

TABLE OF CONTENTS

INTRODUCTION TO THE GUIDE AND THE KETO LIFESTYLE	2
WHY GO LOW CARB HIGH FAT AND KETO?	3
GETTING STARTED (WHAT YOU NEED TO KNOW)	4
The Sugar Lie	4
The Food Pyramid Scheme	4
Stop Dieting. Start Living.	4
What are macros?	4
Protein	5
Carbohydrates	5
Fats	6
YOUR LOW CARB SURVIVAL GUIDE STARTS HERE	7
Step 1 - Calculate Your Macros	7
Step 2 -Track and Measure! It's Easy	7
Step 3 - Go Shopping!	
Weekly Meal Plan Schedule	
Low Carb Keto Recipes	
Low Carb Keto Snacks	7
Step 4 - First Month Timeline. What to Expect	7
	7
FREQUENTLY ASKED QUESTIONS	
How do I deal with the keto flu?	
How do I curb my cravings?	
Can I "cheat" a little?	7
HELP, I'M NOT IN KETOSIS!?	14
YOU'VE GOT THIS!	21
THE KETO DICTIONARY	22

INTRODUCTION TO THE GUIDE AND THE KETO LIFESTYLE

So you're curious about eating *Low Carbs, High Fats* (LCHF), and living the keto lifestyle?

That's fantastic! It can seem challenging and sometimes frustrating at first—which is why we're here. We have put together a helpful guide to get you started.

If you're completely new, or know nothing about the keto lifestyle and eating LCHF, use this guide for assistance and inspiration.

And if you've already started the lifestyle change, we encourage you to do the same. Trust us, this guide was made to make *your life* simpler!

Throughout this guide you'll find helpful tips to stay on track, find inspiration, and to understand some of the questions newcomers find challenging. We've also included some helpful printouts to make your transition as simple as possible.

Become a fat-burning machine, and learn how a low carb, high fat, keto lifestyle can help you become a better you.

Remember, we can all benefit from improvements in our diet and lifestyle, even if you are “keto-ish” you will still be making positive lifestyle changes for you and family by reducing the consumption of carbohydrates and living a balanced life.

You and your family deserve it!

♥ Dan and Nicole Nedelko

[5 Minute Life](#)



WHY GO LOW CARB, HIGH FAT, AND KETO?

People are waking up to nutritional deception these days. We know that in western society unhealthy eating habits have become the norm due to time constraints and convenience.

That's why it's no coincidence that healthy lifestyles are on the rise. Fitness centres are popping up at every corner, and even most schools have a healthy snack option for their students.

LCHF foods and a keto lifestyle improve your health in so many ways, so we'll give you 4 important improvements to start.

1. **Your HDL cholesterol (the *good* cholesterol) will improve.**

The higher your HDL level, the less likely you'll develop coronary heart disease and other cardiovascular diseases.

2. **Your blood pressure will improve.**

High blood pressure is linked to strokes and heart disease—we all know this. So the best way to start keeping track of it is to lower that blood pressure. LCHF eating habits reduce blood pressure as well as your risks of these life-threatening issues

3. **Your blood sugar levels will improve.**

High blood sugar levels are the first indicator of prediabetes, type 2 diabetes in growing at an alarming rate. With carbs that produce glucose, which raise your blood sugar levels, more and more people have prediabetes or type 2 diabetes.

4. **You'll lose weight and feel better!**

It's proven to help you lose weight and keep it off! Losing weight and being healthy is so important to all of us, but so often we either give up or never try in the first place. LCHF isn't a diet, but a lifestyle change, so you won't miss out on great tasting foods or feel like you're starving yourself. You'll become a fat-burning machine!

Obesity is an ongoing westernized problem—this is common knowledge. Since 1960, America alone has seen an increase of obesity from 11% all the way to an astonishing 70%! Children's obesity is becoming an epidemic with numbers tripled from those back in the 80s.

Those numbers are scary, and let's face it, they're just not healthy. We can all agree on that.

As a society we cannot teach our children the same mistakes. We need a change, and we need to be that change if we want to see results. The coming generations are expected ***not*** to outlive their previous generation, that's the first time in history.

So why LCHF and a keto lifestyle? *Because we deserve to live a long, healthy life, and our children do too!*

GETTING STARTED (WHAT YOU NEED TO KNOW)

THE SUGAR LIE

We've been lied to for years!

It's true. We've been deceived since the 1960s, which was the last time obesity was at a national low of 11%. We've been told for years that fats in our diets cause both obesity and heart problems.

What if there was no factual evidence that fats had that effect?

What if the Sugar Association endorsed such theories in order to grow their businesses, keeping us in the dark along the way?

The truth is this: glucose, produced when we eat carbohydrates and sugars, **causes** heart disease and is the leading cause of the obesity epidemic in the western world.

We've provided a timeline illustrating how we gradually sank deeper into the Sugar Lie, upon which our nutritional theory rests.

TIMELINE

A) BEFORE 1950S - Before mass agriculture farms, a larger diet of meat and fats, minimal heart disease.

B) 1950S - Ancel Keys came up with "Lipid hypothesis" theory.

C) 1961 - Ancel Keys appears on time magazine for his theory, and heart disease increases.

D) 1970S - McGovern committee recommends cutting fat and increasing grains (carbs/sugar).

E) 1980 - Food pyramid (still used today) was implemented, calling for 55-60% carbs daily.

F) 1984 - Time magazine publishes article blaming cholesterol from saturated fat for causing heart disease.

G) 2000S - Heart disease has since increased from 11% (60s) to now 70% in the USA alone.

H) 2014 - Time magazine publishes that scientists had it wrong and saturated fats are good for you.



DID YOU KNOW

Inuits and Native Americans had a statistically negligent number of heart disease cases until they were forced on to reservations, where they had to incorporate more carbohydrates and sugars to their diets?

A) Before intensive farming became standard in the early 20th century, people lived on what they grew and raised, consuming a much higher diet of animal fats with minimal heart disease.

The Lipid Hypothesis Theory has two components:

1. Saturated fats cause high cholesterol.
2. High cholesterol causes heart disease.



DID YOU KNOW

that the study on which the Lipid Theory rests observed data from only 6 countries? The other 22 countries that defied the trend were simply ignored. Ancel fell in love with his theory and sought out only the information that favoured it, which is why specific countries were chosen for his study.

