

# Intro to Ketogenic Therapies

## 1. Gradually Transition to a Low-Carb Whole food based (paleo) Diet (2-4 Weeks)

Before diving into full ketosis, reduce your daily carbohydrate intake slowly over 2-4 weeks, with a focus on whole foods (paleo diet). Decrease by 25-50 grams of carbs per week based on your current intake.

Example:

-If eating 250g of carbs daily, reduce to 200g in Week 1, 150g in Week 2, 100g in Week 3, and 50g by Week 4.

-By Week 5, aim for **20g Net Carbs**.

- **Resources:**

**Whole Foods Paleo Diet Food List.pdf**

## 2. Clean Up Your Pantry

Keto success starts with your environment. Go through your pantry and fridge to **remove non-keto-friendly foods** like sugary snacks, refined carbs, and processed foods.

Stock up on **whole, keto-friendly foods** like healthy fats, low-carb vegetables, and quality proteins. This ensures you are prepared and eliminates temptation.

- **Resources:**

**Whole Foods Ketogenic Diet Food List.pdf**

**Keto friendly foods-shopping list.pdf**

**Fat Sources.pdf**

## 3. Calculate Your Personalized Macros

- **Resources:**

[\*\*MACROS CALCULATOR LINK\*\*](#)

[\*\*How to calculate net carbs\*\*](#)

## 4. Use a Food Scale to Accurately Measure Ingredients

## 5. Start Logging Your Meals:

[\*\*CARB MANAGER\*\*](#) (Free or premium version is about \$40/year)

[\*\*CRONOMETER\*\*](#) (Highly accurate for tracking micronutrients)

[\*\*DIET DOCTOR MEAL PLAN\*\*](#) (30 day free trail)

## 6. Electrolytes + Hydration

- **Resources:**

**Electrolyte supplement.pdf**

## 7. Testing Ketones

Blood Glucose & Ketone Meter Kit ([KETO MOJO](#))  
Urine Strips ([AMAZON](#))

## 8. Get Baseline Blood Work Done

CBC (Complete Blood Count)  
CMP (Comprehensive Metabolic Panel)  
Vitamin D  
Fasting Lipid Panel  
Uric Acid  
Thyroid Panel  
Free/Total Carnitine  
HbA1c & Fasting Insulin  
C-reactive Protein

## 9. Get Clear on Your "Why" and Cultivate the Right Mindset

The keto therapeutical intervention is more than just a diet change—it's a **lifestyle transformation**. Take time to reflect on why you want to make this shift:

- **What are your reasons for change? (e.g., mental health improvement, energy, long-term health, reduce or eliminate the side effects of meds, etc)**
- **How will your life look different? How will the benefits of this intervention impact other areas of life such as career, relationships?**

Having a strong "**why**" will help you stay committed and focused through challenges, and the right mindset will guide you toward success.

## 10. Helpful Resources

[DIET DOCTOR: KETO FOR BEGINNERS ARTICLE](#)  
[HOW TO TALK TO YOUR DOCTOR ABOUT KETO.PDF](#)  
[TIPS FOR SUCCESS WITH YOUR NEW DIET PLAN.PDF](#)  
[PATIENT HANDOUT - IS THE KETOGENIC DIET SAFE](#)

### **\*\*DIET CONTRADICTIONS:**

-Active Anorexia  
-Genetic Disorders of fat metabolism  
-SGLT2 Inhibitors  
-Pregnancy, breast feeding