



WORKING AGAINST GRAVITY



KETO EXPERIMENT

WITH ADEE CAZAYOUX

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Reading through my Ketogenic Experiment might remind you of the moments when you tried something brand new. This information might seem overwhelming and tricky from the get-go, but stick with it... it will be worth it in the end if the ketogenic diet is something you're interested in learning more about.

I recommend giving this guide a good read through without stopping. You'll get the general picture and then you can come back to it again with fresh eyes, ready to dive in and potentially apply it to your goals and your life.

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Introduction & Disclaimer

Curious about keto?

...you're not alone!

The ketogenic diet has been getting a ton of attention recently, and you may be wondering what it is and if it's a good option for you.

My name is Adee Cazayoux and I was in the same boat. For years I had been hearing about the ketogenic diet and if I am being totally honest, I was almost immediately resistant. When it comes to nutrition, or really anything, I am generally hesitant when people take “extreme” stances. That is what keto felt like to me; a high fat, very low carb dieting protocol that people were claiming gives them mental clarity, long lasting energy, tremendous weight loss results and even as far as healing/preventing some pretty serious diseases. Without taking too much time to look deeper into it - I had decided it was a “fad”.

Have you ever worked on a big project that felt overwhelming and scary before you started it but then you take that first step and realize it's not what you had previously thought it to be? That is exactly what learning about the ketogenic diet was like for us at Working Against Gravity.



A quick disclaimer

The information, including but not limited to, text, graphics, images and other material contained in this book are provided for educational purposes only. The content is not intended in any way as a substitute for professional medical advice, diagnosis, or treatment.

You should always seek the advice of your physician or other qualified healthcare provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen. You should never disregard professional medical advice or delay in seeking it because of something you have read in this book.

This book was written to provide good, practical information to help healthy adults interested in a ketogenic diet. This book is not intended for people under 18 years, pregnant or breastfeeding women, or people with eating disorders, or any health condition that requires special consideration. We do not guarantee that the information will be completely accurate. Therefore the author, publisher and/or owners cannot be held responsible for any errors, omissions or inaccuracies published. It is advised that all visitors check information provided in this book with a professional source.

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Your individual results may vary.

Curious about keto? - cont.

Many clients were asking if we could support them using a keto approach and at first I stuck to my guns insisting that this was not something we could offer. I will admit that I made too quick of a judgement and because it was unfamiliar and different I decided we should stay away. My opinion started to change when I got “up close”.

My team and I began doing our due diligence by researching, talking directly to experts in the industry and those that had seen results and quickly realized that done correctly, this was not just bacon, cheese and fat bombs. The ketogenic diet was a perfect fit for some people to finally achieve the results they were looking for.

We have always known that nutrition is not a one size fits all approach and prided ourselves on being a place where people can find the nutrition program that they can stick to and fits their lifestyle - not offering keto meant we were not living up to that.

So what would be the best way to see what all the hype is about? Try it for ourselves! This was the start of a long, arduous and rewarding process. We worked with experts like Dr. Anthony Gustin at Perfect Keto to compile all the research we could and create the best education possible for our clients and staff.

The final step was to put all that learning into practice and “go keto” myself. I made a 90 day commitment where I would give the ketogenic diet a real shot. I was going to track all the food I ate every day - even through travel and stressful situations - and share my results with the community. I documented the entire experience by dedicating a full page of my morning journal to how the diet was going (you can still see this saved as a highlight on my [profile page](#)). I included things like:

My goal was to give people who were like me - never tried a ketogenic diet but had heard a lot about it - the chance to live vicariously through me. I wanted to provide a look at what “going keto” was like up close and personal before deciding if it was right for them.

This wrap up is meant to summarize my keto experiment. The good, the bad, the nitty-gritty and more. My goal is to give you the resources you need to decide if you want to give keto a try!

- My ketone levels
- My weight
- How I was feeling
- Obstacles I encountered
- Other experienced benefits or side effects



WHAT PEOPLE think KETO IS



WHAT KETO actually is



The Down & Dirty

I have tons of tips, tricks and specifics about my journey coming your way soon. But first, here is a quick down and dirty about where my journey started, ended and a few things I learned along the way.

STARTING KETO

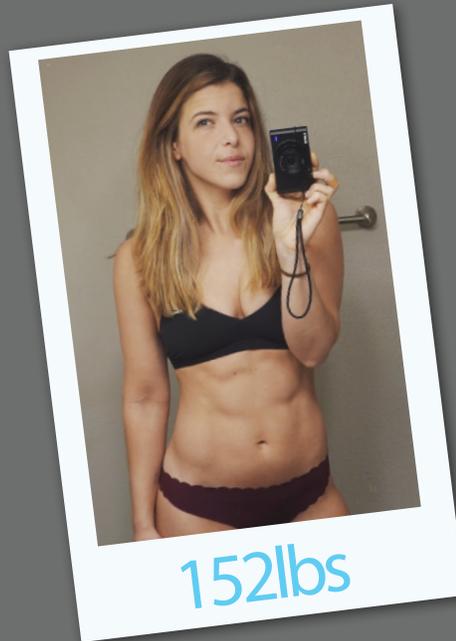
MACROS

Total calories: 1695/day

PROTEIN: 100G

CARBS: 20G

FATS: 135F



STATS

Macros before keto: 1675 cal,
135P | 160C | 55F

Ketones: Ranged from 0.5mmol
- 4.7mmol through the 90 days.

TOP 5 TAKE-AWAYS

FROM MY JOURNEY

1. Hunger is just like an emotion - it comes and goes and I don't HAVE to respond to it right away.
2. I don't "need" carbs to boost my energy
3. Traveling is easier (for me) while following a keto diet
4. Trying something new reinvigorated my motivation for nutrition because I was forced to try new foods and meal combinations
5. I don't have to live with sugar cravings - they were dramatically reduced.

AFTER KETO

MACROS

Total calories: 2205/day

PROTEIN: 115G

CARBS: 65G

FATS: 165F



My Story

THIS
WAS
ME

A bit of background

At 16 years old I was nearing 200lbs and heading in an unhealthy direction. Not only did I have a terrible relationship with food and my body, I was operating the way an addict would. I lied about food, would hide candy bar wrappers in my room and even stole money from my parents so I could sneak off and buy junk food. I had stopped participating in all sports I played growing up because I was embarrassed of my body and physical activity had become much more difficult the heavier I got. Finally after many nights ending in tears, my mother convinced me to see a nutrition coach. This is the moment that changed my whole life.

After 6 months working with that nutrition coach I lost 50 lbs and have maintained that weight loss - through all the ups and downs of life - ever since. I began regaining confidence and finally felt comfortable enough to go to the gym.

This transformation was the spark that ignited my passion for nutrition and fitness. I had an insatiable hunger for nutrition knowledge, experience and continued to experiment on myself and those closest to me.

Eventually I found CrossFit and then Olympic Weightlifting which is a weight class specific sport. Having gone through the process of closely monitoring my nutrition, how it affects my weight, my performance and my recovery I had an advantage as an athlete who needed to weigh a specific amount at competitions. Others began to notice my results and ask for help which made me realize how many people craved this support. Whether it was athletes or those looking to learn about their food choices, relationship with food or lose weight/change their body composition.



“Others began to notice my results and ask for help which made me realize how many people craved this support.”

In 2014 I founded Working Against Gravity - a nutrition coaching company that is dedicated to creating completely individualized nutrition programs that fit your lifestyle. A group of coaches that help you find the nutrition program that you can stick to, gain the knowledge and confidence to manage your own nutrition and never fail a diet again. We are real people helping others work through all the obstacles and challenges you encounter when trying to make a change - because we have been through it too!

2016

A bit of background - cont.

In 2016 I won a bronze medal at the Senior National Weightlifting Championships in Canada and ended my career as an athlete. I transitioned into full-time business owner, wife and generally active individual. I was naive and thought that after a lifetime of being an athlete and working on my nutrition and habits, exercise and nutrition would always be easy for me. Boy was I wrong. With no goal outside of looking and feeling good in my skin my motivation was nowhere to be found. I reverted back to that 16 year old girl unsure of what to do with her nutrition.

I gained 15 lbs (from 138lbs to 153lbs) and was unhappy with the way I was treating my body - all the while leading a company that helped others with nutrition - I felt like a fraud. I was stuck in a rut or maybe an identity crisis. I would try to go back to eating the way I did when I was training, following a strict program and continuously fail because I wasn't that girl anymore. I needed to find a new nutrition protocol that fit my new stage of life.

I no longer had performance goals and really just wanted to look good, feel good and find something that I could be consistent with again, something that could become my new way of eating instead of something I had to inconvenience myself for. This keto experiment came at just the perfect time.

