



Quick Start Guide

What the Heck is Keto?

Ketosis, or “keto,” is a natural state for the body in which it becomes almost completely fueled by fat through eating a ketogenic diet: low carb, moderate protein, lots of healthy fats.

As babies, we are all born in a state of ketosis and remain that way until we begin eating solid foods (breast milk is almost entirely fat!) We also dip into a state of ketosis when we enter prolonged periods of not eating, or fasting, including while we are asleep.

It is highly likely that you wake up in a ketogenic state!

While in ketosis, the body is producing ketones. These small molecules are used as fuel when we have depleted our glucose (a.k.a. blood sugar) supply.

Ketones are produced in the liver from fat, as we eat very few carbs and a moderate amount of protein. The entire body – including the brain – consumes ketones as fuel.

FUN FACT

The brain can **ONLY** run on one of two fuel sources: glucose or ketones. It's a common misconception that the brain needs carbs. The truth is that carbs are the single macronutrient (there are three: protein, carbs, fat) that we do **NOT** need, and the brain will happily burn ketones for fuel.

Those of us who follow a ketogenic lifestyle switch our fuel sources back to the way we were born: we run almost entirely on fat. Insulin hormones dip to low levels and we rapidly burn stored fat for fuel. Outside of weight loss, we ketonians experience sustained energy, mental focus, exercise endurance, and a bevy of other health benefits such as disease prevention and treatment.

The Do's & Don'ts of Adopting a Ketogenic Lifestyle

DO surround yourself with support. In the Ketogenic Living 101: Eat Fat to Burn Fat community, we spend time adapting to this new lifestyle, learning new recipes, increasing our fitness, and encouraging one another to become the happiest, healthiest versions of ourselves.

DO keep your net carbs at or under 20 grams per day. Net carbs are total carbs minus fiber.

DO drink enough water and eat enough salt! Bouillon cubes are on the grocery list for a reason. If you feel a headache coming on, eat a bouillon cube that's been dissolved in warm water, and drink up to 5 cups of bouillon in a day. Shoot for a gallon of water per day, too, as your body will not retain water the same way it did when you were eating a lot of carbs.

DON'T assume items are carb/sugar-free. Read the labels and refer to the Food Bank in this guide for tips!

DON'T give up when you feel the “keto flu” coming on. This is carb/ sugar withdrawal, and it can be a little rough. This is why you need to stick with the bouillon, salt, and tons of water. It will be over within about 24 hours and then you'll be fine. Rest if you are able to as sleep is a huge contributor to weight loss and overall health.

Click [here](#) to learn more about

Simply Ketogenic Life 101: Eat Fat to Burn Fat.

3 DAY KETO QUICK START MENU.®

2018 | SIMPLY KETOGENIC LIFE

Day 1

BREAKFAST

Keto Coffee

1 Egg Cooked in ½ Tbsp Butter

2 Pieces Cooked Bacon

LUNCH

1 Chicken Avocado Burger Wrapped in a Lettuce Leaf

DINNER

No-Chop Chili

Shredded Brussels Sprouts

MACROS

Net Carbs	4.5g
Protein	85.9g
Fat	94.2g
Calories	1247

Day 2

BREAKFAST

Keto Coffee

1 Egg Cooked in ½ Tbsp Butter

2 Pieces Cooked Bacon

LUNCH

Quick Avocado Salad

DINNER

Pulled Pork & 1 Dill Pickle Spear

Chia Seed Pudding

MACROS

Net Carbs	8.4g
Protein	61.9g
Fat	121.7g
Calories	1433

Day 3

BREAKFAST

1 Keto Breakfast Brownie Muffin

LUNCH

Taco Salad

DINNER

Chicken Bacon Ranch

MACROS

Net Carbs	11.7g
Protein	80.6g
Fat	106.7g
Calories	1398

Recipes

Keto Coffee

8-10 oz Brewed Coffee

1 Tbsp Grass-fed Butter

1 Tbsp Coconut or MCT Oil

Blend all ingredients together in a blender until creamy and frothy.

Makes 1 Serving

MACROS

Net Carbs	0g
Protein	0g
Fat	25g
Calories	230

Quick Avocado Salad

1/2 Small Avocado

1 Cup Raw Baby Spinach

2 Hard-boiled Pastured Eggs

1 Medium Spring Onion

Splash of Lemon Juice

Pink Himalayan Salt

1 Tbsp Extra Virgin Olive Oil

Chop everything and mix in a bowl before eating.

Makes 1 Serving

MACROS

Net Carbs	3.8g
Protein	14.2g
Fat	42.6g
Calories	464

Chicken Avocado Burgers

1 lb Ground Free-range Chicken
1/3 cup Almond Meal
1 Clove Garlic, Minced
2 Tbsp Chopped Fresh Cilantro
1 Small Avocado, Cut into Chunks
1/2 tsp Himalayan Sea Salt
1/4 tsp Paprika
1/4 tsp Cumin
1/8 tsp Cayenne Pepper
2 Tbsp EVOO, Avocado or Coconut Oil
4 Lettuce Leaves

1. Mix together the ground chicken, garlic, cilantro, almond meal and spices. Add the avocado, making sure not to keep the chunks.
2. Divide into 4 equal-sized patties.
3. Heat the oil over medium-high heat in a skillet. Add the chicken patties and cook for about 5 minutes per side or until cooked through.
4. Serve each patty wrapped in a lettuce leaf.

Makes 4 Servings

MACROS

Net Carbs	2.1g
Protein	35.6g
Fat	29.2g
Calories	427

Shredded Brussels Sprouts

2 Brussels Sprouts, Shredded

1/4 tsp Himalayan Salt

1 Tbsp EVOO, Avocado or Coconut Oil

1. Toss all ingredients together and cook in a frying pan over medium-high heat for 6 minutes or until sprouts are wilted.

