

# Keto Secrets REVEALED

This guidebook was created to help you begin your journey following a reduced carbohydrate, moderate protein and high fat diet, the information found here was pulled from respected resources/experts to create a perfect plan all at your fingertips in one easy to follow guidebook. Before beginning this or any meal plan please consult a doctor especially if you are on any medication or have any specific health issues.

## Have questions on a specific topic?

Join and post in my private Facebook Keto group!! We are here to help you!! [JOIN HERE](#)

## Who I am

I am a wife and mom of a blended family of 9. I started the keto lifestyle in September of 2020. After achieving success in the keto lifestyle and managing to keep off 80 lbs, I now devote my time to helping others achieve success. I share my tips, recipes, and tricks on my website @ [www.ketobyjeni.life](http://www.ketobyjeni.life) with easy to follow beginners info! You can also see what I eat daily on my [Instagram stories](#).

XO – Jeni Seelke

*The content within this guide is not meant to be medical advice but simply a resource for you to learn how you can implement a ketogenic lifestyle into your life.*



## Keto Basics



A ketogenic diet (keto) is a very low-carb diet, which turns the body into a fat-burning machine. It has many potential benefits for weight loss, health and performance, but also some potential initial side effects.

A ketogenic diet is similar to other strict low-carb diets, like the Atkins diet or LCHF (low carb, high fat). These diets often end up being ketogenic more or less by accident. The main difference between strict LCHF and keto is that protein is restricted in the latter.

A keto diet is designed specifically to result in ketosis. It's possible to measure and adapt to reach optimal ketone levels for health, weight loss, or for physical and mental performance.

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## What is a Keto Diet?

[Check Out This Beginners Guide](#)

A keto diet is well known for being a low carb diet, where the body produces ketones in the liver to be used as energy. It's referred to as many different names — ketogenic diet, low carb diet, low carb high fat (LCHF), etc.

When you eat something high in carbs, your body will produce glucose and insulin.

Glucose is the easiest molecule for your body to convert and use as energy so that it will be chosen over any other energy source.

Insulin is produced to process the glucose in your bloodstream by taking it around the body.

Since the glucose is being used as a primary energy, your fats are not needed and are therefore stored. Typically on a normal, higher carbohydrate diet, the body will use glucose as the main form of energy.





By lowering the intake of carbs, the body is induced into a state known as ketosis.

Ketosis is a natural process the body initiates to help us survive when food intake is low. During this state, we produce ketones, which are produced from the breakdown of fats in the liver.

The end goal of a properly maintained keto diet is to force your body into this metabolic state. We don't do this through starvation of calories but starvation of carbohydrates.

Our bodies are incredibly adaptive to what you put into it — when you overload it with fats and take away carbohydrates, it will begin to burn fat as the primary energy source.

Optimal ketone levels offer many health, weight loss, physical and mental performance benefits.

## What is a Net Carb?

Starting a Ketogenic lifestyle means you will need to learn how to read a food label, specifically how to find a NET CARB.

Some experts will suggest you count TOTAL carbs which is fine if that's what you would like to do, however it's easier to count net carbs and the method we suggest (you can do this however you prefer though)

If you are counting TOTAL CARBS it is recommended you stay below 50 total grams per day.

If you are counting NET CARBS it is recommended you stay below 30 NET CARB grams per day (Ideally staying at 25 net or less).

Although every body is different these are a general suggestion. You take TOTAL CARBS and subtract DIETARY FIBER and SUGAR ALCOHOLS to get NET CARBS. Since dietary fiber / sugar alcohols won't impact your blood sugar or cause an insulin response it isn't counted towards your carb count.

### WHAT ARE NET CARBOHYDRATES?

Nutrition Facts	
Serving Size 1 cup (4 oz)	
Serving Per Container 3	
Amount Per Serving	
Calories 75 Calories from Fat 27	
	% Daily Value*
Total Fat 3 g	5%
Saturated Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 300 mg	4%
<b>Total Carbohydrate 10 g</b>	<b>3%</b>
Dietary Fiber 5 g	20%
Sugars 3 g	
Protein 2 g	
Vitamin A 30% - Vitamin C 60% - Calcium 4% - Iron 4%	
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs:	
	Calories: 2,000 2,500
Total Fat	Less than 65g 80g
Sat Fat	Less than 20g 25g
Cholesterol	Less than 300mg 300mg
Sodium	Less than 2,400mg 2,400mg
Total Carbohydrate	300g 375g
Dietary Fiber	25g 30g
Calories per gram:	
Fat 9 • Carbohydrate 4 • Protein 4	

**The total carbohydrate tells how many grams of carbohydrate are in 1 serving.**

**Fiber has to be subtracted from the Total Carbohydrate**

**Total CHO (10g) - Fiber CHO (5g) = 5g Net CHO**

**The NET Carbohydrate is 5g**



## What is Ketosis?

The “keto” in a ketogenic diet comes from the fact that it makes the body produce small fuel molecules called “ketones”. This is an alternative fuel for the body, used when blood sugar (glucose) is in short supply.

Ketones are produced if you eat very few carbs (that are quickly broken down into blood sugar) and only moderate amounts of protein (excess protein can also be converted to blood sugar).

Ketones are produced in the liver, from fat. They are then used as fuel throughout the body, including the brain. The brain is a hungry organ that consumes lots of energy every day, and it can't run on fat directly. It can only run on glucose... or ketones.

On a ketogenic diet your entire body switches its fuel supply to run almost entirely on fat. Insulin levels become very low and fat burning increases dramatically. It becomes easy to access your fat stores to burn them off. This is obviously great if you're trying to lose weight, but there are also other less obvious benefits, like for example, reduced hunger and a steadier supply of energy.