Before you read through the rest of my experience and results it is important to note that I have tried most types of nutrition styles - paleo, high carb, intermittent fasting, carb cycling, flexible dieting and more. I have seen great results with any nutrition program where I **remained compliant** - meaning I stayed within the boundaries of that particular nutrition style. My body composition, body weight and energy levels from when I was eating higher carb to eating keto was very similar - the key for me has been finding what works for me at whatever phase of life I am in. What is it that I can remain consistent with? What way of eating feels natural to me while also helping me get results?

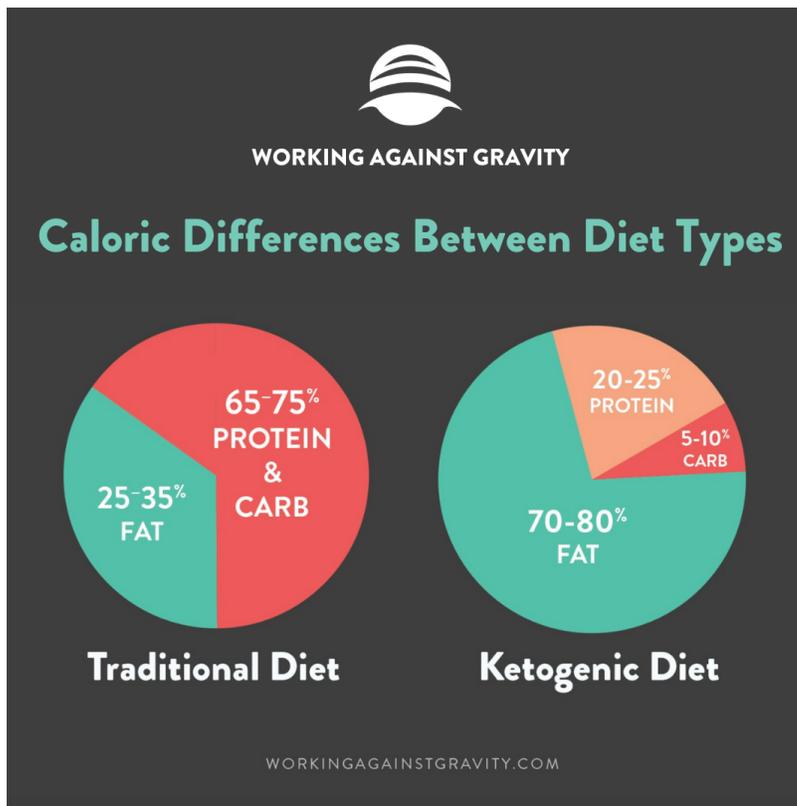
The Ketogenic Diet: A Review

What is the ketogenic diet?

To best understand my experience, results and ultimately decide if keto is something you're interested in trying, we need to start with the basics: What is the ketogenic diet?

A ketogenic diet is characterized by a very low intake of carbohydrates, a moderate intake of protein and a high intake of dietary fat. Usually, someone "eating keto" consumes 70–80% calories from fat and 5–10% calories from carbohydrates [1].

So you can compare, a traditional diet typically contains about 25–35% calories from fat and 45–55% calories from carbohydrates [2].



DID YOU KNOW?



In a traditional diet, your body's cells use the byproduct of carbohydrate breakdown (called glucose) as their primary energy source. The body then uses that glucose for fuel or stores it in your liver and muscles as glycogen.

If you choose to try the ketogenic diet, your body won't have those glycogen stores and will need to call on alternative sources of energy. Enter your fat stores!

The breakdown of your fat cells produces:

1. Acetoacetate - a ketone that is then converted to BHB.
2. Beta-Hydroxybutyrate (BHB) - provides energy to the cells in your muscles, brain and other organs to keep you fueled and moving through your day.
3. Acetone - a product created spontaneously through this process that is quickly eliminated by your body.

What are ketones?

Ketones are a byproduct of your body breaking down stored fat for energy. After a while, your body will enter “ketosis,” which means it will start breaking down fat stores to produce energy, rather than carbohydrates [3,4].

A state of ketosis has been reached if at least 0.5mmol/L is detected in the blood or urine [5]. That being said, the “best” level of ketosis is individualized to you. Even if you decide to test your ketone levels regularly, your body may become more effective at using ketones and this can make it look like you’re in “lighter” stages of ketosis when, in fact, we’re just using ketones more effectively.

For weight loss and performance, above ~0.5mmol/L is ideal. If you’re looking for mental benefits, “deeper” ketosis may help you achieve that goal [5].

“A state of ketosis has been reached if at least 0.5mmol/L is detected in the blood or urine.”



reported benefits OF A KETO DIET

Keto boasts a host of benefits that I was excited to (potentially) experience for myself. Some of these benefits include:

- 1 BODY COMPOSITION AND WEIGHT LOSS**
Once in a state of ketosis, the body adapts to using fat as a primary energy source, so it becomes easier to burn fat stored within the body as well [6]. Another bonus? A ketogenic diet ensures an adequate protein intake which keeps your muscles strong [7].
- 2 MENTAL CLARITY**
There is emerging evidence showing a ketogenic diet can increase and sharpen mental performance, increase focus and improve memory [11,12].

- 3 HIGHER LEVELS OF SATIATION**
One of the most significant benefits of a ketogenic diet is many people report they stay full and hunger is drastically reduced [8,9]. Fat slows digestion of protein and carbohydrates and increases satiation. Lower hunger makes it easier to decrease calorie intake while staying full and satisfied. If fat loss is the goal, a lower hunger level makes it easier to reduce calorie intake while staying full/satisfied [10].

Don't worry, there are more!

reported benefits OF A KETO DIET (CONT.)

4

CLEAR YES/NO FOODS

Sticking to a ketogenic diet is simple because foods are either “keto friendly” or not “keto friendly”. Many people become confused or frustrated with a more traditional diet since it can be tricky to know which foods to eat. For people that like the ease of decision making this is a huge plus.

5

YOU CAN FILL UP ON HIGH FAT FOODS

If you are someone who prefers a higher fat diet and enjoys eating high-fat foods like avocado, olives, full-fat dairy, fattier cuts of meat, nuts, seeds, eggs and oils, keto is not only going to be easy to stick to but delicious too! Like yes/no foods, this keeps things simple. When we enjoy our diet we're more likely to be compliant and see results.

We'll chat more about my experience with these potential benefits in the [Getting Started](#) section!

POTENTIAL KETO SIDE-EFFECTS

1. **Digestive upset** - due to initial shifts in macronutrient intake ratios and inadequate hydration [16].
2. **Drops in energy and blood sugar** - due to decreased carbohydrate consumption and an adjustment in fuel utilization by the body [17].
3. **Decreased sleep quality** - due to shifts in serotonin and insulin levels with a decreased carbohydrate intake [18]. Serotonin and insulin are hormones that play an important role in regulating your sleep/wake cycles [19].
4. **Muscle cramping and fatigue** - due to dehydration and initial decrease in carbohydrate intake [20,21].

Woof, sounds like a drag. Right? Luckily, most of these side effects are temporary as the body shifts from burning carbohydrates for fuel to burning fat for fuel. Like anything, the body just needs time to adjust to change and begins to adapt. I knew if I correctly managed my hydration and electrolyte intake, I would be able to mitigate (or at least minimize) these side effects.

These side-effects include...

WHAT ABOUT SIDE EFFECTS?

If you've been googling the ketogenic diet, you've likely come across mention of the infamous “Keto Flu”. I was definitely curious about this one along with a few other potential side-effects of following a ketogenic diet. Here is what I learned:

Let's start with Keto Flu. Many people notice flu-like symptoms when they first start their transition into a ketogenic diet. Symptoms may include low energy, headaches, brain fog, low motivation and exhaustion/fatigue [13]. Sounds like the flu, right?

Well, much like the flu, proper hydration and staying on top of electrolytes is key in starting to feel more like yourself again. When carbohydrate intake decreases (when you start a ketogenic diet), insulin levels decrease as well. This causes the body to excrete more water and electrolytes leading to dehydration [14,15].

In this initial period of time it is important to focus on getting more sodium, calcium, magnesium and potassium to help balance your electrolytes [14]. I'll talk more about my experience with electrolytes and what worked for me in the [My Journey](#) section.

Besides Keto Flu, there were a few other potential side effects I was on the lookout for as I began my journey.

Initial Set-Up (For Success)

One of my favorite quotes is “failing to plan is planning to fail”. I needed to set myself up for success right from the get-go if I wanted to make my transition into a ketogenic diet as smooth as possible.

THIS INCLUDED:

1. Clearly defining my “[why](#)”. I knew that defining my short and long-term goals was monumental to my long-term success. My “why” (or, long-term goal) became my north star during any decision-making process. Then, I created smaller, [process goals](#) so I had measurable milestones along the way.
2. Deciding if I wanted to test my ketone levels and which testing method would work best for me.
3. Revamping my traditional grocery shopping list and making sure I had plenty of keto-friendly foods in my environment.
4. Deciding how to document my journey for myself and for YOU!

