The Complete

# KETO DIET COOKBOOK FOR BEGINNERS

WEIGHT LOSS

Quick & Easy Recipes for Busy People on the Ketogenic Diet with

**21-DAY MEAL PLAN**

*Mandy Cook*

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# *The Complete Keto Diet Cookbook*

*Mandy Cook*

**The Ultimate Keto Meal Plan TO SHED WEIGHT**

# *INTRODUCTION*

I have struggled with my weight almost my whole life, since my teenage years. I've been on a diet since I was 14. I was always hungry; I didn't have a good night's sleep and energy for my daily tasks and activities. Shortly after that, I got stuck in a cycle of "yo-yo dieting" or weight gain followed by weight loss. I spent many years feeling out of control with my eating. I felt that I was disconnected from my own body and I didn't listen to it but I cannot help myself. As a teenager of 16, I struggled with depression. I felt devastated; my friends could not understand how this straight-A student and beautiful girl could have any mental problems. In addition, my parents did not understand what I was going through; they thought I went through a phase like other teens with fluctuating emotions. Later, when I was in college, my struggles continued. I was dieting, sometimes successfully sometimes not. It is like a hamster on its wheel!

When I graduated college, I had everything I thought I wanted. Nevertheless, I wasn't happy. I had an almost phobic fear of food, especially greasy food, nuts, and fatty cheese. This belief about fats is based on a common fact that we have heard so many times so we just assume it is true. It is like many other ideas that fall into the category of "myths" that are totally wrong! Ironically, natural food, including natural fats, is good for the human body. In theory, if you want to lose weight, you should burn more calories than you eat; you should also pay attention to regular physical activities, take the stairs instead of elevators, walk an extra 30 minutes a day, blah, blah, blah… Easier said than done. In practice, we should analyze many factors to understand that there are often more than one cause of weight gain. Psychological factors, genetic predisposition, food addiction, high insulin levels, hormone imbalance, and neurologic problems all may play a part.

When I look back on my life, I see low self-esteem and misery. I also thought that cooking at home is time-consuming so I regularly ordered food delivery. I decided to stop torturing myself and break the starve-binge cycle. I decided to be happy! "Everything in your life is a reflection of a choice you have made. If you want a different result, make a different choice," said Anonymous. So, I asked myself, "What make you feel persistently hungry,

despite eating enough food and three meals a day? What are you doing to your body!? What should you do if you want to feel and look your best?" These questions were complicated for me, but deep in my heart, I knew that the answers were simple. Luckily, I found the answers and heal my relationship with food.

Three years ago, I had discovered a low-carb dietary regimen. It is a low carbohydrate, moderate protein, and high fat based diet. Basically, I can eat meat, poultry, eggs and dairy on a keto diet and avoid rice, grains and legumes. I was skeptical at first, it sounds too good to be true! Fortunately, I was proven wrong, this nutrition plan is better than I've ever expected. My goal with this recipe collection is to show you an easy but effective way to kickstart a ketogenic diet. Also, I wanted to use my experience and knowledge to encourage you on your keto adventure with all ins and outs. After years of struggle, I feel optimistic and inspired to pay it forward and help others to find their path to a happy life. If you feel overwhelmed or intimidated, whatever you are going through, I am here to tell you that everything is possible; so, never give up. If I can do it, you can too!

## What is the Keto Diet?

According to Wikipedia, “A ketogenic diet is a diet that derives most of its calories from fat and only a small number of calories from carbohydrates. The diet forces the body to burn fats rather than carbohydrates for energy.

Normally, the carbohydrates you eat are turned into glucose in the body, which is used for energy around the body and in the brain. But, if you don't eat enough carbohydrates, your body has a back-up system of burning fat instead. The liver can use stored fat and the fat you eat for energy. Stored fat is broken into two parts, fatty acids, and ketone bodies. Ketone bodies power the brain instead of glucose. This state of having a lot of ketone bodies in your blood is called *Ketosis*."

When I discovered a keto lifestyle, something about it really inspired me to do detailed research. I read a lot of articles and studies, seeing real people getting real and great results; then, I put theory into practice and Voilà! I did it! And I did it well! A month after starting this amazing lifestyle, my life completely changed.

