

Ketogenic DIET

Rapid Weight Loss Diet Plan



**Discover How to Lose Weight, Burn Fat
& Feel Great 24/7**

ERICK HUNTER

Ketogenic Diet

***Rapid Weight Loss Diet Plan: Discover
How to Lose Weight, Burn Fat & Feel
Great 24/7***

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Introduction

I want to thank you and congratulate you for downloading the book, *“Ketogenic Diet: Rapid Weight Loss Diet Plan - Discover How to Lose Weight, Burn Fat & Feel Great 24/7”*.

This book has everything you need to know to get started on your journey to a fit, healthier body and lifestyle. On the Ketogenic diet, you’ll lose weight fast, look more fit, and even feel healthier – and you should even start to see these changes within 30 days of starting, if you’re consistent and dedicated!

Being obese or overweight is undoubtedly challenging for many people. For starters, you probably aren’t happy with the way your body looks, you might have low energy, or maybe you even feel just flat-out unhealthy. I want you to have a fair fighting chance at reclaiming the fit, healthy body and lifestyle you want – and I understand it’s not easy to know where to get started, so that’s why I wrote this book.

The truth is, losing weight is not always easy. Most people make many different attempts to lose weight and it seems like nothing ever works. They end up right back where they started. If you’ve tried to lose weight before, it’s possible you have gone through this cycle and have been disappointed more times than you can remember. However, there is hope! The key thing to note here is: you need to be properly educated on how to make your body BURN fat...

Enter the ketogenic diet. In this book you’ll learn what the ketogenic diet is, how it helps your body burn fat, and how to get started on your journey to rapid weight loss. If you are dedicated to getting healthier, looking leaner, and overall having more energy for your life, then this book is exactly what you need to read.

So thanks again for downloading this book, I hope you enjoy it! Let’s get started...

Do you know there is a new discovered weight lose method which is going viral day by day, that method helped a lot of people in weight lose, and that method is water Yeah that's true, this method is going viral, but there is a secret behind it, you don't just have to drink water, you have to drink water with Okinawa Flat Belly Tonic, this is all natural and it doesn't have any side effects. So let us introduce Okinawa Flat Belly Tonic to you.

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The Ketogenic Diet

According to a survey conducted by WHO, it was discovered that more than 13 percent of the adult population in the world were suffering from obesity. Unfortunately, obesity is one of the most commonly faced physical challenges by people today, especially in Western societies. In short, obesity is a body condition characterized by an excessive gain in weight and body fat.

If you are obese, then you could easily understand the troubles obese people have to go through. You cannot always wear clothes you'd like to wear; you cannot take part in certain physical activities for a long time, you often feel less confident and most importantly, your risk of acquiring health conditions such as diabetes, high blood pressure, and cardiovascular disease increases. To battle these issues, it is important that you follow a lifestyle that supports healthy weight and optimum physical condition. And that starts with what you eat...

Amongst the different weight loss plans available at your disposal, the ketogenic diet is often considered as one of the best for weight loss, healthy living, and disease prevention. So what is the Ketogenic diet and why are more and more people following it? Let's read onward to find out.

Chapter 1: What Is The Ketogenic Diet And How Does It Work?

The ketogenic diet, colloquially known as the keto diet, is a popular diet that is referred to by many other names, including low carb-high fat (LCHF) diet and low carbohydrate diet.

What is the Goal of a Keto Diet?

The objective of a ketogenic diet is to make you lose weight rapidly by attacking your routine diet plan. Typically, the food you eat is rich in carbohydrates, but during a keto diet plan, you are restricted from eating foods rich in carbohydrates and instead focus on eating foods high in healthy fat content. Therefore, you have to let go of foods such as rice, breads, and pasta.

The basic aim of this diet is to make you get to the ‘ketosis’ state, a metabolic state wherein your body cells start breaking down the fat fragments stored in the body known as ‘ketones’ for energy instead of using glucose (sugar from carbs) for refueling the body. When this takes place, the stored fat in your body in the form of adipose tissue starts disintegrating and melts away. As a result, you start losing excess weight.

Here’s the main point: Ketosis is a process that enables your body to go into the “fat burning” state that you need to lose weight rapidly. Moreover, it is known for preventing, improving, and even healing conditions like cancer, Alzheimer’s, autism, and epilepsy. These are good benefits in addition to losing weight, right?

What Exactly Happens in a Ketogenic Diet?

When you eat a diet saturated with carbohydrates, it is broken down into glucose in your body. This glucose is stored in the form of glycogen in your liver that is broken up into simple glucose whenever the need for energy arises in the body. Insulin is created by your pancreas for converting glycogen to glucose, so it can be absorbed in your bloodstream and move around in your body.

