

What is a Ketogenic Lifestyle approach?

The ketogenic lifestyle (often termed *keto*) is a very low-carb, high-fat way of eating that shares many similarities with the Atkins and low-carb diets.

It involves drastically **reducing carbohydrate** intake, and replacing it with healthy fat. The reduction in carbs puts your body into a metabolic state called ketosis. When this happens, your body becomes incredibly efficient at burning fat for energy. It also turns fat into ketones in the liver, which can supply energy for the brain.

The Ketogenic lifestyle can cause massive reductions in blood sugar and insulin levels. This, along with the increased ketones, has numerous health benefits.

Read up and understand this approach before you start. Talk to a coach to help you!

Less Food but Real Food! Activity!

Talk to your doctor who knows your medical history. Don't leave your medication and only change it on your own doctor's advice.

For more info:
www.lifestyleC.com

The Ketogenic Lifestyle

The ketogenic lifestyle is a low-carb, high-fat way of eating that offers many health benefits. Many studies show that this type of approach to what you eat can help you lose weight and improve health.

Ketogenic diets may even have benefits against diabetes, cancer, epilepsy and Alzheimer's disease.

This is a beginner's guide to the ketogenic lifestyle.

Less Food but Real Food! Activity!
Make the change sooner than later!
Once you have made the change it can become a permanent Lifestyle adjustment!
The focus being a Balanced Lifestyle!

Lifestyle C

The Ketogenic Lifestyle
www.lifestyleC.com



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The Only Lifestyle...



**Real Food
Healthy**



Foods to Eat

You should base the majority of your meals around these foods:



Meat: Red meat, steak, ham, sausage, bacon, chicken and turkey.

Fatty fish: Such as salmon, trout, tuna and mackerel.

Eggs: Look for pastured or omega-3 whole eggs.

Butter and cream: Look for grass-fed when possible.

Cheese: Unprocessed cheese (cheddar, goat, cream, blue or mozzarella).

Nuts and seeds: Almonds, walnuts, flaxseeds, pumpkin seeds, chia seeds, etc.

Healthy oils: Primarily extra virgin olive oil, coconut oil and avocado oil.

Avocados: Whole avocados or freshly made guacamole.

Low-carb veggies: Most green veggies, tomatoes, onions, peppers, etc.

Condiments: You can use salt, pepper and various healthy herbs and spices.

It is best to base your diet mostly on whole, single ingredient foods.

Base the majority of your diet on foods such as meat, fish, eggs, butter, nuts, healthy oils, avocados and plenty of low-carb veggies.

Foods to Avoid

In short, any food that is high in carbs should be limited.

Here is a list of foods that need to be reduced or eliminated on a ketogenic diet:

Sugary foods: Soda, fruit juice, smoothies, cake, ice cream, candy, etc.

Grains or starches: Wheat-based products, rice, pasta, cereal, etc.

Fruit: All fruit, except small portions of berries like strawberries.

Beans or legumes: Peas, kidney beans, lentils, chickpeas, etc.

Root vegetables and tubers: Potatoes, sweet potatoes, carrots, parsnips, etc.

Low-fat or diet products: These are highly processed and often high in carbs.

Some condiments or sauces: These often contain sugar and unhealthy fat.

Unhealthy fat: Limit your intake of processed vegetable oils, mayonnaise, etc.

Alcohol: Due to its carb content, many alcoholic beverages can throw you out of ketosis.

Sugar-free diet foods: These are often high in sugar alcohols, which can affect ketone levels in some cases. These foods also tend to be highly processed.

Avoid carb-based foods like grains, sugars, legumes, rice, potatoes, candy, juice and even most fruits.

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Simple Meal Plan

Week

Coffee: Coffee with one teaspoon of Mct oil when training early (Just coffee is fine if you can make it to 11:00)



Brunch:

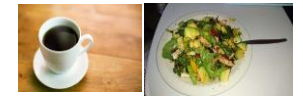
Bacon, eggs and tomatoes with Avo **or**

Skillet - Oven baked vegetables with Chicken

Coffee / Water / Snack

otherwise only when you are hungry and plan it!

Evening Snack: Biltong, Nuts, Cheese, Olives / Cracker with cream cheese with basil pesto (Wine) **or** Full Cream Yogurt with blueberries



Sunday

Breakfast: Yogurt and Berries

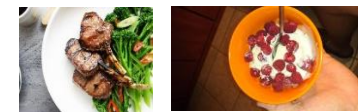
Lunch: Steak and eggs with a side salad **or** White fish, egg and spinach cooked in coconut oil **or** Chicken/Lamb Roast.

Veggies **or** Salad.

Could be a nice cooked meal!

Dinner:

Snack light



Always try to rotate the vegetables and meat over the long term, as each type provides different nutrients and health benefits. **Less Food but Real Food!**
Activity! You can eat a wide variety of tasty and nutritious meals on a ketogenic diet.