



Starting Keto

What you need to know

Where to begin?

There's a lot to learn, and a lot of delicious food to be eaten, so let's dive in!

When you begin Keto you'll need to:

- Clean out your cupboard and fridge - toss away any foods that are not on the Green, Orange or Red List (Below)
- Decide what you would like to eat.
- Shop for the correct ingredients - research recipes, Keto groups on Facebook and find what you want to be enjoying. Whets right for one person, may not be whets right for another.

Start with your fridge - what is in there that may tempt you to fall off the wagon? Clean it out!

Kitchen cupboards - examine all the contents tinned food, bottles of sauces, dressings, pasta mixes - none of these will be suitable so donate them to someone in need. What other cereals, chips and other treats are in there? Get rid of them! (I know this is such a hard step! I put off doing mine for months, but felt so relieved once it was gone, and it all went to someone who needed it!)

Check nutrition labels and remove anything with hidden carbs, sugars etc. Potatoes, crackers, pasta, rice, flour - all need to go!

Now you can go shopping!

Prepare yourself - write a list of fresh produce you need, and only shop from the perimeter of the store - that's where all the

real food is, inside that perimeter is all the processed food. Plan a few days or up to a week at a time, so you're not buying food that will go to waste.

Do not go hungry! I REPEAT - do not go food shopping while hungry! It was cause you to reach for foods that aren't Keto friendly. Instead, go after a big breakfast, take a list and buy only what you need.

Some snack ideas to keep in the fridge are:

- Roast Chicken
- Boiled Eggs
- Salad Greens
- Sliced Vegetables
- Beef Jerky and naturally cured meats
- Nuts and seeds
- Fresh berries

Sugar

You may also want to look into sugar alternatives. I use Xylitol, other Stevia. It's all on personal choice, I prefer Xylitol because Stevia leaves a not so nice aftertaste in my mouth, but others do not like Xylitol for its cooling quality when eating.

Fats and oils.

I use Coconut oil, Duck Fat, and good old butter! Make sure that the fats and oils you buy are organic and low carb. Grass fed cattle is best when it comes to butter, and meats.

Lists to Live By - Green (Eat Freely)

Grass-fed and wild animal sources

- grass-fed meat (beef, lamb, goat, venison), wild-caught fish & seafood (avoid farmed fish), pastured pork and poultry, pastured eggs, gelatine, ghee, butter - these are high in healthy omega 3 fatty acids (avoid sausages and meat covered in breadcrumbs, hot dogs, meat that comes with sugary or starchy sauces)
- offal, grass-fed (liver, heart, kidneys and other organ meats)

Healthy fats

- saturated (lard, tallow, chicken fat, duck fat, clarified butter/ghee, butter, coconut oil)
- monounsaturated (avocado, macadamia and olive oil)
- polyunsaturated omega 3s, especially from animal sources (fatty fish and seafood)
- You can find a complete guide to fats & oils in my post here. (which to use for cold use, which for high-heat cooking and which to avoid)

Non-starchy vegetables

- leafy greens (Swiss chard, bok choy, spinach, lettuce, chard, chives, endive, radicchio, etc.)
- some cruciferous vegetables like kale (dark leaf), kohlrabi, radishes

- celery stalk, asparagus, cucumber, summer squash (zucchini, spaghetti squash), bamboo shoots

Fruits

- avocado

Beverages and Condiments

- water (still), coffee (black or with cream or coconut milk), tea (black, herbal)
- pork rinds (cracklings) for "breading"
- mayonnaise, mustard, pesto, bone broth (make your own), pickles, fermented foods (kimchi, kombucha and sauerkraut (make your own) - best homemade with no additives
- all spices and herbs, lemon or lime juice and zest
- whey protein (beware of additives, artificial sweeteners, hormones and soy lecithin), egg white protein and gelatine (grass-fed, hormone free)

Lists to Live By - Orange (Eat Occasionally)

Vegetables, Mushrooms and Fruits

- Some cruciferous vegetables (white and green cabbage, red cabbage, cauliflower, broccoli, Brussels sprouts, fennel, turnips, rutabaga/Swede)
- Eggplants, Tomatoes, Peppers
- Some root vegetables (parsley root), spring onion, leek, onion, garlic, mushrooms, winter squash (pumpkin)
- Sea vegetables (nori, kombu), okra, bean sprouts, sugar snap peas, wax beans, globe or French artichokes, water chestnuts
- Berries (blackberries, blueberries, strawberries, raspberries, cranberries, mulberries, etc.)
- Coconut, rhubarb, olives

Grain-fed animal sources and full-fat Dairy

- Beef, poultry, eggs and ghee (avoid farmed pork, it's too high in omega 6s!)
- Dairy products (plain full-fat yogurt, cottage cheese, cream, sour cream, cheese)
- avoid products labelled "low-fat", most of them are packed with sugar and starch
- Bacon - beware of preservatives and added sugar! YES SUGAR!