When glucose is being utilized for fueling your body, the fats in your body are just lying around in the form of bulky tissues. They aren’t used because your body is relying on glucose for providing it with the necessary strength and

energy to keep going. This problem results in weight gain and paves the way for obesity. It is this fatty issue that the ketogenic diet targets.

When you start a ketogenic diet, you switch to foods that are rich in fats instead of carbohydrates. As you take less carbohydrates, your body gets a smaller supply of glucose to be used for energy as compared to before. The decrease in the consumption and supply of carbohydrates forces your body to slowly move into ketosis.

If this is your first encounter with the logic of eating fat to lose fat, you might probably be wondering how this works. Well, for starters, when you take food, which is high in fat, your body starts breaking it down for energy, a process, which ends up producing adenosine triphosphate or simply ATP. Ketones are a product of the process. So when you ingest less carbs, you push the body to start burning more fat and in the process, you end up producing more ketones some of which are very important for energy production like β -hydroxybutyrate and acetoacetate. It is perhaps important to know that your heart and the kidneys prefer ketones to glucose. Additionally, the brain cells can also use ketones for energy. However, acetone, which is one of the types of ketone molecules produced is not used for energy and is instead released as waste through urine and breath. So the more ketones you produce, the more of acetone you pass through urine. You can test acetone levels in your urine using a dipstick. This is how you can test if you're in a state of ketosis or not – you only get into a state of ketosis if your ketones are high enough to be detected in these tests.

Note: If you are diabetic, you should consult with your physician first before going on a ketogenic diet because you might end up triggering what is known as diabetic ketoacidosis. When you are in this state, you have extremely (and potentially dangerous levels) of ketones in your body. However, if you are healthy, your ketosis is referred to as dietary ketosis, physiological ketosis, nutritional ketosis or benign dietary ketosis.

When you go on a ketogenic diet, your goal is to get your body into a glycogen deprived state then stay in this state for some time as you maintain what is known as mild state of ketosis (in this case, you are converting fat into energy).

If there is a mild state of ketosis, this means that there is an optimal state, right? So how can you achieve a state of optimal ketosis where you are running on fat and your insulin level is at its lowest? Well, the secret is in avoiding all sources of carbs then take more proteins (of course in moderation). Your goal is to provide just enough proteins to make sure that the body is not forced to burn

muscle tissue for energy because this might end up causing muscle loss and even increase insulin levels-some of the protein is converted to glucose. If you keep the protein levels sufficient, fats high, and carbs to almost zero, you will end up burning most fat and ultimately achieve optimal ketosis. This might take anywhere between 2-7 days depending on your activity level, what you eat and your body type.

You should also note that the body takes time to *adapt* to using ketones and fats as a source of energy. That's why you might experience some of negative effects at first like weakness, mild irritability, fatigue, or light headedness. However, this should be gone after your body adjusts, typically within a week.

What Happens Next?

Once ketosis has been achieved, your body starts using the stored fat in your body and begins utilizing it for providing it with energy. Glucose is no longer used as the fuel of your body because it is in extremely low quantities. Instead, the stored fats along with the fats you consume during your keto diet become responsible for making you move, play and carry out all your routine chores.

The ketones produced in your body due to the disintegration of the fats stored in our liver helps you shed off the unwanted fat in your body and become leaner and healthier than before.

So after reading all this, why should you opt for a keto diet? Let's learn more about that in the next chapter.

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Chapter 2: The Benefits of A Ketogenic Diet

Now that you are aware of what a ketogenic diet is and how it accomplishes the goal of making you lose weight, let us discuss some of the major benefits of this diet.

Reduces Your Appetite and Incessant Cravings

One of the major reasons that make people gain weight is their inability to control their huge appetite or the incessant, annoying cravings for calorie rich foods they get several times in a day. By adopting ketogenic diet plan, you are easily able to kill both. Now, this doesn't in any way mean that you won't become hungry or feel the need to eat food when you go on a keto diet. It just means that you stop feeling hungry 24/7 and eat only when you need to.

Studies have shown that when you cut down your carbohydrate intake, you start eating less with time. Your non-stop hunger and enormous appetite starts decreasing as you begin eating more healthy high-fat foods.

Helps You Lose Weight Rapidly

Several studies carried on the subject of keto diet have revealed that people who eat a low-carbohydrate diet lose a large amount of weight rapidly compared to people on low-fat diets. A major reason behind this change is that the low-carb diet plan helps you eliminate the extra water from your body.

Moreover, the insulin levels in your body also start decreasing when you are on a keto diet because your body no longer needs a big quantity of insulin for breaking up glycogen into glucose. This change makes your kidneys shed the extra sodium that results in fast weight loss during the first two weeks of the plan.

