

A close-up photograph of a keto-friendly meal on a white ceramic plate. The meal consists of a sunny-side-up fried egg with a runny yolk, topped with black pepper and sliced green onions. Beside the egg are several slices of avocado, also topped with black pepper and green onions. A portion of green beans is visible in the background. In the foreground, there are several slices of golden-brown, pan-fried bread. The background shows a wooden bowl with more bread and a silver fork on a grey textured surface.

**KETO**

*diet*

**101**

**ABETTERYOU.BLOG**

# COPYRIGHT DISCLAIMER

Always consult your medical practitioner, registered dietician or nutritionist before making any significant changes to your diet – particularly if you are an adolescent, pregnant, breastfeeding or have or develop a medical condition.

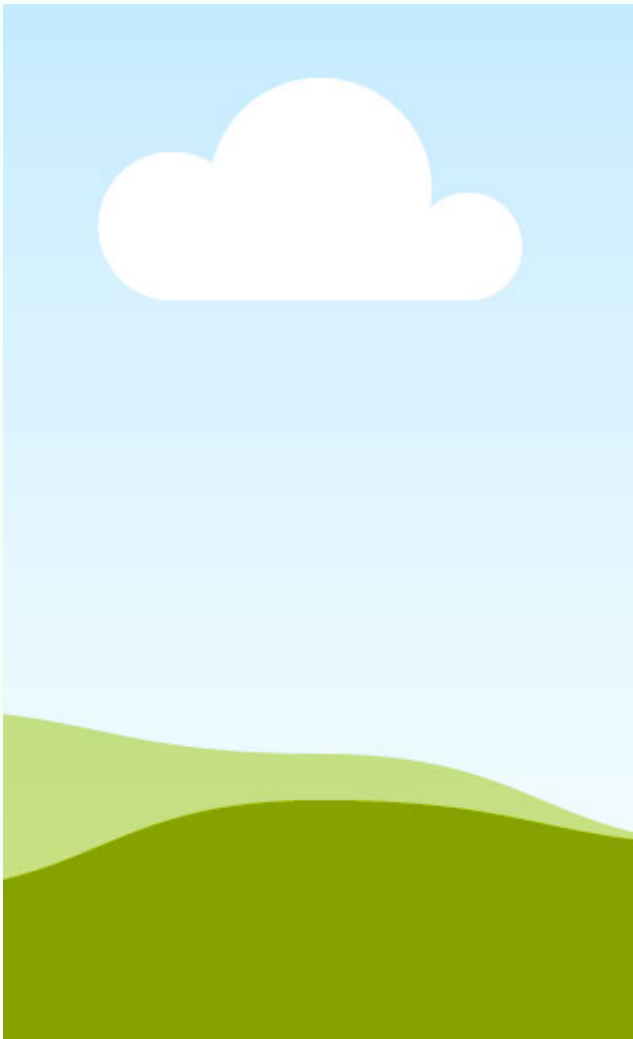
Whilst our recipes can help most people lose weight as part of a calorie controlled diet and active lifestyle, they have not been specifically designed for you and individual results will vary.

Where calorie and macronutrient information is provided, it is calculated using common databases. Exact values will vary, however, and so the values will only be approximations for your finished dish.



# Table of CONTENTS

Welcome .....	3
What is the ketogenic diet? .....	4
How do I get started on keto? .....	5
Foods you should consume .....	9
Foods you should avoid .....	11
A sample meal plan .....	12
Benefits of keto diet .....	13
How to overcome the keto flu .....	16
Thank you .....	18



Hi!

# WELCOME!

Welcome to Keto Diet 101!

Congratulations on taking the first step toward transforming your health and wellness journey! Whether you're here to lose weight, improve your energy levels, or take control of your overall health, you're in the right place.

The Keto Diet 101 Guide is designed to give you a clear, practical, and easy-to-follow roadmap to the ketogenic lifestyle. You don't need to be a nutrition expert or a master chef—just a little curiosity and the desire to feel your best!

**Why Keto?**

The Ketogenic diet isn't just another trend—it's a proven way to help people achieve better health, sharpen their focus, and even reduce inflammation. By reducing carbs and increasing healthy fats, you'll train your body to burn fat for fuel, helping you feel fuller, stronger, and more in control.



