

Ketogenic Diet for Beginners

MOUTH-WATERING LOW-CARB,
HIGH-FAT RECIPES THAT YOU CAN
COOK AT HOME



BONNIE GREEN

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CONCLUSION

INTRODUCTION

Try the ketogenic diet to lose weight and burn fat, or to help manage epilepsy.

Many people choose the ketogenic diet for weight loss or to manage their epilepsy. By following a low-carb, high-fat diet, most of your food comes from healthy fats (like avocados), proteins (fish, shrimp), and leafy greens like kale and spinach. Anything containing carbohydrates will be consumed in very small amounts – so no more breads, cereal bars (or other unhealthy snacks) – and less sugar than you're used to! It is important that you eat enough fat, protein and vegetables as well as fiber-rich foods like broccoli in order to reduce constipation while on this diet. Eating foods high in fiber, such as vegetables and fruits, will help the body keep moving.

What can I eat on the keto diet?

The best way to get started with the ketogenic diet is to stick with low-carb foods that you are already familiar with. Instead of reinventing the wheel and creating a recipe for disaster, start small and work your way up. You might even find that your favorite foods (like "cheat" foods) on other diets are naturally carb-free when following a ketogenic plan!

You will eat three meals a day plus one snack at around 1,800 calories each day. Your snacks will be added carbohydrate foods, so it's up to you! If you can stick to low-carb foods that taste good to you, that's the best way to know what is keto-friendly and safe.

The ketogenic diet plan includes your main meals and the daily snacks. Your "food groups" will consist of:

High-fat food group: Cheese, cream cheese, full-fat sour cream or a milk product like cottage cheese, full-fat yogurt or an egg. You can eat as much of these as you like on the ketogenic diet with very little effect on blood sugar or weight. They are called 'keto foods'.

Low-carb vegetables: Leeks, lettuce, squash, zucchini and cauliflower. These vegetables all have a lower carb count than most other vegetables.

Low-carb fruits: Avocados, berries, tomatoes, olives. It's important to choose low-carb foods when you pick fruits because most are high in fiber and healthy fats that can make you feel fuller for longer. Some foods to choose on the ketogenic diet include avocados, berries, nuts and seeds.

High-fat dairy: Butter, ghee, hard cheeses and cream cheese. These are very high in fat. While you can eat as much as you want, there's no reason to go overboard with it.

Meats and eggs: Choose from beef (for lower carbohydrate options), poultry (chicken or turkey) or fish like salmon, trout and tuna (fish have less carbs than most red meat). Meat, chicken, turkey and fish are all "allowed" on the ketogenic diet if not eaten excessively. The best meats come from animals that have been raised naturally without the use of hormones or antibiotics.

Other good choices: Avoid beans, peas, rice, bread and potatoes. High-starch veggies include corn, squash and pumpkin. For example, the green beans in the salad below are not considered "starchy."

You'll also be encouraged to drink a few cups of coffee (no more than three or four cups a day) but you must not drink any alcohol or mix alcohol with your ketogenic diet. While healthy fats such as avocado oil can be consumed on a ketogenic diet they should only be used for cooking and not for eating because they're high in fat.

BREAKFAST KETO RECIPES

1. Ham Sausage Quiche



Preparation Time: 8-10 minutes

Cooking Time: 30 minutes

Servings: 4

Ingredients:

- 4 bacon slices, cooked and crumbled
- ½ cup diced ham
- 2 green onions, chopped
- ½ cup full-fat milk

- Six eggs, beaten
- 1 cup ground sausage, cooked
- 1 cup shredded cheddar cheese
- ¼ teaspoon salt
- Pinch of pepper
- 1 ½ cups water

Directions:

1. Grease a baking dish with coconut oil cooking spray. Place all of the ingredients in a bowl, and stir to combine. Add this mixture to the prepared dish.
2. Open its top lid and pour water. Arrange a trivet or steamer basket inside that came with Instant Pot. Now arrange the dish over the trivet/basket.
3. Close the lid and press “MANUAL” cooking function; timer to 30 minutes with default “HIGH” pressure mode. Allow the pressure to build to cook. After cooking time is over press “CANCEL” setting. Find and press “QPR” cooking function. This setting is for quick release of inside pressure.
4. Place the dish on the rack in your IP and close the lid. Cook on high and release the pressure naturally. Slowly open the lid, take out the cooked recipe in serving plates or serving bowls, and enjoy the keto recipe.

Nutrition: 398 Calories 31g Fat 26g Protein

2. Coconut Almond Breakfast

Preparation Time: 8-10 minutes