



## **The Low-Carb Chef Ketogenic Guideline**

The Low-Carb Chef Ketogenic Guideline helps you lose weight, live and feel great. Our guideline will help you get started on the ketogenic lifestyle, and help with the transition to burning ketones instead of glucose for an energy source. It includes super food tips, food to fight cravings, and is focused on food that is designed to make you feel your best. Congratulations on starting your journey to a healthier you.

***Disclaimer: The information in this file is not intended to be taken as medical advice, it is for guidance only. Always consult your doctor when making changes to your dietary lifestyle.***

# **Everything You Need To Know About Keto**

## ***What is a Ketogenic Diet?***

The ketogenic diet is a low carb, high fat, moderate protein, and no sugar diet. Eating a keto diet puts the body in a metabolic state called ketosis, which means the body burns fat (ketones) as an energy source, instead of carbohydrates (glucose). The liver uses fat to produce these ketones. They are a great energy source by providing clean fuel to the body and especially the brain. Basically, the body becomes a fat burning machine.

## ***Benefits***

There are so many benefits with the keto diet, including weight loss. Fast weight loss occurs because insulin levels become very low, when in ketosis. Consuming healthy fats will boost brain power and enhance cognitive function, resulting in mental clarity and sharpness. The keto diet also helps with reduced inflammation, energy, clear skin, and has anti-aging effects.

## ***Keto Flu***

Some people experience the keto flu at the beginning of the diet. This happens because the body is changing the way it uses and burns fuel. This change can cause symptoms such as nausea, fatigue, sugar craving, diarrhea, headache, and muscle cramps. Although these symptoms can cause discomfort, there are some ways to battle the keto flu. It's good to stay hydrated and drink plenty of water, eat enough healthy fat, have electrolytes, get plenty of sleep, and keep strenuous activity to a minimum.

## ***Kick Sugar To The Curb***

Staying away from sugar will reduce inflammation, decrease risks of getting cancer, promote weight loss, improve heart health, and help control insulin and blood sugar levels. It is also better for teeth and slowing down the aging process.

## ***Carbs***

It is important to always read the Nutrition Fact Table and Ingredients List on all products before purchasing them. Things to watch out for are products that are high in carb and have sugar in them. Sugar is counted under the total carbohydrate count of the Nutrition Fact Table, but ideally there should be no sugar or as very little as possible. The total net carb count per day should be 5% in order to stay in ketosis, which is between 20-50 grams of carbs. Although, staying closer to 20 grams per day will speed up weight loss.

When calculating the net carb count, it is important to know how. Fibre and sugar alcohols lower the net carb count and it is the net. In the Nutrition Fact Table of every product it is easy to do so. Take the total carbohydrate count and subtract from that fibre and/or sugar alcohol count. Below is an example of the carbohydrate portion of the Nutrition Fact Table.

<b>Carbohydrate/Glucides 11g</b>
Fibre / Fibres 5g
Sugars / Sucres 1g

In order to calculate the net carb, the fibre needs to be subtracted from the total carbohydrate count. In this example, take the total carb count of 11 grams and subtract that by the fibre which is 5 grams. Therefore, the total net carb is actually 6 grams. The same thing goes for sugar alcohols.

*Tip: Make a pasta or noodle dish with Shirataki noodles.*

## ***Protein***

It is recommended to eat a moderate amount of protein. Eating too much protein can cause constipation, upset stomach, and can kick you out of ketosis. Each meal should have approximately 6-8 ounces of protein, and no more than 3 to 4 eggs a day. The total consumption for protein should be 25% daily. Keep in mind when consuming protein that the fat needs to out-way the protein, so choosing fattier protein options are good. For example chicken legs vs chicken breast, and pork shoulder vs pork loin. Leaner cuts can still be eaten but in that case the fat intake will need to increase by adding more healthy fats to the meal. Below are examples of good protein choices.