[support@abetteryou.blog](mailto:support@abetteryou.blog)



[abetteryou.blog](http://abetteryou.blog)

*What...*

# IS THE KETOGENIC DIET?

The ketogenic diet, also known as keto, has been around since the 1920s, when it was first developed to treat epilepsy in children who didn't respond to medication. While there is a lot of research about the keto diet's use as an epilepsy treatment, the modern uses have been extended to weight loss. If you're thinking about trying out the keto diet yourself, here's everything you need to know about this low-carb eating plan that works by tricking your body into using your fat stores for energy instead of carbohydrates.

People on a keto diet eat very few carbs, moderate amounts of protein, and large amounts of fat. This combination of nutrients puts your body into a metabolic state called ketosis. When you're in ketosis, your body burns fat instead of glucose (sugars) for energy. While that can help keep hunger at bay—especially when you're trying to lose weight—keto diets can be complicated and hard to follow because they involve a major lifestyle change: eating lots of fat and fewer carbs. Here's what you need to know about macronutrients (proteins, carbs and fats) whilst on keto.

In order to enter into the state of ketosis, you need to follow a strict diet in terms of macronutrients (proteins, fats and carbohydrates). First, the amount of protein should be kept relatively low—between 0.5 and 1.0 grams per kilogram of body weight per day (no more than 15% of total daily calories). This helps ensure that your body doesn't convert protein into glucose for fuel.

Carbohydrates should also be kept low since they're easy to convert into glucose. Make sure to consume no more than 10% or 50g of carbs per day. The keto diet is mostly made of healthy fats like eggs, bacons and avocados. So, in order to properly follow the keto diet, your intake of healthy fats should be 65% or more. In fact, preferably, 75% of your total daily calories should come from healthy fat sources.

Don't worry, all this information can sound a little complicated, but we'll take a look at energy balance, calories and macronutrients over the next few pages. You'll have a much better understanding of the keto diet at the end of this guide.

How do I...

# GET STARTED ON KETO

Since the main goal of the keto diet is to enter into the state of ketosis, the first steps you'll need to do is:

- Calculate your calorie intake
- Divide calories between each macronutrient
- Consume the right type of foods for each macronutrient

Once you know how much food you should be consuming per day and what you should be consuming, your body will enter into the state of ketosis in no time.

In general, it can take approximately 3-5 days to enter the state of ketosis. This is how the transition occurs:

- After one to twelve hours, your body will burn through most, if not all, of the circulating blood sugar. Whether your body can use all the circulating glucose depends on the type and amount of carbohydrates you consumed.
- It will take another twelve to twenty-four hours for the body to tap into the stored glucose in the liver. This is also known as glycogenolysis.
- Ketones in the blood are slightly elevated when the liver's stored glucose is depleted. However, for a couple of additional days and up to a week, the body starts to use the glucose from the protein and amino acids in the muscle. The process is called gluconeogenesis.

- After 3 days, the ketones continue to rise, so gluconeogenesis overlaps with ketogenesis. Ketogenesis is the process of producing ketone bodies. The glucose is then spared by the energy pathways, and the reduced insulin and increased glucagon cause fat oxidation to increase.
- In time, your body will adapt to using ketones and body fat as fuel instead of glucose produced by carbs as you continue to consume a high fat diet with very low carbohydrates. This means that you'll experience much lower cravings for sugar, and your muscles will start using the available fatty acids for fuel. Also, your liver will become more efficient at producing ketones, so you won't suffer from the energy fluctuations caused by blood sugar spikes and insulin.

When insulin is present, the body works differently than when it does when you are in ketosis. When insulin is present, the liver takes up some of this glucose and either stores it as fatty acids or uses it as energy. The fatty acids that are stored in the liver can be used or be stored in the body's fat stores. The breakdown of these fatty acids can be inhibited by insulin, especially if you consume too much sugar on regular basis.