C) During the time of Ancel's theory there were 3 other theories trying to explain the the general increase in heart disease: owning a car, owning a TV, and *sugar consumption*.

The Sugar Research Foundation [Sugar Association] funded more research to "prove" Ancel's theory true. This curbed new findings about sugar. The research paper was recently found in the UCSF archives that stated 3 scientists were paid the equivalent of \$49,000 in 2016 dollars to turn a blind eye toward anything that supported the theory identifying sugar as the culprit, and they proceeded to blame saturated fats.

D) With malnutrition on the rise, in came the McGovern Committee, which agreed with the funded research [swayed by one of the paid scientists, Dr. Mark Hegsted] and recommended to switch from saturated fats to vegetable fats, to lower cholesterol to 1 egg per day, and to increase grains [carbs].

Dr. Hegsted was Head of Nutrition at United States Department of Agriculture, whose main product is grain.

E) The Food Pyramid was created, and is still used today in recommending cutting saturated fats down to 30% or lower to reduce the risk of heart disease.



DID YOU KNOW

that there were 8 real clinical studies, rather than observational, with 8000 participants, and there was no conclusive evidence that saturated fats indeed caused heart disease?

F) Time Magazine released this information. Sales for butter, lard and other animal fat dropped significantly, yet heart disease and obesity continued to rise.

**When this was published, a new drug, cholorstrilyn, was released as a means of slightly lowering cholesterol. This article was used as quite the promotional tool.*

G) Obesity is at an all-time high. In approximately 50 years, the obesity rate in Americans has risen from 11% to 70%!

We have new categories for obesity just to understand how dire the situation has become.
[moderately obese, morbidly obese, extremely obese]



DID YOU KNOW

that Coca-cola has created a Global Energy Balance Network and funded its research, limiting the scientific arguments that link sugar and obesity? The GEB's research claims that you don't need to watch your sugar or calorie intake, just exercise more... sound familiar?

H) Time Magazine published an article to state that scientists had it wrong, it's sugar and carbs that increase heart disease.



DID YOU KNOW

what actually causes arteries to have a cholesterol build-up? It's damage to those arteries. Cholesterol, the good or bad, is sent to repair these damaged parts of the arteries. The damage is caused by unhealthy habits like smoking, or an elevation in blood sugar levels... which is caused by none other than refined sugars and carbs!

THE FOOD PYRAMID SCHEME

After seeing that timeline above we can now inform you a bit more about the Food Pyramid. As stated, it was released in 1980 in order to help Americans eat better. However, the rise of obesity correlates directly to the rise of sugar and carbohydrates in our everyday diets.

Congress is rightfully concerned about the rises. But in order to rectify this epidemic, the right science must be involved. Congress has a goal to release new food guidelines for 2020, and it has recently enlisted the National Academy of Medicine to conduct a review of the current guidelines.

Let's hope they use the right science. We can't continue to conduct observational

studies and surveys. There has been no unquestionable proof that fats cause clogged arteries and heart disease. We can clearly *observe* the fact that since cutting down so many fats, western society has only become more obese. And with the previous 8 studies back in the 1970s being inconclusive about fats, we hope the new studies will follow an ethically sound methodology. Our future health is on the line.

Until that review and revision becomes public, we're going to provide you with a comparison between what the Food Pyramid looks like now, and what it should projection of what it should look like according to modern research about LCHA.

What the Food Pyramid looks like now



THE LOW CARB HIGH FAT FOOD PYRAMID



You do not need rice, pastas, starches and all those other carb-filled dishes. And you don't have to give up *good food*. There are so many options, and so many combinations, that you'll never grow tired of eating LCHF with the keto lifestyle.

STOP DIETING. START LIVING.

Dieting and weight loss is a multi-billion dollar industry. People are willing to buy so many different products related to weight loss. So if we're constantly trying to lose weight, why isn't it working?

While the effectiveness of 'diet solutions' remains questionable, the answer is really down to our own attitudes. We think that there is a silver bullet out there—the idea that we can buy our weight loss goals. We think a short-term solution will keep us fit for the long run, but it doesn't work like that.

The consequence of silver-bullet thinking is that it diminishes our ability to commit to long-term solutions, and we lack the confidence to achieve our goals.

But if we should give up dieting, how are we going to achieve our goals?

1. **Understand what you are eating.** We eat to fuel our bodies, and the better understanding we have of our bodies' particular needs, the better nutritional choices we can make. If the world truly understood that sugar increases food cravings, do you think we would always be indulging in sugary drinks?
2. **Don't be too hard on yourself.** Transitioning into a new lifestyle can be challenging. On top of dealing with carb withdrawal symptoms you have the convenience of fast food staring you in the face. Stay positive and have a "cheat day" once in awhile.
3. **Make healthy living a priority.** When people are stressed, they stop making healthy living a priority. Stress itself can also prevent weight loss and contribute to poor sleep patterns. But you can build your resistance to stress by making time for your top priorities.
4. **Listen to your body. Give it what it's asking for.** You can overcome a lot of cravings by simply knowing what your body is really asking for. A craving is just our body's way of saying it needs something—but it's probably not chips or chocolate. We'll dive into cravings in more detail a little later.

As you can see, we don't need to rely on a miracle solution. We can stop dieting forever with a few adjustments to our daily habits and learning more about how our body works.

Think About Your Kids:

Childhood obesity is at an all time high—today's youth will be the first generation not expected to live longer than their parents. That's a scary thought! We have the opportunity to change the way our kids look at eating habits. It's not going to be easy, but no one with children ever said parenting was a breeze.

- **Set an example!** Be the role model for you kids, show them it's okay to not be perfect, as long as you're reaching your goals. You don't want them to beat themselves up every time they fall down. Being happy and healthy is what matters for you and your kids.
- **Teach them the right eating habits!** Rather than our outdated food pyramid, you have the chance to show them scientifically backed research—to show them what it's like to eat properly. And to prepare them for life by cooking healthy meals.
- **You're going to be healthy enough to keep up with them!**

Even if you're not in ketosis, you're going to feel those benefits by limiting carbs. You're still going to be a fat-burning machine with ample energy, and you'll live long enough to watch them grow on their journey.