When the body produces ketones it's said to be in ketosis. The fastest way to get there is by fasting — not eating anything — but obviously it's not possible to fast forever.

A ketogenic diet, on the other hand, can be followed indefinitely and also results in ketosis. It has many of the benefits of fasting — including weight loss.

To get into ketosis you need low levels of the fat-storing hormone insulin. The most important way to do that is to eat a strict low-carb diet, also called a ketogenic diet.

On top of the necessary ketogenic diet there are many ways to increase ketosis further. The most powerful is adding intermittent fasting.

How do you know you're in ketosis? It's possible to measure it by testing urine, blood or breath samples.

There are also other telltale signs that do not require testing:

- ❖ Dry mouth and increased thirst. Unless you increase liquid consumption get enough electrolytes, like salt, you may feel a dry mouth. Try a cup of bouillon or two daily, plus as much water as you need.
- ❖ Increased urination — another ketone body, acetoacetate, can end up in the urine. This makes it possible to test for ketosis using urine strips. It also — at least when starting out — can result in having to go to the bathroom more often. This is the main cause of the increased thirst (above).
- ❖ Keto breath — this is due to a ketone body called acetone escaping via our breath. It can make a person's breath smell “fruity”, or similar to nail polish remover. This smell can also emanate from sweat. It's often temporary.



Other signs include:

- ✦ Reduced hunger — many experience a marked reduction in hunger, a possible result of the body's increased ability to be fueled by its fat stores. Many feel great while eating just once or twice a day – thus these individuals will naturally end up doing a form of intermittent fasting.
- ✦ Increased energy — many experience a clear increase in energy levels. This can also be experienced via: clearer thinking, a lack of "brain fog", or even a sense of euphoria.

## How to achieve ketosis?

There are many factors that can increase ketosis levels (from most to least important):

- ✦ Restrict carbohydrates
- ✦ [Exogenous Ketones](#)
- ✦ Restrict to 30 digestible grams per day or less — a strict low-carb diet (fiber does not have to be restricted, it might even be beneficial).
- ✦ Restrict protein to moderate levels (not as crucial when supplementing with exogenous ketones)
- ✦ Eat enough fat to feel satisfied.

This is the big difference between a ketogenic diet and starvation, that also results in ketosis. A ketogenic diet is sustainable, starvation is not.

Avoid snacking when not hungry. Unnecessary snacking slows weight loss and reduces ketosis.

If necessary add intermittent fasting (16:8, which is 16 hours fasting, 8 hours eating). This is very effective at boosting ketone levels, as well as accelerating weight loss and type 2 diabetes reversal.

## Testing for Ketones

Urine strips are the simplest and most inexpensive way to measure ketosis. It is the first option for most beginners.

You dip the stick in your urine, and 15 seconds later the color change will tell you the presence of ketones. If you get a high reading (a dark purple color) you'll know that you're in ketosis. These only work in the beginning until you are fat adapted, once fat adapted your body will be more efficient utilizing the ketones and it won't appear on the strips anymore.





**Pro:** Ketone strips are available in regular pharmacies or via Amazon and they're very cheap. A strongly positive test reliably proves that you're in ketosis.

**Con:** Results can vary depending on how much fluid you drink. The strips don't show a precise ketone level. Finally and most importantly, as you become increasingly keto-adapted and your body reabsorbs ketones from the urine, urine strips may become unreliable even if you're in ketosis. Thus the test may sometimes stop working — always showing a negative result — when you're been in ketosis for several weeks. So this is a good guide to use at the beginning of your keto journey to get the hang of it and for reassurance you are doing it right.

To test after you are fat adapted You can use a blood ketone meter or trust that you are doing it right based on how you feel! Sometimes this is helpful after we fall off track to know that we are back into the fat burning mode again.

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## What to Happens the First Week:

Here's an example of what happens to your body in the first week after first starting the ketogenic lifestyle:

Your body is used to the simple routine of breaking down carbohydrates and using them as energy. Over time the body has built up an arsenal of enzymes ready for this process and only has a few enzymes for dealing with fats — mostly to store them.

All of a sudden your body has to deal with the lack of glucose and increase in fats, which means building up a new supply of enzymes. As your body becomes induced into a ketogenic state, your body will naturally use what's left of your glucose.

This means your body will be depleted of glycogen in the muscles — which can cause a lack of energy and general lethargy. By supplementing with [Exogenous ketones](#) this effect will be lessened.

## Transition Period

In the first or second week, many report headaches, mental fogginess, dizziness, and aggravation. Most of the time, this is the result of your electrolytes being flushed out, as ketosis has a diuretic effect. Make sure you drink plenty of water and keep your sodium intake up.

In fact, you should go overboard with the salt — salt everything! Sodium will help with water retention and help replenish the electrolytes. For most, this temporary groggy feeling is the biggest danger you're going to face. It's called the "Keto Flu."



Keto flu is a very common experience for new ketoers, but it often goes away after just a few days — and there are ways to minimize or even eliminate it. When transitioning to keto, you may feel some slight discomfort including fatigue, headache, nausea, cramps, etc.

[Here you can find my favorite electrolytes](#)

There are a few reasons for the keto flu, but the two primary ones are:

Keto is a diuretic. You tend to go to the bathroom more to urinate, which attributes to a loss of both electrolytes and water in your body. You can usually help combat this by either drinking bouillon cube or Powerade Zero and by increasing your water intake. Mainly, you want to replenish your depleted [electrolytes](#).