Want to learn more about goal setting? [Check out our Blog](#) for more ideas and inspiration!



Testing my ketones

Remember from my [review of the ketogenic diet](#) that ketones are a byproduct of your body breaking down stored fat for energy. This means that by measuring ketone levels, you can learn whether the macronutrient prescription you're following keeps your body in ketosis. I knew my body was "in ketosis" when I reached a level of at least 0.5mmol or above [5].

There is not a set level of carbohydrates or exact macronutrient breakdown that will put everyone into ketosis. What worked for me may not work for you and you may need to do some self experimentation or [hire a keto coach](#) to learn what works best for your body and your goals.

It is important to keep in mind that much like with any nutrition program, many factors need to be taken into account when analyzing its effectiveness. Much like the scale when measuring body weight, it is easy to get caught up in measuring success solely on the number you see every morning and keeping other metrics in mind is important.

With a ketogenic diet, there are many ways to define success and progress outside of ketone levels. Changes in mindset, habits, food choices, average weekly weight, measurements, energy levels, mental focus, hunger, body composition and gym PR's are other factors that need to be taken into account along with ketone levels.

That being said, whether you're working with a coach or giving keto a go on your own, measuring your ketone levels is a great way to get feedback about what may or may not be working for you.

There are a few different at-home ketone testing methods that you can use.

ketone testing methods

1 URINE

This inexpensive method provides very quick results. The downside? Your ketone reading is impacted by your hydration status. For example, dehydration may lead to a false-positive but if you're over-hydrated, you may receive a false-negative reading. Your body also starts to utilize ketones more effectively as you reach deeper levels of ketosis. This means you excrete fewer through your urine which can cause false-negative readings.

2 BREATHALYZER

Another cost-effective and user-friendly testing method, the breathalyzer measures the [acetone](#) in your breath. This is a great option if you want to avoid bodily fluids (like urine and blood) but there can be inconsistency from one device to another. So, no sharing with your friends!

3 BLOOD

This is the method I chose to use as it tends to be most accurate. It required me to prick my finger every morning to retrieve a very small amount of blood. So, if you're not a needle person, this method may not be for you.

STILL WONDERING ABOUT THE INS AND OUTS OF KETONE BLOOD TESTING? KEEP READING!



1. Use a lancet to draw a drop of blood with washed hands. Squeeze finger if needed to get a pinhead sized drop



2. Insert test strip into the meter, then touch the tip of the strip to the droplet to uptake the blood.



3. After a few seconds, your monitor should have your results. Check to see if your blood ketones are **between 0.5-3 mmol/L**

How to blood test

I chose to use the [Precision Xtra Glucometer](#) to test my blood-ketone levels. This was the brand recommended to me from our friends at [Perfect Keto](#). The next question I needed to tackle was when to test my ketone levels.

Remember back to science class when you learned about variables in an experiment? Keeping as many things consistent as possible allowed you to confidently assess whether a change in one variable correlated with a desired outcome. Well, I wanted to treat my body like a science experiment.

I tested my ketone levels every morning right after waking up, before eating or drinking anything. My goal was to keep factors as consistent as possible from one day to the next because there are many things that can impact ketone levels through the day like...

I also decided to test my blood sugar along with my ketone levels to obtain a [Glucose Ketone Index \(GKI\) score](#). This allowed me to see how my blood sugar levels correlated with my ketone measurements through this process.

What is the GKI and do I need to test it?

Testing your GKI allows you to track your ketone levels and blood glucose levels. This gives you a more complete picture of your health and your body's response to the ketogenic diet than only measuring ketone levels. When you know both your ketone levels and your GKI, you can make more informed decisions about what is working for you.

You do not need to test your Glucose Ketone Index to be successful with a ketogenic diet. That being said, it is a great way to measure how your body is responding to certain food choices you make.

WHAT CAN IMPACT YOUR KETONE LEVELS?

- ✓ EXERCISE
- ✓ FOOD CHOICES
- ✓ MEAL TIMING
- ✓ SLEEP QUALITY
- ✓ HYDRATION
especially if you're using urine strips to measure your ketone levels

WAIT, LET'S BACK UP...

What is blood glucose and why does it matter?

Blood glucose is commonly referred to as blood sugar. Chronic high blood sugar (hyperglycemia), low blood sugar (hypoglycemia) and/or drastic spikes and falls in blood sugar can present some serious health problems such as obesity, diabetes and metabolic syndrome [22].

On a smaller scale, blood sugar dysregulation can cause sleep disturbance, anxiety, hunger and energy spikes and falls [23].

Measuring my blood sugar levels along with my ketones gave me a more complete picture of my overall health. Why? Even when you're in ketosis, you can still have elevated blood glucose levels. Outside of diet; lifestyle and environmental factors also play a role in blood glucose levels and depending on your goals, this may not be ideal.

According to our friends at Perfect Keto, to get the most from ketosis you want to keep your GKI as low as you can. I recommend checking out [this article](#) for more information to decide if testing your GKI is right for you.

No Measuring? No Problem

If all this measuring talk is feeling overwhelming (or, if you're simply not interested in tracking your ketone levels!) that is totally understandable. The benefits I covered in the "[Reported Benefits of a Ketogenic Diet](#)" section are great metrics to subjectively evaluate and pay attention to in order to determine if you're reaping the benefits of keto! As a refresher, here are some things to keep an eye out for...

- 1 Clear Mental State:** *When you're in ketosis, your brain rapidly uses ketones for fuel by utilizing fat stores. This is why you may notice a clearer mental state without dips in focus.*
- 2 Decreased Hunger:** *Fat slows down the digestion of the foods you eat it with. So a higher fat intake creates higher levels of satiation. When you're in ketosis and eating an adequate amount of dietary fat you will notice that you're much less hungry.*
- 3 Increased Energy and Improved Recovery:** *Carbohydrate intake can come with energy spikes and crashes and when you are in ketosis, your body isn't using carbohydrate as a fuel source anymore. This minimizes those spikes and crashes so you may experience higher energy and improved recovery.*
- 4 Quicker Progress:** *When your body is utilizing fat for fuel instead of carbohydrate, you're being consistent hitting your macro targets, and your goal is weight loss you may notice that you reach your goals more quickly when your body is in a constant state of ketosis.*

Now that we've covered some of the basics (and not so basics) of precisely tracking ketones and other more subjective measurements of progress, let's start talking about how to set your ENVIRONMENT up for success.

Keto-fyingmyEnvironment

It is much easier to change your environment than it is to change your habits. I knew I could save a lot of mental time and energy by removing temptations from my fridge and pantry.

I knew right off the bat that getting high carbohydrate foods out of my house was going to be the best way to naturally shift my food choices from my previous way of eating to more keto-friendly choices.

This required me to identify which foods were keto-friendly and which foods weren't. Don't worry - I did the hard work for you!

The following foods are a great starting place when deciding what you need to get out of your house:



FOODS THAT MAY KICK YOU OUT OF KETOSIS



BEANS & LEGUMES

- Black beans
- Kidney beans
- Lima beans
- Pinto beans
- Cannellini beans
- Great northern/white beans
- Fava beans
- Chickpeas
- Green peas
- Lentils



STARCHY VEGGIES

- Sweet potato
- White potato
- Root vegetables
(carrots, parsnips, beets, yucca,
taro & turnips)
- Heavy squashes
(butternut, kabocha, acorn)
- Corn
- Peas



SUGARS & SWEETENERS

- Honey
- Maple syrup
- Brown/white sugar
- Agave nectar
- High-fructose corn syrup



MOST FRUITS

- Dried fruits
- Fruit juices/concentrates
- Tropical fruits
(banana, pineapple, mango)
- Citrus fruits
(oranges, grapefruit)
- Apples
- Grapes
- Pears



GRAINS

- Bread
- Pasta
- Rice
- Oats
- Quinoa
- Couscous
- Flour-based pastries
(made of millet, bulgur, amaranth,
sorghum, buckwheat etc.)

PRE-PACKAGED FOODS



- Sweetened dairy products
(yogurt, cottage cheese, ice cream)
- Sweetened sauces
(barbecue, curry, carb-filled dressings)
- Grain-based granolas
- Meats with added sugars
- Sugary beverages
(soda, kombucha, juice)

Always check your food labels - especially on pre-packaged items - to learn the true carbohydrate content of your food.

You don't have to be wasteful

I know what you're thinking...

"I don't want to throw away tons of food!" and you don't have to. Here are some ways you can get those things out of your house without feeling wasteful:

- **Bring them to work**
- **Donate unopened, non-perishable boxed and canned food**
- **Give food to friends**



If you are living with others who are not following a ketogenic diet, you can create your own personal "keto friendly" shelves and drawers in your kitchen where you keep your yummy keto options. Then, do your best to keep their tempting treats out of sight and out of mind.

