



GemeyLovesKeto.com

Introduction

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Welcome to Ketogenic Living 101

This is the first step in committing to a brand-new lifestyle!

One that leverages healthy fats to help you break your addiction to carbs and sugar, increase and sustain your energy levels and improve your physical fitness. It can also prevent and fight chronic and life-threatening disease, and empower you with the knowledge and desire to live a long, healthy, fit, and fat-fueled life. This guide will help you understand and implement the ketogenic diet so that it becomes the healthiest – and tastiest! – way you have ever lived.

During the first of our seven weeks together, we will transform your pantry by eliminating those unhealthy processed foods and snacks. Then, week-by-week, we will focus on fueling your body with whole foods and healthy fats, adjusting your macronutrient targets as needed along the way. Our goals include helping you tune into your body and its unique needs, getting you fat-adapted, and adopting a ketogenic lifestyle to help you feel your best, inside and out!

Combined with a solid nutrition strategy, adding fitness and daily movement to your lifestyle is crucial for whole-body health. Be sure to set aside time for your fitness. If you do my workouts just twice a week, your body will increase fat burning by more than 30%!

Thank you for allowing me to be part of your new lifestyle and long-term health!



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What the Heck is “Keto”?!

Wait, so is it Atkins? So, it’s like Paleo? OMG it’s the bacon and butter diet and you’re going to die of a heart attack!

My dear friend and fellow Keto-er, these are the same questions I get when people start asking me about my love of ketogenic living.

Ketosis

Ketosis, or “keto”, is a natural state for the body in which it becomes almost completely fueled by fat through eating a ketogenic diet: low carb, moderate protein, and lots of healthy fats. As babies, we are all born in a state of ketosis and remain that way until we begin eating solid foods (breast milk is almost entirely fat!) We also dip into a state of ketosis when we enter prolonged periods of not eating, or fasting, including while we are asleep. It is highly likely that you wake up in a ketogenic state!

Ketones

While in ketosis, the body is producing ketones. These small molecules are used as fuel when we have depleted our glucose (a.k.a. blood sugar) supply. Ketones are produced in the liver from fat, as we eat very few carbs and a moderate amount of protein.

KETO FUN FACT: *The entire body – including the brain – consumes ketones as fuel.*

The brain can ONLY run on one of two fuel sources: glucose or ketones.

It’s a common misconception that the brain needs carbs. The truth is that carbs are the single macronutrient (there are three: protein, carbs, fat) that we do NOT need, and the brain will happily burn ketones for fuel. Our brains do need a small amount of glucose to function, but we can get this small amount from the protein we consume! More on that later.

Ketones provide sustainable energy, unlike carbohydrates, which are metabolized into glucose to give the body a burst of energy, spiking your insulin levels and then crashing later. Glucose is burned up quickly, leaving the body depleted of energy while leftover glycogen stores itself in the liver, or as triglycerides in fat cells. Without carbs, the body will quickly deplete its glycogen and will begin using fat for energy. Fat comes from the foods we eat as well as the stored fat – the triglycerides – in our cells.

Those of us who follow a ketogenic lifestyle switch our fuel sources back to the way we were born: we run almost entirely on fat. Insulin hormones dip to low levels and we rapidly burn stored fat for fuel. Outside of weight loss, we ketonians experience sustained energy, mental focus, exercise endurance, and a bevy of other health benefits such as preventing, treating, and curing chronic illness and life-threatening disease.

To put it simply: eat fat to burn fat.... Healthy Fats. Healthy Life!



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Before You Start

Take Photos: Take your “before” photos in shorts and a sports bra, swimsuit, or shorts and a tight-fitting shirt. You will use the same outfit to take your “after” photos.

Weigh Yourself: Weigh yourself ONLY ONCE per week: Sunday morning upon waking, before eating or drinking, and after using the bathroom. Note your weight each week using your fitness tracker app or jotting it down in a notebook.

Take Measurements: Take measurements of your biceps, waist, hips, chest, and thighs before you start, and then once again at the end of our seven weeks together. Again, note your measurements using your fitness tracker app or jotting them down.

Schedule Wellness: If it has been six months or more since your last general wellness visit, call your doctor’s office and schedule an annual check-up.

You want current information on all your vital signs: blood pressure, heart rate, respiration rate, temperature, and to make sure there are no other issues that could affect your ability to exercise or adopt a new way of eating (i.e. broken bones, diagnosis of Type 1 Diabetes, pregnancy). A blood panel is typically not part of a general wellness visit, however, if it is within your budget, it would be helpful to order a full blood panel to check your cholesterol, thyroid, blood cell counts, vitamin and mineral levels. This information serves as a test of where you are, and an invitation to do a big happy dance when you have everything re-checked the following year to see how much healthier your body has become!

