

Introduction

Achieving ketosis is a pretty straightforward, but it can seem complicated and confusing with all of the information out there. Here's the bottom line on what you need to do, ordered in levels of importance:

Source: <https://www.ruled.me/guide-keto-diet/>

Key Points

- 1. Restrict your carbohydrates.** Most people tend to only focus only on net carbs. If you want great results, limit both. Try to stay below 20g net carbs and below 35g total carbs per day. If you need extra help, we also have a small guide on finding your keto carb limit >
- 2. Restrict your protein intake.** Many people come over to keto from an Atkins diet and don't limit their protein. Too much protein can lead to lower levels of ketosis. Ideally for weight loss, you want to eat between 0.6g and 0.8g protein per pound lean body mass. To help with this, consider using the keto calculator >
- 3. Stop worrying about fat.** Fat is the primary source of energy on keto – so make sure you're feeding your body enough of it. You do not lose weight on keto through starvation.
- 4. Drink water.** Try to drink a gallon of water a day. Make sure that you're hydrating and staying consistent with the amount of water you drink. It not only helps regulate many vital bodily functions, but it also helps control hunger levels.
- 5. Stop snacking.** Weight loss tends to do better when you have fewer insulin spikes during the day. Unnecessary snacking may lead to stalls or slow in weight loss.
- 6. Start fasting.** Fasting can be a great tool to boost ketone levels consistently throughout the day. There are many different ways to go about it, so if you're interested I suggest reading more here >
- 7. Add exercise in.** It's a known fact that exercise is healthy. If you want to get the most out of your ketogenic diet, consider adding in 20-30 minutes of exercise a day. Even just a small walk can help regulate weight loss and blood sugar levels.
- 8. Start supplementing.** Although not usually needed, supplementing can help with a ketogenic diet. Learn more about optimizing with supplements

Note: Always remember to be vigilant and make sure you're checking ingredients on labels. It's too often that you will find hidden carbs in products that seem keto friendly.

The 10 must have Keto ingredients

The 10 ingredients you must have in your keto kitchen

There are a few items that I used daily for snacks, and some ingredients that are always in my personal favorite recipes.

- 1. Eggs :** used in omelets, portable bowls with scrambled eggs/cheese/sausage patty (for work), low carb pizza crust, etc.
- 2. Bacon:** Breakfast, salad garnish, burger topper, BLT's without the bread (great in a bowl)
- 3. Cream cheese:** dozens of recipes, pizza crusts, desserts; I also like to put a tbsp in a low-carb tortilla with a few jalapenos and heat
- 4. Shredded cheese:** this goes on everything – taco meat without shells, made into tortilla chips in the microwave, salad toppers, low-carb pizza and enchiladas
- 5. Lots of romaine and spinach:** fill up on the green veggies
- 6. EZ-Sweetz liquid sweetener:** a couple of drops in fake chocolate mousse and many other recipes. This one is the most natural and easiest to use.
- 7. Cauliflower:** fresh or frozen bags – eat by itself, tossed in olive oil and baked, mashed in fake potatoes, chopped/shredded and used as rice under main dishes, and much more
- 8. Large bag of frozen chicken tenders:** thaw quickly and grill, saute, mix with veggies and top with garlic sauce in a low carb flatbread, Chicken piccata, chicken alfredo, chicken tacos
- 9. Ground beef or hamburger:** make a big burger and top with all sorts of things from cheese, to sauteed mushrooms, to grilled onions. Or crumble and cook with taco seasoning, throw in a dish with lettuce, avocado, cheese, sour cream (just leave off the tortilla – or make the fake cheese tortillas out of provolone cheese!)
- 10. Almonds (plain or flavored):** these are my go-to snack. Be sure to count them, because the carbs DO add up. Flavors include habanero, coconut, salt and vinegar and more.

Source: <http://healthyketo.com/the-10-ingredients-you-must-have-in-your-keto-kitchen/>



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