Makes 1 Serving

MACROS

Net Carbs	0.7g
Protein	1.3g
Fat	14.1g
Calories	136

No-Chop Chili

1 lb Grass-fed Ground Beef (or Turkey)

1 tsp Ground Cumin

1 tsp Ground Coriander

1/2 tsp Ground Cayenne (optional)

1/2 tsp Garlic Powder

1/2 Cup Fresh Salsa

Salt and Pepper to Taste

1. In a medium saucepan, combine the ground beef and all of the spices. When the meat is cooked through, add your salsa.
2. Simmer for 5 minutes.
3. Nom.

Makes 4 Servings

MACROS

Net Carbs	1g
Protein	35.1g
Fat	7.3g
Calories	223

Pulled Pork

2 lbs Pork Shoulder (Boston butt, Pork butt), Cut into 4-6 Pieces

2 Tbsp Avocado Oil

1 Cup Vegetable Broth

1. Heat the oil in the base of a slow cooker or your Instant Pot.
2. Brown the meat on all sides.
3. Pour the vegetable broth over the pork. Set on low for 8-10 hours in the slow cooker, or 50 minutes on high pressure (with manual steam release) in your Instant Pot.
4. Shred the meat and serve.

Makes 8 Servings

MACROS

Net Carbs	0.1g
Protein	27.1g
Fat	24.9g
Calories	341

Chia Seed Pudding

2 Tbsp Raw Chia Seeds

1/2 Cup Unsweetened Vanilla Almond Milk

1 Small Jar

1. Pour ½ of the almond milk into the jar. Top with chia seeds and add the rest of the almond milk. Shake/stir VERY well.
2. Continue to shake/stir every 30 minutes or so for about 2 hours, then let sit at least 4 hours before serving.

Makes 1 Serving

MACROS

Net Carbs	2.5g
Protein	6.5g
Fat	10.5g
Calories	160

Breakfast Brownie Muffins

1 Cup Ground Flaxseed
1/4 Cup Unsweetened Cocoa Powder
1 Tbsp Cinnamon
1/2 Tbsp Baking Powder
1 Large Egg
2 Tbsp Coconut Oil
1/4 Cup Sugar-Free Maple Syrup (I prefer Lakanto Sugar-free
Maple-flavored Syrup)
1/2 Cup Pumpkin Puree
1 tsp Vanilla Extract
1 tsp Apple Cider Vinegar
1/4 Cup Slivered Almonds

1. Preheat oven to 350 F and combine all your dry ingredients in a deep mixing bowl and mix to combine.
2. In a separate bowl, combine all wet ingredients.
3. Pour your wet ingredients into your dry ingredients and mix very well to combine.
4. Line 6 cavities of a muffin tin with paper liners and spoon about 1/4 cup of batter into each muffin liner. Then sprinkle slivered almonds over the top of each muffin and press gently so that they adhere.
5. Bake in the oven for about 15 minutes. You should see the muffins rise and set on top. Enjoy warm or cool. **Makes 6**

Servings

MACROS

Net Carbs	4.4g
Protein	7g
Fat	14g
Calories	193

Taco Salad

TACO MIX

1 lb Grass-fed Organic Ground Beef (or Free-range Organic Chicken)

2 Tbsp Grass-fed Butter or Ghee

½ Fresh lime, squeezed

1-2 Tbsp Cayenne Powder (omit if you're sensitive)

1 tsp Dried Oregano

Sea Salt to Taste

Calories: 256, Carbs: 0.5, Fat: 16.8, Protein 23.3

SALAD:

8 Cups Bagged Salad Mix

2 Avocados, Sliced

8 Tbsp Extra Virgin Olive Oil (EVOO)

Calories: 128, Carbs: 3.8, Fat: 12, Protein: 1.8

INSTRUCTIONS:

To make the taco mix, in a medium pan, sauté the beef on medium-low until cooked gently but thoroughly. Your goal is not to brown the meat but to heat it enough that it's cooked through. Drain the excess liquid. Add the butter or ghee, lime juice, cayenne powder, oregano, sea salt. Add more seasoning if you wish.

Lay a bed with all of the salad ingredients (divide into 4 plates), starting with the lettuce. Add 1/4 cup of Taco Mix on top of each and then drizzle with 2 Tablespoons of EVOO on each. **Makes 4 Servings**

Chicken Bacon Ranch

6oz Boneless Skinless Chicken Breast

2oz Spinach

2 Pieces Nitrate-free Bacon

2 Tbsp Full-fat (sugar-free) Ranch Dressing

2 tsp Olive Oil

3oz Cherry Tomatoes

1/4 small Hass Avocado

1. Bake or pan fry chicken breast, using olive oil.
2. Cook bacon in a skillet until crisp.
3. Serve over a bed of spinach with avocado, tomatoes, bacon, and ranch dressing

Makes 1 Serving

MACROS

Net Carbs	3g
Protein	48g
Fat	38.9
Calories	585



Dana Thompson

Ketogenic Lifestyle Expert & Wellness Mentor

Dana is a wife and mom of 3 who knows the struggle healthy living with a full home can be. As a ketogenic living expert, Dana is committed to helping busy moms fuel their bodies with real, fatty foods, so they can become the happiest, healthiest versions of themselves.

She takes all the guess work out of a Ketogenic lifestyle, making cooking, prepping and planning nutritious meals for your family simple and straightforward. Dana runs regular online groups that help women become effective fat burners, curb their sugar addiction, and clear up brain fog.

She loves soaking up the sun, relaxing at the beach and trying out new keto recipes!

You can find her on [Facebook](#) and her website, [Simply Ketogenic Life](#)