



# THE COMPLETE KETOGENIC DIET FOR BEGINNERS

Your Essential Guide to  
Living the Keto Lifestyle

---

**AMY RAMOS**

Foreword by **AMANDA C. HUGHES**,  
author of *The Wicked Good  
Ketogenic Diet  
Cookbook*



# THE COMPLETE KETOGENIC DIET FOR BEGINNERS

Your Essential Guide to Living  
the Keto Lifestyle

---

AMY RAMOS

  
ROCKRIDGE  
PRESS

Copyright © 2016 by Rockridge Press, Berkeley, California

No part of this publication may be reproduced, stored in a retrieval system or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, scanning or otherwise, except as permitted under Section 107 or 108 of the 1976 US Copyright Act, without the prior written permission of the publisher. Requests to the publisher for permission should be addressed to the Permissions Department, Rockridge Press, 918 Parker St., Suite A-12, Berkeley, CA 94710.

**Limit of Liability/Disclaimer of Warranty:** The publisher and the author make no representations or warranties with respect to the accuracy or completeness of the contents of this work and specifically disclaim all warranties, including without limitation warranties of fitness for a particular purpose. No warranty may be created or extended by sales or promotional materials. The advice and strategies contained herein may not be suitable for every situation. This work is sold with the understanding that the publisher is not engaged in rendering medical, legal or other professional advice or services. If professional assistance is required, the services of a competent professional person should be sought. Neither the publisher nor the author shall be liable for damages arising herefrom. The fact that an individual, organization or website is referred to in this work as a citation and/or potential source of further information does not mean that the author or the publisher endorses the information the individual, organization or website may provide or recommendations they/it may make. Further, readers should be aware that websites listed in this work may have changed or disappeared between when this work was written and when it is read.

For general information on our other products and services or to obtain technical support, please contact our Customer Care Department within the United States at (866) 744-2665, or outside the United States at (510) 253-0500.

Rockridge Press publishes its books in a variety of electronic and print formats. Some content that appears in print may not be available in electronic books, and vice versa.

**TRADEMARKS:** Rockridge Press and the Rockridge Press logo are trademarks or registered trademarks of Callisto Media, Inc., and/or its affiliates, in the United States and other countries, and may not be used without written permission. All other trademarks are the property of their respective owners. Rockridge Press is not associated with any product or vendor mentioned in this book.

Photography (cover, clockwise from top left): © Stocksy/Trent Lanz; Shutterstock/Tim UR; Shutterstock/Nataliya Arzamasova; Stocksy/Cameron Whitman; Shutterstock/Martin Gaal; Stockfood/Charlotte Tolhurst, [here](#); Stockfood/Joana Leitão, [here](#); Stockfood/Thorsten Kleine Holthaus, [here](#); Stockfood/Jonathan Gregson, [here](#); Stocksy/Harald Walker, [here](#); Shutterstock/ Alexpro9500, [here](#); Stockfood/Maya Visnyei, [here](#); Stockfood/Tina Rupp, [here](#); Stockfood/ Hein van Tonder, [here](#); Stockfood/Ryla Campbell, [here](#); Stockfood/Westend61, [here](#); Stock-food/Myles New, [here](#).