Nuts and seeds

- Macadamia nuts (very low in carbs, high in omega 3s)
- Pecans, almonds, walnuts, hazelnuts, pine nuts, flaxseed, pumpkin seeds, sesame seeds, sunflower seeds, hemp seeds
- Brazil nuts (beware of very high level of selenium - don't eat too many of them!)

Fermented soy products

- if eaten, only non GMO and fermented soy products (Natto, Tempeh, soy sauce or paleo-friendly coconut aminos)
- Edamame (green soy beans), black soybeans - unprocessed

Condiments

- Healthy "zero-carb" sweeteners (Stevia, Swerve, Erythritol, etc.)
- Thickeners: arrowroot powder, xanthan gum
- sugar-free tomato products (puree, passata, ketchup)
- cocoa and carob powder, extra dark chocolate (more than 70%, better 90% and beware of soy lecithin), cocoa powder
- beware of sugar-free chewing gums and mints - some of them have carbs

Some Vegetables, Fruits, Nuts and Seeds with Average Carbohydrates - depends on your daily carb limit

- Root vegetables (celery root, carrot, beetroot, parsnip and sweet potato)
- Watermelon, Cantaloupe / Galia / Honeydew melons
- Pistachio and cashew nuts, chestnuts
- **Only very small amounts, better avoided completely:** apricot, dragon fruit, peach, nectarine, apple, grapefruit, kiwifruit, kiwi berries, orange, plums, cherries, pears, figs (fresh)

Alcohol

- dry red wine, dry white wine, spirits (unsweetened) - avoid for weight loss, only for weight maintenance

Lists to Live By - Red (Avoid Completely)

1) All grains even whole meal (wheat, rye, oats, corn, barley, millet, bulgur, sorghum, rice, amaranth, buckwheat, sprouted grains), quinoa and white potatoes. this includes all products made from grains (pasta, bread, pizza, cookies, crackers, etc.) sugar and sweets (table sugar, HFCS, agave syrup, ice creams, cakes, sweet puddings and sugary soft-drinks)

2) Processed foods containing carrageenan (e.g. almond milk products), MSG (e.g. in some whey protein products), sulphites (e.g. in dried fruits, gelatine), BPAs (they don't have to be labelled!), wheat gluten

3) Artificial sweeteners Splenda, Equal, sweeteners containing Aspartame, Acesulfame, Sucralose, Saccharin, etc. - these may cause cravings and other issues

4) Refined fats / oils e.g. sunflower, safflower, cottonseed, canola, soybean, grape seed, corn oil, trans fats such as margarine.

5) "Low-fat", and "zero-carb" products Atkins products, diet soda and drinks, chewing gums and mints may be high in carbs or contain artificial additives, gluten, etc.

6) Milk only small amounts of raw, full-fat milk is allowed). Milk is not recommended for several reasons. Firstly, from all the dairy products, milk is difficult to digest, as it lacks the "good" bacteria (eliminated through pasteurization) and may even contain hormones. Secondly, it is quite high in carbs (4-5 grams of carbs per 100 ml). For coffee and tea, replace milk with cream in reasonable amounts. You may have a small amount of raw milk but be aware of the extra carbs.

7) Alcoholic, sweet drinks beer, sweet wine, cocktails, etc.

8) Tropical fruit pineapple, mango, banana, papaya, etc. and **some high-carb fruit** (tangerine, grapes, etc.) Also avoid **fruit juices** - better to drink smoothies if any, but either way very limited. Juices are just like sugary water, but smoothies have fibre, which is at least more satiating. This also includes **dried fruit** (dates, raisins, etc.) if eaten in large quantities.