Thinking about the ketogenic diet as a diet of inclusion vs. exclusion was a game-changer for me. In other words, I decided I was going to focus on all the new foods I could eat instead of the foods I couldn't eat.

The only problem was, I had no idea where to start! Even with this positive mindset, I was a bit scared and overwhelmed because this was an entirely new way of eating for me. My food choices and grocery shopping list needed to change pretty drastically.

My biggest piece of advice is to get your hands on some keto cookbooks and go-to recipes. Two of my favorites are Diane Sanfilippo's [Keto Quick Start](#) and Suzanne Ryan's [Simply Keto](#). But, there are so many amazing books and blogs dedicated to keto cooking, don't be afraid to do some research and get creative!



Need some recipe inspiration?
[Check out our blog](#) for more
go-to keto favorites.



After reading through books, blogs and doing a lot more research, I realized how many foods really were available to me. Avocado, olives, nut butters, seeds, fatter fish and cuts of meat? YES PLEASE! I created a brand new grocery shopping list for myself. It looked something like this:

PROTEINS

BEEF

- Steak
- Prime Rib
- Veal
- Roast Beef
- Baby Back Ribs
- Ground Beef
- Corned Beef
- Hamburger
- Stew Meats

SEAFOOD

- Salmon
- Tuna
- Trout
- Catfish
- Shrimp
- Scallops
- Mackerel
- White fish
- Bass
- Anchovies
- Crab
- Lobster
- Clams
- Oysters
- Halibut, cod, mahi-mahi

POULTRY

- Chicken (*thighs, legs, sausage*)
- Turkey (*thighs, legs, sausage/bacon*)
- Duck
- Quail
- Goose

DAIRY

- Whole milk
- Greek yogurt
- Heavy cream
- Kefir
- Sour Cream
- Mayonnaise
- Butter/Ghee
- Cheese

OTHER

- Salami
- Pepperoni
- Prosciutto
- Eggs
- Bison
- Lamb
- Cold cuts (*turkey, chicken, roast beef, etc.*)
- Pork (*tenderloin, ham, chops, bacon, ground pork*)

CARBOHYDRATES

HIGH VOLUME VEGGIES

- Broccoli
- Cauliflower
- Onion
- Peppers
- Asparagus
- Brussels sprouts
- Celery
- Cabbage
- Spinach
- Kale
- Swiss chard
- Bok choy
- Olives
- Leeks
- Artichokes
- Cucumber
- Mushroom
- Leafy greens (*romaine, iceberg*)
- Lettuce
- Squash (*spaghetti, yellow, zucchini*)

FERMENTED VEGGIES

- Sauerkraut
- Salsa
- Kimchi
- Natto
- Pickles (*and pickled veggies: cabbage, cauliflower, peppers*)

LOW CARB FRUIT

- Avocado
- Strawberries
- Blueberries
- Blackberries
- Raspberries
- Cranberries
- Coconut
- Canteloupe
- Tomato

CONDIMENTS

- Mustard (yellow or brown)
- Soy sauce
- Coconut Aminos
- No/low-sugar salad dressings
- Hot sauce
- Liquid aminos
- Horseradish
- No/low-sugar ketchup
- Lemon/lime juice
- Sugar-free syrup

FATS

NUTS

- Almonds
- Hazelnuts
- Pecans
- Walnuts
- Pistachios
- Macadamias
- Brazil nuts

OILS

- Olive
- Coconut
- Avocado
- Fish
- MCT oil

SEEDS

- Flaxseeds
- Chia seeds
- Sunflower seeds
- Sesame seeds
- Pumpkin seeds

BUTTERS

- Cocoa
- Coconut manna
- Nut butters

ANIMAL FATS

- Bacon fat
- Poultry fat
- Lard
- Tallow

DRINKS

- Bone broth
- Raw milk
- Unsweetened nut milks
- Heavy creamer
- Unsweetened tea
- Unsweetened coffee
- No-sugar seltzer
- Cacao tea

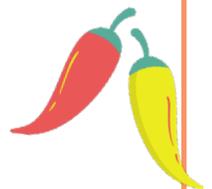
BAKING GO-TOS

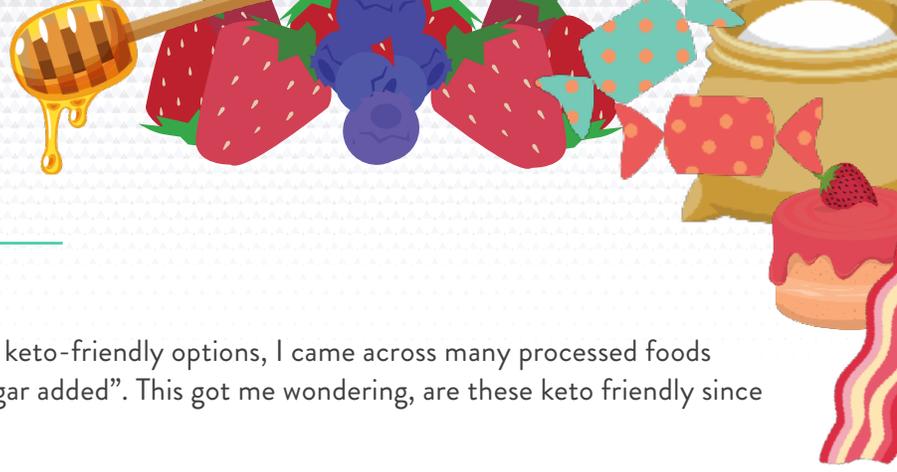
This is all about balance. Low-carb baking options are great if you need a treat but opting for whole foods as much as possible will allow you to optimize nutrient quality.

- Nut flours
- Cocoa powder
- Coconut flakes
- Psyllium husk
- Extracts (vanilla, mint, maple)
- Salt
- Baking soda
- Cacao nibs
- Stevia
- Monk fruit
- Erythritol

SPICES & HERBS

- Salt & Pepper
- Nutmeg
- Cinnamon
- Basil
- Oregano
- Coriander
- Parsley
- Sage
- Rosemary
- Thyme
- Cilantro
- Cumin
- Cayenne pepper
- Chilli powder
- Turmeric
- Allspice
- Fennel
- Cardamom





Sugar is SNEAKY

As I walked through the grocery store grabbing my keto-friendly options, I came across many processed foods that were advertised as “0g added sugar” or “no sugar added”. This got me wondering, are these keto friendly since they claimed that there were low- or no-carb?

After doing some research, I learned that these labels refer to no sugar added **during the manufacturing process** [24]. I also learned that sugar (and therefore, carbs) can sneak up in many different places under many different names like [25]:

Other Names for Sugar



Brown sugar
Honey
Malt syrup
Maple/pancake syrup
Fruit juice concentrates
Raw sugar
Granulated sugar

Fructose
Corn syrup
High-fructose corn syrup (HFCS)
Corn syrup solids
Dextrose
Nectars
Molasses

Glucose
Invert sugar
Cane sugar/juice
Sucrose
Lactose
Confectioners (powdered) sugar

Nutrition Facts

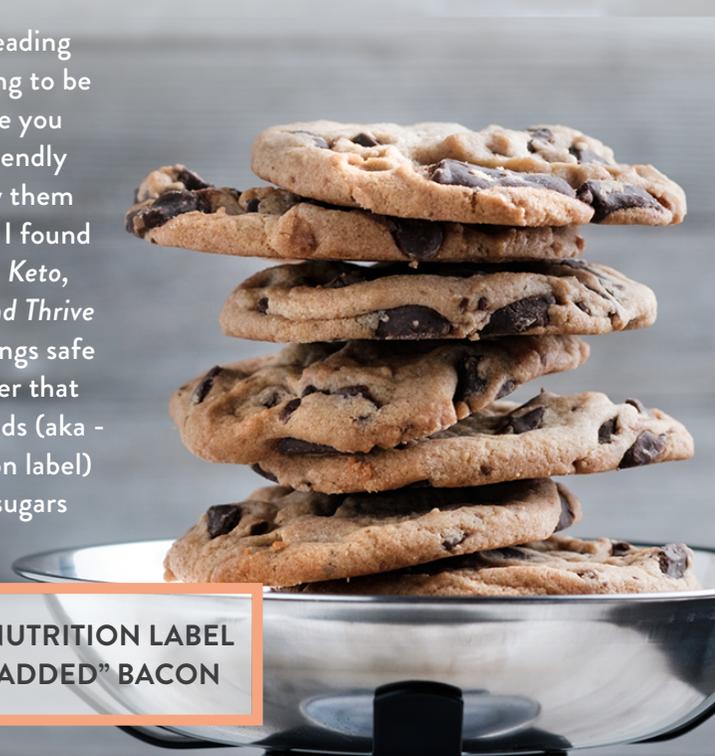
Serving Size 2 slices (24g)
Servings Per Container 6

Amount Per Serving		
Calories	110	Calories from Fat 80
		% Daily Value*
Total Fat	9g	14%
Saturated Fat	3.5g	18%
Trans Fat	0g	
Cholesterol	25mg	8%
Sodium	530mg	22%
Total Carbohydrate	0g	0%
Dietary Fiber	0g	0%
Sugars	0g	
Protein	8g	16%

*Percent Daily Values are based on a 2,000 calorie diet.

