



HYDRATION IDEAS

Keto Friends,

Whenever I hear someone tell me that a ketogenic lifestyle didn't work for them-or that they hit an unbreakable plateau-I ask one question: "Were you tracking and measuring your daily intake?" Their answer? Usually a blank stare.

While many loyal keto fans find long-term success keeping their carbohydrate intake under 20 net grams per day and eating "keto foods", many others hit a plateau in their fitness goals. I know how frustrating it can be to work so hard at making a lifestyle change, only to hit a wall. Instead of giving up, just regroup, refocus, and start tracking. You will get your groove back in no time!

Use this simple guide to get yourself back on track (or if you're just starting out, to get started right!) Keep in mind that your macronutrient intake (aka "macros") is constantly evolving with your fitness so your tracking sheet will need updated regularly.

Want more assistance with accountability, macro tracking and support, and even more delicious meal ideas? Join me for Simply Ketogenic Life 101: Eat Fat to Burn Fat! Together we will create a life abundantly full of fitness and healthy fat!

Dana
XOXOXO

Drink up!

My personal hydration goal is a gallon of water per day, but to be honest, I'm just not a huge fan of water.

To make this goal more realistic - and refreshing - here are my top 5 tips to hit your hydration goals:

1. Get fancy!

Those champagne flutes sitting in the back of your cabinet? Break them out and Pour some water in! Bonus: use sparkling water (make sure there are no Sweeteners or artificial additives... La Croix is my favorite brand!) And really feel Like you're living the life!

2. Some like it hot!

Water doesn't have to be just... water. Add some herbal teas up in there (maybe With a little coconut oil!), or really keto it up with a bouillon cube and a Tablespoon of grass-fed butter.

3. Create an infusion.

Mint + cucumber = insanely refreshing. Fresh herbs can give of an insane amount of favor and truly transform a simple glass of H₂O. Strawberry basil? Mango cilantro? Your leftover herbs never even saw this coming.

4. Make an electrolyte slushy.

Forget buying electrolyte water and make your own! All you need is 8-10 oz of purified water, 1 tablespoon of fresh lemon juice, and a few dashes of sea salt. What's more fun than a slushie?! Add your electrolyte concoction to a blender with 5 ice cubes and blend until the ice is to your preferred consistency. Okay, go ahead and pour it into that Big Gulp cup you've had for a decade.

5. Drink with a PURPOSE.

This is my favorite hydration hack! Write a single encouraging word on your gallon jug (or on a piece of paper taped onto your favorite bottle). This word should be something you want to do, feel, or be for the day. Some words that I use are "focused," "faithful," "positive," and "grateful." Studies have shown that water is easy to "program," and that we can charge it up with positivity. Sound a little too hippy-dippy to you? Just give it a try:

1. Get a glass (or clear plastic jug) of water.
2. Sit in a comfortable position.
3. Clasp the glass with both hands and try to spread your fingers while grasping it. However, do not allow your fingertips to touch the fingertips of the other hand. Hence the thumb of your left hand will be close to the thumb of your right hand but they are not touching each other.
4. Look into the water, using it as a mental screen.
5. State your affirmation and visualize the end result. Do this for 15 minutes. Here you are using focused thought to communicate the pure intention that you wish the water to carry.
6. Once you have finished, drink it. As you are drinking it, say "this is all I need to achieve _____ (your affirmation)."

Outside of the importance of staying hydrated, I have personally benefited from the weight maintenance and endurance effects of water. When a new client asks me what my best weight loss tip is, I always tell them, a gallon of water a day. So what if it's just water weight coming off in the beginning? Progress is progress, and when you've stalled in your weight loss - or are just getting started - any progress is motivating! And as we gain more energy and crush our workouts, that water is going to carry you through beyond the finish line!

Drink up, friends!

FOOD BANK

	Serving Size	Net Carbs	Protein	Fat	Cals	Notes
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VEGETABLES

Baby Spinach	1 cup	1.09	0.86	0.12	7	
Celery	2 stalks	2	0	0	12	
Olives	10 olives	0.2	0	5	50	
Romaine Lettuce	1 cup	1	1	0	15	
Broccoli	1 cup	6.04	2.57	0.34	31	
Cauliflower	1 cup	5.3	1.98	0.1	25	
Brussel Sprouts, cooked in fat	1 cup	7.06	3.95	4.43	88	
Sauerkraut	1 cup	7	0	0	50	

FRUITS

Avocado	1 small	3	4	29.5	322	Haas
Blackberries	1 Cup	6.24	2	0.71	62	
Strawberry halves	1 cup	8.67	1.02	0.46	49	

