

Clever Keto Dieting



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*Clever***KETO**
DIETING

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Introduction



You've probably heard the phrase a lot but have no idea what it means.

Your friends are all talking about it. Chances are, someone on your Facebook feed has posted a picture of some dramatic weight loss, giving credit to something called a 'keto diet.' But what is it?

The Ketogenic diet is a low carb, moderate protein diet designed to create a state of ketosis within the body as a means of losing weight. This probably didn't clarify things very much so let's go through this a little slower.

Bodies run on fuel. Usually, that fuel is found in blood sugar or glucose which comes from the food we put into our mouths? But the body can also run an alternative fuel called 'ketones.' Ketones are made in the liver, from fat.

The Ketogenic Diet then is a method by which we convince the body to switch gears – that instead of running the body on blood glucose, instead, it works off the fat stores, turning them into ketones which then do the job of running the body instead.

This sounds pretty good, doesn't it? The problem is, it's not as easy as you think to convince the brain to switch gears and start using ketones over glucose. The only way to get there is through a process called 'ketosis.'

How do we get there? Ketosis happens when we fast. But we can't fast forever (not without keeling over), and so we have to use different methods to get us where we want to go. In the Keto Diet we reduce the carbohydrates coming into the body, because, quite simply, carbs become sugar when digested.

By cutting carbs down exponentially to very low amounts, and then increasing fat intake (with a focus on the good fats, not the bad kind) you can convince your body to go into ketosis without fasting at all.

So, it makes sense then that there are very specific things you can eat on a keto diet, and also very specific things to avoid.

We start with dropping the GPS – Grains / Potatoes/ Starches. And then put our focus on fresh fruits and veggies (though careful of the carbs) and the good fats, especially those found in proteins (various meats) and nuts and dairy.

With so many fad diets out there trying to convince you that they're the one true path to losing weight, the Ketogenic Diet comes out as being one of the more logical choices.

Based on the actual chemistry of your body, it just makes sense. And the success stories can't be argued with. (As with any diet, check with your doctor before beginning.)

Chapter 1: Reasons to Consider Eating Keto



You've been thinking about it for a while now but are still unsure if the Ketogenic Diet is for you.

Maybe you've seen some great results that your friends have been having, but it seems kind of scary to make this severe of a change in your eating. Before beginning, realize that there are a lot of people who benefit from a Keto diet. Who does it help?

1. Anyone with Inflammation - Ask anyone with pain issues and they'll likely give you a list of food triggers that make the pain worse. This generally includes things like sugars, wheat and other grains, and starches in general.

Well, the good news is, the keto diet removes all those things off the menu thereby helping those with inflammation issues.

What's also worthy of note, is that there are also many foods that HELP with inflammation – many vegetables like beets, nuts, tomatoes, broccoli, and many others – all of which are exactly what you should

be eating on a keto diet. Put like that, a keto diet for those with inflammation really just makes sense, doesn't it?

2. If you're an endomorph (or big boned) and other body types that tend to store fat really easily. Let's face it, some people seem to convert everything they eat straight over to fat. The good news is, a keto diet helps to put a large body in balance.

3. Bacon—lovers – and others who love high-fat food. Given that the keto diet calls for eating things that are high fat – the GOOD kinds of fat – then if this is something you already love and crave, you've already won half the battle.

It's always easier to stay on a diet that allows you to eat the foods that you love best.

4. People who've gained weight quickly – and now need to lose it quickly. Still have that baby fat even though the baby is crawling now?

Have you been through a long illness that packed on the pounds while you were recovering? Keto can be used to drop you back down to your normal weight range very quickly.

5. Anyone with acid reflux. If you're living off a steady diet of antacids, this might be the thing for you. Again, the foods you eat are those more conducive to helping you to feel better when you experience constant heartburn.

If you're on that list, then chances are the keto diet is exactly what you're looking for. The only cautions? If you're diabetic, have an eating disorder, or have had your gallbladder removed, this might not be the diet for you.

As always, before beginning any diet, be sure to discuss your options with a medical health professional before you begin. Always be safe in your pursuit of becoming healthy!

Tips When Starting the Keto Diet

Starting a keto diet can be daunting. There are so many things to learn and understand. Many quit before they even begun, mostly due to the confusion of what you should and shouldn't do.

It doesn't have to be this complicated. A keto diet is easier than you think, especially if you keep these top tips in mind:

Drink Plenty Of Water

Especially as you start, and your body goes into 'keto flu' you'll find you're using the bathroom a lot more often. Drinking plenty of water will help to keep you hydrated.

Add Salt

Too often salt gets a bad rap for other health issues, but your body requires a certain amount of salt to function properly. When your body is in ketosis, you're going to be losing a lot more salt when you use the bathroom, so be sure to replenish it to avoid electrolyte imbalance.

Measure Your Ketones

Speaking of being in the bathroom, you're going to want to measure your progress. Using keto sticks help you track where you are in ketosis. The good news? The sticks are pretty inexpensive and are certainly easy to use.

Decrease Stress

This one should go without saying just because it's good for you no matter what. But did you know the body in stress produces extra sugar? This could hurt your ability to enter ketosis. To truly succeed at this, you first need to RELAX.

Get Some Sleep

Going hand in hand with stress comes sleep. Again, the body that's not well-rested is going to have the same problems as a body that's stressed out. A regular sleep schedule will do wonders in regard to your keto success.

Exercise

It makes sense that exercise burns a variety of energy – including the glucose in your body. Exercising then gets rid of those stores quicker, putting your body into the keto state that much faster. If you want to jump-start your progress then, exercise is vital to your success.