# How to CALCULATE CALORIES

## Step 1

### CALCULATE YOUR BMR

BMR is an acronym for Basal Metabolic Rate and it refers to the number of calories that your body requires to use to perform all the biological and physiological processes. To calculate your BMR, follow these equations:

#### WOMEN

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$$

#### MEN

$$66 + (6.23 \times \text{weight in pounds}) + (12.7 \times \text{height in inches}) - (6.8 \times \text{age}) = \text{BMR}$$

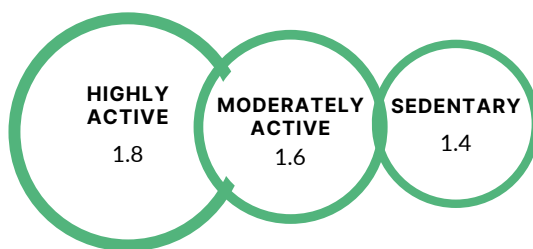
This is the number of calories that your body requires in order to survive. The next step is calculating how many calories your body requires to perform daily activities (TDEE).

## Step 2

### CALCULATE TDEE

TDEE stands for Total Daily Energy Expenditure and it refers to a number of calories that your body needs in order to perform any daily activities (plus biological and physiological processes). This is also known as your maintenance calories, and it's how many calories you need to maintain your current weight.

To calculate your TDEE, simply multiply your BMR by an activity factor as displayed below:



## Step 3

### CALCULATE YOUR DAILY CALORIES

If you want to eat healthy and keep the same weight, you can consume the number of calories that you calculated in **Step 2**. However, if you'd like to lose weight, deduct 200-500, and if you'd like to gain muscle, add 200-500 to the **Step 2 calories**.

# *Divide the calories between* **MACRONUTRIENTS**

Once you know how many calories you should be consuming per day, you need to divide them between macronutrients in order to eat right so your body can enter the state of ketosis.

## **PROTEINS**

Proteins are the building blocks for your soft and hard tissues. They are necessary for your immune system, muscle recovery, bone density, as well as hair and nails.

Without an adequate intake of proteins, you won't be able to recover well between each workout session. One thing you should be aware of is that proteins can be converted into sugars during digestion if you've eaten too much. So, make sure that no more than 15-17% of your total daily calories are coming from high quality protein sources. To figure out the number of grams, simply divide the number of calories by 4.

---

## **CARBOHYDRATES**

Carbohydrates are the body's primary source of energy. There are different types of carbohydrates; starchy, sugary, and fibrous. Fibrous and starchy carbohydrates are necessary for our energy levels, appetite, and bowel movements. Without an adequate intake of carbohydrates, you may struggle to perform any strenuous workout.

Limiting carbs is one of the most important factors for the ketogenic diet. Make sure that no more than 10% (or no more than 50g) of your total daily calories come from carbohydrates. To obtain the number of grams, divide the calories by 4.

---

## **HEALTHY FATS**

Healthy fats are important for regulating hormones, appetite, cholesterol levels, and blood pressure, but most importantly, fats are the only macronutrient that can transport fat-soluble vitamins A, D, E, and K. This makes healthy fats an essential part of a healthy diet.

Since keto is a high-fat diet, you need to make sure that at least 75% of your total daily calories come from healthy fats. To calculate the number of grams, divide the calories by 9.



An example

# OF HOW TO CALCULATE CALORIES AND MACROS

Although the equations are all there, not everyone are good at maths! And we get it! Here's a step by step how we'd calculate our calories and macros.

## CALORIES

Let's calculate calories for a woman who is 26 years old, weighs 144 pounds and she is 61 inches in height. As you may remember, the formula is:

### WOMEN

$$655 + (4.35 \times \text{weight in pounds}) + (4.7 \times \text{height in inches}) - (4.7 \times \text{age}) = \text{BMR}$$

$$655 + (4.35 \times 144) + (4.7 \times 61) - (4.7 \times 26) = \text{BMR}$$

$$1\text{st bracket: } 4.35 \times 144 = 626.40$$

$$2\text{nd bracket: } 4.7 \times 61 = 286.70$$

$$3\text{rd bracket: } 4.7 \times 26 = 122.20$$

$$655 + 626.40 + 286.70 = 1,568.1$$

$$1,568.1 - 122.20 = \mathbf{1,445.90 (1,445 rounded up) BMR}$$

Then let's say that she want's to keep healthy and she does not want to lose weight, and she is also moderately active. All we need to do is multiply the BMR by the moderately active activity factor which is 1.6.