I started following a ketogenic diet with a daily calorie breakdown of 5% carbs, 20% protein, and 75% fats. I also tried to stay within my calorie needs. It is not difficult since a common symptom of this diet is the feeling of fullness. The appetite suppression may be linked to a higher intake of fat and protein. My ultimate goal was to boost the body's metabolism to speed up my weight loss. Besides being in ketosis, I tried to make some changes to help rev up my metabolism. Some of these changes include eating a good breakfast, doing simple exercises to build muscles, eating protein with every meal, drinking green tea, and adding hot peppers to my meals. "Do not skip meals" is one of the best tips I've ever heard since skipping meals, especially breakfast, can cause the metabolism to slow down.

Once I reached my ideal weight, I tried to rotate very low carbohydrate days with higher carbohydrate days so I can say that simple plan works for me. Alternatively, you can keep on with your keto lifestyle, but you can eat a little more food for weight maintenance. You can add a little more protein but keep carbs low. You can add more carbs only before and after workouts. It is advisable to go slowly, and raise your daily carb limit by 10 to 20 grams for a week or two, and stick with Paleo foods. In this phase, you can eat carbs that are nutrient-dense and fiber-rich such as carrots, peppers, potatoes, turnips, pears, bananas, oranges, and strawberries. Another great way to maintain your goal weight is to combine intermittent fasting with muscle-gaining keto. The key is just to find that perfect amount of food for your body, age, and activity level. Most people, including me, do not have to be in ketosis to stay at a healthy weight, as long as they stick with a low-carb diet such as Paleo,

LCHF or low-carb Mediterranean diet. Almost four years into keto, I am maintaining my ideal weight, feeling freedom from food like the one I have never had before. Pro Tip: Choose nutrient-packed foods that can satiate you easier, and automatically, you will eat less.

**What to Eat on a Ketogenic Diet?**

I created a detailed keto-friendly food list so you can keep it in your shopping bag.

Vegetables: Lettuce (all types), greens (spinach, Swiss chard, collard, mustard greens, kale, and turnip); mushrooms, onion, garlic, asparagus, arugula, avocado, celery, squash, kohlrabi, bok choy, radishes, broccoli tomatoes, cauliflower, zucchini, eggplant. In moderation: artichokes, Brussels sprouts, broccolini, cauliflower, cucumbers, green beans, cabbage, okra, snap peas, snow peas, and fennel.

Fruits: Blackberries, cranberries, raspberries, lemon, lime, coconut, and tomatoes.

Meat & Poultry: Beef, pork, game, lamb, and veal, chicken, turkey and duck.

Ground meat: Pork, beef, turkey, and mixed ground meat.

Lunch & Deli Meats: Bacon, pancetta, pepperoni, salami, soppressata, chorizo, ham, pastrami, prosciutto, and speck. In moderation: bologna and mortadella.

Seafood: Fatty fish, white fish, lobster, crab, shrimp, scallops, mussels, squid, oysters, and octopus.

Dairy: Cream cheese, blue cheese, mozzarella, brie, Colby cheese, goat, provolone, Gouda, Muenster, camembert, and Swiss cheese; heavy cream, double cream, half-and-half; butter and ghee; eggs. In moderation: whole milk, cheddar cheese, feta, Pepper Jack cheese, full-fat Greek yogurt, crème fraîche, mascarpone, cottage cheese, sour cream, and ricotta.

Nuts & Seeds: peanuts, almonds, walnuts, Brazil nuts, pecans, hazelnuts, macadamia nuts, pine nuts, chia seeds, hemp seeds, pumpkin seeds, and sunflower seeds.

Fats & Oils: Coconut oil, avocado oil, olive oil, flaxseed oil, cocoa butter, and nut oil; lard, duck fat, schmaltz, and tallow.

Keto-friendly drink options: Coffee, tea, diet soda, seltzer, sparkling water, keto smoothies, zero carb energy drinks.

Other keto-friendly foods include:

Herbs and spices (fresh or dried); bouillon cubes and granules.