Trims Down Your Heavy Abdomen

Ketogenic diet helps in eliminating the visceral fat from your body, giving your abdomen a slimmer shape and appearance. Visceral fat is the fat lying in your abdominal cavity. It starts surrounding your organs when it increases in size and quantity. It is often the most difficult fat type to get rid of. Moreover, having a large amount of visceral fat in your abdomen can result to inflammation, metabolic dysfunction, and insulin resistance.

If you want to attack the visceral fat stuck in your abdominal cavity, then keto

diet will be very effective in achieving this. Taking coconut oil in particular, which is high in MCTs (medium chain triglycerides) helps in boosting ketone levels in the body given that coconut oil provides an instant source of energy. This is particularly because MCTs are usually converted into ketones, which are then used in place of glucose for energy given that the body uses them immediately instead of storing them. Actually, studies have shown that MCTs have thermogenic properties, which means that they are wonderful fat burners. To enhance effectiveness, you can take coconut oil just before a workout or as a substitute for carb based snacks. You can also replace coconut oil with coconut milk.

Decreases the Risk of Health Conditions

Battles heart diseases

Studies have shown a close link between triglycerides and heart diseases. Triglycerides refer to the fat molecules in your body. The more the quantity of triglycerides in your body, the higher your chances will be of suffering from heart diseases and high blood pressure.

The major cause of an elevated triglyceride concentration in the blood is the consumption of carbohydrates. By cutting down your intake of carbohydrates, you are able to reduce the amount of the free triglycerides in your body and consequently decrease your likelihood of suffering from such conditions as fatal cardiovascular conditions.

Reduces chances of having high blood pressure

Studies have shown that about half of those who have followed a diet that is low in carbohydrates had their blood pressure levels reduce greatly. By switching to low carbohydrate diet, you are able to minimize your chances of suffering from high blood pressure and related problems. One of the reasons for this is probably because you end up losing weight while on a ketogenic diet-studies have shown a close link between weight loss and blood pressure.

Fights Type II Diabetes

By adopting a lifestyle characterized by low carbohydrate intake, you are also able to decrease your chances of suffering from type II diabetes. It (type 2 diabetes) usually develops when your body develops a resistance to insulin whereby your body cannot recognize insulin that is created for converting glucose into glycogen. This often occurs when there is an enormous amount of

glucose in your body. Therefore, when you eat fewer carbohydrates, you are able to eliminate the probability of developing insulin resistance and reduce your risk of becoming a type II diabetic.

Promotes the Production of HDL

Also known as good cholesterol, HDL or high density lipoprotein (good cholesterol) is a lipoprotein that carries cholesterol in your blood. LDL or low density lipoprotein (bad cholesterol) is responsible for carrying cholesterol from your liver to your body, whereas HDL takes the cholesterol to your liver, so it can either be excreted or reused.

By eating a diet rich in fats and low in carbohydrates, you are able to promote the production of HDL in your body and with an increased formation of HDL, your chances of suffering from heart diseases decrease as well. The higher your HDL levels, the lower your chances of suffering from heart disease.

Other benefits include:

- Helps fight metabolic syndrome
- Effective for dealing with various brain disorders

If you want to enjoy these amazing health benefits while keeping off excess weight, then the ketogenic diet may be exactly what you need! Let's now take a look at what foods to eat in the keto diet...

Chapter 3: Foods to Eat in a Keto Diet Plan

Unlike the majority of the diet plans, the ketogenic diet plan does not restrict you to a small number of food selections. Rather, it provides you with quite a large selection of foods to choose from. Here is a list of the foods that you are permitted to consume while following a ketogenic high fat, low-carb diet.

Note that there may be other food examples that are permitted in the keto diet which are not listed here – the point of this list below is to give you a starting idea of what foods to eat. I encourage you to do more research on your own if you want to expand your cooking list even more.

CORE FOOD SOURCES:

Wild Animal and Grass Fed Sources

- Beef, venison, goat, lamb or any other grass fed meat
- Eggs from free-range chickens
- Seafood and wild-caught fish
- Grass-fed butter and ghee (very high in good fats and Vitamin K!)
- Poultry, preferably from free-range sources
- Naturally raised pork
- Organ meats of grass fed animals, such as liver
- Gelatin made using hormone free and grass fed animals
- Whey protein without any soy lecithin, hormones, artificial sweeteners and any other additives

Primary Veggies

The following foods can be eaten from this category:

- Cruciferous veggies such as dark leaf kale, kohlrabi, red cabbage, green and white cabbage, broccoli, fennel, cauliflower, swede/rutabaga, turnips, radishes and Brussel sprouts
- Leafy greens, such as bok choy, chives, radicchio, endive, chard, spinach and Swiss chard

- Cucumber, bamboo shoots, summer squash, spaghetti squash, zucchini, asparagus and celery stalk
- Parsley root, leek, garlic, onion, spring onion, winter squash and mushrooms

Healthy Fats

Good fats are a very important part of the ketogenic diet, as this is what you'll train your body to use for fuel. You can eat any of the following items from this list:

- Polyunsaturated Omega-3 fats derived from sources such as fish or flaxseed oil
- Saturated fats, such as ghee, clarified butter, coconut oil, grass-fed butter, goose fat, duck fat, tallow, chicken fat and lard
- Monounsaturated fats, such as olive oil, macadamia oil and avocado oil
- Coconut, macadamia nuts, and avocado are important food sources to include in this category.