MILKS / DAIRY

Almond Milk	1/2 cup	1	0.5	1.5	20	Trader Joe's
Coconut Milk (canned)	1/4 cup	2	2	9	100	
Heavy Cream	1 Tbsp	0	0	6	50	Organic
Cream Cheese	1oz	1	2.14	9.89	99	Aldi
Grass-Fed Unsalted Butter	2 Tbsp	0	0	22	200	
Sour Cream	2 Tbsp	2	1	6	60	

FOOD BANK

	Serving Size	Net Carbs	Protein	Fat	Cals	Notes
Mozzarella Cheese Stick	1	0.5	5	5	70	
Shredded Mozzarella	1/4 cup	1	8	6	80	
Mascarpone	1 Tbsp	0	0.5	6	60	
Ricotta	1/4 cup	2	5	7	100	
Blue Cheese	1/4 cup	1	6	8	100	
Brie	1oz	0.13	5.88	7.85	95	
Cheddar Cheese	1oz	1	7	9	110	

OILS

Coconut Oil	2 Tbsp	0	0	28	260	
Olive Oil	1 Tbsp	0	0	14	120	
Avocado Oil	1 Tbsp	0	0	14	130	

SEEDS / NUTS

Raw Almonds	1/4 Cup	3	8	18	210	
Hazelnuts	10 nuts	1.3	2.09	8.5	88	
Chia Seeds	1 Tbsp	0	2	5	60	
Macadamia Nuts	1oz (10-12nuts)	1.88	2.24	21.48	204	
Pecans	1oz (20 halves)	1.22	2.6	20.4	196	
Ground Flax	2 Tbsp	0	3	3.5	60	

FOOD BANK

	Serving Size	Net Carbs	Protein	Fat	Cals	Notes
Psyllium Husk	2 Tbsp	0	0	0	35	
Hazelnut Flour	1/4 cup	2	4	17	180	
Coconut Flour	2 Tbsp	3	3	3.5	60	
Almond Flour	1/4 cup	3	6	16	180	
Almond Butter	2 Tbsp	4	7	17	190	

PROTEIN

Eggs (Large)	1	0.4	6.29	4.97	74	
Chicken Wings	1 wing	0	7.46	5.4	81	
Chicken Breast	1 cup	0	40	10.42	263	
Ground Turkey	1 cup cooked	0	34.5	16.6	296	
Ground Beef	3oz cooked	0	21.29	15.6	232	
Bacon	1 strip	0	1.85	2.09	27	
Steak	5oz sirloin	0	28.8	18.02	285	
Canned Tuna	2oz	0	13	0.5	60	
Pork Loin	4oz	0	23.29	6.13	154	
Uncured Salami	4 slices	0	6	10	110	
Wild Caught Salmon	4oz	0	24.52	6.72	166	
Shrimp (cooked, no shell)	1oz	0.26	5.79	0.49	30	

FOOD BANK

	Serving Size	Net Carbs	Protein	Fat	Cals	Notes
MISC						
Vanilla Extract	1 Tbsp	1.5	0	0	37	
Salsa	2 Tbsp	1	0	0	50	
Rao's Pizza Sauce	1/3 cup	1	1	4	50	
Lilly's Dark Chocolate Chips	60	2	1	4.5	50	
Coconut Cream	1/3 cup	4	2	16	170	Trader Joe's (canned)

SAMPLE MENU

		Food	Serving Size	Net Carbs	Protein	Fat	Cals
Breakfast							
Total Carb	0.5	Cofee	10oz	0	0	0	0
Total Protein	2	1 Tbsp butter	1	0	2	11	100
Total Fat	37	1 Tbsp XCT	1	0	0	14	130
Total Calories	345	broth	1 cube	0.5	0	1	15
		1 Tbsp butter	1	0	0	11	100
Lunch							
		Chopped Romaine	2 cups	2	2	0.2	30
Total Carb	6	1/4 cup blue cheese	1/4 cup	1	6	8	100
Total Protein	18.35	Bacon	1 pc	0	1.85	2.09	27
Total Fat	76.79	Olive Oil	2 Tbsp	0	0	28	240
Total Calories	838	Chia Pudding	1	1.5	6.5	23.5	280
		Avocado	1/2 small	1.5	2	15	161
Dinner							
Total Carb	3	Naysoya Shirataki Spaghetti	2/3 cup	1	1	0	15
Total Protein	22.25	Ground Turkey (cooked)	1/2 cup	0	12.25	8.3	148
Total Fat	18.3	Rao's Pizza Sauce	1/3 cup	1	1	4	50
Total Calories	293	Shredded Mozzarella	1/4 cup	1	8	6	80
Snacks							
Total Carb	9.24	Celery Stalks	2	0.5	0	0	12
Total Protein	14	Almond Dip	1	2	7	30	265
Total Fat	35.71	Cheese stick	1	0.5	5	5	70
Total Calories	409	blackberries	1 Cup	6.24	2	0.71	62
Exercise							
			Totals	18.74	56.6	167.8	1885
			Macros	20	60	170	1890