The Key Points of Keto

- ✓ Eat real meat or products made with real meat and no fillers. Processed luncheon meats and tinned meats are a no no. Organic and pasture-fed meats make the best choice
- ✓ All fish and seafood is great.
- ✓ Fresh vegetables grown above the ground are generally perfect, but remember no peas or butternut squash!
- ✓ Most vegetables that are grown in the soil are out - carrots, potatoes, beetroot, turnips and parsnips. Onions are fine in moderation and spring onions are good.
- ✓ Pulses are out! legumes, dried beans, split peas
- ✓ Grains, as you know by now are a big NO - wheat, corn, barley, rye, spelt, oats, buckwheat etc.
- ✓ Eggs are great - really good for you.
- ✓ Nuts are fine, but eat in moderation because they do contain carbs. Almonds are good, as are macadamias, hazelnuts, pecans, walnuts and pine nuts.
- ✓ Say yes to healthy oils - olive, walnut, macadamia, avocado, and coconut oil. No seed or grain oils are allowed.
- ✓ Avoid most readymade sauces and marinades. They are usually packed with the bad stuff. Make your own - dead easy if you have a blender and equally delicious.
- ✓ NO SUGAR in any shape or form - check ingredients labels.
- ✓ No processed foods.
- ✓ Salt is fine!

Net Carbs in commonly suggested Keto foods

Animal products

Source	Net Carbs (grams)	Serving size
meat and fish	0	150 g / 5.3 oz
organ meats, liver (average)	3	150 g / 5.3 oz
prawns (cooked)	1.4	150 g / 5.3 oz
eggs	0.7	piece, large
cream (full-fat)	1.6	¼ cup, 60 ml / 2 fl oz

butter	0	1 tbsp
cheese (hard)	0.4	30 g / 1 oz
cream cheese (full-fat)	1.6	¼ cup, 50 g / 1.75 oz

Vegetables

Source	Net Carbs (grams)	Serving size
lettuce (sliced, average)	0.5	1 cup, 50 g / 1.75 oz
Swiss chard, sliced	0.8	1 cup, 35 g / 1.25 oz
collard greens, sliced	0.8	1 cup, 35 g / 1.25 oz
bok choy, sliced	0.8	1 cup, 70 g / 2.4 oz
asparagus	2.7	150 g / 5.3 oz
green beans	6.4	150 g / 5.3 oz
summer squash (zucchini / courgette)	3.2	150 g / 5.3 oz
winter squash (pumpkin)	9	150 g / 5.3 oz
cucumber	2.2	150 g / 5.3 oz
spinach, cooked	1.2	½ cup, 90 g / 3.2 oz
kale (Italian dark-leaf)	2.1	150 g / 5.3 oz
kale (curly)	5.4	150 g / 5.3 oz
savoy cabbage	4.5	150 g / 5.3 oz
cabbage (white)	5	150 g / 5.3 oz
cabbage (red)	7.9	150 g / 5.3 oz
celery stalk	1.6	3 medium, 120 g / 4.2 oz
peppers (green)	3.5	piece, 120 g / 4.2 oz
peppers (red)	4.7	piece, 120 g / 4.2 oz
tomatoes, chopped	4.8	1 cup, 180 g / 6.3 oz
eggplant (aubergine)	3.5	150 g / 5.3 oz
broccoli, chopped	6.1	150 g / 5.3 oz
cauliflower	4.5	150 g / 5.3 oz
mushrooms, white	3.4	150 g / 5.3 oz
mushrooms, brown	5.6	150 g / 5.3 oz
onion, white (sliced)	2.2	¼ cup, 40 g / 1.4 oz
garlic	0.9	1 clove

Fruit

Source	Net Carbs (grams)	Serving size
strawberries, sliced	4.7	½ cup, 85 g / 2.9 oz
raspberries	3.3	½ cup, 62 g / 2.2 oz
blackberries	3.1	½ cup, 72 g / 2.5 oz
blueberries	8.9	½ cup, 74 g / 2.6 oz
avocado	3.7	piece, average (200 g / 7 oz)

Nuts & Seeds

Source	Net Carbs (grams)	Serving size
macadamia nuts	1.5	30 g / 1 oz
almonds	2.7	30 g / 1 oz
pecans	1.2	30 g / 1 oz
hazelnuts	2	30 g / 1 oz
walnuts	2	30 g / 1 oz
cashew nuts	7.6	30 g / 1 oz
pumpkin seeds	1.3	30 g / 1 oz
sunflower seeds	3.2	30 g / 1 oz
tahini (unsweetened sesame paste)	1.8	1 tbsp
chia seeds	0.4	1 tbsp
pistachio nuts	4.9	30 g / 1 oz