Fish	Lamb	Beef	Chicken
Pork	Organ meat	Bacon	Eggs
Cheese	Sausage	Shellfish	Veal

## ***Healthy Fats***

It is important to have a fat intake count of 70% daily of healthy fats. Below is a list of some great choices for healthy fats.

Coconut oil	Salted butter	Olive oil	Avocado oil
MCT oil	Grape seed oil	Flax seed oil	Walnut oil
Mustard oil	Sesame oil	Tahini	Fish oil
Avocado	35% Cream	Cheese	Lard

There are other fats that can be used that are not the healthiest choice but are still considered keto such as mayonnaise, caesar dressing, canola oil, sunflower oil, vegetable oil, and many pre-made salad dressings.

*Health Note: There are some fats that are not beneficial to our health and should be avoided, such as soybean oil, corn oil and margarine.*

## **Vegetables**

It is important to eat 8 to 10 cups of non-starchy vegetables daily in order to promote digestive health, constipation relief, good for balancing fat intake, and potassium, fiber, vitamins and minerals that the body needs. Vegetables that are especially beneficial are cruciferous vegetables such as broccoli, cauliflower, bok choy, brussel sprouts and cabbage. Below is a list of some healthy vegetable choices.

Spinach	Mushroom	Radish	Celery	Celery root
Lettuce	Cabbage	Rutabaga	Onion	Garlic
Ginger	Turmeric	Broccoli	Cauliflower	Chinese broccoli
Bock choy	Red onion	Zucchini	Eggplant	Hot pepper
Okra	Daikon	Brussel sprouts	Green onion	Cucumber
Hearts of palm	Bell pepper	Rapini	Kale	Jicama
Parsley	Cilantro	Fennel	Arugula	Spring Mix
Asparagus	Artichoke	Green beans	Olives	Parsnip

*Health Note: Vegetables that have sugar such as carrots, peas, and beats, should be avoided.*

*Health Tip: Sprinkle flax seed and sesame seed on top of salad. (1-2 tablespoons daily of each)*

## **Fruits**

Good fruits to eat are berries (in moderation), avocados, and tomatoes but otherwise fruits are high in sugar and should be avoided.

## ***Dairy***

Full fat dairy is good. It is important to stay away from light or low fat dairy options as well as 2%, 1% and skim milk, 10% half and half, evaporated and condensed milk.

Brie cheese	Goat cheese	Mozzarella cheese	Parmesan cheese
35% cream	18% cream	Greek yogurt	Feta cheese
Cheddar cheese	Blue cheese	Havarti cheese	Plain yogurt
Tzatziki	White cheddar	Sour cream	Kefir
Butter	Ghee	35% whipping cream	Swiss cheese
Provolone cheese	Gouda cheese	Cream cheese	Cottage cheese
Crème fraiche	Mascarpone	Monterey jack	Colby cheese

*Health Note: It is good to stay away from processed cheese because they are not healthy options. Also, they tend to be full of preservatives, higher in carbs, and are not as natural.*

## ***Alcoholic Beverages***

When alcohol is consumed, the body breaks it down into sugar. For this reason, alcohol is not recommended. However, the best keto friendly alcoholic beverage is vodka.

## ***Non-Alcoholic Beverages***

Water	Coffee	Non-fruit tea	Soda water
Coke Zero	Matcha green tea	Cinnamon tea	Zero pops

*Health Tip: Matcha green tea is good for detox and has 8 times more benefits than regular green tea. Also, it's fat burning like apple cider vinegar.*

## **Coffee**

Coffee is good to have. It is an appetite suppressant, enjoyable beverage, and great for energy. Make sure to use 18% or 35% cream with coffee and not milk.

*Tip: Make it into a bulletproof coffee by adding butter and/or coconut oil. This increases the fat intake and increases ketones. For added enjoyment use a hand blender to emulsify and this also makes it frothy.*

## **Full Fat vs Diet/Light**

Since the keto diet is high in fat, it is best to eat full fat options. For example, eating full fat cheese is better than eating the light or low fat option.