WHAT ARE MACROS?

Now that you know the benefits of low carb high fat food and that we can burn fat for energy with choosing different foods, let's look at exactly which foods you should be eating.

Macronutrients, or Macros for short, refers to the three main elements of all food: carbs, fats, and proteins. Your body needs a balance of these components in order to function properly. If you aim to consume the optimal keto proportions, your body will naturally operate more efficiently to burn fat, lose weight or gain muscle mass.

Let's take a closer look at the three main Macronutrients.



Fats

Fats have been frowned upon in the past, but **they are essential** for the body to function. Fats provide energy for the brain, protect organs, and help absorb vitamins. Healthy fats are simply the most efficient food source compared to protein and carbs.

The reality is that **sugar triggers fat storage rather than fat creation**. In fact, fat will actually help to slow down sugar spikes and provide long-lasting energy if you actively expend energy.

Believe it or not, **fat should comprise 70% of your diet**.



Protein

Protein is essential, and involved in almost every biological process within the body. Most people associate protein with building muscle, but it exists in every living cell. Protein is the core component of organs, bones, hair, skin, muscles, and most other types of tissue in your body.

Protein in our diets usually comes from meat sources. Meat or a 'complete protein' contains all 9 essential amino acids. Since amino

acids are essential for the body to function, they must be consumed regularly. Proteins are complex—it takes time for the body to break them down. That's why we consider them a long-lasting source of energy.

Protein should be 20% of your diet in general for an optimal keto lifestyle.

Don't eat too much protein. Our body can **transform protein into glucose**, and eating too much of it in the first few days it will slow down your transition into a state of ketosis. Go for fatty meat and cheese if you can. Add fat to protein shakes, and things like that in combination with regular exercise.



Carbohydrates

We find carbohydrates in everything! Our bodies want to consume more of them because they are the easiest source of energy to get. Carbohydrates are broken down into sugar and used to fuel your muscles and your brain. However, carbs will raise blood sugar and cause an insulin spike. This dramatic rise and drop in blood sugar is responsible for energy crashing and increases your appetite

Carbohydrates constitute the only macronutrient your body can survive without. That's right—there are no essential carbohydrates. There are essential fats and essential proteins, but no essential carbs. On top of that, our bodies prefer using fat for fuel over sugar and carbs!

Carbohydrates should be 10% of your diet for an optimal keto lifestyle.



YOUR LOW CARB KETO GUIDE STARTS HERE

Step 1 - Calculate Your Macros

Now that we know about the harmful effects of sugar on our bodies, we can start living and embrace a keto lifestyle. Our first task is to stop eating sugar and carbs!

In order to change our primary energy system back to burning for fuel, all we need to do is change our eating habits. By eating more fat and fewer carbs, we can “flip our metabolic energy switch.” You can start

feeling better, and have more energy when you change the ratio of your macros—the three main elements we eat.

Every body is different and they will require different amounts of energy from food, so we’ve created this Optimal Keto Living (OKL) chart just for you. Print this out and fill in your specific macro break down according to your height.

Now that you’ve discovered your target macros, you can plan your meals to fit within those targets. Don’t panic, we have a whole meal planning section coming up!

OPTIMAL LOW CARB LIVING CHART

Use your known or estimated Lean Body Mass line.

Males													
Height				Approx.	Protein Grams	Carb Grams	Fat Grams		Calories				
Feet	In	TL In	CM	LBM in kg	EAT AT LEAST	NO MORE THAN	From	To	From	To			
4	0	48	122	27.81	56	14	42	97	654	1154			
4	1	49	124	29.57	59	15	44	103	695	1227			
4	2	50	127	31.33	63	16	47	110	736	1300			
4	3	51	130	32.59	65	16	49	114	756	1353			
4	4	52	132	33.85	68	17	51	118	796	1405			
4	5	53	135	35.11	70	18	53	123	825	1457			
4	6	54	137	36.37	73	18	55	127	855	1509			
4	7	55	140	37.63	75	19	56	132	884	1562			
4	8	56	142	38.89	78	19	58	136	914	1614			
4	9	57	145	40.15	80	20	60	141	944	1666			
4	10	58	147	41.41	83	21	62	145	973	1719			
4	11	59	150	42.68	85	21	64	149	1003	1771			
5	0	60	152	44.94	90	22	67	157	1056	1855			
5	1	61	155	47.20	94	24	71	165	1109	1959			
5	2	62	157	49.46	99	25	74	173	1162	2052			
5	3	63	160	51.72	103	26	78	181	1215	2146			
5	4	64	163	53.98	108	27	81	189	1268	2240			
5	5	65	165	56.24	112	28	84	197	1322	2334			
5	6	66	168	58.50	117	29	88	205	1375	2428			
5	7	67	170	60.76	122	30	91	213	1428	2522			
5	8	68	173	63.02	126	32	95	221	1481	2615			
5	9	69	175	65.28	131	33	98	228	1534	2709			
5	10	70	178	67.54	135	34	101	236	1587	2803			
5	11	71	180	69.80	140	35	105	244	1640	2897			
6	0	72	183	72.06	144	36	108	252	1693	2991			
6	1	73	185	74.32	149	37	111	260	1747	3084			
6	2	74	188	76.58	153	38	115	268	1800	3178			
6	3	75	191	78.85	158	39	118	275	1853	3272			
6	4	76	193	81.11	162	41	122	284	1906	3366			
6	5	77	196	83.37	167	42	125	292	1959	3460			
6	6	78	198	85.63	171	43	128	300	2012	3554			

