



THE COMPLETE GUIDE TO THE **THE KETOGENIC DIET**

Discover The Low Carb Difference

**Lose Weight And Keep It Off Without Starvation
Eat Real Food ■ Gain Energy ■ Improve Your Lipid Profile
Reduce Risks For Heart Disease**



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What Is The Ketogenic Diet:

The Ketogenic diet (keto) is an eating plan that features a very low intake of carbohydrates, which are macronutrients found in food.

Low carb diets are eating plans that typically lower the intake of carbs to below 100 grams per day, the Ketogenic diet is the most strict of these and limits intake to less than 50 grams per day, preferably starting with 20 grams.

It is most important to understand that keto is not a fad diet, or a temporary solution to weight loss, it is actually designed to be a lifestyle plan that not only results in successful weight loss, but also promotes overall health, energy, and vitality.

It eliminates junk and processed food by definition, as most carbs are just that allowing you to eat clean, whole food for better overall health and wellness.

While some may question how sustainable it really is to drastically lower carb intake, in reality, it is quite easy with the wide variety of whole foods available, and several studies show they offer better results for weight loss than low fat diets, or even low calorie diets.

Keto Daily Menu Plans					
Day 1					
	Calories	Protein (g)	Fat (g)	Carbs (g)	Net Carbs (g)
Breakfast - Raspberry Cream Smoothie	163	6.15	8.88	6.64	4.24
Snack - 2 medium stalks celery + 2 T. cream cheese	101	2.68	8.72	3.43	2.13
Lunch - Chicken Salad	474	32.85	36.65	3.73	2.13
Snack - 1 oz. pork rinds	164	18.4	10.1	0	0
Dinner - Keto Pot Roast	658	69.81	74.31	5.69	3.59
Side - Creamy Cauliflower Mash	182	4.49	14.73	11.15	5.02
Totals:	1742	134.38	153.39	30.64	17.11