

The Ketogenic Diet

What is the Keto diet?

The keto diet is a meal plan that promotes the production of ketones by the body to use an energy source. The body's normally preferred source of energy is glucose (sugar) which the body can make from all food sources. The most concentrated source of glucose in foods is from carbohydrates although not all carbohydrates are created equal, with some having more sugars than others and some having more readily available sugars due to being processed. (we will discuss this later) With the reduction of higher sugar carbohydrates in the diet when following a keto diet, the storage levels of glucose in the body lower and to compensate an ancient mechanism that allowed humans to have a diverse diet long before agriculture kicked in and this is the production of ketones. Most of our bodily systems can "run" quite happily on ketones and contrary to popular belief the majority of our brains (about 80%) with function well on them and the remaining 20% does require glucose, but with this being such a small amount the body can convert either fat or protein in to sugars to meet this demand.

The Keto Basics

So, the premise for the diet is to promote ketone production by the body. For this to occur carbohydrates need to be kept to a healthy minimum. Some schools of thought lower carbohydrates to the bare minimum and also drop protein to very low levels too. The levels are somewhat personal, but I believe that we need to not to go to the extreme to gain the results we are looking for, there are keto zealots out there who count blood and/or breath ketones and are fully paid up members of the carb police, but so each to their own, your buy-in is your buy-in, so do what works best for you and adjust as necessary as you learn more about how your body responds to the dietary changes. Do bear in mind that the keto diet is not for everyone and some will not necessarily lose weight or feel better, it just depends on how our body functions and deals with dietary sugars and blood sugar regulation

Calorie Basics

When it comes to the 3 main macronutrients here are their specific caloric values.

1 gram of Protein = 4 calories

1 gram of Carbohydrate = 4 calories

1 gram of Fat = 9 calories

Carbohydrate Basics

Not all carbs are created equal!

The difference with carbohydrates and whether they are so-called "good or bad" is what type of carbohydrate it is whole, complex, simple, processed how the body digests and absorbs them? The process of digestion is where the mouth, stomach and intestines break food down from how you see them on a plate and reduces them down to sugar molecules so the body can absorb them through the small intestine wall and into the bloodstream to be used as energy. One of the overriding factors of this process is the type of carbohydrate is when it enters the mouth, the more simple or processed my machinery it is the faster it is digested the more quickly it will raise blood sugar levels and then insulin is added to lower those tightly regulated levels. Insulin will either partition the excess sugar into the muscles or liver to top up depleted energy store, or it will be deposited in the fat cells for use later when energy and/or food supplies are low.

For the keto diet, we need to use low starch, unprocessed carbohydrates like the ones listed below

Leafy greens - spinach, kale, beet greens, lettuce, celery, etc.

Vegetables – Cabbage, broccoli, cauliflower, peppers, wax beans, asparagus, onions, mushrooms, etc.

Listed below are good sources of protein and healthy fats we are going to use in the diet too.

They are listed with the amount of actual grams protein or fat per ounce or cup, this may seem confusing, but for example, chicken is not 100% protein, there are only 5g/oz as the rest is water, fats, etc.

Protein Sources

Chicken 5g/oz.

Beef 6g/oz.

Pork 7g/oz.

Tuna 30g/120g can (drained, use tuna in water only)

Salmon 6g/oz.

Whitefish 5g/oz.

Eggs 6g/egg

Egg whites 26g/cup

Cottage cheese 28g/cup

Healthy Fat Sources

Coconut or olive oil 14g/1 tbsp.

Butter 11g/1 tbsp.

35% Cream 6g/1 tbsp.

Mayonnaise 6g/1 tbsp.

1 medium Avocado 15g

Almonds 14g Fat - 6g Protein/oz.

Cashews 12g Fat – 5g Protein/oz.

Macadamias 21g Fat – 2g Protein/oz.

Pecans 20g Fat – 3g Protein/oz.

Ricotta Cheese 32g Fat – 28g Protein/cup

How Many Calories?