INGREDIENTS: Pork, Water, Salt, Turbinado Sugar, Dextrose, Celery Powder, Sea Salt.

I quickly learned that reading nutrition labels was going to be important. Luckily, once you find your go-to keto-friendly favorites, you can enjoy them without thinking twice. I found food brands like *Perfect Keto*, *Epic*, *Primal Kitchens* and *Thrive Brand* foods to keep things safe and delicious. Remember that keto-friendly whole foods (aka - foods without a nutrition label) won't have any sneaky sugars either.



CHECK OUT THIS NUTRITION LABEL FOR “NO SUGAR ADDED” BACON

Recording my Journey

I wanted and needed a way to record how I was feeling through this process. Even though I had not started eating keto yet, I knew from my research that there were going to be a lot of changes going on in my body. I committed to writing at least one page of reflection every single day of my 3-month keto journey.

EACH DAY, I DOCUMENTED



- My ketone levels
- My weight
- How I was feeling about my nutrition (things I learned, foods I was enjoying, how hard or easy it was to comply)
- How I was feeling in my skin (changes in energy, mood, hunger, mental clarity, even changes in my digestion!)
- Any changes to my training energy and performance

When I started journaling, I was doing it for me. I posted pictures of my entries on my [Instagram](#) story for daily accountability and received hundreds of questions and comments about my experience. As I began to make progress towards my goals and navigated the challenges and triumphs that came with “going keto”, I quickly realized that my learnings could benefit others.

Although I kept journaling for me, I also began journaling for you. This is really where my inspiration for this wrap-up came from! So, thank you!

My Journey

Getting started

Like everything in life, starting something new comes with a small adjustment period and a large learning curve.

There are a few things in particular that I learned and experienced through my first few weeks of eating keto. There were also different shifts going on with my macros, weight, workouts and the positive and negative side-effects I experienced. Let's break it down week-by-week and month-by-month:

WEEK 1 - METRICS

MACROS:

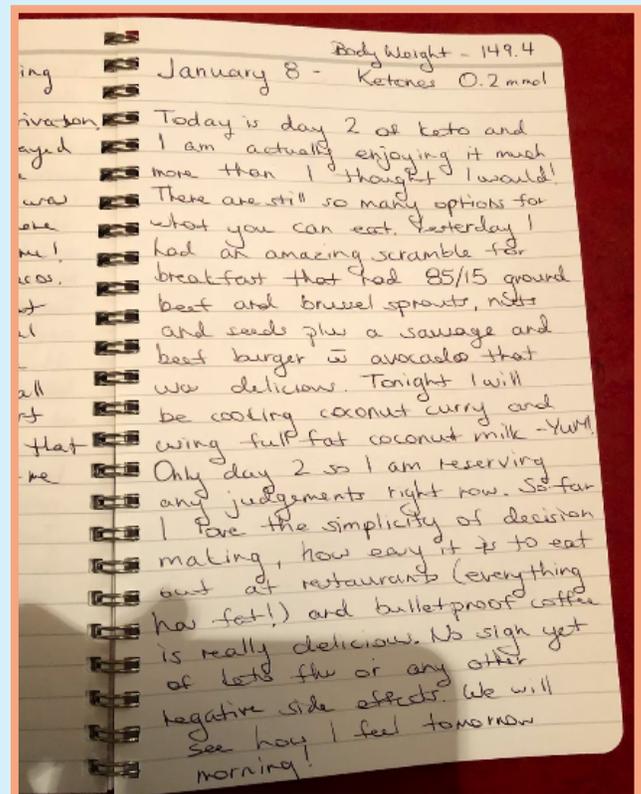
100P

20C

130F

WEIGHT:

My weight dropped from 152lbs to 147lbs. This was a little too fast for my liking so my coach and I began increasing calories right from the get-go (see Week 2 macros). Initially, fat and carbs were increased to see if I could slow down weight loss as well as stay in ketosis with more carbs.



WEEK 1: SIDE-EFFECTS

POSITIVE:

- I was more steadily awake and alert through the day.
- I quickly noticed that I no longer felt the need to push snooze! I was up and at em', sometimes before my alarm went off.

NEGATIVE:

- Because my body was adjusting to a new fuel source, there was definitely a decrease in my ability to push through my training sessions.
- Headaches and dizziness were the only symptoms of [Keto Flu](#) that I experienced. In week two, I share how I eventually combated this.
- I had intense cravings for some higher sugar/carb foods like pizza, cookies and ice cream. I vividly remember sifting through #foodporn on instagram drooling - would 10/10 not recommend doing this.

WEEK 1: BIGGEST TAKE-AWAYS

Like I mentioned in the "[Keto-fying my Environment](#)" section, one of my favorite things about trying the ketogenic diet was the way that it changed my food choices right off the bat.

Going from moderate/high carb to keto was a big switch and now that I had more room to play with high fat foods, I realized I absolutely loved them - nuts, seeds, olives, oils, dairy, fatty fish, red meat and more!

I was also quickly reminded that although higher fat foods are more satiating, they are lower in volume. I noticed that to get more volume, I had to load up on veggies. By the end of my journey, I was eating more leafy greens and veggies than I was when I was following a higher carb diet.

Here is a list of my go-to favorites that are high in fiber and volume:

High Fiber Foods

THAT ARE LOWER IN CARBOHYDRATES

Raw Coconut
Chia Seeds
Flax Seeds
Avocado
Spinach
Leafy Greens
Cucumbers
Radishes

Broccoli
Cauliflower
Asparagus
Mushrooms
Peppers
Zucchini
Tomatoes
Celery

What did this look like in practice? Here is a day of keto meals with tons of yummy volume. Through these four meals (and one delicious keto cookie) I was able to rack up 22g of fiber!

WEEK 1: A DAY OF EATING



Daily Macro Total:

119P | 53C | 174F | 22 Fiber

**** FROM RIGHT TO LEFT, TOP TO BOTTOM ****

MEAL 1: Spring mix, lemon garlic vinaigrette, smoked salmon, avocado, cream cheese, alfalfa sprouts and [Balanced Bites' Everything Bagel Seasoning](#).

22P | 13C | 42F

MEAL 2: Cooked cabbage, grilled chicken breast, greens, lemon garlic vinaigrette, pumpkin seeds and caesar dressing.

22P | 12C | 34F

MEAL 3: Steak and eggs with spinach and arugula.

42P | 2C | 29F

SNACK 1: Keto cookie from [Vincent Russell](#).

8P | 15C | 9F

SNACK 2: Peanut butter, heavy whipping cream and a dash of cocoa powder.

14P | 10C | 40F



WEEK 2: METRICS

MACROS:

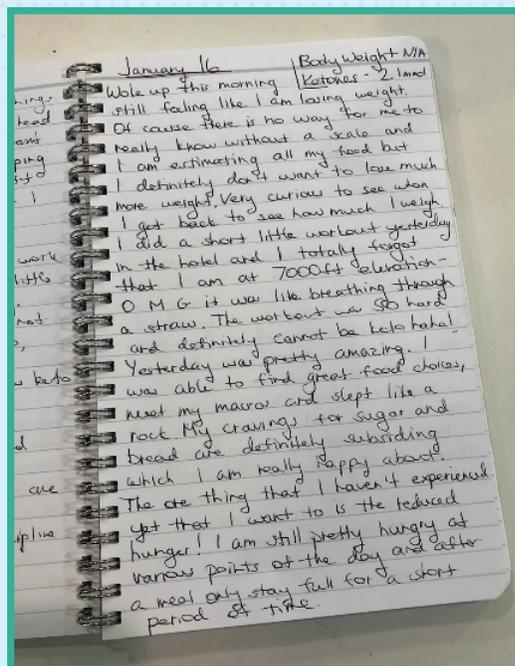
100P

40C

140F

WEIGHT:

In Week 2, my weight continued to drop from 147-144. Because I was still in ketosis (between 1.0mmol and 2.5mmol), we decided we had room to make another macro increase.