Females													
Height				Approx.	Protein Grams	Carb Grams	Fat Grams		Calories				
Feet	In	TL In	CM	LBM in kg	EAT AT LEAST	NO MORE THAN	From	To	From	To			
4	0	48	122	22.97	45	11	34	80	540	953			
4	1	49	124	24.47	49	12	37	86	575	1016			
4	2	50	127	25.97	52	13	39	91	610	1078			
4	3	51	130	27.47	55	14	41	96	646	1140			
4	4	52	132	28.97	58	14	43	101	681	1202			
4	5	53	135	30.47	61	15	46	107	716	1264			
4	6	54	137	31.96	64	16	48	112	751	1327			
4	7	55	140	33.46	67	17	50	117	786	1389			
4	8	56	142	34.96	70	17	52	122	822	1451			
4	9	57	145	36.46	73	18	55	128	857	1513			
4	10	58	147	37.96	76	19	57	133	892	1575			
4	11	59	150	39.46	79	20	59	138	927	1637			
5	0	60	152	40.96	82	20	61	143	962	1700			
5	1	61	155	42.45	85	21	64	149	998	1762			
5	2	62	157	43.95	88	22	66	154	1033	1824			
5	3	63	160	45.45	91	23	68	159	1068	1886			
5	4	64	163	46.95	94	23	70	164	1103	1948			
5	5	65	165	48.45	97	24	73	170	1139	2011			
5	6	66	168	49.95	100	25	75	175	1174	2073			
5	7	67	170	51.45	103	26	77	180	1209	2135			
5	8	68	173	52.94	106	26	79	185	1244	2197			
5	9	69	175	54.44	109	27	82	191	1279	2259			
5	10	70	178	55.94	112	28	84	196	1315	2322			
5	11	71	180	57.44	115	29	86	201	1350	2384			
6	0	72	183	58.94	118	29	88	206	1385	2446			
6	1	73	185	60.44	121	30	91	212	1420	2508			
6	2	74	188	61.94	124	31	93	217	1456	2570			
6	3	75	191	63.44	127	32	95	222	1491	2633			
6	4	76	193	64.93	130	32	97	227	1526	2695			
6	5	77	196	66.43	133	33	100	233	1561	2757			
6	6	78	198	67.93	136	34	102	238	1596	2819			

MY MACROS			
To help stay on track, fill in these boxes with your macro baseline.			
FAT	CARBS	PROTEIN	CALORIES

Eat ALL your protein grams. Carbs are net, a maximum. Steer toward the lower range of fat for weight loss. Steer toward the mid range of fat for maintenance. Steer toward the upper range of fats for gains. Calories are indirectly tracked through grams.			
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Step 2 - Track and Measure! It's Easy

Making a lifestyle change is a big commitment, so make sure you treat it that way.

Eating excessive sugar and carbs can be an addictive cycle. It's time to take back our health and get your body's energy system back on track. We need to develop healthy keto habits and kick carbs to the curb.

Studies show that people who track their progress are more successful in losing weight and changing their lifestyles. It's a great way to stay motivated and feel good about your efforts, no matter how big or small.

There are some great apps out there to make tracking your progress a breeze. We like to use My Fitness Pal. You can create custom goals, and it's easy to see if you're within your target macros.

Daily Nutrition Goals

Calories

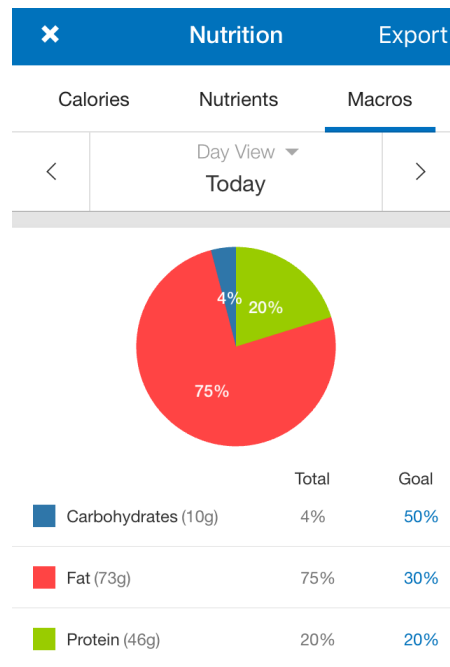
Macronutrients
 Set by Grams

Carbohydrates 19 g

Fat 117 g

Protein 94 g

% Total
Macronutrients must equal 100%
100%



Your Printable Meal Plan

The next step is to start your meal planning! Print off this handy meal planning chart and fill it in each week. (planning ahead)

	BREAKFAST	LUNCH	DINNER	SNACK
DAY 1				
DAY 2				
DAY 3				
DAY 4				
DAY 5				
DAY 6				

LOW CARB RECIPES

(Click on the name to view the recipe!)

Breakfast Options

- [Breakfast Pork Sausage](#)
- [Keto Eggs Benedict](#)
- [Bacon Egg Cupcakes](#)
- [Baked Avocado Eggs](#)
- [Chocolate Coconut Smoothie](#)

Lunch

- [Breadless Cucumber Sandwiches](#)
- [HMCBA Salad](#)
- [Strawberry Avocado Chicken Spinach Salad](#)
- [Tuna Cucumber Avocado Salad](#)
- [Layered Cobb Salad](#)

Dinner

- [Creamy Spinach Artichoke Chicken](#)
- [Greek Pork Chops](#)
- [Enchilada Stuffed Portobello Mushrooms](#)
- [Balsamic Onion Pot Roast](#)
- [Spinach Cheese Stuffed Meatloaf](#)



HCMBA Salad



LOW CARB RECIPES FOR KIDS

(Click on the name to view the recipe!)

Kids can help make these:

- [Tomato Avocado Salami Quick Bites](#)
- [Cheese Taco Shells](#)
- [Peanut Butter Cookies](#)
- [Bacon Wrapped Asparagus](#)

Make snacks on the go:

- [Spinach Feta Quiche Muffins](#)
- [Turkey Bacon Lettuce Wraps](#)



Tomato Avocado Salami Quick Bites



In order to make life simpler, we're also providing you with a printer-friendly list of the foods you can eat. It includes net carbs so you don't have to do any crazy calculations—just a little addition.

