 1 g
- Total Fat: 13 g
- Protein: 5 g





Olive Tahini Spread

I love this spread smeared on my favorite Parmesan Poppy Seed Crackers. This combo also makes a perfect appetizer when company is coming for dinner.

Ingredients

- 12 pitted black olives
- 2 T tahini
- Juice and finely grated rind of ½ lemon
- ¼ C almond flour
- 1 T softened butter



Preparation

1. Place all ingredients in a blender and process on high until all the ingredients incorporated into a spread consistency.
2. Serve with keto crackers.

Yield: serves 4 as a snack

Nutritional Information:

- Total Calories/serving: 142
- Total Carbs: 4 g
- Fiber: 2 g
- Net Carbs: 2 g
- Total Fat: 13 g
- Protein: 4 g





Tamari Almonds

This recipe is meant to be consumed in small doses; just an ounce at a time! That's 23 almonds. But as long as you don't go overboard, tamari almonds are a perfect snack between meals.

Ingredients

- 1 lb raw almonds
- 1/3 C wheat free tamari sauce



Preparation

1. Pre-heat oven to 350 F.
2. Heat a heavy bottomed skillet over medium high. When the pan is hot add the almonds and let them dry roast as you stir for a few minutes.
3. Pour the tamari over the nuts and continue stirring as the nuts absorb the sauce. When the tamari has all been absorbed transfer the nuts to a parchment lined baking sheet and place on the middle rack of the pre-heated oven.
4. Roast in the oven for twenty minutes or until the nuts have browned and are nicely toasted. Cool and store in an air-tight container.

Yield: 16 servings (1 oz or 23 nuts/serving)

Nutritional Information:

- Total Calories/serving: 175
- Total Carbs: 6 g
- Fiber: 3 g
- Net Carbs: 3 g
- Total Fat: 14 g
- Protein: 7 g





The End of the Journey Is The Beginning

Congratulations. You've completed your month of Rapid Keto Success.

By now people are noticing the difference. So here are your options from here on:

- First, you can repeat the month of Rapid Keto Success for more results.
- Second, if you want to accelerate your results I'd recommend my Speed Keto program. People are dazzled by the results.

You should join my Facebook group CompletelyKeto as soon as possible. Can't wait to meet you and see your before and after pictures.

Have questions? Contact us at 1-866-FOR-KETO



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