Batch Cook – And Plan Your Menus

Trying to figure out what to eat from day to day will be the biggest challenge. But being able to go to the fridge or freezer and grab a meal to reheat, is not only a time-saver but will keep you from falling off the diet. Planning what you're going to eat tomorrow will make tomorrow that much easier.

So, take some time to first make a plan, and then put it into practice by laying aside everything you need for the coming week. Your body will thank you!

When Eating Carbs

choose those from vegetable sources. You'll not only feel full but more satisfied when eating carbs from a healthy source.

Pay Attention To Your Supplements

MCT oil and exogenous ketones will both keep your body functioning at optimal levels – and be a little more forgiving by keeping your body in ketosis even if you screw up and eat something you shouldn't.

Invest In A Food Scale

Pay attention to both carbs and calories when using it to measure out portions. This will keep you from going off track, especially when you're just starting out and not quite used to 'eyeballing' portion sizes.

With these quick tips, you'll not only stay on track but find that it's much easier to manage a Keto diet than you ever thought possible.

You really can succeed at losing weight and feeling better if you use all the tools you have at your disposal!

Chapter 2: How Does Eating Fat Make You Thinner and Healthier?



If you've been to school in the past 60 years or so, you've probably gotten the lecture that fat causes heart attacks and strokes, thereby meaning fats are to be avoided with all haste.

Unfortunately, this is not true. The fact is, we were lied to. It's sugar that our bodies run on, but it doesn't burn efficiently. We spike with sudden energy and then crash again. We eat too much of the sugar and the body stores it as fat.

Forcing the body to look for alternative sources of food, the keto diet refuses to add to the sugars already in the system and tries to "clean it out." This is largely due to the vast amount of water you need to drink.

Being starved of its energy source, your body searches for a replacement source. The fat was stored there for a reason, after all.

This is that reason. When the body has nothing else, it will start using up the reserve fuel. Namely, the fat stored. This isn't a "diet" so much as it is a change in metabolism. You're switching your body and the way it works, over to the way it wants to work.

Ketosis has some bad press though. Generally, that's due to a condition called ketoacidosis, a serious and common complaint among people with diabetes. This is a very different state. Ketosis is a natural state of the body; it just needs to be kicked in to create the change.

So, toss out everything you learned about fats and the food pyramid; it's all false. The research was flawed, and several special interest groups had a say in the creation of what we consider to be the official dietary health industry.

For example, it's no wonder that breads are at the bottom of the pyramid when the study was created by the US Department of agriculture who support the Heartland farmers that grow grain products!

Also, keep in mind that a survey in the 1960s was influenced by a lobbyist group that represented large combined sugar companies and suddenly fat was blamed for America's obesity epidemic.

So, don't trust the press. Fat, the good kind of fat is what fuels your body. It's lean and efficient and gives you energy and strength. Fat burned for energy can sooth blood pressure, lower blood sugar and do so much more in healing and recovery.

It's all because the liver can break down elementary proteins into the chemicals your body needs. Exactly as it's supposed to.

Helpful Supplements for Keto Dieters

You're on the keto diet, but now you're concerned about whether or not you're getting everything you need nutritionally. While that's a normal worry, keep in mind that for any diet, keto or otherwise, supplements might be a part of it. After all, that's the very nature of a supplement – to give you something you might otherwise be lacking.

People take supplements for many reasons. Some are to provide for deficiencies in regard to nutrients. Others are designed to give optimal performance in a workout. Or to treat symptoms of another, underlying problem.

Where a keto diet is concerned, you shouldn't need most supplements if you're eating correctly – you'll get what you need from the food you eat.

But there are a handful that will make your life much easier and will reassure you that you have what you need to function at optimal levels.

The supplements listed below will help with three areas while on a Keto diet:

The Keto Flu

These are the symptoms associated with just starting as your body makes an adjustment from sugar burning to fat burning. These symptoms are normal and will go away as time passes.

Low Energy

Even the best care of your diet might lead to lower energy levels as you adjust to things. Sometimes a supplement is just what you need to give you that added boost.

Nutrient Deficiencies

As mentioned before any diet can have an imbalance. These kinds of supplements keep you from having to worry too much about whether you're nailing down everything you need.

What Supplements Are Best?

Exogenous Ketones

This is probably the most versatile supplement out there. It comes in a variety of forms, so it's easy to take and addresses every keto complaint on the list from keto flu all the way down to brain fog and energy issues. If you have any question about whether you're doing keto right, this supplement is the answer.

MCT Oil

MCT stands for Medium-chain triglycerides and is fats your body uses more easily leading these to be incredibly useful in weight loss. But more than that, they reduce LDL cholesterol and blood glucose as well, making these a valuable tool.

Collagen Peptides

Collagen is found everywhere in your body in all our connective tissues. Your body makes it from protein, but this supplement is there to give you an added boost.

What makes this supplement special is it helps you to build what you want – healthy skin, bigger muscles, and strong bones all while helping you with less inflammation and better recovery after workouts. How does this help in a Keto diet?

Simply put, it helps keep your body in ketosis, thereby making your diet a whole lot easier.

Electrolytes

This is probably one of the most important supplements on this list. If you're just starting out in a Keto diet, you're going to notice that you're using the bathroom a whole lot more often than usual.

This can lead to dehydration. Electrolytes keep your body in balance because they're made up of all those minerals you need – like salt and magnesium.

As stated before, with the exception of electrolytes, most supplements shouldn't be needed if you're eating correctly. But it's nice to know they're there to not only support you as you learn to live the keto way but to help you be your strongest most optimal you.

Take electrolytes no matter what and carefully consider the rest to keep your body at its very best.

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