$$\mathbf{1,445.90 \times 1.6 = 2,313.44 (maintenance calories)}$$

## MACROS

Now that we know how many calories our hypothetical woman should consume, it is time that we divide her calories between macros.

$$1. \text{Protein: } 2,313.44 \times 0.15 = 347 \text{ calories / 87 grams (calories divided by 4)}$$

$$2. \text{Carbs: } 2,313.44 \times 0.10 = 231 \text{ calories / 58 grams (calories divided by 4)}$$

$$3. \text{Fats; } 2,313.44 \times 0.75 = 1,735 \text{ calories / 192 grams (calories divided by 9)}$$

Double check your maths by adding all calories together:

$$\mathbf{347 + 231 + 1,735 = 2,313 \text{ calories}}$$

## YOU SHOULD CONSUME

### VEGETABLES

Veggies are a great source of vitamins, minerals, and antioxidants. You need to be careful with vegetables since they are often high in fiber, a type of carbohydrate. Here is a list of foods that are keto-friendly.

- Asparagus
- Avocado
- Broccoli
- Cabbage
- Cauliflower
- Chillies
- Cucumber
- Green beans
- Eggplant
- Jalapenos
- Kale
- Lettuce
- Olives
- Onion
- Peppers
- Spinach
- Tomatoes
- Zucchini

Other vegetables like broccoli, carrots, beetroot, green beans, and bell peppers should be limited as they are high in fiber.

You may experience constipation during the first few days of starting keto, but once you enter ketosis, your bowel movements should return to normal.

You should also vary your vegetables because they all provide various vitamins and minerals, as well as supporting your body in a variety of ways.



## SEAFOOD

Ketogenic diets should include seafood as a central component. You'll need to learn how to get your omega-3s in check if you want it to work. You can get your fill of omega-3 fatty acids by eating fatty fish like salmon, mackerel, and sardines, which are high in healthy fats and delicious, too.

Walnuts, flaxseed oil and dark leafy greens like spinach and kale are also great sources of Omega-3s. If you want to maintain muscle mass while following a low carb diet, then include these foods as well.

## MEATS

Because meat and poultry contain no carbohydrates, they are ideal for the keto diet along with healthy fats.

However, one thing to keep in mind is that overconsumption of protein (which comes from meat, poultry, and seafood), may cause ketosis to be broken.

This is because the body can only metabolize approximately 40g of protein per hour. If you eat more protein than that, your body will convert the protein into glucose (sugar). These sugars can then be used by the body for energy or they can be stored as fat.

Whether you use or store them depends on your lifestyle, age, and body composition. The extra sugars from protein are likely to be stored in the body if your lifestyle is sedentary. If you lead an active lifestyle, you will use these sugars for energy.

However, before the body uses them for energy, they can cause the pancreas to release insulin which breaks the state of ketosis.

So, be careful, and consume plenty of protein but no more than 15% of your total daily calories.

## HEALTHY FATS

Fats, such as eggs, avocados, oils, nuts and seeds, are the basis of the ketogenic diet. Keto dieters should consume at least one egg every day. The benefits of healthy fats include lowering your harmful cholesterol levels since they are low-carb and low-carb.

On the other hand, nuts are very healthy because not only are they high in healthy fats but they are also rich in vitamins like A, D, E and K which are really important for regulating your hormones.

Other fats to take into consideration are olive oil, rapeseed oil and coconut oil. All three are packed with omega-3s and 6s, fat-soluble vitamins (A,D,E and K) and they do not contain any carbs. Salad dressings should contain these oils, while others should be avoided. Most salad dressings are very high in carbs and can break your state of ketosis.

# Foods

## THAT YOU SHOULD AVOID

There are many things you can't eat on the keto diet. If you eat these foods, you can break the state of ketosis and minimise your results.

### SUGARS

Sugars break the state of ketosis. Just a little bit can ruin your whole transition and limit your progress.

### ARTIFICIAL SWEETENERS

Some sweeteners can still break the state of ketosis. Instead, find one that is plant-based like stevia.

### HIGH CARB FOODS

High carb foods break the state of ketosis because they are broken down into sugars during digestion. Avoid bread, pastries, pasta, rice and more.