You're transitioning. Your body is equipped to process a high intake of carbs and a lower intake of fat. Your body needs to create enzymes to be able to do this.

In the transitional period, the brain may run low on energy which can lead to grogginess, nausea, and headaches. If you're having a large problem with this, you can choose to reduce carb intake gradually.

**WHAT IS KETO FLU?  
AND HOW TO CURE IT**

**SYMPTOMS OF KETO FLU:**

- Fatigue
- Sugar cravings
- Dizziness
- Difficulty focusing (or Brain Fog)
- Nausea
- Difficult Getting To Sleep
- Irritability
- Stomach Irritability

**HOW LONG DOES IT LAST?**

**1 week**

Keto flu does not affect everyone, and when it does, it affects everyone slightly differently. Often it just lasts 1 week, but for some it can last longer.

After increasing water intake and replacing [electrolytes](#), it should relieve most all symptoms of Keto Flu.

For an average person that is starting a ketogenic diet, eating 20–30g of net carbs a day, the entire adaptation process will take about 4–5 days. My advice is to cut your carbs to fewer than 20g to ensure that you are well on your way into ketosis within one week. If you are experiencing any more keto flu symptoms, double check your electrolyte intake and adjust.



You may notice that if you're an avid gym goer, you lost some strength and endurance. A temporary decrease in physical performance is typical. Once your body becomes keto-adapted, your body will be able to fully utilize fat as its primary source of energy. [Supplementing with exogenous ketones can help this.](#)



While ketosis is normally safe, it is common to experience some time-limited side effects.

Those transitioning from sugar-burning to fat-burning mode often initially experience side effects. This is referred to as the keto flu, since symptoms are similar to those of the flu: fatigue, nausea, headaches, cramps, etc. There are two main things that one can do to prevent or alleviate these symptoms:

Drink water with salt and lemon — alternatively have a daily cup of bouillon. Adding [exogenous ketones](#) will help this transition become much easier and diminish the effect of keto flu.

Gradually reduce carbohydrate intake — stopping suddenly results in more temporary symptoms

When starting on a ketogenic diet, you lose water and consequently electrolytes. This is happening since carbs retain water and salts in the body, so when you stop eating carbs your body loses this water. If the keto flu is happening due to too little hydration, it might help to drink a glass of salt water with a little bit of squeezed lemon (for taste).

When carbohydrates are suddenly removed from the diet, the brain can run slightly low on energy before it learns to use ketone bodies for fuel instead of sugar. This means that if you drastically reduce carbs from one day to another, you may get symptoms of such as tiredness, nausea and headaches. Replacing fluids and electrolytes as described above can alleviate the symptoms. Or by instead gradually lowering carb intake over a period of a week or more, the body gets used to burning fat and ketones instead of glucose and there will usually be no symptoms.

If you do not wish to gradually reduce carbs, make sure to get enough fluid and salt (like 1–2 cups of bouillon per day) to minimize symptoms. After a week or so the body is usually adapted to a ketogenic diet.

## Supplements:

There are a few supplements we recommend when getting started on your keto journey to help you avoid the effects of the Keto Flu and also to help your body get the nutrition it needs while you reduce the amount of fruits you eat. **For Electrolytes this is the one I recommend** [CLICK HERE>](#)



## 1. Sodium – Pink Himalayan Salt

Because insulin levels go down during a ketogenic diet, your body starts shedding excess sodium and water when you start restricting carbohydrates. While many Americans suffer from high levels of sodium and potassium, low levels of these two salts in the body is also an issue of concern for many on the ketogenic diet due to lower levels of insulin and insulin resistance.

Multiple research studies support the inverse relationship between insulin and levels of salts such as potassium and sodium. As a result, many on low-carb diets may experience fatigue, lightheadedness, headaches, and constipation.

The best way to get more sodium and potassium is to consciously add them into your diet. Generally, those on the ketogenic diet should consider adding 2–4 grams of sodium per day. This can be accomplished in a variety of ways. Many keto friendly foods, such as eggs and lean meats, are naturally high in sodium. Sprinkling on some salt or eating some high-fat, salty foods such as bacon or making a low-carb chicken soup might be a good solution.

Another tip is to add a bouillon cube into a cup of hot water then drinking it (it's actually pretty tasty and healthy!). A variety of salt supplements can also be utilized, too. Potassium is a bit trickier to add in. You can't start forking over high-carb bananas. However, avocados are a reliable source. A trusted potassium supplement, such as the affordable "Potassium Gluconate" from most stores, might be a good choice.

## 2. Magnesium

Magnesium is an essential nutrient for the body. It is the fourth most common element and usually found at 25 grams in the body. About 50 percent of magnesium in the body is stored in bones and the other half is mostly located in organs and tissues. As a cofactor, it facilitates over 300 reactions in the body. Because of this, it is involved many essential processes such as moderating blood pressure, synthesizing proteins, maintaining nerve and muscle function, and regulating blood glucose.

Recent literature shows optimal levels of magnesium are important for maintaining adequate levels of testosterone and getting proper amounts of sleep. Most dieticians recommend consuming a daily dosage of 320 mg of magnesium for women and 420 mg of magnesium for men.

Magnesium deficiency is fairly common. According to a recent survey study, about 43% of the US population does not meet the USDA dietary intake of magnesium. It is more common among those who consume a low-carbohydrate diet. This is partially because the ketogenic diet has a diuretic impact on the body and increases the excretion of ions from the body.