## **Processed Food**

Processed food can still be eaten on the keto diet but should be limited because they are not healthy options. Also, they tend to be full of preservatives, higher in carbs, and are not as natural.

## **Low Carb Flour**

Although white flour is to be avoided, there are some flour that are low carb and good in moderation, such as coconut flour, almond flour and, psyllium husk.

## **Sweetener**

Sugar cannot be consumed but there are alternatives. Good options for sweeteners are stevia, allulose, erythritol, xylitol, and monk fruit.

Sweeteners to stay away from are dextrose and fructose.

## ***Fermented Food***

Fermented foods are great for keto and very beneficial to our health. It helps with digestive health, strengthen immune system, detox, reduce inflammation and increase the absorption of nutrients. Below are examples of good options.

Kefir	Sauerkraut	Kimchi	Plain yogurt
Hard cheese	Fermented ginger	Fermented veggies	Apple cider vinegar

## ***Snacks To Curb Cravings***

It is important to have healthy keto snacks on hand in order to help curb cravings and increase success. Below is a list of some easy snacks.

Almond	Walnut	Macadamia
Sunflower seed	Pumpkin seed	Pine nut
Hazelnut	Peanut (moderation)	Avocado
Pistachio	Olives	Peanut butter
Pickles	Cheese	Celery
Vegetable platter	Cucumber	Broccoli
Cauliflower	Bell pepper sticks	Brazilian nuts
Boiled egg	Lily's Chocolate sweetened with Stevia	Lindt 90% Dark Chocolate
Pecans	Pork rinds	Parmesan chips
Guacamole	Coconut chips	Seaweed chips
Cocoa nibs	Sardines	Tuna

*Tip: A delicious combination is to enjoy Lindt 90% Dark Chocolate with low carb nuts. Also, enjoy natural peanut butter with celery sticks.*

*Health Note: Avoid peanut butter with soybean oil and corn oil. Stick to natural peanut butter.*



## ***Superfoods***

Superfoods are nutrient-rich foods that are especially beneficial to health and well-being. They have vitamins, minerals, enzymes, antioxidants, good fats and oils, essential fatty and amino acids, healing and longevity properties, and other great nutrients. Here are some easy to use superfoods.

*Turmeric* – Add when marinating food or enjoy as a tea.

*Nutritional Yeast* – Delicious nutty and cheesy flavour. Sprinkle on top of salad, soup, casseroles, avocados, eggs, etc. *(1-2 tablespoons daily)*

*Chia Seed* – Add on top of salad. *Health Tip: soak in water for 20 minutes to absorb water and expand to a gelatin texture. If time is not an issue, leave chia seeds to soak overnight in water for maximum absorption. (1-2 tablespoons daily)*

*Hemp Seed* – Add on top of salad. *(2-3 tablespoons daily)*

*Matcha Green Tea* – Good to have once a day.

## ***Sauces***

There are plenty of great options for adding sauce to food. Always check the Nutrition Fact Table but as long as the sauce has no sugar and is low carb, then it is okay. Enjoy mayonnaise, mustard, low carb ketchup, hot sauce, caesar dressing, plain yogurt, sour cream, Dijon, and tzatziki. Make low carb dressings like lemon, olive oil, Dijon, or apple cider olive oil vinaigrette. Use herbs, garlic, and basil to make a pesto-like dressing. Tahini can be used for dressing with herbs and either lemon or apple cider vinegar.

*Tip: For sweet dressing add stevia, allulose, erythritol, xylitol or monk fruit.*

### ***Foods That Are Not Keto***

Foods that are high in carbs and have sugar are not keto. Below are some examples of foods to stay away from.

White flour	Wheat	Oats	Corn
Starch	Potato	Rice	Pasta
Sugar	Juice	Noodles	Quinoa
Cereal	Beans	Grains	Crackers
Waffle	Pancake	Syrups	Sweet potato
Bread	Chips	Pretzels	10% half and half
Milk	Barley	Rye	Millet
Bulgar	Fruits	Honey	Agave nectar