### ENERGY BARS

However, these are usually loaded with high sugar content and artificial sweeteners that are not safe. If you must have an energy bar, consider creating your own keto-friendly energy bar.



# Sample MEAL PLAN

<i>S</i>	<b>B:</b> Scrambled eggs, avocado pieces and baked beans <b>L:</b> Cajun spiced shrimp skewers with bell peppers <b>D:</b> Courgette stuffed with turkey mince, mushrooms and cheese
<i>M</i>	<b>B:</b> Omelette with spinach and cottage cheese <b>L:</b> Smoked salmon with green beans <b>D:</b> Oven-baked chicken with cauliflower rice and mixed vegetables
<i>T</i>	<b>B:</b> Fritters with cheese and spinach <b>L:</b> Chicken salad with eggs and cucumbers <b>D:</b> Greek-style meatballs with roasted cauliflower
<i>W</i>	<b>B:</b> Ham and Butternut Squash Hash <b>L:</b> Celery sticks with peanut butter <b>D:</b> Beef Cubes with Roasted Carrots and Mushrooms
<i>TH</i>	<b>B:</b> Egg and Vegetable Muffins <b>L:</b> Stir fried chicken with cauliflower rice and mixed vegetables <b>D:</b> Turkey and vegetable skillet
<i>F</i>	<b>B:</b> Leftover egg and vegetable muffins <b>L:</b> Leftover beef cubes with carrots and mushrooms <b>D:</b> Garlic Roasted Cod with green beans
<i>S</i>	<b>B:</b> Onions, mushrooms, and spinach fried up with bacon or sausages <b>L:</b> Salad with canned salmon, mustard vinaigrette <b>D:</b> Maple Braised Chuck Roast

# Benefits OF KETO DIET

Nowadays, many people use the keto diet to lose weight. But we cannot forget the extraordinary benefits of keto diet aside from weight loss. Here's what you need to know.

## Benefit 1 HUNGER CONTROL

Research has shown that people on a ketogenic diet experience less hunger than those on other diets. Scientists aren't exactly sure why, but there is one obvious explanation: It could be because when you're in ketosis, your body burns fat for energy instead of sugar, meaning you have less circulating levels of insulin—which helps to reduce hunger.

What's more, research suggests ketones may actually suppress ghrelin (the hunger hormone) and increase satiety hormones like CCK (cholecystokinin).

## Benefit 2 MENTAL CLARITY

If you're eating a high-carb diet, your brain has to work harder for fuel, which makes it more likely to experience fatigue. A study from Yale University showed that a ketogenic diet can actually improve cognitive functioning in older adults. In fact, when combined with a healthy lifestyle, low-sugar and low-carb diets may help seniors live longer and reduce their risk of age-related mental deterioration.

For example, 70% of Americans who reach age 65 develop some form of dementia within 15 years. One study also found that keto diets improved memory function in an animal model by as much as 30%. This is one reason why keto may be helpful for certain conditions like Alzheimer's disease or Parkinson's disease.



### *Benefit 3*

## IMPROVED CHOLESTEROL LEVELS

The ketogenic diet is known for being a high-fat diet, which is great for those seeking weight loss and better health. As it turns out, a keto diet may be good for more than just weight loss; research shows it can improve cholesterol levels as well. In fact, eating according to the keto food preferences may be one of the best things you can do to lower LDL cholesterol and triglycerides while increasing HDL cholesterol (the good kind).

This helps to significantly reduce the risk of heart disease like a heart attack and stroke.

### *Benefit 4*

## LOWER BLOOD PRESSURE

A ketogenic diet has many health benefits, including a lower blood pressure than most other diets. For example, people who follow a keto diet and lifestyle have significantly lower blood pressure levels than people with a standard diet. Even studies that look at low-carb diets like Atkins have found that reducing your carb intake can drop your systolic (upper) and diastolic (bottom) blood pressure by as much as 15 mmHg—that's better than some medications!

When you go on a keto diet, it's natural for your body to burn fat instead of carbs, which can reduce and eliminate hormone spikes in blood sugar and insulin. This, in turn, can also reduce blood pressure.