Additionally, many magnesium-rich foods, such as dark, green, leafy vegetables, seeds, nuts, and cocoa, have moderate amounts of carbohydrates. Low magnesium can lead to fatigue, neurological damage, and muscle cramps among other things. Oftentimes, the symptoms of magnesium deficiency aren't immediately apparent. Thus, it is important to consult with a proper blood testing facility to learn your results and see where you are especially as you start partaking in a low-carb or ketogenic diet.



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*Keto By Jeni*

In order to deal with magnesium deficiency, you can consume regular amounts of keto-friendly, magnesium rich foods. Some examples are avocados, high-fat yogurt, and low-carb nuts. Additionally, it might be helpful to consume high-quality supplements of magnesium.

### 3. Exogenous Ketones – Keto OS / NAT / UP or Pro Formulas

Exogenous ketones help make this lifestyle easier to follow, will help you transition or stay on it for the long term. [Pruvit's Exogenous ketones](#) are of the highest quality, made of the worlds first (and currently only) naturally fermented ketone they are absorbed at a higher rate and stay in your system longer. You can drink 1 per day or more if you wish. Many use them as a preworkout before they workout, NAT are amazing while fasted! or really any time of day you wish! To start with a 10 day sample pack: <http://www.keto.link/shop>

### 4. Multivitamin

You will need to take a high quality multivitamin! Think of it as an insurance policy, although you will be eating healthier then you may have your entire life when shifting to this lifestyle, it is always a good idea!!!

### 5 MORE:

#### *How much weight should I lose?*

I like to explain weight loss in this type of diet in 3 stages:

- Initial phase: In the first 1-2 weeks, someone will lose quite a bit of weight, which is mainly water tied up with glycogen molecules as you cut carbohydrates. As your glycogen is burnt off, the water weight drops quickly and you'll notice quite a lot of weight gone within the first few weeks. Not everyone loses a lot initially either. Remember we are all different.
- Adaptation phase: This is when weight loss tapers off and possibly even a little weight gain. Your body is adapting and figuring out what it needs to survive. This is a normal phase and can last 1-2 weeks, but will pass. This is where many give up (in ALL weight loss programs), but not you, not this time! Stay strong and bust through that wall.
- Keto-Adapted: After 3-4 weeks (4-6 for some), you will be burning fat as the main source of fuel. Your liver is converting both ingested fats and body fat into ketones for your brain and body to thrive on. This is where the true fat loss will happen and continue and when people report feeling their best! Unstoppable! Don't expect a constant downward trend - expect some gains and stalls here and there (even up to a week at a time), but know that there will be a continuing downward trend. This is where you will also start to see how your body best reacts and learning to truly listen to your body's true hunger.



## Measuring & Preparing to Start

	Excellent	Decent	Too high
Women	under 31.5 inches (80 cm)	31.5 - 35 inches (80 - 88 cm)	over 35 inches (88 cm)
Men	under 37 inches (94 cm)	37 - 40 inches (94 - 102 cm)	over 40 inches (102 cm)

### STEP 1 - Take Before Photos and Start Tracking your Measurements!

Tracking successful weight loss is sometimes trickier than you'd think. Focusing only on weight and stepping on the scale every day might be misleading, cause unnecessary anxiety and undermine your motivation for no good reason.

The scale is not necessarily your friend. You may want to lose fat — but the scale measures muscles, bone and internal organs as well.

Gaining muscle is a good thing. Thus weight or BMI are imperfect ways to measure your progress. This is especially true if you're just coming off a long period of semi-starvation (calorie counting), as your body may want to restore lost muscles etc. Starting weight training and gaining muscle can also hide your fat loss.

Losing fat and gaining muscles means great progress, but you may miss this if you only measure your weight. Thus it's smart to also track the disappearance of your belly fat, by measuring your waist circumference.

## Measure waist circumference

Here's how to do it:

Put the measuring tape around your middle, like in the picture above, slightly above your belly button (to be exact: at the midpoint between your lowest rib and the top of your hip bone, at your side)

- Exhale and relax (don't suck in your stomach)
- Make sure the measuring tape fits snugly, without compressing your skin
- Measure



Compare your result to these the recommendations in the chart above.

I recommend aiming for “excellent” but it's not always realistic. Young people can usually achieve this, but for some middle-aged or older women it may be a major victory to get all the way to “decent”.

### Measuring Progress

I suggest measuring your waist circumference and weight before starting your weight-loss journey and then perhaps once a week or once a month.

Write the results down so that you can track your progress. If you want, you can measure more areas: around the buttocks, the chest, the arms, legs, etc.

Note that your weight can fluctuate up and down several pounds from day to day, depending on fluid balance and stomach contents: Don't worry about short term changes, instead follow the long-term trend.

If you can, try to check other important health markers when starting out, like these:

- ❖ Blood pressure
- ❖ Blood sugar (fasting blood glucose and/or HbA1c)
- ❖ Cholesterol profile (including HDL, triglycerides)

These markers are almost universally improved on a keto diet, even before major weight loss. Re-checking these health markers after a few months can be great for your motivation as they'll usually show that you're not just losing weight, you're gaining health too.

PS: Don't have a measuring tape at home? Try these options:

Use any piece of string. Wrap the string around your waist and cut the string to fit your waist on day one. This string could magically appear to become longer and longer every week you wrap it around your waist. Comparing how an old pair of jeans fits is also a good option.

### Be Persistent

It usually takes years or decades to gain a lot of weight. Trying to lose it all as quickly as possible by starving yourself rarely works well long-term, that's just a recipe for “yo-yo dieting”. To succeed, you need something that works long term.

What to aim for:

It's common to lose 2–6 pounds (1–3 kg) within the first week on a strict low-carb diet, and then on average about one pound (0.5 kg) per week as long as you have a lot of weight remaining to lose. This translates into about 50 pounds (23 kilos) per year.

