



GemeyLovesKeto.com

Week 3

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Follow Your Intuition – Quick Guide

Use this Eat This, Not That guide as references when you are planning meals or on the go.

[Click here to access](#)

Be honest: one of the things that attracted you to ketogenic living was seeing all of the delicious foods!

While there certainly is no shortage of incredible keto recipes (and you've been eating them the past two weeks), it is best to keep things simple to minimize your time in the kitchen and "ingredient overwhelm". The Simple Ketogenic Menu offers tasty meals with few ingredients, and will help you avoid hours of intense meal prepping. Use the Grocery Guide as we move into Prep Week, and if there is anything on the menus you do not enjoy, simply replace it with another keto-friendly item by referring back to the long list of the Best Keto Foods in this guide.

Access your Sample Ketogenic Menu here.

Our bodies are always speaking to us, and during our time together in Ketogenic Living 101, I challenge you to listen and become more intuitive about what your body needs and how it is becoming keto-adapted. Thirst and rest are a bit easier to pick up on than hidden food sensitivities and true hunger.

An unknown food sensitivity is a big factor in the body's inability to lose fat and feel amazing.

Dairy, nuts and seeds, spices, even certain proteins like eggs, red meat, cured meats, and seafood can all cause issues in some people. If you feel nauseated, bloated, constipated, experience diarrhea, feel tired, jittery, or notice changes in your skin, you likely have a food sensitivity. Remove the suspect ingredient for one week, then re-introduce it in a small amount. If you suspect multiple sensitivities, remove all suspects but only re-introduce one at a time. Wait three full days before adding another suspect food to see if you have any reactions.

Uncovering hidden food sensitivities is one reason why it is SO important to track your foods: you can always go back and see what you had that is making you feel a certain way and eliminate it.



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Keto Adapted

Simply because one is in ketosis does not mean that they are keto-adapted (fat-adapted).

When the muscle is burning body fat and all of the body's essential organs are readily burning fat instead of glucose for fuel, THEN the body is keto-adapted. The process of becoming keto-adapted can take two-six weeks – several months for some – of adhering to a ketogenic lifestyle. Here's how your body FEELS when you're in a stable state of nutritional ketosis:

Hunger & appetite are controlled; you're able to:

- Go 12+ hours without food
- Mental Clarity, improved memory
- Sleeping more soundly
- Feelings of happiness and general well-being
- Sustained energy
- Increased sex drive
- Decreased anxiety & mood swings
- Cravings for carbs and sugar have diminished

True Hunger

Many of us eat out of habit...

"It's breakfast time so I should eat some breakfast." "This is my scheduled lunch break, so it's time for lunch."
"Dinner time! I'll eat dinner now."

When our bodies are fat-fueled we often find ourselves skipping meals. Fat burns slowly and keeps us fuller, longer. We naturally consume less calories in a day compared to when we were sugar-burners eating six small meals per day, and now we are eating a lot of fat!

Whenever you think you may be hungry, try drinking a glass of water and waiting 15 minutes. If this satisfies you, you were just thirsty. If you still feel your stomach grumbling, you're probably hungry. If drinking a glass of water or eating a snack doesn't seem to satisfy you, you could be experiencing a craving or emotional hunger, rather than true hunger.