Animal Products

Source	Net Carbs (grams)	Serving size
meat and fish	0	150 g / 5.3 oz
organ meats, liver (average)	3	150 g / 5.3 oz
prawns (cooked)	1.4	150 g / 5.3 oz
eggs	0.7	piece, large
cream (full-fat)	1.6	¼ cup, 60 ml / 2 fl oz
butter	0	1 tbsp
cheese (hard)	0.4	30 g / 1 oz
cream cheese (full-fat)	1.6	¼ cup, 50 g / 1.75 oz

Vegetables

Source	Net Carbs (grams)	Serving size
lettuce (sliced, average)	0.5	1 cup, 50 g / 1.75 oz
swiss chard, sliced	0.8	1 cup, 35 g / 1.25 oz
collard greens, sliced	0.8	1 cup, 35 g / 1.25 oz
bok choy, sliced	0.8	1 cup, 70 g / 2.4 oz
asparagus	2.7	150 g / 5.3 oz
green beans	6.4	150 g / 5.3 oz
summer squash (zucchini / courgette)	3.2	150 g / 5.3 oz
winter squash (pumpkin)	9	150 g / 5.3 oz
cucumber	2.2	150 g / 5.3 oz
spinach, cooked	1.2	½ cup, 90 g / 3.2 oz
kale (Italian dark-leaf)	2.1	150 g / 5.3 oz
kale (curly)	5.4	150 g / 5.3 oz
savoy cabbage	4.5	150 g / 5.3 oz
cabbage (white)	5	150 g / 5.3 oz
cabbage (red)	7.9	150 g / 5.3 oz
celery stalk	1.6	3 medium, 120 g / 4.2 oz
peppers (green)	3.5	piece, 120 g / 4.2 oz
peppers (red)	4.7	piece, 120 g / 4.2 oz
tomatoes, chopped	4.8	1 cup, 180 g / 6.3 oz
eggplant (aubergine)	3.5	150 g / 5.3 oz
broccoli, chopped	6.1	150 g / 5.3 oz
cauliflower	4.5	150 g / 5.3 oz
mushrooms, white	3.4	150 g / 5.3 oz
mushrooms, brown	5.6	150 g / 5.3 oz
onion, white (sliced)	2.2	¼ cup, 40 g / 1.4 oz
garlic	0.9	1 clove

Fruit

Source	Net Carbs (grams)	Serving size
strawberries, sliced	4.7	½ cup, 85 g / 2.9 oz
raspberries	3.3	½ cup, 62 g / 2.2 oz
blackberries	3.1	½ cup, 72 g / 2.5 oz
blueberries	8.9	½ cup, 74 g / 2.6 oz
avocado	3.7	piece, average (200 g / 7 oz)

Nuts and Seeds

Source	Net Carbs (grams)	Serving size
macadamia nuts	1.5	30 g / 1 oz
almonds	2.7	30 g / 1 oz
pecans	1.2	30 g / 1 oz
hazelnuts	2	30 g / 1 oz
walnuts	2	30 g / 1 oz
cashew nuts	7.6	30 g / 1 oz
pumpkin seeds	1.3	30 g / 1 oz
sunflower seeds	3.2	30 g / 1 oz
tahini (unsweetened sesame paste)	1.8	1 tbsp
chia seeds	0.4	1 tbsp
pistachio nuts	4.9	30 g / 1 oz

Creamy Spinach Artichoke Chicken



Condiments and all the Rest

Source	Net Carbs (grams)	Serving size
almond milk (unsweetened)	0.3	¼ cup, 60 ml / 2 fl oz
coconut milk	1.6	¼ cup, 60 ml / 2 fl oz
coconut milk (creamed)	2.7	¼ cup, 60 ml / 2 fl oz
olives	0.2	30 g / 1 oz
sauerkraut (solids only)	0.5	¼ cup, 35 g / 1.25 oz
mustard	0.7	1 tbsp
tomato puree	5.7	1 tbsp
apple cider vinegar	0.1	1 tbsp
coconut aminos	1	1 tbsp
dark chocolate (85%)	5.7	30 g / 1 oz
coconut flour	3.2	¼ cup, 30 g / 1 oz
almond flour	2.2	¼ cup, 25 g / 0.9 oz
flax meal	0.6	¼ cup, 38 g / 1.3 oz
psillium hush powder	1.4	¼ cup, 16 g / 0.6 oz
Erythritol	0.5	1 tbsp
stevia (drops)	< 0.1	¼ tsp
wine (red, dry)	6	1 glass / 5 fl oz
wine (white, dry)	6	1 glass / 5 fl oz
spirits (sugar-free, ~ 40% vol)	0	1 jigger / 1.5 fl oz

Chocolate Coconut Smoothie



BEST SNACKS

We live in a world filled with time-starved people, which means there are fast food chains at every corner. It seems almost inevitable that we are all going to eat the carb-filled meals offered throughout the cities.

We've got you covered. Here are some snacks for either at work that will help you keep you away from those fast food carb filled meals at home, at work, and everywhere in between!

Near-Zero Prep Snacking Food For Work:

- Seeds (almonds, macadamia and walnuts are best in moderation)
- Veggies and hummus
- Broccoli and cheese dip (Or other selected veggies)
- Cauliflower and ranch dressing. (Or other veggies of your choice)
- Pickled/hard boiled eggs
- Pickle slices and cheese

A Little More Prep, For A Little More Food:

- Egg salad lettuce wraps
- Tuna lettuce wraps
- Bacon, tomato, and lettuce wraps
- Turkey and swiss cheese roll-ups
- Devilled eggs

Easy Prep On-The-Road Snacks:

- Almonds
- Seeds
- Veggies
- Cherry Tomatoes
- Seaweed Chips
- Apple or Pear

On-The-Road Pick-Up Snacks:

- Beef Jerky
- Atkins Bars
- Pork Rinds
- Cheese Strings
- Spinach or Kale Chips



STEP 4 - FIRST MONTH TIMELINE - WHAT TO EXPECT

Here is what you can expect during the first four weeks of adopting a Keto Lifestyle. Remember that every single person's physiology is different. Your body will respond according to your own physiology, and rarely ever a one-size-fits-all approach.

TIMELINE



Week 1 - Transition

You need to tell your body to start transitioning and begin burning fat for fuel. This starts with filling out your Optimal Keto Living (OKL) chart, completing your weekly meal planning sheet, and going shopping to stock up on keto-friendly foods.

Remove temptations! It's easier to stick to a new lifestyle without that pesky bag of chips in the cupboard.

Week 2 - Detox

In week two you will notice that your body goes through a detox process. This is your body's way of removing harmful effects of leftover sugar and carbs in your system. You may experience some flu-like symptoms, but it's a natural transition.

Using ketone supplements like Kegenix will help ease the transition through the Detox. Not only does Kegenix help you recover from carb withdrawal symptoms, it also contains extra electrolytes to help reduce those initial, unpleasant symptoms.