Condiments and Beverages

You are allowed to consume any of the following items belonging to this category:

- Pesto, mustard, pickles, homemade broth
- Fermented foods, such as sauerkraut, kombucha and kimchi
- Spices, herbs, lemon or lime zest, lime or lemon juice
- Black or herbal tea, black coffee or coffee with coconut milk or cream

SECONDARY FOODS:

In addition to enjoying the above foods, you can occasionally eat the following foods as well.

Fruits, Mushrooms and Vegetables

- Nightshades, such as peppers, tomatoes and eggplant
- Sea vegetables such as kombu and nori
- Sugar snap peas, French artichokes, wax beans, water chestnuts, bean sprouts and okra
- Berries, such as cranberries, raspberries, strawberries, blueberries, mulberries and blackberries

Seeds and Nuts

The following seeds and nuts can be consumed occasionally:

- Hazelnuts, walnuts, almonds, flaxseed, sesame seed, pumpkin seed, pecans, hemp seeds, pine nuts and sunflower seeds
- Brazil nuts (these should be eaten occasionally as they are concentrated in selenium, which can be harmful for you)

Fermented Soy Goods

Fermented and non-GMO products such as soy sauce, Tempeh, Natto and paleo-friendly aminos are allowed in moderation, along with black, unprocessed soybeans and green soybeans/edamame.

Ingredients/Cooking

The following are examples of ingredients can be used sparingly:

- Arrowroot powder, almond flour and xanthan gum (take small quantities very infrequently)
- Carob powder, cocoa powder, dark chocolate with a 70 percent to 90 percent cocoa content
- Zero-carb sweeteners, such as liquid stevia.

Other notes:

Root vegetables like celery root, beetroot, sweet potato, parsnip, and carrot can be consumed occasionally. You can also eat fruits such as cantaloupe, watermelon, apricot, dragon fruit, nectarine, peach, kiwi, grapefruit, berries, figs, plum, and oranges occasionally. Moreover, pistachio, chestnuts, cashew nuts, and dried fruits such as figs, raisins, berries, and dates can be consumed in

extremely small quantities sometimes.

Additionally, you can consume dry white and red wines in small amounts once every two to three weeks as well, but preferably not more than that.

Keep in mind that the point of this diet is to feed your body **ONLY** with food sources that will promote ketosis to happen in your body and overall, teach it to use fat as a fuel source. There are many ways to get creative with making yummy tasting ketogenic dishes. You just need to get creative and plan your meals! If you stick with it, your body and overall well-being will thank you for it!

Now that you know what you **CAN** eat in the ketogenic diet, let's look at what **SHOULD NOT** be eaten next.

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Chapter 4: Foods to Avoid in a Ketogenic Diet

By now, you are well aware of what ketogenic diet is and you do know that you need to achieve ketosis while on this diet. For you to do that, you will need to know the kind of foods to avoid since you don't want to be eating foods that only make it hard for you to enter into optimal ketosis.

Grains, Sweets and Sugars

All types of whole wheat and white grains, such as rye, corn, barley, wheat, oats, sorghum, bulgur, sprouted grains, buckwheat, amaranth, and rice must be avoided while on a ketogenic diet. Moreover, you cannot eat quinoa. Sweets, sugary drinks, and desserts containing processed or raw sugar must be avoided as well.

Baked Goods

All baked goods that contain sugar or some form of bread must not be consumed while you're on keto diet. This includes, pizza, pies, breads and quiches.

Artificial, factory-farmed Fish and Pork

Factory-farmed fish and pork are rich in the inflammatory omega-6 fatty acids as well as PCBs that are harmful to your health, so avoid them.

Processed Goods

All processed foods that contain carrageenan (goods containing almond milk), wheat gluten, BPAs and sulphites (dried fruits) must be avoided when you start your keto diet. Any artificial sweeteners must not be used while on the diet as well.

Refined Oils and Fats

This category includes safflower, sunflower, canola, cottonseed, corn oil, soybean, and grapeseed oils. All these oils must not be consumed.

Tropical Fruits

Avoid all tropical fruits such as papaya, mango, and pineapple as they are rich in carbs. Also, ensure to avoid 100 percent fresh juices since they are often high in sugars.

In addition, you should not consume diet soda, carbonated beverages, mints,

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