Learn Cronometer: Download the fitness tracker app Cronometer. Play around with the app by entering different food items and exercise in the Diary. Look at the Nutrients and Macros once you’ve entered your foods. This is all information that you will be posting to our group each day.



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Get Equipped

Weights: Make sure you've got access to weights! A light, medium and heavy set of dumbbells are all you will need for weighted exercise. If you are just starting out, a set of light weights might be enough.

Kitchen Tools: These are handy items to have on hand to make delicious keto foods:

- Whisk
- Hand or stand mixer
- Spatula
- Mixing bowls
- Frying pans
- Saucepans
- Baking sheets
- Parchment paper
- Aluminum foil
- Muffin/cupcake tin
- 13x9 baking dish
- 8x8 baking dish
- Silicon candy molds
- Slow cooker/Instant Pot
- Vegetable steamer
- Vegetable spiralizer
- Vegetable peeler
- Coffee maker
- Blender
- Food processor
- Measuring cups
- Measuring spoons
- Food scale
- Ice cream maker
- Mini muffin tin



The Best Keto Foods

The best part of the ketogenic lifestyle is the food! What other “diet” can you say that about? Here you will find a list of the best foods to consume in your ketogenic lifestyle.

Healthy Fats

- Avocado
- Avocado Oil
- Avocado-Oil Mayonnaise
- Coconut Oil
- Coconut Butter
- MCT Oil
- Olive Oil
- Macadamia Nut Oil
- Ghee
- Grass-fed Butter
- Beef Tallow
- Chicken Fat
- Homemade Lard

Condiments

- Apple Cider Vinegar - 1 Tbsp is 0.1g net carb
- Olives - 1 oz is 0.2g net carb
- Mustard - 1 Tbsps 1g net carb
- Coconut Aminos - 1 Tbsp is 1g net carb

Spices

- Himalayan sea salt – 0g net carb

Vegetables

- Celery - one stalk | 0.5g net carb
- Lettuce -1 cup | 0.5g net carb
- Spinach (raw) -1 cup | 0.5g net carb
- Swiss Chard - 1 cup | 0.8g net carb
- Collard Greens - 1 cup | 0.8g net carb
- Bok Choy -1 cup | 0.8g net carb
- Garlic - clove | 0.99 net carb
- Spinach (cooked) - 1/2 C | 1.2g net carb
- Kale (Italian dark-leaf) 1/2 C | 1.9g net carb
- Cucumber - 1/2 cup | 1.9g net carb
- Zucchini - 1/2 cup | 1.29g net carb
- Onion (white) - 1/4 cup | 2.2g net carb
- Asparagus -1 med spear | 0.3g net carb
- Spaghetti Squash - 1 cup | 6.98g net carb
- Peppers (green) - 1/2 cup | 2.16g net carb
- Tomato - 1 C chopped | 4.8g net carb
- Cauliflower -1 cup | 5g net carb
- Broccoli (raw) - 1/2 C | 1.82g net carb
- Broccoli (cooked) -1 cup | 4.4g net carb
- Sauerkraut - 1/4 cup | 0.5g net carb



The Best Keto Foods (cont.)

Proteins

- Wild caught shellfish (shrimp, crab, lobster)
- Grass-fed meat (beef, veal, goat, lamb, buffalo, wild game)
- Wild caught fish
- Grass-fed organ meats (liver, heart, kidneys, organic pork)
- Free-range poultry (chicken, duck, turkey, quail, pheasant)
- Uncured bacon and sausage
- Whole eggs (free-range) - 0.4 net carb in 1 large egg
- Collagen protein powder / Collagen peptides

Sweeteners & Treats

- Powdered Stevia, Xylitol, Stevia Drops - 0g net carb
- Erythritol (I prefer So Nourished) - 8 Tbsp is 5g net carb
- Dark Chocolate (85% cocoa) - 1 oz is 5.7g net carb
- Lily's sugar free dark chocolate chips – 60 chips is 4g net carb

Dairy/Milk

No more than 4 oz of dairy per day; if weight loss is a goal, consider eliminating

- Organic Heavy Whipping cream - 1/4 cup is 0g net carb
- Grass-fed Butter - 0g net carb
- Ghee - 0g net carb
- Brie cheese - 1 oz is 0.1g net carb
- Hard cheese - 1 oz is 0.5g net carb
- Blue cheese - 1 oz is 0.7g net carb
- Philadelphia cream cheese - 1oz is 1g net carb
- Feta cheese - 1 oz is 1.2g net carb
- Almond milk (unsweetened) - 1/2 cup is 0.5g net carb
- Coconut milk - 1/2 cup is 1.9g net carb
- Coconut cream - 1/4 cup is 2.7g net carb