Week 3 - Keto Adaptation

Your body is now becoming an expert at burning fat for fuel, which means a faster and more efficient breakdown of fats—both the fat you eat and your stored fat. As an added bonus, because you have a steady supply of energy from fat, you'll notice fewer swings, fewer energy spikes, and muted hunger.

Increase your good fat intake by adding 1-2 teaspoons of coconut oil to every coffee or tea you drink.

Week 4 - Maintenance

After the first four weeks you will be ready to move into maintenance mode where you've established a keto lifestyle. You will be able to identify keto foods and meals with ease, and you will know what to shop for in the grocery store to cook your new favorite keto meals.



FREQUENTLY ASKED QUESTIONS

How do I deal with the keto flu?

****It only last 2-4 days while your body is adapting to burning fat for fuel instead of sugar****



WHAT IS KETO FLU?

The Keto Flu is actually not a flu at all nor are you sick. It is the withdraw symptoms from carbs. It only lasts 2-4 days while your body is adapting to burning ketones instead of glucose. To help combat the keto flu symptoms you need to have more electrolytes to replace all of the water you are losing.

WHAT IS KETO FLU?

- Fatigue
- Headache
- Nausea
- Drowsiness
- Lightheaded
- Constipation
- Muscle Cramps
- Skin Problems
- Hypertension
- Brain Fog



How to Combat The Flu

So the symptoms above didn't sound very fun—we get it. This is why you have this eBook—to gain the knowledge and the tips to combat all things standing in your way. To reduce the effects of those symptoms, you have to make sure you're eating properly.

Increasing your levels of magnesium, potassium, and sodium can help with this. Also, make sure you drink lots of water and get some more electrolytes in your system. This sounds “sciencey,” and there's no getting around it, but we've got you covered.

We've broken down these minerals to help you on your way so that you don't get the symptoms that could come knocking during your transition.

Eat More:

MAGNESIUM

- Dark Chocolate
- Nuts
- Artichoke
- Spinach
- Fish

POTASSIUM

- Dark Leafy Greens
- Avocado
- Nuts
- Salmon
- Mushrooms

SODIUM

- Bouillon/ Broth
- Bacon
- Salt
- Spinach
- Fish

Eat more fat! Load up. Butter everything, add bacon to everything, eat fatty meats, and put heavy cream in your coffee. This will force your body to hurry up the transition. You'll think this is crazy and that you'll never get skinny eating this way, but you will.

HOW DO I HANDLE MY CRAVINGS?

Everyone has cravings from time to time, but giving in to these cravings when you're following a strict Keto Lifestyle can be disastrous! Once you have adapted to ketosis, a single cheat meal can throw you out of ketosis and undermine all of your hard work.

But we have great news for you! Did you know that each craving you experience can be traced back to your body asking for something? When your body is lacking certain nutrients it notifies you with a craving. This is good news because we can now break down what your cravings really mean and help you curb your cravings by giving your body what it's really asking for—without throwing your whole diet out of the window.



CARB CRAVINGS:

Carbs are never your friend!



You need:

N NITROGEN

Eat More:

Light Protein Meat

SUGARY FOOD CRAVINGS:

You can avoid the treats!

YOU NEED:

CR

CHROMIUM
Broccoli & Cheese

C

CARBON
Spinach
Cheese

AMINO ACID

TRYPTOPHAN
Cheese, Lamb
& Liver

P

PHOSPHORUS
Chicken, Beef
& Eggs

MG

SULPHUR
Cauliflower & Broccoli

CHOCOLATE CRAVINGS:

The cravings of all cravings!



You need:

MG MAGNESIUM

Eat More:

Nuts & Seeds

OIL / FATTY CRAVINGS:

Make sure to use good fats!



You need:

CA CALCIUM

Eat More:

Cheese, Broccoli & Spinach

SALT CRAVINGS:

This can get out of hand!



You need:

CL CHLORIDE

Eat More:

Fish

EVERYBODY “CHEATS” *A LITTLE*

Low carb, high fat, keto lifestyle can seem hard at the beginning. After all, we were basically raised on carbs and sugar these days. Although you may want to be in ketosis, you have to remember, it takes a huge commitment to get there. We like to think of ketosis as the “ultimate goal.”

But when you’re in ketosis, especially at the beginning, any bit of sugar or anything over the net carb limits will knock you out of ketosis. So in the end, if you give in to temptation and have that jujube, you’re not going to be in ketosis for at least the rest of the day.

So... can you have a cheat day?

First and foremost, it’s really a choice to have a cheat day. Although we encourage a cheat day or cheat meal, as frequently as once a week, it all depends really on personal goals and choices.

Some people in the keto lifestyle don’t have any, some indulge once per month, while others choose to save their cheat days for special occasions.

In the end people shouldn't feel guilty about having a beer or cocktail with an old friend, or going to their in-laws for dinner who didn't make a low carb, high fat meal. Give yourself a day here and there, you're only human, *it's okay* to give in sometimes.

For those cheat days, we've provided some helpful tips to help you stay on track for when you do indulge.

1. **If you eat a jujube, consider it a cheat day:** If you're already out of ketosis with that one jujube anyway, why not just enjoy the day? Wake up and jump back on that low carb horse on the next morning!
2. **Don't beat yourself up over it:** Remember, we're all human, and we all have succumbed to that one craving. There's no point feeling bad for yourself. Just make sure you stick to the cheat *day* and not a cheat week.
3. **Plan for a little bit of exercise the next day:** Your body isn't accustomed to carbs and sugar anymore. A lot of people don't always feel great the morning after eating carbs: they feel bloated, stressed, and sometimes irritable. If you don't already have an exercise routine, plan to do some minor physical activity to feel better and curb that bloating.
4. **Plan your cheat day when possible:** If it's you and spouse or friend on a low carb keto lifestyle together, then plan meals together. Cheat the same day so you two (or more) can help each other not to overdo it. Plan date night, or watch the game with a few of your favorite foods and beverages. You can also plan your cheat days around holidays. You know what to expect during these event, so consider giving up a cheat day to make room for the special occasion.