Every 5 pounds of fat loss roughly equals 1 inch lost around the waist (1 kilo = 1 cm).



Young males sometimes lose weight faster than this (sometimes twice as fast). Post-menopausal women may lose at a slightly slower pace. Those on a very strict low-carb diet may lose weight quicker, as well as those who exercise a lot (a bonus). And if you have an enormous amount of excess weight to lose you could start out much faster.

As you get closer to your ideal weight the loss may slow down, until you stabilize at a weight that your body feels is right. Very few become underweight on a keto diet — as long as they eat when hungry.

### Initial stalls

Are you coming off a period of semi-starvation (calorie counting)? Focus on your waist circumference and health markers at first as it sometimes takes several weeks before weight loss is apparent.

plateaus

### Weight-loss plateaus

Expect weight-loss plateaus: Days or weeks where nothing seems to happen on the scale. Everybody hits them. Stay calm. Keep doing what you're doing and eventually things will start happening again.

### The Fat Whoosh:

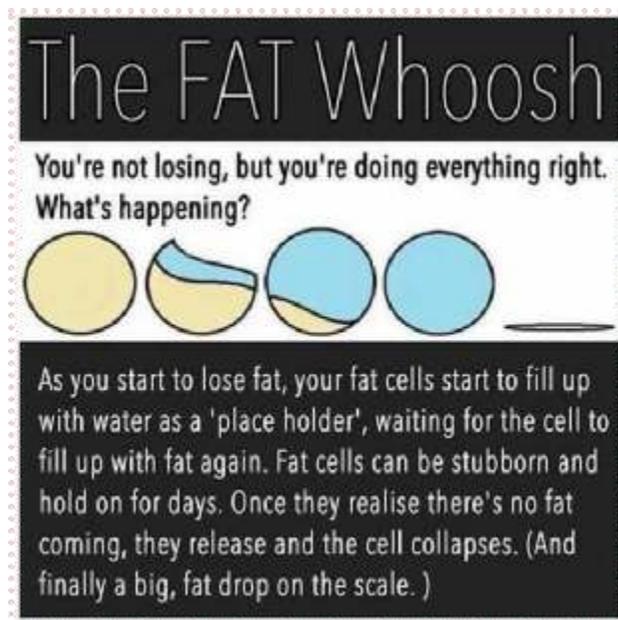
### How to lose weight forever

Losing a lot of weight long-term and keeping it off forever won't happen unless you change your habits forever. If you lose weight and then return to living exactly the way did when you gained weight, don't be surprised when the excess weight returns. It will.

Maintaining weight loss requires long-term change and patience. If this doesn't seem possible for you, then you're perhaps more interested in one of these magical diet scams.

Forget quick fixes: If you lose some weight every month, eventually you'll get rid of all your excess weight. That's inevitable progress. That's what you want.

PS: Long-term change is only hard in the beginning, especially during the first couple of weeks. It's like quitting smoking. Once you develop new habits it becomes easier and easier every week. Eventually it comes naturally.





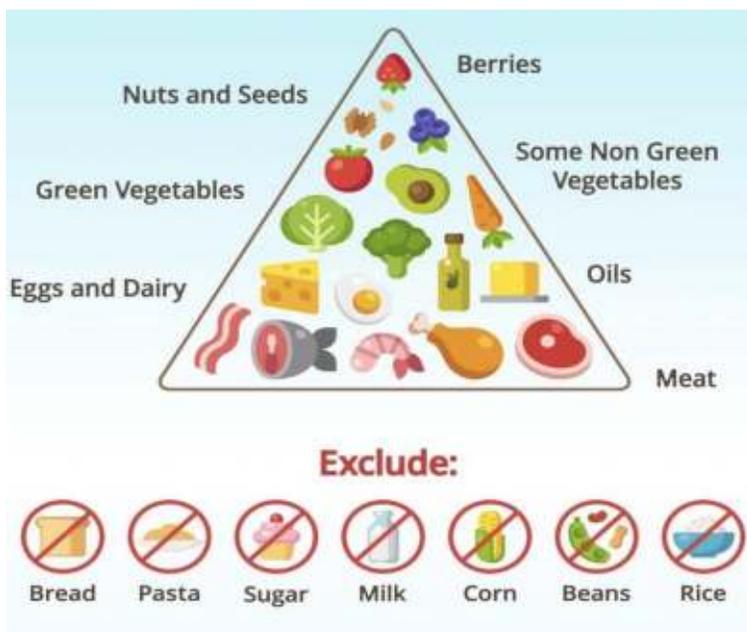
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## Foods to Eat

It is highly recommended that you eat whole, clean foods for best results. With that being said, there are a lot of "diet" and low carb products available for your convenience. These products are not tolerated by everyone. Some may experience slowed or stalled progress from processed foods. All of these products are what I call personal choice items. If you decide to try any "low carb" products, please pay attention to your body to see if you tolerate it well. For example, some will experience cravings or fatigue. So just take notice.

### Do Eat

- \* Meats — fish, beef, lamb, poultry, eggs, etc.
- \* Leafy Greens — spinach, kale, etc.
- \* Above ground vegetables — broccoli, cauliflower, etc.
- \* High Fat Dairy — hard cheeses, high fat cream, butter, etc.
- \* Nuts and seeds — macadamias, walnuts, sunflower seeds, etc.
- \* Avocado and berries — raspberries, blackberries, and other low glycemic impact berries
- \* Sweeteners — stevia, erythritol, monk fruit, and other low-carb sweeteners >
- \* Other fats — coconut oil, high-fat salad dressing, saturated fats, etc.