ISBN: Print 978-1-62315-808-8 | eBook 978-1-62315-809-5

# **CONTENTS**

---

Foreword

Introduction

PART ONE

## **THE KETOGENIC LIFESTYLE**

CHAPTER ONE Low-Carb, High-Fat

CHAPTER TWO Go Keto in Five Steps

PART TWO

## **THE 14-DAY MEAL PLAN**

Week One Meal Plan and Shopping List

Week Two Meal Plan and Shopping List

PART THREE

## **THE RECIPES**

CHAPTER THREE Smoothies & Breakfasts

**Peanut Butter Cup Smoothie**

**Berry Green Smoothie**

**Lemon-Cashew Smoothie**

**Spinach-Blueberry Smoothie**

**Creamy Cinnamon Smoothie**

**Nut Medley Granola**

**Bacon-Artichoke Omelet**

**Mushroom Frittata**

**Breakfast Bake**

**Avocado and Eggs**

CHAPTER FOUR Apps & Snacks

**Bacon-Pepper Fat Bombs**

**Smoked Salmon Fat Bombs**

**Walnut Herb-Crusted Goat Cheese**

**Crispy Parmesan Crackers**

**Bacon-Cheese Deviled Eggs**

**Queso Dip**

**Cauliflower-Cheddar Soup**

**BLT Salad**

**Chicken-Avocado Lettuce Wraps**

**Crab Salad–Stuffed Avocado**

CHAPTER FIVE Fish & Poultry

**Shrimp and Sausage “Bake”**

**Herb Butter Scallops**

**Pan-Seared Halibut with Citrus Butter Sauce**

**Simple Fish Curry**

**Roasted Salmon with Avocado Salsa**

**Sole Asiago**

**Baked Coconut Haddock**

**Cheesy Garlic Salmon**

**Lemon Butter Chicken**

**Chicken Bacon Burgers**

**Paprika Chicken**

**Stuffed Chicken Breasts**

**Coconut Chicken**

**Turkey Meatloaf**

**Turkey Rissoles**

CHAPTER SIX Meats

**Nut-Stuffed Pork Chops**

**Roasted Pork Loin with Grainy Mustard Sauce**

**Lamb Chops with Kalamata Tapenade**

**Rosemary-Garlic Lamb Racks**

**Lamb Leg with Sun-Dried Tomato Pesto**

**Sirloin with Blue Cheese Compound Butter**

**Garlic-Braised Short Ribs**

**Bacon-Wrapped Beef Tenderloin**

**Cheeseburger Casserole**

**Italian Beef Burgers**

CHAPTER SEVEN Veggies & Sides

**Portobello Mushroom Pizza**

**Garlicky Green Beans**

**Sautéed Asparagus with Walnuts**

**Brussels Sprouts Casserole**

**Creamed Spinach**

**Cheesy Mashed Cauliflower**

**Sautéed Crispy Zucchini**

**Mushrooms with Camembert**

**Pesto Zucchini Noodles**

**Golden Rosti**

CHAPTER EIGHT Desserts

**Pumpkin Spice Fat Bombs**



**Creamy Banana Fat Bombs**

**Blueberry Fat Bombs**

**Spiced-Chocolate Fat Bombs**

**Chocolate-Coconut Treats**

**Almond Butter Fudge**

**Nutty Shortbread Cookies**

**Vanilla-Almond Ice Pops**

**Raspberry Cheesecake**

**Peanut Butter Mousse**

CHAPTER NINE Staples

**Avocado-Herb Compound Butter**

**Strawberry Butter**

**Herbed Balsamic Dressing**

**Herb-Kale Pesto**

**Hollandaise**

**Green Basil Dressing**

**Creamy Mayonnaise**

**Rich Beef Stock**

**Traditional Caesar Dressing**

**Herbed Chicken Stock**

Advice for Going Out to Eat

The Dirty Dozen and Clean Fifteen

Measurement Conversion Tables

Resources

References

# FOREWORD

## MY ITALIAN RELATIVES STILL SCOFF AT ME WHEN I SKIP THE BREAD

**AT DINNER.** They say, “But it’s the weekend! Nobody diets on the weekend!”

To be clear, the ketogenic diet doesn’t break for weekends. It doesn’t flip its hair and sneak candy from the bowl while the cauliflower isn’t looking. Staying in ketosis is a full-time job, but after you break through your carb withdrawals in week one, you’re going to be so pumped with energy that you’ll be slaying doughnuts and mashed potatoes with the sword of shame.

Over the past decade, I’ve talked to people from all walks of life who are on the ketogenic diet. While the diet has been used to treat epilepsy informally since at least 500 BC, it’s been recommended by the medical community since the 1920s.<sup>1</sup> But most commonly, people reach out to me for a host of other reasons, not just because they have epilepsy and need to change their diet. I’ve spoken with patients who are using the ketogenic diet as recommended by the nutritionist at their cancer centers, and I’ve even met people who have used the diet to combat anxiety and depression. In addition to weight loss, going keto helped me fight chronic vertigo, which prevented me from driving for three years.