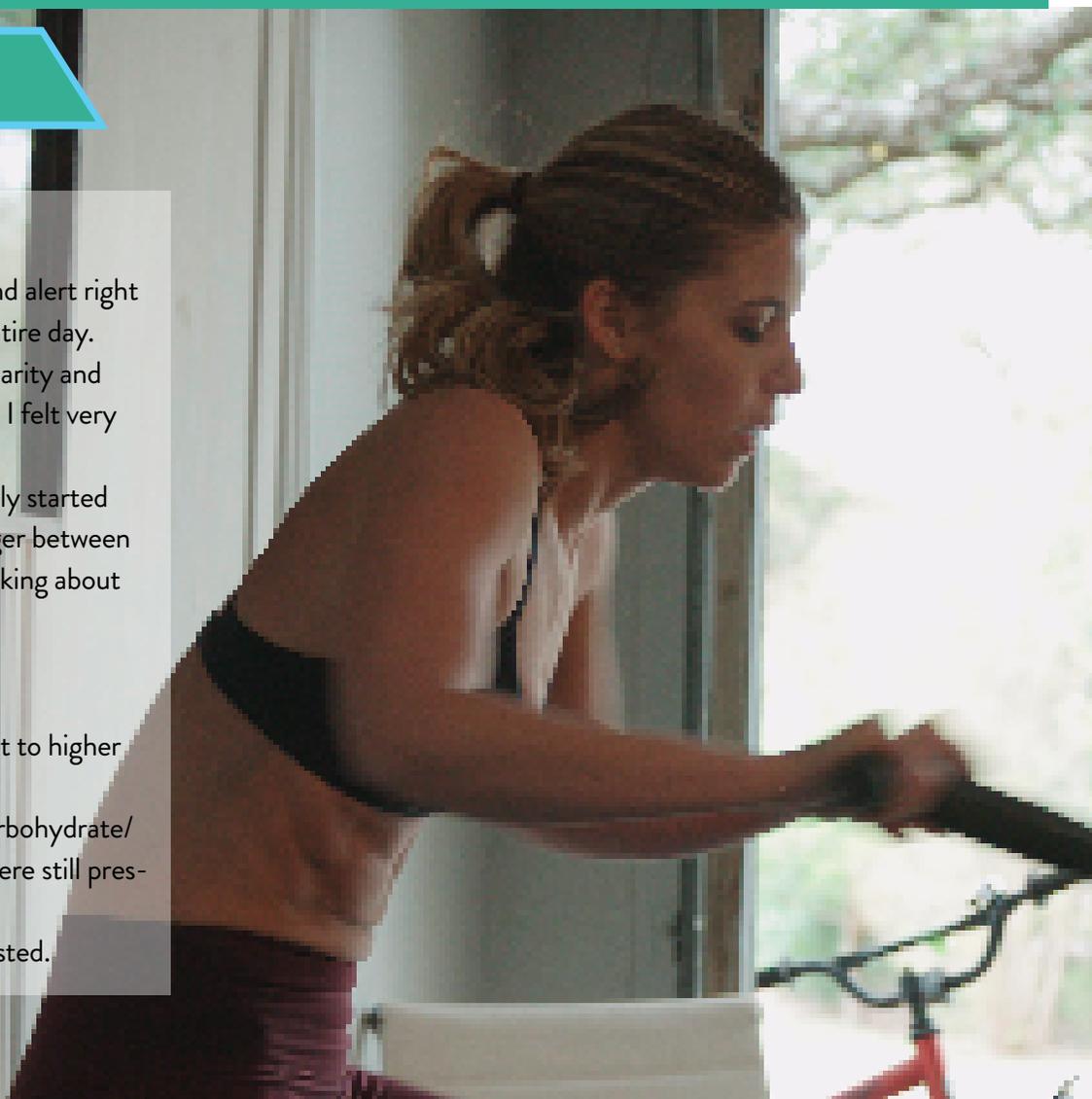
WEEK 2: SIDE-EFFECTS

POSITIVE:

- I continued to feel more awake and alert right when I woke up and through my entire day.
- I started to notice more mental clarity and ability to focus on the task at hand. I felt very present in each moment.
- This was also the week when I really started to notice that I could go much longer between meals without being hungry or thinking about food.

NEGATIVE:

- I was still finding it tricky to adjust to higher intensity training sessions.
- Although my cravings for high carbohydrate/sugar foods decreased a bit, they were still present in week two.
- My headaches and dizziness persisted.



WEEK 2: BIGGEST TAKE-AWAYS

I was still feeling low-energy in my workouts and lightheaded throughout my day. I knew that hydration was important and had read in many places that electrolytes were helpful in combating symptoms of Keto Flu. So, I really started to experiment with this.

This may have you wondering, what are electrolytes and why are they important?

Sodium, potassium, magnesium and calcium are the big four. These minerals play an important role in many body processes such as [14]:



1. Electrical signaling between cells
2. Maintaining fluid balance
3. Regulating heartbeat
4. Keeping your muscles firing correctly

Electrolytes come from the foods and drinks we consume. The ratio of water and electrolytes in your body is very tightly regulated. When carbohydrate intake decreases, insulin levels decrease as well. This causes the body to release more water and, in turn, electrolytes instead of storing them [14].

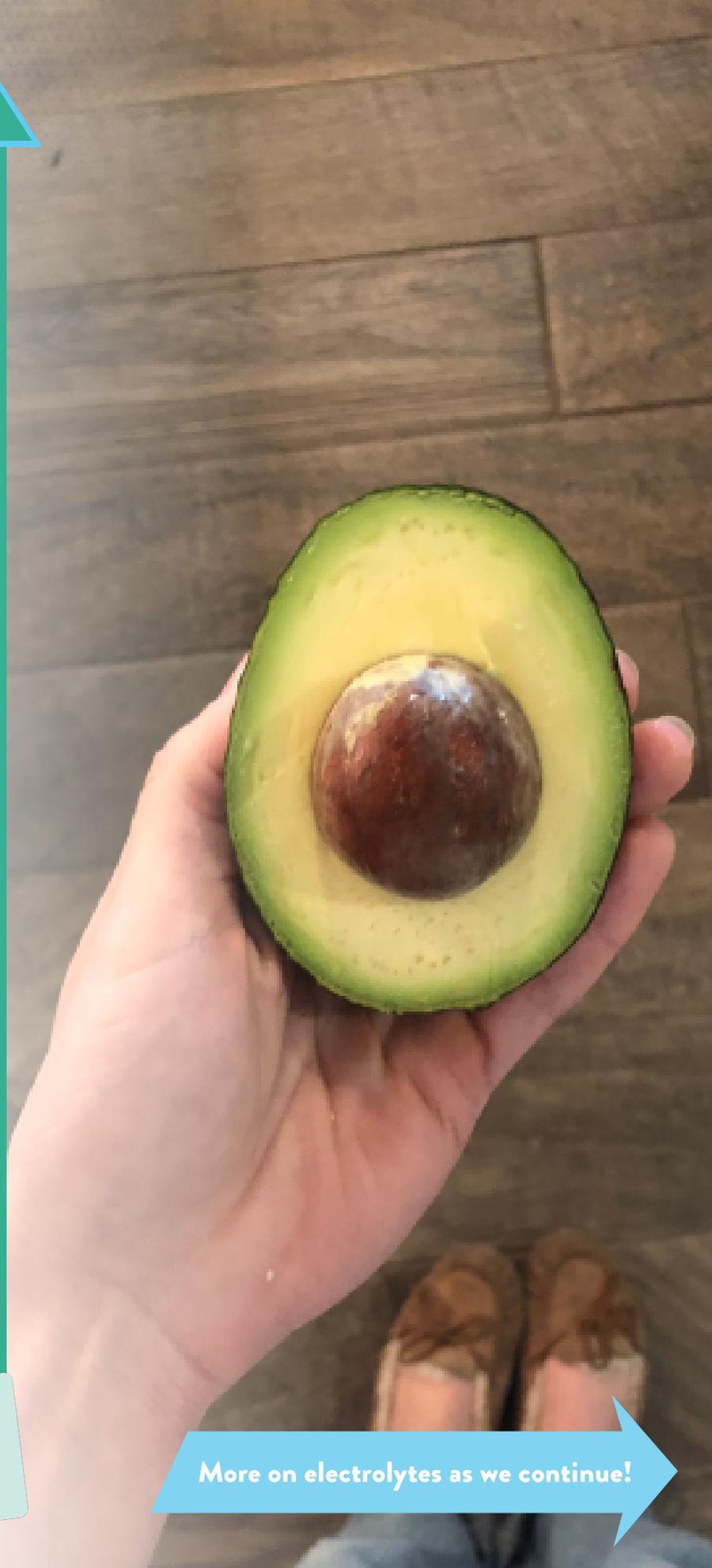
I started with the electrolyte pills from [Perfect Keto](#). I was taking 2 per day and although I felt a bit better, something was definitely still off. I chalked it up to still needing some adjustment time.