## Keto Veggies:

Artichokes  
Asparagus  
Avocado  
Bean Sprouts  
Bell Peppers (green, red, yellow, orange)  
Bok Choy  
Broccoli Brussel  
Sprouts  
Cabbage  
Canned Artichoke Hearts  
Canned Asparagus  
Canned Black Olives  
Canned Green Beans  
Canned Green Olives  
Canned Greens  
Canned Mushrooms  
Canned Pickles Canned  
Sauerkraut Canned  
Spinach Cauliflower  
Celery  
Cucumbers

Eggplant  
Fresh Spinach  
Green Beans  
Green Bell Peppers  
Green Onions  
Greens  
Hot Peppers  
Iceberg Lettuce  
Leeks  
Mushrooms  
Napa Cabbage  
Okra  
Portabella Mushrooms  
Radishes  
Romaine Lettuce  
Snow Peas  
Spaghetti Squash  
Spinach  
Yellow Onions  
Yellow Squash  
Zucchini

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### FRUIT:

Our suggestion is to start with the lowest carb/sugar fruits and see how your respond. If you start gaining weight or notice that you are craving sweets again, simply cut back and try something else. Once you are fat adapted, you may tolerate more varieties of fruit such as melons, peaches, and apples.

Once you reach your goal weight you will have more freedom in this area

## Keto Fruits:

Avocado  
Blackberries  
Blueberries  
Strawberries  
Raspberries

Cherries  
Cranberries (fresh)  
Tangerines/Cuties  
Tomatoes (all varieties)  
Pumpkin



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## **DAIRY:**

The only way you can know how you respond to dairy is by slowly adding it to your meals. If you eat dairy and don't notice any issues, you will probably be okay using dairy as a great source of fat. If however, you find that after eating yogurt or cheese you feel bloated, have cramps, get diarrhea or start vomiting, you will want to eliminate dairy until you figure out the cause. In some cases, people who were previously lactose intolerant have been able to add dairy into their diets after eliminating carbs, so you just never know.

## **Dairy:**

Sour Cream

Heavy Whipping Cream Half  
and half

Reddi whip

Butter

Mayonnaise

\*Full Fat / Full Cream Greek Yogurt

\*Full Fat / Full Cream Milk (Fairlife brand)

\*Watch the carb count. I would not add  
these until you are close to goal or in  
maintenance.

## **Cheeses:**

Blue

Brie

Cheddar

Colby

Cottage Cheese

Cream Cheese

Feta

Goat Cheese

Monterey Jack

Mozzarella

Parmesan

String Cheeses

Swiss

And many more!

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## **NOTES:**



## MEATS:

When choosing meats, avoid lean cuts. Your body needs fat for fuel in the absence of sugar. You can enjoy a juicy burger or nicely marbled steak! Meats are typically very low in carbs, but always check for sugar content, read the ingredients, and as always know what you are putting into your body.

## Keto Meats:

### Beef:

Hamburger  
Steak  
Roast Beef  
Prime Rib  
Baby Back Ribs  
Corned Beef  
Roasts  
Beef tips  
Cube steak  
All cuts (don't go for lean, you need the fat!)  
Pork:  
Ham (unglazed)  
Bacon  
Pork Roast  
Pork Chops  
Tenderloin  
Ground Pork  
Ham  
Go easy on nitrates with these and watch hidden sugars:  
Sausages  
Italian Sausage  
Bacon  
Deli Ham  
Lamb, Veal

Pepperoni  
Salami  
Hot Dogs  
Jerky  
Lunch Meats

### Poultry:

Chicken  
Canned Chicken (read labels)  
Chicken Thighs  
Chicken Wings  
Chicken Breasts  
Chicken Legs  
Chicken Tenders  
Whole Chicken  
Cornish Hens  
Chicken Eggs  
Duck  
Eggs & Meat  
Goose  
Eggs & Meat  
Pheasant  
Quail  
Eggs & Meat

### Turkey:

Turkey Legs  
Turkey Ground  
Whole Turkey  
Turkey Breast

Watch for nitrates: Turkey & Chicken deli meats, Turkey Bacon, Turkey Sausage, Chicken sausage

### Seafood:

Anchovies  
Bass  
Canned Salmon & Tuna  
Catfish  
Cod  
Crab (only real, imitation crab is very high in carbs) Flounder  
Haddock  
Halibut  
Herring  
Lobster  
Orange Roughy  
Oysters (some carbs)  
Salmon  
Sardines  
Scallops  
Shellfish (may contain carbs)  
Shrimp  
Sole  
Tilapia  
Trout  
Tuna Fish

**Processed Meats:** Try to go organic and nitrate free when possible.



## Drinks / Liquids:

\*use unsweetened nut milks

Pre-Workout Drinks

[Pruvits Exogenous Ketones](#)

Coconut Milk (check carb counts, canned seems to be lower in carbs)

Cashew Milk

Almond Milk

Coffee (w/heavy cream)

Unsweetened Tea

Protein Shakes (watch sugar!)

(Diet sodas would be considered a personal choice item)

## Salad Dressings:

Look for low carb, full-fat options.

Blue Cheese

Ranch

Caesar

Italian

Vinaigrettes

Lemon Juice

Lime Juice

Salsa (again read labels)

Or you can easily make your own!

## Keto Sweeteners:

Liquid Stevia

Powdered Stevia

Erythritol Natural Sweetener

Xylitol

## Fats & Oils:

Bearnaise Sauce

Butter

Bacon Fat

Coconut Oil

Duck Fat

Ghee

Hollandaise Sauce

Mayonnaise

Olive Oil

Peanut Oil

Sesame Oil

Sunflower Oil

Coconut Oil

MCT Oil



## Spices And Condiments:

Always watch for MSGs and try to stick to natural spices!