Glucose imbalance, the result of eating a diet heavy in breads, sugars, starches, and pasta, is said to be harmful to the brain, so it’s no wonder when glucose is replaced with ketones. A ketogenic diet can help to restore brain function for people who suffer with dementia and Alzheimer’s disease (also sometimes referred to as type 3 diabetes<sup>2</sup>). A brain that isn’t hopped up on sugar is a happy brain!

This book you’re about to read is an excellent guide to following a ketogenic diet, no matter how much weight you want to lose, or how much of

your life you want to regain.

Whenever you approach a diet, you should go into it thinking that you're adapting to a healthier lifestyle. However, in the ketogenic community, you'll often find forums and Facebook groups riddled with ketogenic junkfood (Take your McDonald's burger, throw away the bun, and flip it inside out! Yeah! Keto-friendly!). What I love about this book is that it brings healthy ingredients to the forefront, without being snobby. This diet is heavy on fat, so why not choose healthy ones that provide additional health benefits, like coconut oil, ghee, and avocado? Hang those highly processed oils, like vegetable oils and soybean oils, out to dry.

In addition, you'll find specific examples throughout this book; for example, berries are A-OK, but you shouldn't eat bananas because they contain more than your daily intake of carbohydrates. And [chapter 2](#), on setting up your kitchen, includes a crucial set of equipment for making delicious ketogenic meals (a cast-iron pan, especially!).

The section on keto-friendly alternatives is particularly useful, because you may not know that a cup of milk has 13 net carbs, while unsweetened almond milk contains zero carbs (and is just as tasty!). I've known numerous people who assumed they can eat rice on this diet (it's like Paleo, right?) and I need to explain that rice has 44 net carbs per (cooked) cup. When you tell them you're shooting for less than 20 net carbs per day, it just about blows their mind.

And probably my favorite part of the book? Every recipe is 6 carbs! That's some no-brainer type of keto stuff I can get behind. Enjoy this book and your path to ketogenic wellness!

**Amanda C. Hughes**

Keto Cook at [WickedStuffed.com](http://WickedStuffed.com)

Author of *Keto Life* and *The Wicked Good Ketogenic Diet Cookbook*

# INTRODUCTION

**WITH THIS BOOK AS YOUR GUIDE**, you can easily make the lifestyle change millions of other people have successfully made. You can feel and look great by eating food that's healthy, natural, and delicious. It will benefit your mental and physical health and provide constant energy throughout your day.

To be successful, you'll need to understand the very basics of your body and dieting.

Low-fat, low-calorie, gluten-free, Atkins, Weight Watchers, South Beach ... the list of diets goes on. Most require you to starve yourself, eat bland, uninspiring food, strictly count calories, or go through various induction phases. The major problem with these diets is that they aren't always nutritionally sound and they're certainly not satisfying. That's simply not safe or sustainable. They are not a lifestyle.

What the more successful diets have in common is the reduction of foods rich in carbohydrates. Studies show that people who eat low-carb diets and don't reduce calories lose more weight than people who eat low-fat diets and also reduce calories. In addition, low-carb dieters generally show more improvement for important health indicators like triglyceride, blood sugar, and insulin levels, and more.

This all comes down to how your body works. When you eat carbs, your body breaks them down into glucose, a simple sugar, which quickly and significantly raises your blood sugar levels. Then you produce insulin to reduce this spike in blood sugar. After years and years of this cycle, your body will need to produce more insulin at once to achieve the same results. You can quickly become insulin resistant, and very commonly this resistance turns into prediabetes, metabolic syndrome, and, eventually, type 2 diabetes.

According to the American Diabetes Association's (ADA's) 2012 data, more than 1 in 3 adults in the United States have prediabetes and nearly 1 in 10 have type 2 diabetes. Data from the Centers for Disease Control and Prevention (CDC) shows the number of obese adults in the United States has spiked since the 1980s from 15 percent to 35 percent of all adults ages 20 to 74. This increase can only be attributed to a change in diet on a national scale.