Na

K

Mg

Ca



More on electrolytes as we continue!

WEEK 3: METRICS

MACROS:

105P

45C

150F

WEIGHT:

My weight averaged around 144-145lbs during my third week.



WEEK 3: SIDE-EFFECTS

POSITIVE:

- I continued to lean out as my macros came up! This was the first time I had lost weight while still consuming this many calories.
- My energy in the morning and throughout the day continued to stay high.
- I was feeling full and satiated with my high fat and high volume food choices.
- I noticed a significant decrease in my stress and anxiety. This could have been due to my decrease in feeling like I “need” to eat right when I get hungry and/or my increased focus so I got through my to-do list much more quickly and efficiently.

NEGATIVE:

- Although better, my workouts were still not feeling as strong as I would have liked.
- I was still noticing some cravings, but less and less each week.

WEEK 3: BIGGEST TAKE-AWAYS

I was crushing my targets, I was consistently in ketosis and I was still feeling lightheaded and more rundown than normal. After sharing my experience with friends in the keto space, I realized that although I was taking what I thought to be “enough” electrolytes, I actually needed more.

I ended up switching to [Drink LMNT](#)'s electrolyte mix and took two full servings a day. One right when I woke up and one right before my workouts. This was a game changer for me.



It is extremely important to talk to a doctor if you're noticing extreme fatigue, lightheadedness and/or dizziness. What worked for me may not work for you and you need to experiment with electrolyte intakes that work for your body, your workouts and your goals. [A coach](#) and medical professional can help tailor your needs to YOU!

WEEK 4: METRICS

MACROS:

105P

45C

150F

WEIGHT:

My weight averaged between 143-145lbs. At just about one month into my keto journey, my weight was trending about the same, I was feeling great in my skin and I was coming up on some travel so we decided to keep my targets the same

WEEK 4: SIDE-EFFECTS

POSITIVE:

- Now that I nailed down electrolyte amounts and timing, my workouts improved and my lightheadedness disappeared.
- I was still loving my decrease in hunger and urgent “need” to eat before meals.
- My cravings for high carb/sugar foods were gone.

WEEK 3: BIGGEST TAKE-AWAYS

This was my first week traveling while following a ketogenic diet. We'll talk more about this in the [Lifestyle and Sustainability](#) section below. But, here is a sneak preview:

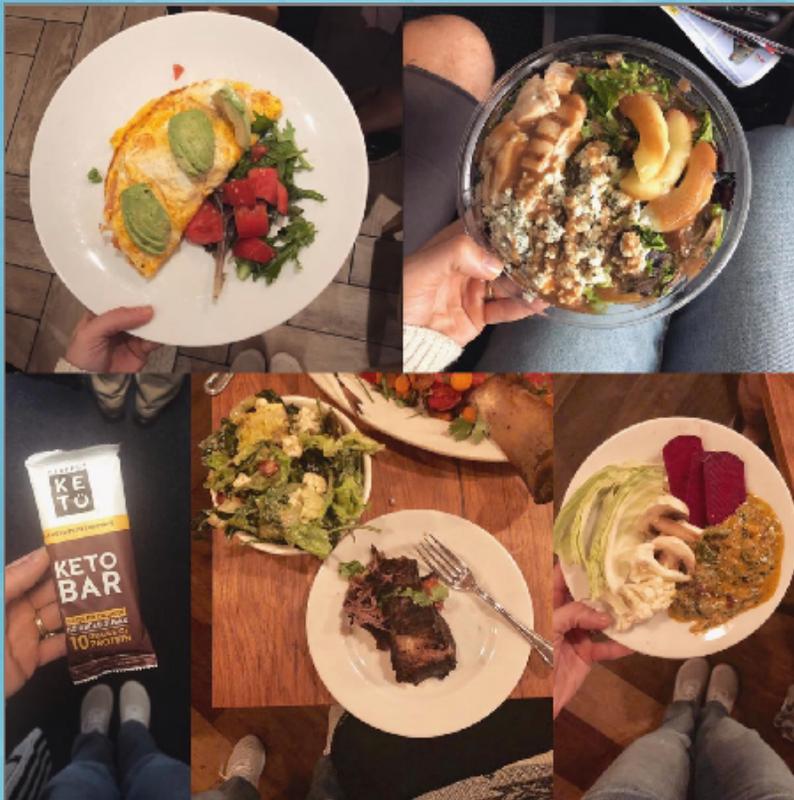
Traveling is MUCH easier when you're keto. At least it was for me. Not only do restaurants tend to cook with higher fat ingredients (it makes food taste delicious!) but with clear “yes” and “no” foods, I didn't spend as much mental energy deciding what foods to eat. I also knew that if I couldn't track perfectly and needed to rely on more estimation, as long as I stuck with keto-friendly foods, I would stay in ketosis.

Here is a look at what a day of eating looked like for me through airports, hotels and restaurants (yep, all three in one day!)





WEEK 4: A DAY OF EATING



Daily Macro Total:

118P | 40C | 154F | 18 Fiber

**** FROM RIGHT TO LEFT, TOP TO BOTTOM ****

MEAL 1: Smoked salmon omelette with avocado, arugula and tomato.

Estimated at: 36P | 9C | 28F

MEAL 2: Grilled chicken, apple and blue cheese salad with balsamic dressing. The salad came with candied pecans that I removed because I knew the sugary coating was full of carbs

Estimated at: 40P | 8C | 40F

SNACK 1: Perfect Keto [Almond Butter Bar](#)

10P | 12C | 19F

MEAL 3: Beef rib, side salad & raw cauliflower

Estimated at: 27P | 5C | 51F

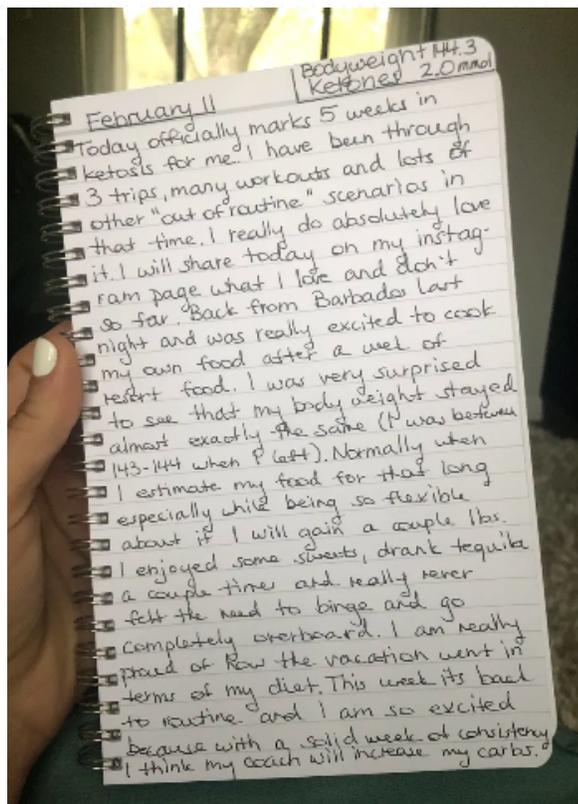
MEAL 4: Cheesy roasted artichoke and crawfish dip with a side of raw beets, mushrooms and iceberg lettuce for dipping

Estimated at: 5P | 6C | 16F

After the first month, my macros continued to change but not as often. I had already worked through most of the initial side effects that many people experience and continued to love the way I felt on a daily and weekly basis.

Here is a quick recap of the next few months...

MONTH 2



MACROS:

115P

65C

165F

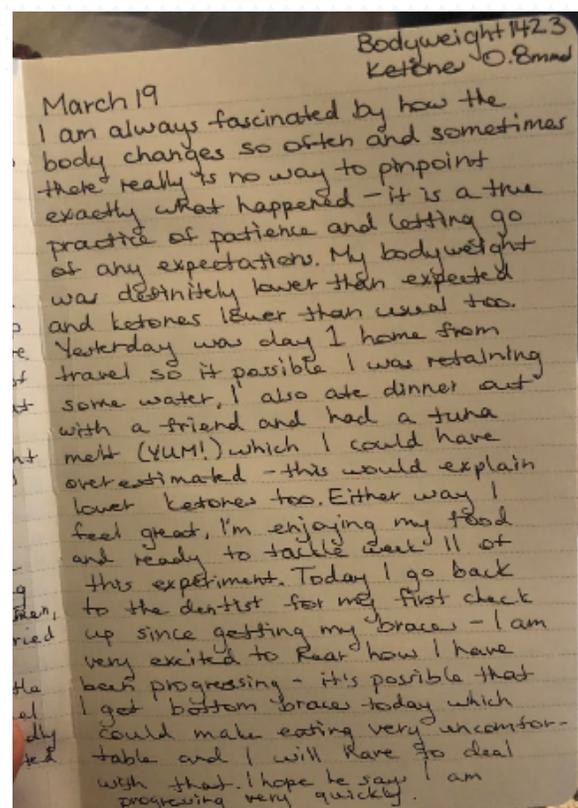
WEIGHT:

After a few weeks of traveling, my weight dropped down to 141lbs so my coach and I continued to increase calories to slow that weight loss down. We increased my macros across the board and kept ratios within keto ranges with about 70% of my calories coming from fat.