Real Bacon Bits  
All Spice Cajun  
Spice Capers  
Chili Powder  
Cinnamon Cream  
of Tartar Cummin  
Dill  
Garlic Powder  
Garlic Salt  
Horseradish  
Hot Sauce  
Onion Powder  
Oregano  
Paprika Parsley  
Pumpkin Spice  
Salt  
Turmeric  
Pepper (does have carbs)  
Soy Sauce  
Vinegar Worcestershire  
Sauce  
Yellow and Brown Mustard  
Sugar-Free Ketchup  
Sugar-Free Syrup  
Sugar-Free BBQ sauce

### Cooking & Baking:

Coconut Flour  
Coconut Flakes  
Almond Flour / Meal  
Flax Meal  
  
Flax Seeds  
Chia Seeds  
Cocoa Powder  
Collagen (Great Lakes is a good brand) Broth  
Pork rinds  
Nuts- pecans, walnuts, almonds, macadamia,  
pistachio, Brazil, etc  
Cheese wisps  
jalapenos  
Pickles Olives  
Mio, Crystal light, true lime, true lemon, etc  
(personal choice)  
Sugar free jello  
Low carb tortillas  
Low carb bars (Atkin's, Elevation brand from Aldi's,  
Ketobar, oh yeah one bars, low sugar Kind bars, etc.  
Some of these have higher carbs.)  
\*Magnesium  
\*Multivitamin  
\*Himalayan pink salt  
\*Nusalt and lite salt for potassium supplement



## Do Not Eat

Grains — wheat, corn, rice, cereal, etc.

Sugar — honey, agave, maple syrup, etc.

Fruit — apples, bananas, oranges, etc.

Tubers — potato, yams, etc.

- ❖ **Sugar.** It's typically found in soda, juice, sports drinks, candy, chocolate, and ice cream.
- ❖ **Anything that's processed and sweet** you can think of most likely contains sugar. **Avoid sugar at all costs.**
- ❖ **Grains.** Any wheat products (bread or buns), pasta, cereal, cakes, pastries, rice, corn, and beer should be avoided. This includes whole grains like wheat, rye, barley, buckwheat, and quinoa.
- ❖ **Starch.** Avoid vegetables (like potatoes and yams) and other things like oats, muesli, etc. Some root vegetables are okay in moderation — be sure to read the section on vegetables.
- ❖ **Trans Fats.** Margarine or any other spreadable replacement butter should be avoided as they contain hydrogenated fats (bad for us).
- ❖ **Fruit.** Avoid any large fruits (apples, oranges, bananas) as they're extremely high in sugar. Some berries can be consumed in moderation — be sure to read the section on fruits.
- ❖ **Low-fat foods.** These tend to be much higher in carbs and sugar than full-fat versions. Make sure you read the package to make sure a mistake isn't made.



## What are Micros & Macros?

We recommend you stick with 30 net carbs or less per day, the typical carb count for the average healthy person is about 20 net (in some situations you may go as high as 50 net, if breastfeeding as an example)

What are micros and macros?

A Macronutrient and the percentage we suggest following for achieving ketosis:

Protein: 20%  
Carbohydrate: 10%  
Fat: 70%

If you go lower in carb % you could also follow this breakdown:

Protein: 20%  
Carbohydrates: 5%  
Fat: 75%

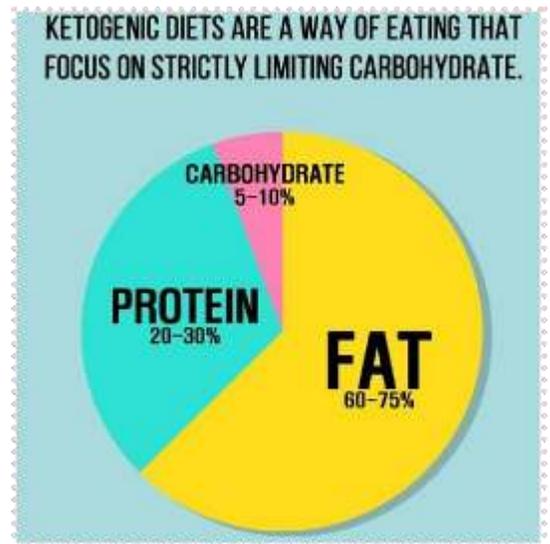
This will shift your body from burning glucose as its primary fuel source to burning fat for fuel. (ketones) **\*\*When supplementing with exogenous ketones you don't have to be as strict following the percentage breakdowns.**

How do you count these? Easily with an APP!! Here are our favorite apps for counting macros: IOS:

Carb Manager \*Easiest for beginners\*  
KetoDiet **\*\*Best app with great calorie targets\*\***

Android:

My fitness pal  
Keto Diet Tracker  
My Keto





## Beginners guide to intermittent fasting

### Does Intermittent Fasting Work?

At its very core, fasting simply allows the body to burn off excess body fat. It is important to realize that this is normal and humans have evolved to fast without detrimental health consequences. Body fat is merely food energy that has been stored away. If you don't eat, your body will simply "eat" its own fat for energy.

Life is about balance. The good and the bad. The yin and the yang. The same applies to eating and fasting. Fasting, after all, is simply the flip side of eating. If you are not eating, you are fasting. Here's how it works:

When we eat, more food energy is ingested than can immediately be used. Some of this energy must be stored away for later use. Insulin is the key hormone involved in the storage of food energy.