## *Benefit 5*

### **ANTI-INFLAMMATORY EFFECTS**

People who follow a keto diet also see reductions in inflammatory markers like c-reactive protein (CRP) and interleukin-6 (IL-6), which research has shown can increase the risk of heart disease.

One study even found that CRP levels were significantly lower among people who followed a keto diet for two years compared to those who followed a low-fat diet. This result suggests that switching to keto could help lower CRP levels, an important marker for inflammation, meaning it could help reduce your risk of developing heart disease or type 2 diabetes.

## *Benefit 6*

### **IMPROVED SKIN**

People on a keto diet often say that they notice improvements in their skin. For example, acne improves in some cases, and eczema seems to disappear altogether. What is it about a keto diet that can make skin better? While we're not entirely sure (studies are still being done), some believe it has to do with a decrease in inflammation, which is known to contribute to acne and other skin problems.

## *Benefit 7*

### **WEIGHT LOSS**

As you've learned throughout this guide, when your body enters into the state of ketosis, it becomes more efficient at using your fat stores for energy instead of muscle sugars or sugars from carbohydrates. This makes it easier for your body to lose weight.

Another way that the keto diet helps you lose weight is by making your body more insulin sensitive. This means that, when you return to eating normal, your body will be able to manage sugar levels and the use of sugars for energy in a more efficient manner. This may reduce the risk of regaining weight too.

## *Benefit 8*

### **MORE ENERGY**

One of the best benefits of keto diet is that it can result in increased energy levels, which can have a positive impact on your day-to-day productivity. By increasing your fat intake, you increase your energy level because fats are more energy dense than carbs. Carbohydrates are stored as glycogen in our body, which is only usable when glucose levels drop; however, you can store more energy as fat and use that reserve throughout the day. Your body will use it to fuel your brain and muscles so you can stay productive longer without crashing—and no food coma!



# How to

## OVERCOME THE KETO FLU

You may experience something called the keto flu when you first start the keto diet. Symptoms of the keto flu include fatigue, nausea, diarrhea, muscle aches, and many others.

This is due to the fact that your body is undergoing certain metabolic changes. Thankfully, this should only last a few days as your body gets used to the new diet. There are several things that you can do to control the keto flu:

### 01 STAY HYDRATED

Your body will need plenty of water during this time to stay properly hydrated. This is especially true if you suffer with diarrhea or vomiting during the time of adaptation.

You should be drinking about 9 or 13 cups of water a day while dealing with the keto flu. This will help you to recover. If you want, you can also make keto smoothies, fruits, or bone broth.

### 02 CONSUME MORE FIBER

You may find that you're experiencing digestive issues, as well as increased hunger during this time.

Add more fiber to your diet to help with this. Add items like avocado, low carb vegetables, mushrooms, and peppers to help boost your fiber intake.

### 03 INCREASE YOUR FAT INTAKE

To successfully produce ketone bodies, you need to make sure that you are eating enough fat. This is especially true during the keto flu.

To make sure that you are in ketosis, make sure that you are getting plenty of healthy fats. This includes grass-fed butter, and fatty fish.



## GET ENOUGH REST

When you are suffering from keto flu, it is important that you get the rest that you need. During this time, you will have lower energy levels, so you must take it easy.

It is recommended that you avoid strenuous exercise during this time. Before beginning any exercise routine, let your body get used to the new diet.

You should be getting 7 to 9 hours of sleep at night to help your body have the energy to adapt to this diet.

## MEAL PLANNING

Making sure that you plan your meals is one of the best things that you can do to promote a good keto diet experience. When you first wake up in the morning, you may feel weird and you may be drawn towards sugar (until ketosis is achieved). This is why it's important to have something ready to minimise the chances of your breaking the diet.

Pick a day during the week to sit down and figure out what you want to eat for every meal. This will help to ensure that you stay on track with your diet and not get overwhelmed by having to figure out what you are going to eat each meal.

Choose the planner on the next page and the shopping list to get you started.

# Thank You!



ABETTERYOU.BLOG

 [support@abetteryou.blog](mailto:support@abetteryou.blog)

We hope you enjoyed reading this guide and will make use of all the information in it.

We will be sharing more great articles, free ebooks and more with our bi-weekly newsletter.

Stay tuned...

**ABETTERYOU.BLOG**