5. **Don't overdo it:** This tip is probably the most important. As we've already established, we're only human, and we're going to indulge once in a while. But, having a cheat day and enjoying a few drinks, or eating that favorite dish you've been craving doesn't mean you've thrown away your health. Sure, finish that small bag of jujubes, and have a plate of your favorite pasta for dinner. But keep in mind that you have to curb these cravings for the rest of the week. You also have to deal with how it will make you feel the next day.
6. **Use a ketone supplement to help get back into ketosis:** Using a supplement will help get you back in the groove. Kegenix is a patented ketone supplement that is a helpful tool for anyone living a ketogenic lifestyle. Not only will help kickstart your body back into ketosis, but it will also help curb cravings and help you feel the ketogenic benefits sooner.

Don't feel bad about being human. We live in a world full of carbs and it's okay to want them (and even to have them). If you decide you don't want a "cheat day," that's okay too! Just remember, even after months of not having a cheat day, if it happens, it's okay, you got this.

Everyone cheats... a little.

I'M NOT IN KETOSIS!?

It's okay! As mentioned above, getting into ketosis is and should be the "ultimate goal." But you don't have to be in ketosis to reap the rewards. Cutting carbs is good for you, since they cause heart disease, obesity, type 2 diabetes, and a string of other health concerns. The fact that you're not eating 60% carbs daily is impressive.

Know your goals - We understand, different people have different goals when starting this transition. Don't lose sight of your goals, but bear in mind that everyone is different. If you're deciding to enter the low carb high fat keto lifestyle, that's exactly how you should think of it—as a lifestyle.

Tips for Weight Loss Goals:

Don't obsess over the scale - Staring at a scale won't do you any good! Don't obsess over a scale. We suggest thinking about a pant size you want to wear instead of worrying about the scale and the numbers. Like those ones from back in your earlier college days that you just couldn't bare to get rid of because *one day* you'll fit in them again. Hang them up where you get ready in the morning and see those pants: think, "*I'm getting there.*"

It's not *all* about losing weight - The low carb high fat, keto lifestyle is just that—a lifestyle. Losing weight is a great goal, especially considering the epidemic of obesity in the western world. But the health

benefits you get out of the lifestyle are more important than a waist size.

Benefits of Low Carb High Fat Keto Lifestyle:

- Reduced food cravings
- Increase in energy
- Enhanced performance ability
- Enhanced focus
- Overall improvement in mood

Stop thinking about weight, and stop being so hard on yourself. You don't just deserve to look good—you deserve to *feel good* too!

Better sleep.

You might be surprised to find out that insulin has been shown to have a detrimental effect on sleep. By removing carbs from the equation, the keto lifestyle lowers your insulin levels. Basically, when you're not taking in carbs, your body doesn't need to produce insulin and your blood sugar levels stabilize. For a lot of keto enthusiasts, this means better sleep.

Of course, it's important to keep in mind that eating anything right before bed means putting your digestive system to work. Fats and proteins generally take longer to

process—that's why they're more filling—which may keep you awake.

If you're worried about falling asleep, try to avoid eating an hour before you go to bed.

Increased energy levels

First-time ketosis practitioners are often shocked at their new energy levels. This has

to do with the fact that your body has recently switched from burning carbs to burning fat as its main source of energy.

What's the difference? Fats are more efficient.

Think of your body as you would a car. If you put premium gasoline in your fuel tank instead of regular gasoline, you can expect your car to run more efficiently—not only in the short-term, but also in the long-term. In the same way, relying on fats instead of carbs as your main source of fuel is more efficient, providing you with more energy.

Brain benefits

Where brain function is concerned, ketones have a variety of protective and beneficial effects. The diet has been used to treat epilepsy among children for more than half a century. It's especially effective among children who don't respond well to drug treatment.

In one study, over half of all children who participated experienced 50% fewer seizures in a keto lifestyle. Even more noteworthy is that the researchers reported that 16% of

those children did not experience any seizures at all.

It's no surprise that scientists are working frantically to understand the many other brain-related benefits—among the improvement of focus and increased concentration—associated with a low carb keto lifestyle.

Preliminary evidence has even suggested that these diets can stave off

neurodegenerative diseases such as Alzheimer's and Parkinson's.

Muted hunger

One of the worst side effects of dieting is an obvious one: hunger. When hunger is your constant companion—as many of you have likely experienced on a low-calorie diet—life becomes miserable. This is arguably the number one reason why people give up on diets over time. They're simply not sustainable.

With a low-carb lifestyle, you can lose weight without hunger becoming a problem. When

Our biggest tip is easy to remember:

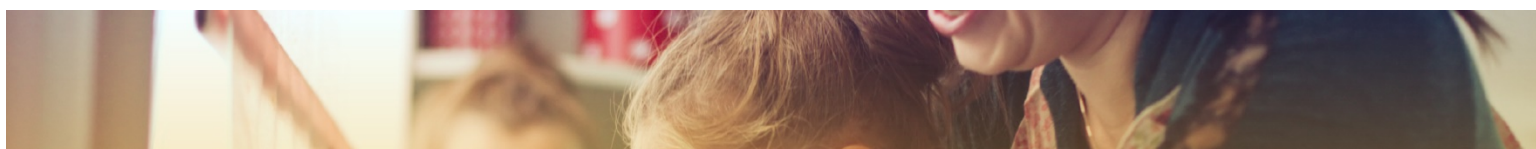
Think of the low carb, high fat, keto lifestyle as a marathon, not a sprint. It's not going to happen overnight!

you go keto, you'll notice an automatic reduction in appetite. In fact, studies have shown that people who cut carbs (instead relying on proteins and fats) actually end up consuming fewer calories over the course of a day.

Enhanced mood

Researchers have found a strong link between a keto lifestyle and mental health. A professor at the University of Louisville who specializes in bipolar disorder recently published two studies detailing findings that suggest going keto may be an effective way to treat mental illnesses.

Some people notice a marked difference in their emotional health within a day or two. Considering the kind of positive impact a keto lifestyle can have on individuals with epilepsy, it's not altogether surprising that there may be others who can benefit from a ketogenic lifestyle. Indeed, many drugs used to treat bipolar disease and similar illnesses have anti-convulsive effects, and while scientists don't yet know the exact mechanisms behind ketogenic mood-boosting effects, it's clear that there's a connection.



YOU'VE GOT THIS!