Sauces & Condiments: Mayonnaise, mustard, tomato sauce, vinegar, and hot sauce (make sure to check the nutrition facts label).

Canned food: tuna anchovies, crab, salmon, sardines, tomato, sauerkraut, pickles, and olives (make sure to check the nutrition facts label).

Baking ingredients: almond flour, coconut flour, baking powder, baking soda, cocoa, vanilla extract, dark chocolate, glucomannan powder.

Nut & Seed Butters: peanut butter, almond butter, hazelnut butter, macadamia nut butter, coconut butter, pecan butter, sunflower seed butter, walnut butter, and tahini.

Vegetarian: Tempeh, tofu, full-fat coconut milk, jackfruit, nutritional yeast, Shirataki noodles, Nori sheets, roasted seaweed, Kelp noodles, Kelp flakes.

Keto-Friendly Alcohol: Whiskey, brandy, dry martini, vodka, and tequila.

Seaweed: Wakame, chlorella, nori, dulse, spirulina, and kelp.

Keto sweeteners: Stevia drops, Erythritol, and Monkfruit are zero carb sweeteners; Splenda (sucralose-based sweetener) has 0.5g of carbs per packet (1 g); Erythritol has 4 grams of carbs per teaspoon (4 grams); Xylitol has 4 grams of carbs per teaspoon (4 grams);

**Foods to Avoid on a Ketogenic Diet**

Grains & grain-like seeds: Rice, wheat, quinoa, oats, amaranth, barley, buckwheat, corn, millet

Flours: Wheat flour, cornmeal, arrowroot, cornstarch, cassava, dal, and fava beans.

Starches: Starchy vegetables, soy, lentils, sago, tapioca, plantain, banana, and mesquite.

Sugars: All types of sugar and syrup (rice syrup, malt syrup, sorghum syrup, corn syrup, carob syrup, and high maltose corn syrup), barley malt, cane juice crystals, cane juice, treacle, malt, rapadura, muscovado, panocha, scant, agave nectar, molasses, honey, and maple syrup.

Processed vegetable oils & trans fats: Diglycerides, shortening, vegetable shortening, margarine, interesterified oils, corn oil, cottonseed oil, grapeseed oil, safflower oil, and soybean oil.

Milk & reduced-fat dairy products: evaporated skim milk, low-fat yogurts, fat-free butter substitutes, and reduced fat cheese.

Factory-farmed fish and eggs, processed meat

Fruits (other than berries) & dried fruits

Sugary drinks: soda and energy drinks.