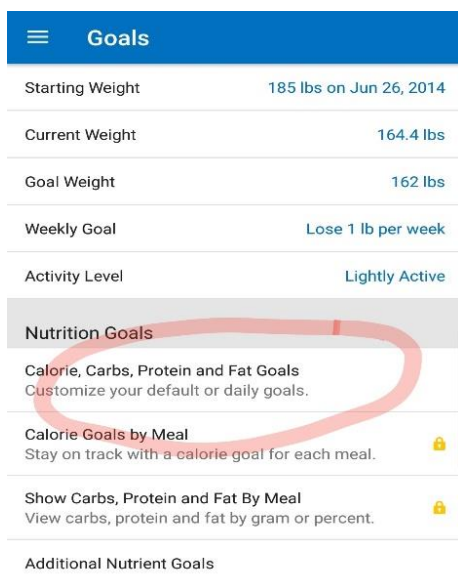
So one thing we have not discussed yet is how many calories to eat each day. Everyone is different and we all have different caloric needs depending on age, sex, activity levels, muscle mass, etc. I always start with new clients in my Personal Training business by using the online ideal body weight calculator <https://www.calculator.net/ideal-weight-calculator.html> to give us a ballpark figure to start at, especially if weight loss is a goal, because in my experience we have to eat the caloric amount for the weight we would like to be, rather than our current weight, again this is ballpark and adjustments may have to be made depending on how things go

Another thing I have found over the past 11 years working with clients is that people always ask for recipes when starting a new diet plan, and I think this is a big mistake and often leads to failure. If you Google keto supper ideas there's hundreds of website with fancy dishes like crab stuffed mushrooms, chicken in white wine sauce, etc, etc, and to be honest, who has time for this?

The meal plan ideas in this eBook are simple and plain, if you want to spice them up then go for it as long as you stay within the parameters of your calories and macronutrient ratios.

Talking of macronutrient ratios, the easiest way to track your food initially is using an app on your phone, I tend to use My Fitness Pal as it's free and fairly user-friendly.

Setting up the My Fitness Pal app



If you have not already have the My Fitness Pal app, go to the app store and download it, it's free. If you do not have a smartphone or tablet then you can simply log on to myfitnesspal.com on a computer, either way, you have to create an account and log in. In the menu choose the goals section and this page will be displayed

Click on the calorie, carbs, protein and fat goal tab and it will take you to the next page where you can input your calorie and macronutrient goals.

Macronutrient Ratios

For a keto diet as we have said it has to be high fat, moderate protein and low carbohydrate for the body to produce ketones. So here is a good place to start

Fats 65%

Protein 20%

Carbohydrates 15%

Again, this is a starting point, adjust up or down 5% with fats and carbohydrates so find your sweet spot, you shouldn't have to play with the protein, stick with 20%

The meal plan below is for a 1500 calorie per day diet, so adjust up or down with food amounts to find your calorie level as determined using the body weight calculation app outlined earlier.

Keto meal plan

Breakfast

Add 1 tbsp of MCT or coconut oil to hot tea/coffee (start at a tsp and build up over a few days)

and

3 egg scrambled with mushrooms and onions

or

1 Avocado and 1 can of Tuna (mixed together)

or

¼ of Crustless quiche

or

Leftover supper

Crustless Quiche Recipe

12 Eggs

3oz finely chopped bacon or sausage (pre-cooked)

1 chopped tomato

1/2 cup chopped onion (microwave or fry initially to soften) - optional

1 cup chopped mushrooms (microwave initially to dry out) - optional

Lunch

3oz chicken (or any meat)

3+ cups of salad greens (Spinach, kale, lettuce, etc.)

1 tbsp. olive oil + 1 tbsp. balsamic vinegar (optional)

Supper

6oz Steak (or any meat)

3+ cups mixed steamed low carb veggies

1 tbsp. butter (on veggies)

Snacks

1 cup 2% cottage cheese

or

1 cup 2% plain greek yogurt

or

3oz lean, off the bone deli meat **or** 1 can Tuna with 1 tbsp. mayonnaise or sour cream

or

2 hard-boiled eggs

or

2oz Mozzarella cheese

or

1 fat bomb – recipes - <https://draxe.com/fat-bombs/>

or

¼ cup of mixed nuts

Example meals in My Fitness Pal

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sat Fat g	Sugar g
Coffee - Brewed from grounds, 1 cup (8 fl oz)	2	0	0	0	0	0
Eggs - Hard-boiled (whole egg), 3 large	233	2	16	19	5	2
Lactantia - Whipping Cream- 35% Mf, 2 tbsp	100	0	10	1	7	0
Onions - Raw, 0.25 cup, chopped	17	4	0	0	0	2
Mushrooms, white, raw, 1 cup, pieces or slices	15	2	0	2	0	1
Alpha Supreme - Mct Oil Tin Can, 1 tbsp	115	1	15	0	15	0
Add Food Quick Tools	482	9	41	22	27	5