Nuts

Be sure to measure as seeds, nuts, and nut butters are easy to over-consume

- Chia seeds - 1 tbsp is 0.4g net carb
- Pecans - 1 oz is 1.2g net carb
- Pumpkin seeds - 1 oz is 1.3g net carb
- Macadamia nuts - 1 oz is 1.5g net carb
- Hazelnuts - 1 oz is 2g net carb
- Walnuts - 1 oz is 2g net carb
- Brazil nuts - 6 raw nuts is 1.6g net carb
- Almond Butter - 2 tbsp is 4g net carb
- Almonds - 1 oz is 3.2g net carb
- Sunflower seeds - 1 oz is 3.2g net carb
- Psyllium Husk powder - 1/4 cup is 1.4g net carb
- Flaxseed meal - 1/4 cup is 0.6g net carb
- Hazelnut flour - 1/4 cup is 2g net carb
- Almond flour - 1/4 cup is 2.2g net carb
- Sunflower seed flour - 1/4 cup is 2.2g net carb
- Coconut flour - 1/4 cup is 3.2g net carb



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The Two-Week Carb Cleanse

If this is your first round of Ketogenic Living 101, I highly recommend starting with a two-week carb “cleanse” that will aid in reducing inflammation while slowly reducing your carbohydrate intake.

The Two Week Carb Cleanse is

Access the grocery guide [here](#).

Inflammation is the body’s response to an injury, stress or illness.

Think about bumping your head against something and the bump that appears afterward. The bump is a form of inflammation.

Studies have shown that most chronic diseases – cancer, diabetes, heart disease, and cognitive disorders/decline are all rooted in one cause: inflammation.

Consuming processed carbohydrates, sugar, and toxin-laden foods cause poor gut health, which adds stress to the body, resulting in inflammation. Removing those toxic substances from your body will help reduce that inflammation (which we often see as bloating and an inability to lose weight no matter how physically active we are), takes us one step closer to whole-body health.



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LET'S GET PREPPIN'

Adopt a "can-do" mindset, because you CAN do this, and you WILL look, feel and be amazing! Let's do this!

Review the Two-Week Carb Cleanse menu options and order any specialty ingredients you will need (such as xylitol, collagen peptides, coconut cream, MCT oil, etc.). Visit the grocery store and pick up your items. Make sure you have a few necessary kitchen supplies (measuring cups/spoons and a crockpot/ Instant Pot are my must-haves!)

Get rid of the junk inside of your home. Spend time on the weekend or any time you've got an extra hour or so to prep and store your meals for the coming week.

Be sure to download the MyFitnessPal app if you do not already have it, and play around with adding food items and tracking your daily intake.

Beginning Monday, you will be required to post your macronutrient ratios, nutrients and daily intake in our private Facebook group at the end of each day.

I will be checking on your posts and providing personal feedback and coaching.

Get excited to fill up on whole, delicious foods and healthy fats!



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The Do's a The Do's and Don'ts of Adapting to a Ketogenic Lifestyle

DO keep your net carbs at or under 20 grams per day – Net carbs are total carbs minus fiber. Check out the Two-Week Carb Cleanse Menu – the recipes are tried and true, and you WILL feel full

DO drink enough water and eat enough salt! – Bouillon cubes and pickle juice are recommended for a reason. If you feel a headache coming on, eat a bouillon cube that's been dissolved in warm water, and drink up to 5 cups of bouillon in a day. A few cups of pickle juice daily will also help. Shoot for a gallon of water per day, too, as your body will not retain water the same way it did when you were eating a lot of carbs.

DON'T assume items are carb/sugar-free – Read the labels and refer to the Best Keto Foods in this guide for tips!

DON'T give up when you feel the “keto flu” coming on – This is carb/sugar withdrawal, and it can be a little rough. This is why you need to stick with the bouillon, pickle juice, salt, and tons of water. It will be over within about 24 hours and then you'll be fine. Rest if you are able to as sleep is a huge contributor to weight loss and overall health.

DO track your daily intake – I recommend Cronometer. If you prefer another tracking app, consider MyFitnessPal

DO get adequate sleep – Shoot for a solid 7-8 hours per night. Sleep is a huge contributor to weight loss and overall health.

DON'T call it a “diet” – Diets are not sustainable, but a lifestyle change that incorporates the best foods and supports whole body health IS!

DO surround yourself with support – This is exactly what you have done by enrolling in Ketogenic Living 101! In the Ketogenic Living 101 community, we spend time adapting to this new lifestyle, learning new recipes, increasing our fitness, and encouraging one another to become the happiest, healthiest versions of ourselves. By posting your daily macronutrient intake, we learn from one another about what is working, and support each other through cravings.

DO love yourself, because you absolutely deserve to be the healthiest, happiest YOU!

Do remember you are 'choosing' healthy foods rather than saying “Oh, I can't have *fill in the blank.*”