



Easy KETO

A PRACTICAL GUIDE TO THE KETO DIET
INCLUDING KETO RECIPES AND MEAL PLANS
FOR BEGINNERS

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Table of Contents

Introduction	6
Part 1 – The Keto Diet.....	8
What is the Keto Diet?	9
Ketosis – the Secret to the Keto Diet	9
Benefits of the Keto Diet	10
Side Effects	12
The Keto Lifestyle	14
How to Go Keto.....	14
Choose a Ketogenic Diet	14
What You Can Eat	15
What You Can't Eat.....	17
Kickstarting Ketosis.....	18
Tips for Going Keto	19
Plan Your Meals	19
Make It Fun.....	19
Try Intermittent Fasting.....	20
Listen to Your Body	20
Part 2 – Meal Planning.....	22
How to Meal Plan	22
Meal Planning and Meal Prepping	23
Steps for Creating a Great Meal Plan	23
Meal Plan Ideas	26
Breakfast.....	26

Lunch	27
Dinner.....	27
Snacks	28
Part 3 – Recipes	30
Recipes – Breakfast.....	30
Keto Cereal.....	30
Cabbage Hash Browns.....	32
Keto Breakfast Cups.....	33
Recipes – Lunch	35
Taco Stuffed Avocados.....	35
Buffalo Shrimp Lettuce Wraps.....	37
Loaded Cauliflower Salad.....	39
Recipes – Dinner.....	41
Keto Mac & Cheese.....	41
Keto Fried Chicken.....	43
Keto Meatballs.....	45
Recipes – Snacks	47
Avocado Chips.....	47
Keto Ice Cream.....	49
Bacon Guac Bombs.....	50
Conclusion	54

A top-down view of a white bowl with a blue rim, filled with fresh ingredients. The bowl contains several bright red cherry tomatoes, some dark purple cherry tomatoes, and large green basil leaves. To the right, there are slices of prosciutto. In the background, a glass of yellow liquid and more fresh herbs are visible on a light-colored surface.

INTRODUCTION

INTRODUCTION

The keto diet is one of the best diets to follow if you are trying to lose weight fast and transform your lifestyle. The keto diet is a dramatic diet shift for most people, making it notoriously difficult to start. One of the best ways to start your keto diet is to arm yourself with the most reliable and helpful information possible.

That is why I have decided to create this eBook. In *Easy Keto*, I provide you with a straightforward and practical guide to the keto diet. This includes keto recipes and meal plans for beginners. To make this book a bit easier to follow, I separated it into three parts.

In Part 1, I go over the keto diet and what you should expect from it. Next, I cover what meal planning is and how you should set up a meal plan based on your day in Part 2. Finally, I give you several keto recipes to try out in Part 3.

By the end of this eBook, you'll know all of the most crucial information needed to master the keto diet successfully. This is a great resource to start with if you have never tried the keto diet before. Even if you aren't new to the diet, I offer more advanced recommendations that everyone will benefit from.

Let's get started!



PART 1 THE KETO DIET

PART 1 – THE KETO DIET

Just like with everything else, *Easy Keto* starts at the beginning – defining the keto diet. Without a firm foundation, it is impossible to master a keto diet successfully.

The key to starting a keto diet is understanding the keto diet, how it works, and how to go keto. Without a basic understanding of what going keto means, you can never successfully lose weight and take charge of your health using the keto diet.

In Part One, I am going to tell you all about the keto diet. This includes the keto diet, the benefits of the diet, side effects, and more. The first chapter lays out all the key information for what it means to go keto.

Then, I am going to give you key tips for going keto. Since the first couple of weeks on a new diet is always the hardest, you need key tips and techniques for honing your mindset, so you stick to your keto diet.

The keto diet has become a popular fad for weight loss and quick results. Many people jump on the keto bandwagon without knowing exactly what the keto diet is, how to master it successfully, and why it works so well.

As a result, people quickly switch to a keto diet and give it up even more quickly. With such short bouts of keto dieting, it is impossible to see the results you want. The only way to see the lasting results you want is to live a keto lifestyle.

What is the Keto Diet?

The keto diet is a low-carb diet. It is similar to other low-carb diets, but it requires you to eat even fewer carbs than you would on other diets. Many people find the keto diet incredibly hard to follow because of how restrictive it is on carbohydrate intake.

By lowering your carbohydrate intake, you must make up those calories by eating a high amount of healthy fats and protein. In other words, you make healthy fats and protein the star of your meals, not carbohydrates.

Food like bread, pasta, potatoes, and carrots are removed from your diet, while foods like steak, avocados, and nuts are added. Although cutting out carbohydrates is hard, at least you can still eat a lot of the yummy, filling foods that you love, like burgers and chicken.

The most important aspect of the keto diet is consistency. You will not see any lasting results if you go back and forth on your diet. Of course, the occasional cheat day is permitted, but you must rigidly stick to your low-carb diet if you want to see lasting results on your weight and health.

If you stick to the keto diet rigidly, you can expect to see lasting results quickly. The keto diet is wildly praised for how it can make a noticeable difference in a short amount of time.

Ketosis – the Secret to the Keto Diet

You may be wondering, *But what makes it so great?* The answer to that question is simple – ketosis.

Our bodies are programmed to run on two energy sources – fat and sugar (glucose). When we eat a regular diet filled with carbohydrates, our body prefers to run on glucose. Glucose requires insulin as a transporter and breaks the brain-blood barrier.

Whenever our bodies do not have enough carbohydrates, they naturally use fat as our fuel. Our brains cannot run on fat directly, so our bodies use ketones as fuel. Ketones are a great fuel source, but they don't require insulin as a transporter and still break the brain-blood barrier.

The process of your body switching over to ketones as a fuel source is known as ketosis. As you probably assumed, the name "keto" comes from ketosis, a metabolic process where our bodies run on fat, not sugar.

Benefits of the Keto Diet

Since the keto diet puts your body in ketosis, you can expect to lose more fat quicker when on the keto diet. This is because ketosis gives you easier access to your fat stores, which in turn makes it easier to burn off.

This is an excellent fact if you are trying to lose weight. Although your weight loss will eventually plateau, the first months you are on keto will dramatically change your weight and body.

The keto diet is good for more than just weight loss, though. Since ketones don't require insulin as a transporter, the keto diet helps regulate your blood sugar levels. Without the need for as much insulin, your blood sugars can normalize.