Lunch

Avocados - Raw, 100 g	160	9	15	2	2	1
Bacon - Bacon, 4 pieces	160	2	14	10	5	2
Spinach - Raw, 3 cup	21	3	0	3	0	0
Add Food Quick Tools	341	14	29	15	7	3

Dinner

Cauliflower - Raw, 3 cup	75	16	0	6	0	7
Cheese, mozzarella, whole milk, 3 oz	255	2	19	19	11	1
Chicken - Thigh, meat and skin, cooked, roasted, 100 g	247	0	15	25	4	0
Add Food Quick Tools	577	18	34	50	15	8

Snacks

Cashews - Raw Cashews, 0.18 cup	112	6	8	4	1	1
Add Food Quick Tools	112	6	8	4	1	1

Totals	1,512	47	112	91	50	17
Your Daily Goal	1,500	56	108	75	0	10

Breakfast

	Calories kcal	Carbs g	Fat g	Protein g	Sat Fat g	Sugar g
Coffee - Brewed from grounds, 1 cup (8 fl oz)	2	0	0	0	0	0
Eggs - Hard-boiled (whole egg), 3 large	233	2	16	19	5	2
Lactantia - Whipping Cream- 35% Mf, 2 tbsp	100	0	10	1	7	0
Onions - Raw, 0.25 cup, chopped	17	4	0	0	0	2
Mushrooms, white, raw, 1 cup, pieces or slices	15	2	0	2	0	1
Alpha Supreme - Mct Oil Tin Can, 1 tbsp	115	1	15	0	15	0
Add Food Quick Tools	482	9	41	22	27	5

Lunch

Spinach - Raw, 3 cup	21	3	0	3	0	0
Bertolli - Balsamic Vinegar (Canada), 1 tbsp	15	3	0	0	0	3
Chicken - Thigh, meat and skin, cooked, roasted, 50 g	124	0	8	13	2	0
Generic - Evoo, 1 tbsp	120	0	14	0	2	0
Add Food Quick Tools	280	6	22	16	4	3

Dinner

Broccoli, raw, 3 cup chopped	93	18	1	8	0	5
Butter - Salted, 1 tbsp	102	0	12	0	7	0
Steak - Ribeye, 150 g	437	0	33	36	15	0
Add Food Quick Tools	632	18	46	44	22	5

Snacks

Cashews - Raw Cashews, 0.18 cup	112	6	8	4	1	1
Add Food Quick Tools	112	6	8	4	1	1

Totals	1,506	39	117	86	54	14
Your Daily Goal	1,500	56	108	75	0	10

Wrapping it up.....

Well, that's the basic Keto diet, in a nutshell, you can go fancy with different foods and recipes and that's ok, as long as they fit into your calories and macro's knock yourself out, it's your diet and you have to eat it, so whatever works best for you.

Remember that the keto diet is not for everyone and you may have to increase your carbohydrate foods if you have blood sugar regulation issues like type 1 or 2 diabetes or metabolic syndrome, etc, so keep that in mind.

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About Us



Richard and Karen Insley's are certified health and fitness professionals who's passion it is to inspire people to live a healthy lifestyle. We work closely with clients to improve functional and general fitness, mobility, body composition and help them include healthier nutrition options and exercise habits into their everyday lives with our proven coaching methods.

At RPE Fitness Inc we also work with small local and large global companies offering workplace wellness solutions tailored to their individual and varied requirements.

Disclaimer

The diet advice given within these pages is for information purposes only and in no way supersedes any prior advice given by a medical practitioner, registered dietician or nutritionist.

Should you follow the advice herein you are choosing to do so of your own free will, without coercion and in the full knowledge that the dietary recommendations have not been personally designed for you and that should you suffer from a medical condition of any kind or suspect that the dietary regimen may cause you a medical problem of any kind whatsoever that you should speak to a qualified medical practitioner for advice.

Further, if you choose to follow the dietary recommendations and feel that it is affecting you adversely or that you are feeling negative side effects in any way then you should cease it immediately and consult your doctor.

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