**Ketogenic Kitchen Makeover**

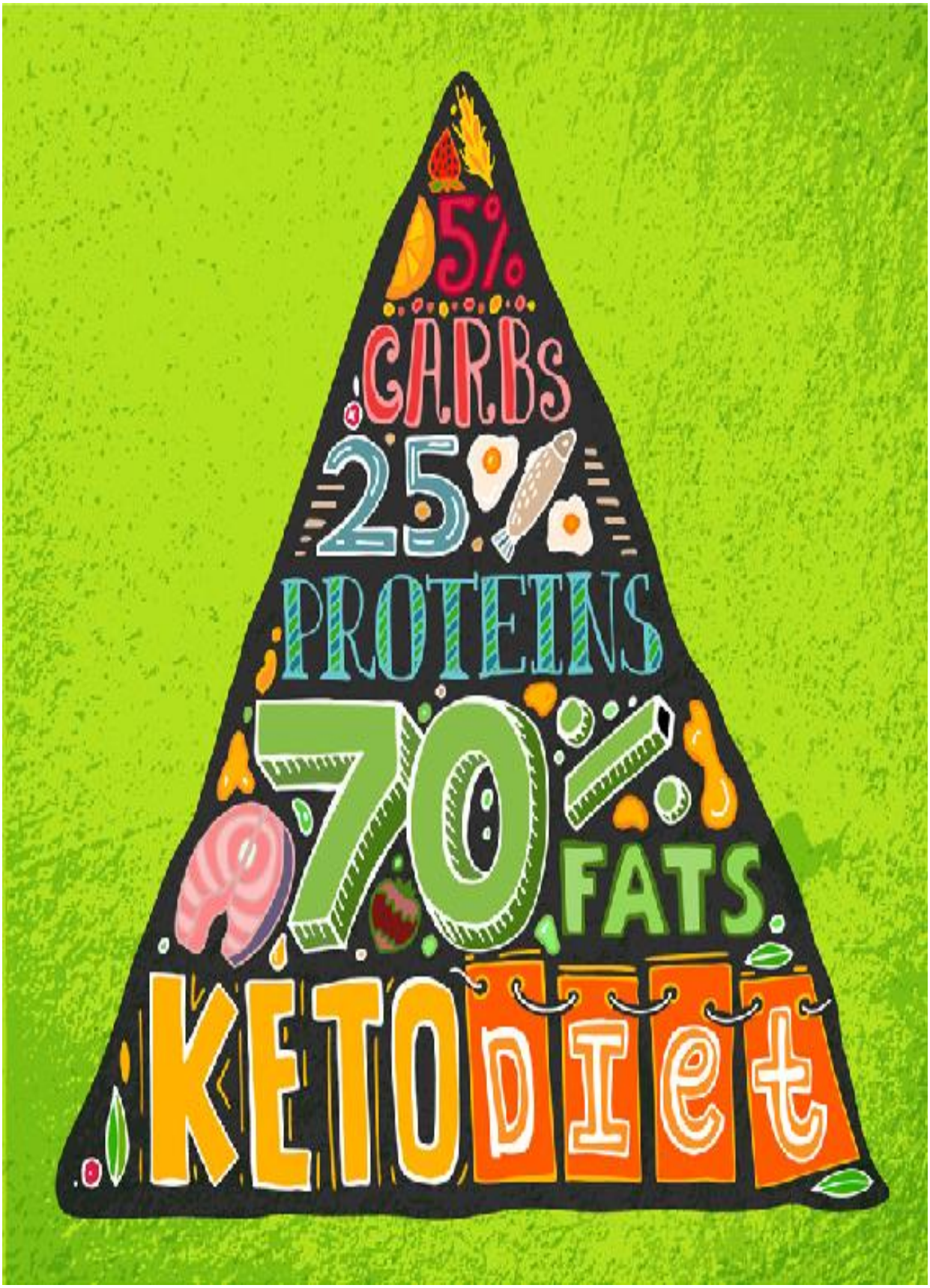
To make your keto grocery shopping easier, here is the list of pantry essentials on a keto diet. It will help you to save money by not buying unnecessary items.

- LOW-CARB FLOURS – Almond flour (1/4 cup or 28 grams of almond flour has around 160 calories and 6 grams of total carbs); Coconut flour (2 tablespoons or 18 grams of coconut flour has around 45 calories and 11 grams of total carbs); Flax meal (2 tablespoons or 14 grams of flax meal has nearly 70 calories and 5 grams of total carbs); Sunflower seed meal and Pumpkin seed meal.
- SWEETENER – Stevia, Xylitol, Erythritol.
- NUTS & SEEDS
- CREAM CHEESE
- COCONUT MILK & COCONUT CREAM
- COCONUT OIL, AVOCADO OIL & OLIVE OIL
- MEAT, POULTRY & SEAFOOD

- NUT BUTTERS
- KETO VEGETABLES & FROZEN VEGETABLES
- CONDIMENTS – Mustard, mayonnaise, Sriracha, hot sauce, and vinegar.
- CACAO POWDER, CACAO NIBS & SUGAR-FREE DARK CHOCOLATE
- PSYLLIUM HUSKS
- HERBS & SPICES – pink salt, sage, thyme, rosemary, black pepper, oregano, basil, ginger, turmeric, and cinnamon.