Insulin rises when we eat, helping to store the excess energy in two separate ways. Sugars can be linked into long chains, called glycogen and then stored in the liver. There is, however, limited storage space; and once that is reached, the liver starts to turn the excess glucose into fat. This process is called De-Novo Lipogenesis (meaning literally Making Fat from New).

Some of this newly created fat is stored in the liver, but most of it is exported to other fat deposits in the body. While this is a more complicated process, there is no limit to the amount of fat that can be created. So, two complementary food energy storage systems exist in our bodies. One is easily accessible but with limited storage space (glycogen), and the other is more difficult to access but has unlimited storage space (body fat).

The process goes in reverse when we do not eat (fasting). Insulin levels fall, signaling the body to start burning stored energy as no more is coming through food. Blood glucose falls, so the body must now pull glucose out of storage to burn for energy.

Glycogen is the most easily accessible energy source. It is broken down into glucose molecules to provide energy for the other cells. This can provide enough energy to power the body for 24–36 hours. After that, the body will start breaking down fat for energy.





So, that the body only really exists in two states — the fed (insulin high) state and the fasted (insulin low) state. Either we are storing food energy, or we are burning it. It's one or the other. If eating and fasting are balanced, then there is no net weight gain.

If we start eating the minute we roll out of bed, and do not stop until we go to sleep, we spend almost all our time in the fed state. Over time, we will gain weight. We have not allowed our body any time to burn food energy.

To restore balance or to lose weight, we simply need to increase the amount of time we burn food energy (fasting). In essence, fasting allows the body to use its stored energy. After all, that's what it is there for. The important thing to understand is that there is nothing wrong with that. That is how our bodies are designed. That's what dogs, cat, lions and bears do. That's what humans do.

If you are constantly eating, as is often recommended, then your body will simply use the incoming food energy and never burn the body fat. You'll only store it. Your body will save it for a time when there is nothing to eat. You lack balance. You lack fasting.

## Benefits of Intermittent Fasting

Fasting's most obvious benefit is weight loss. However, there are a myriad of benefits beyond this, many of which were widely known in ancient times.

The fasting periods were often called 'cleanses', 'detoxifications', or 'purifications', but the idea is the same — to abstain from eating food for a certain period of time for health reasons. People imagined that this period of abstinence from food would clear their bodies' systems of toxins and rejuvenate them. They were more correct than they knew.

### Some of the purported physical benefits of fasting include:

- Improved mental clarity and concentration
- Weight and body fat loss
- Lowered blood insulin and sugar levels
- Reversal of type 2 diabetes
- Increased energy
- Improved fat burning
- Increased growth hormone
- Lowered blood cholesterol
- Prevention of Alzheimer's disease (potential)
- Longer life (potential)
- Activation of cellular cleansing (potential) by stimulating autophagy (a discovery that was awarded the 2016 Nobel Prize in medicine)
- Reduction of inflammation

There are many different ways you can follow an intermittent fast, the most common method is the 16:8 fast, which means you eat all of your food within an 8 hour window and you fast for 16 hours.



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One of the benefits of being in ketosis is you lose hunger, especially in the morning which makes it easy to add in fasting!

(This should be natural and not forced)

TIP: You don't have to fast every day! Some fast 3 times a week, some 5 days a week and some love it and fast daily.

You will still be eating the same amount of calories in your day, just eating them within a window to work with your hormones and allow your body time to heal when it would otherwise be busy digesting your foods.

You want to try to eat 2-3 larger meals a day and try not to snack. It is important to give your body a break in between meals to digest and burn your stored fat for fuel.

## Resources to help you!

Getting a good book is a great way to help you learn more as well as gain the knowledge and ideas along with recipes to help you perfect this meal plan. Here is a book list of my FAVORITE books on this topic:



1. The Keto Diet: The Complete Guide to a High-Fat Diet with More Than 125 Delectable Recipes and 5 Meal Plans to Shed Weight, Heal Your Body, and Regain Confidence
2. The Complete Ketogenic Diet for Beginners: Your Essential Guide to Living the Keto Lifestyle
3. Keto Clarity: Your Definitive Guide to the Benefits of a Low-Carb, High-Fat Diet
4. The Wicked Good Ketogenic Diet Cookbook: Easy, Whole Food Keto Recipes for Any Budget
5. The Obesity Code: Unlocking the Secrets of Weight Loss
6. The Ketogenic Cookbook: Nutritious Low-Carb, High-Fat Paleo Meals to Heal Your Body



## Best apps for tracking Macros:

### For IOS:

- ❖ KetoDiet
- ❖ CarbManager

### For Android:

- ❖ My Fitness Pal
- ❖ Keto Diet Tracker
- ❖ My Keto

## Websites & Online Tools:

Great websites to learn more: [www.ketobyjeni.life](http://www.ketobyjeni.life), [www.dietdoctor.com](http://www.dietdoctor.com), and [www.ruled.me](http://www.ruled.me)

Online Calculator: <http://keto.link/calculator>

## Recipes & Meal Plans:

<http://keto.link/mealplans>



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## Best of luck to you!!!

I believe you can achieve any goal you set for yourself, big or small. The goal with this is to make it easier for you to follow a ketogenic meal plan, so don't overthink it!!

It doesn't matter what you do every once in awhile, but what you do every day. Try to focus day by day and make a commitment to yourself to get through 30 days at a time. Believe in yourself and visualize yourself at your end goal, what it feels like. You are an amazing beautiful person with the ability to make any changes in your life, we wish you all the best and hope to see you achieve all your goals this year. Thank you for being apart of the keto life with me!

XO-

Jeni Seelke

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