After reading this beginner's guide, we hope we have given you some insight to help you make the best choices for yourself when transitioning to the low carb, high fat keto lifestyle.

Remember, being in a ketogenic state isn't supposed to be a bad thing. It can be a challenge in the early days, but nothing worth doing is easy. A **low carb keto lifestyle will** help you achieve the very best in health and wellness, you'll have more energy and feel really good about yourself.

We've covered all the basics, from the science of it all, and some food to help you on your journey. These tips and tricks have worked for us and we hope they work for you too!

We're constantly searching for new ways to improve our meal plans, and we want you to have these resources too. Keep up with our [ever growing library of low carb and keto-recipes for quick and easy access at anytime at https://5minutelife.me](https://5minutelife.me)

And always remember: this is **never** something you have to do alone. Find someone you love to support you through your journey and understand why you have decided to make the transition.

If you have any other questions, or just need some keto-friends, you can [join in the conversation on the 5 Minute Life Facebook page](#).

You'll find like-minded parents and individuals sharing their stories who are there to support you too!

Thanks for letting us to share some light on what it means to adopt the keto lifestyle with a low carb, high fat approach. We hope you've found our Low Carb & Keto Survival Guide useful!

You're now ready to start your journey.

Make sure to keep this guide close to help you along the way, and **please share this eBook with your friends and family members**, there will be something of benefit for everyone.

Good Luck!

Dan & Nicole Nedelko
<https://5minutelife.me>

THE KETO DICTIONARY

Blood Glucose:

Blood glucose, also referred to as blood sugar, is the amount of glucose in your bloodstream. Glucose is one of the main sugars used by the body as energy. However, your cells can't use glucose without the help of something called insulin. Diabetics have difficulty regulating their blood sugar levels, which may be too high or too low.

Calorie:

Energy is measured in units called calories. Scientifically speaking, a single calorie is the amount of energy it takes to raise the temperature of one gram of water by one degree Celsius. Our bodies need calories derived from food to carry out simple functions, such as thinking, circulating blood, moving, and breathing.

Carbohydrate:

Carbohydrates (carbs), are sugars, starches, and fibers that can be found in fruits, vegetables, grains, and dairy products. Along with protein and fat, carbs are one of three macromolecules which make up the food we eat. Carbs can be simple, as is the case with glucose—a monosaccharide. They can also be complex, as is the case with disaccharides, oligosaccharides, and polysaccharides. This complexity affects how quickly a carbohydrate is able to cause a spike in blood sugar levels. Since simple carbs require less time to break down, they are absorbed into the bloodstream faster, eliciting an insulin response. Excess carbohydrates that are not used immediately for energy are stored as glucose or fat.

Carbohydrates are the body's main source of calories or energy. The keto lifestyle involves reducing your carbohydrate intake and replacing it with fats. This puts your body into a state of ketosis, allowing you to burn more energy.

Fats:

Along with carbohydrates and protein, fats are one of the main molecules used by your body. Though fats, in general, have a bad reputation, they're not all bad. In fact, the keto lifestyle optimizes the best qualities of fats to allow you to burn even more fat—even if that sounds counter-intuitive. The amount of fat you need on a keto lifestyle varies from individual to individual. You also need to be aware of the type and quality of the fats you're ingesting—not all fats are created equal. Monounsaturated, polyunsaturated, saturated, and trans fats all have different effects on the body.

Glycogen:

Excess glucose may be stored in your body as glycogen. It is stored in the liver and the muscles in small quantities. Since the body has a limited capacity for storing glycogen, the remaining glucose from carbs is turned into fat and stored. Therefore, if you take in too many carbs you will exceed your body's energy requirements and storage capacity, resulting in weight gain.

Glucose:

Glucose is a simple sugar also known as a monosaccharide. The body is able to produce it mainly from carbohydrates, but also from fat and protein. Glucose is absorbed directly into the bloodstream from the intestine, which can result in a rapid increase in blood sugar. Insulin allows your cells to use glucose as energy.

Insulin:

Insulin is a hormone produced in the pancreas. When produced, it is released into the bloodstream and travels through the body. Though it has many other metabolic functions in the body, it is critical for the cells to use glucose as an energy source.

Insulin Resistance:

Insulin resistance is a condition which occurs when the cells of the body become resistant to the effects of the hormone insulin. Therefore, the cells require greater and greater quantities of insulin in order to achieve the same effect of regulating glucose, or sugar, in the bloodstream. This process may be part of the metabolic syndrome, and it is a precursor to the onset of type 2 diabetes. This occurs when the body can no longer regulate blood sugar effectively.

Keto Lifestyle:

The keto lifestyle is high in fat and low in carbs. The goal of the keto lifestyle is to put the body into a state called ketosis, during which ketones are produced by the liver. This process has a number of beneficial effects.

Ketones:

Ketones are produced in the liver when the body is in a state of ketosis. Their effects on health are currently under review, but they may enhance athletic performance, protect or assist in the management of certain diseases, including Alzheimer's, Parkinson's, and cancer.

Ketoacidosis:

Ketoacidosis occurs in alcoholics and people who have type 1 or type 2 diabetes. It is not the same as ketosis, which is safe and healthy. Ketoacidosis, on the other hand, occurs when ketone levels are three to five times higher than in ketosis.

Ketosis:

Also known as nutritional ketosis or keto-adaptation, ketosis refers to a metabolic state which occurs when you significantly reduce your intake of carbohydrates. When this happens, your liver starts producing ketones, allowing your body to start relying on fat as its main energy source instead of glucose. Ketones may have other beneficial effects on health.

Metabolism:

Metabolism refers to the chemical processes that allow you to use food as energy. Food consists of three macromolecules: protein, fat, and carbohydrates. With the help of enzymes, these macromolecules are broken down and absorbed into your bloodstream, where they may be used immediately or stored for later.

Metabolic Syndrome:

Metabolic syndrome refers to a group of risk factors that can increase your chances of developing a number of serious and in many cases life-threatening health conditions including obesity, stroke, cardiovascular disease, type 2 diabetes, inflammation, and high blood pressure. You're more likely to have metabolic syndrome if you consume too many carbohydrates, especially simple sugars such as glucose. Insulin resistance is a common precursor to metabolic syndrome, while inactivity, genetics, age, and family history are also linked to the development of this cluster of disorders.