## THE ULTIMATE KETO MEAL PALN TO SHED WEIGHT

# THE ULTIMATE KETO MEAL PLAN TO SHED WEIGHT


5%
CARBS
25%
PROTEINS
70%
FATS
KETO DIET

# Macronutrient Balance

Macronutrients ("macros") include protein, fat, and carbs. Macronutrients provide energy in the form of calories. For instance, fat provides 9 calories per gram; then, there are 4 calories per gram of protein; as for carbohydrates, there are 4 calories per gram. Luckily, you can calculate your keto macros in a couple of minutes by using the Keto Calculator online. It can help you find the exact amount of macronutrients you need to reach your goal, whether you want to lose or maintain your weight. There are calculators for a classic ketogenic diet (75% fat, 20% protein, 5% carbohydrate) and other variations of keto diets so you can input specific amounts of macros according to your preference.

FATS (LIPIDS) are an essential part of a ketogenic diet. The type of fats you eat on a keto diet is essential because some fats are better for weight loss and healthier than others. It took me long to understand that I need to eat fat to burn fat. If you avoid fat and eat large amounts of lean protein foods such as skinless chicken and fish, the excess protein will be converted into glucose. It can raise your insulin levels, too. Low-fat products may seem like a good option for weight loss because fats have been given a bad reputation in the past. However, reduced-fat peanut butter, fat-free salad dressings or low-fat yogurt often contain a lot of unhealthy ingredients, processed oil, and sugar. The trick here is to eat more fat. For example, I'd like to add butter to my breakfast, it fills me up and helps me eat less at lunch. Keep in mind that the human body needs all types of fats including unsaturated fats and saturated fats. There are two main types of unsaturated fats: 1) polyunsaturated fats (include omega-3 fats and omega-6 fats), and 2) monounsaturated fats.

Sources of monounsaturated fatty acids include olive oil, peanut oil, canola oil, sesame oil, and cashews. Foods with a higher amount of polyunsaturated fat include nuts, seeds, soybean oil, and fatty fish. Foods with higher amounts of saturated fats include fatty beef, butter, cheese, pork, poultry with skin, cream, and lard. There is one more category called "Trans fats" that are unsaturated fats that have been processed. You should eat less saturated and trans-fats in order to lower the risk of heart disease, high blood cholesterol, and obesity. To illustrate, junk food and packaged foods contain saturated fat in a larger amount. Therefore, you should avoid snack foods (such as fatty potato chips), fried foods, high fat takeaway foods (including pizza, pasta,

hamburgers), high-fat cakes, biscuits, and muffins, pastries (such as pies and croissants). Check the labels and opt for the products that are higher in poly and monounsaturated fats and lower in saturated and trans-fats. Remember, it is important to eat fats in small amounts as a part of a balanced ketogenic diet.

PROTEIN also plays a unique role in the human body. It consists of smaller units called amino acids; you need essential amino acids for your body to function properly. The most important functions of proteins include the creation of hormones, maintaining a healthy weight, promoting longevity, muscle growth and repair. Protein is crucial for a skin, bone, and brain health, too. Animal protein sources on a keto diet include seafood, meat, poultry, cheese, and eggs. Plant protein sources include most nuts and seeds.

There are different views on protein intake on a keto diet. Some ketogenic researchers suggest high protein intake (1 gram of protein per 1 pound). Some experts advocates low protein intake for people who follow a keto diet or 1.0 grams of protein per kilogram of lean mass (2.2 pounds). They believe excess protein can turn into sugar in your body and prevent ketosis. There is the third group of experts that recommends 1.5-1.75 grams of protein per 2.2 pounds. Most people agree that we should follow this formula to enter and stay in ketosis – 5% carbs, 20% protein, and 75% fats.

CARBOHYDRATES are macronutrients that the human body converts to glucose; in fact, glucose is the body's principal fuel source. Your organs such as kidneys, brain, and heart all need carbs to function properly. Furthermore, fats can't be properly metabolized without carbs in the form of fiber that are needed for digestion. Besides being a fuel, glucose can be stored as glycogen in our liver or muscles. Put simply, overconsumption of carbs increases the creation of more fat storage.

The human body also requires micronutrients, including vitamins and minerals. Bear in mind that the majority of micronutrients and important phytonutrients come from vegetables; it means that you should eat a large portion of keto veggies with every meal. When you know your macros, you can easily plan your day on a ketogenic diet.

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