



GemeyLovesKeto.com

Week 6

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Your Ketogenic Lifestyle

Hopefully by now you are feeling all the benefits of the ketogenic lifestyle, including weight loss, diminished cravings and hunger, sustained energy, and mental clarity.

Maintaining this lifestyle is truly as simple as this: survey your body and record how you feel right now. Tell yourself that you don't ever want to go back to feeling restless, hungry, and constantly craving sugar. Your skin is clear, the mental fog has lifted, and you are at or on your way to being in the best mental and physical shape of your life! You are keto-adapted, meaning that you will be able to get back into nutritional ketosis fairly quickly after cycling out at any brief point in time. Best of all: you are preventing, treating, and curing chronic illness and life-threatening disease!

You DID IT, and you can keep on keto-ing on!

Keto On The Go

I have found that the ketogenic lifestyle is the easiest of all "diets" to follow while dining out, and planning ahead for occasions and meals away from home can make all the difference.

The more you do it, the more confident you will become.

Try NOT to focus on what you can't have and more of what you CAN have. Remember, if you are socializing with friends and having a good time, then the food becomes secondary.

Remember the Basics

- Choose plain meats with NO coatings such as bread crumbs or batters and check that no flavor enhancers whatsoever have been added to the meat.
- Stick to leafy green veggies.
- Ask for olive oil for your salad, or extra butter or mayonnaise (check the mayonnaise is the high fat variety not diet or low fat) with your meal.
- Water with lemon with your meals is a MUST!
- Coffee and unsweetened teas with lemon are fine, too.
- It really doesn't take much to make a 'typical' meal keto friendly; most restaurants can accommodate meat and salads.
- Picnics & parties again can be pretty easy going if you stick to cold meats, cheeses and salads. Remember that not everything has to be between two slices of bread for you to enjoy it!
- Sometimes despite your very best efforts, you will accidentally consume grains, glutes or sugar. Is this the end of the world? Absolutely not! Once your body becomes keto-adapted, you will likely be able to get right back into ketosis within 24-72 hours.



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Addressing Weight Loss Plateaus

Even those who diligently track their macros and never go above their carbohydrate tolerance level can hit weight loss plateaus. This happens for a variety of reasons, and the best thing you can do is stay consistent with your macros and fitness, be patient and trust the process.

We have introduced one “plateau-buster” during this past six weeks: intermittent fasting. There are six other advanced keto strategies that we have not touched: fat fasting, protein sparing modified fasts, egg fasting, carb-ups, protein-ups, and extended fasts. Each of these may help break through weight loss plateaus and enhance the benefits of ketosis.