The US Department of Agriculture (USDA) first released their Dietary Guidelines in 1980, and they recommended that fats and oils be heavily reduced along with sweets while carbohydrates should account for most of your daily food consumption. Soon after they released the Food Pyramid Guide, which placed carbs into the largest section of the pyramid and recommended that you eat 6 to 11 servings a day. They also recommended eating 2 to 4 servings of fruit (which is full of natural sugars) a day. These guidelines, even decades later, have been used as a framework for the US consumer education messages by the surgeon general, CDC, and many other government organizations since then.

Today, the ADA promotes eating "healthy carbohydrates" for diabetics instead of greatly reducing carbs from the diet. If carbs are ultimately sugar, and sugar ultimately causes many of these diseases, why are you told to prioritize carbs in your diet? There's no such thing as an essential carbohydrate. Your body can create the glucose it needs through a process called gluconeogenesis, where the liver converts glycerol (derived from fats) into glucose.

Alternatively, you've no doubt been taught that saturated and monounsaturated fats cause heart disease, cholesterol problems, and many other issues. In the last decade, dozens of studies and multiple meta-studies (studies that analyze other studies' results) with over 900,000 subjects from almost 100 different data sets have shown similar conclusions: Eating

saturated and monounsaturated fats has no effects on heart disease risks, short- or long-term.

Most fats are good and are essential to our health—that's why there are *essential* fatty acids and *essential* amino acids (protein). Fats are the most efficient form of energy and each gram contains about 9 calories. That's more than double the amount in carbohydrates and protein (both have 4 calories per gram).

When you eat lots of fat and protein and greatly reduce carbs, your body adapts and converts the fat and protein, as well as the fat you have stored, into ketone bodies, or ketones, for energy. This metabolic process is called ketosis. That's where the *ketogenic* in ketogenic diet originates from.

This book will provide you with what you need to succeed with the ketogenic diet—simple cooking, weight loss, and long-term success.



# THE KETOGENIC LIFESTYLE

PART ONE





## CHAPTER 1

# LOW-CARB, HIGH-FAT

**MAINTAINING A LOW-CARB, HIGH-FAT DIET** is beneficial for weight loss. Most importantly, according to an increasing number of studies, it helps reduce risk factors for diabetes, heart diseases, stroke, Alzheimer's, epilepsy, and more. The keto diet promotes fresh whole foods like meat, fish, veggies, and healthy fats and oils, and greatly reduces processed, chemically treated foods. It's a diet that you can sustain long-term and enjoy. What's not to enjoy about a diet that encourages eating bacon and eggs for breakfast!

Carbs (sugar) cause blood glucose spikes, which result in crashes soon after, followed by cravings for more carbs. This cycle causes constant spikes in insulin and eventually may lead to prediabetes and type 2 diabetes.

Studies consistently show that a keto diet helps people lose more weight, improve energy levels throughout the day, and stay satiated longer. The increased satiety and improved energy levels are attributed to most of the calories coming from fat, which is very slow to digest and calorically dense. As a result, keto dieters commonly consume fewer calories because they're satiated longer and don't feel the need to eat as much or as often.

## Why Go Keto?

When you eat a ketogenic diet, your body becomes efficient at burning fat for fuel. This is great for a multitude of reasons, not the least of which is that fat contains more than double the calories of most carbs, so you need to eat far less food by weight every day. Your body more readily burns the fat it has stored (the fat you're trying to get rid of), resulting in more weight loss. Using fat for fuel provides consistent energy levels, and it does not spike your blood glucose, so you don't

## Thank You for previewing this eBook

You can read the full version of this eBook in different formats:

- HTML (Free /Available to everyone)
- PDF / TXT (Available to V.I.P. members. Free Standard members can access up to 5 PDF/TXT eBooks per month each month)
- Epub & Mobipocket (Exclusive to V.I.P. members)

To download this full book, simply select the format you desire below