KETONES:

Ranged from 1.0 - 3.5 mmol

MONTH 3



MACROS:

115P

65C

165F

On days when I was training heavy lifts, we increased my carbohydrate intake to 80C. This was the final set of macros that maintained my weight and body composition at 142lbs. I timed my "extra" carbs right before and after my training session. This not only insured that my body functioned optimally through my workout but it also used up that glucose ASAP to keep me in ketosis.

KETONES:

Ranged from 1.0 - 3.5 mmol

Lifestyle & Sustainability

What is the BEST nutrition program?

The most successful nutrition program is one you can follow even in the harshest of circumstances and adapt when life throws you curveballs. That is why lifestyle and sustainability are inextricably connected. When a nutrition program fits your lifestyle needs it is more sustainable long term.

It is much easier to follow a nutrition program strictly when you have tons of time on your hands and can personally prepare and weigh every little thing that goes in your mouth. I do not have a lifestyle that allows for this 100% of the time and I'm willing to bet you don't either.

Through my work with tens of thousands of clients I've noticed a few sticking points that most people need to navigate at one time or another: traveling and eating out at restaurants.

My job requires a lot of travel and I also enjoy girls night at a restaurant with friends or date night with my husband. Sooner or later there will come a time when your diet will need to bend with you just like mine needs to bend with me. And, it is still possible to enjoy all that life has to offer while making nutrition decisions that support your goals.

Navigating restaurants while keto

Before going keto, I could still hit my macros at a restaurant but mentally, it was much tougher. Can you say [decision fatigue](#)? There were so many things on the menu I could eat. I would get overwhelmed with my choices and I often ended up indulging a bit more than I would have liked.

Once sugary, high carb foods (which are what I most often over indulged on) were off limits, it was much easier to stick to my nutrition plan when I decided to go out to eat. I generally stuck to salads, meat dishes and opted for veggies instead of the usual high carb side dishes.

That being said, there were still some really helpful steps I took each and every time:



MY HANDY KETO RESTAURANT TIPS:



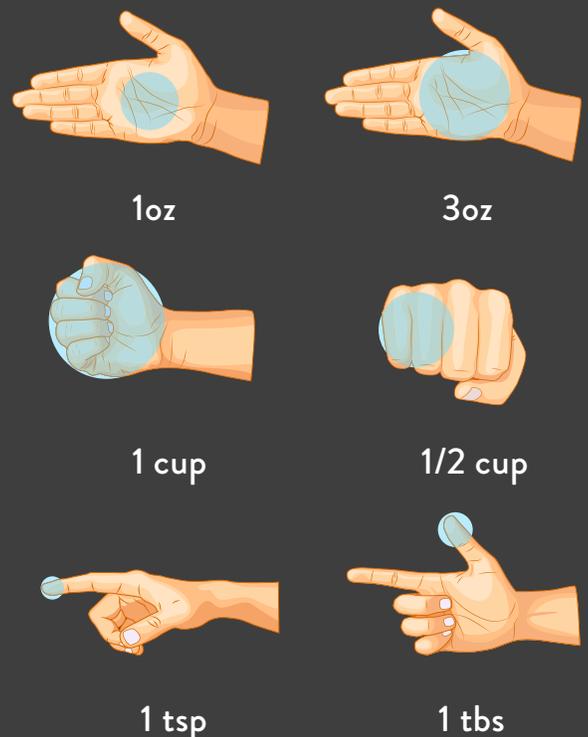
- 1 When possible, before heading to the restaurant I made my game plan by...
 - Looking up the menu online
 - Searching Yelp for restaurant and meal reviews to get an idea of portion size. I also used the photos on Yelp to help me decide what I wanted to eat.
 - Choosing my meal ahead of time and logging it (even if I needed to adjust it later) before arriving
 - Planning my day backward around it

- 2 If the restaurant was a last-second decision and I didn't have time to plan ahead, I still committed to estimating my food intake. Through experience, I've found that it is much better to estimate portions than to throw in the towel. This helps me to stay accountable and avoid the "if I'm not perfect, I may as well just go way overboard!" mindset.

- 3 There are a few ways I like to estimate my portions.
 - **I play the "guess how much it weighs" game** at home when I put food on my scale. This allows me to hone in on recognizing what portions of my go-to foods look like. Then, when I am at a restaurant I try to order foods I am most familiar with.
 - **I take a picture of my meal** if I've chosen not to pull out MyFitnessPal at the table (I don't like to even have my phone with me at dinner). This way, I have a visual of portion sizes so I can go back and estimate accurately after dinner.
 - **I take a photo of the menu** that had the description of the meal to assist me when estimating later
 - Before going inside **I look at how many macros I had available** so I can have a rough idea of what would work and what wouldn't
 - **I commit to being okay with not being perfect**
 - **I use my hands!** Here are some ways you can visualize portion sizes.

- 4 I kept an eye out for sneaky ingredients. This is the BIG one!! There are often carbs and artificial sugars hidden in places you haven't considered like:
 - Bread crumbs in ground beef or chicken mixtures
 - Full fat dairy
 - Sugars in marinades, sauces or dressings

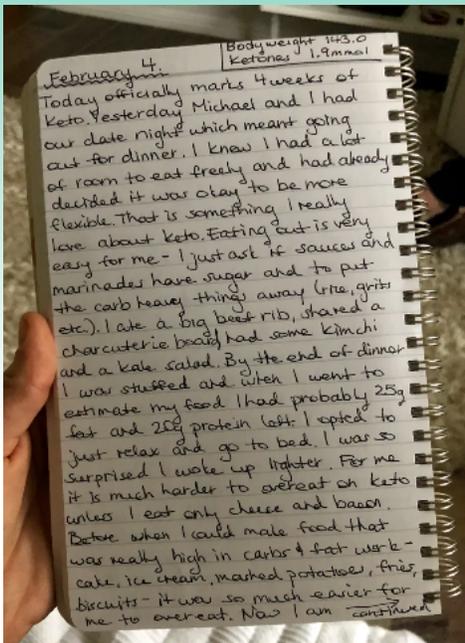
Check back to the [Keto-fying my Environment](#) section for a review of sugary words to look out



MY HANDY KETO RESTAURANT TIPS (CONT):

5 I always ask for what I need from my servers. Some of the most common things I asked for were:

- Specifics about the way foods were cooked (is it marinated in a sugary glaze?)
- Sauces on the side so I could moderate my portion
- Swapping greens for hamburger buns



You'll notice that most of these snacks allowed me to fill up my fats with healthy options. I knew that carbs and protein were going to be the "easiest" things to get on the go so I didn't worry about packing them.



6 If I ever felt stuck, I just asked myself, "what resembles what I would make at home most closely?"

I avoided foods I knew would kick me out of ketosis (check back to the [Keto-fying my Environment](#) section for a reminder) and did my best to create my version of a balanced, healthy plate.

Much like eating out, traveling was generally easier for me while following a ketogenic diet. Why? Once I had navigating restaurants down, I was ahead of the travel game since traveling usually involves eating out.

I could also use the same approaches like estimating ahead of time and asking for what I needed if I was staying with friends or family. As long as I was sticking to keto-friendly foods, all I needed to do was control for portion size and use snacks to fill in macro holes.

When I had a full day of travel ahead of me, there were a few things in particular I made sure to pack...

KETO PACKING LIST

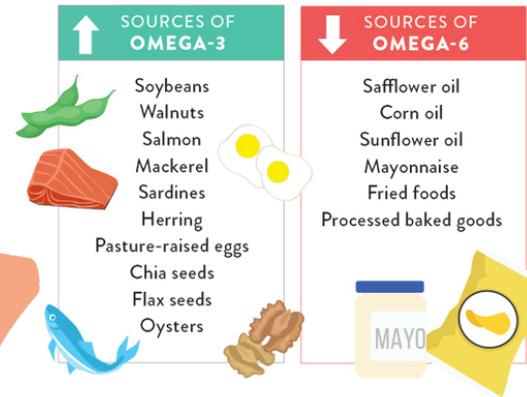
- ✓ [MCT Oil Powder](#). The Salted Caramel flavor from Perfect Keto is my favorite! I still use this almost daily.
- ✓ MCT Oil, Coconut Oil to put into coffee.
- ✓ Electrolytes! These were a [game changer](#) for me and I knew I needed to keep em' close if I was going to feel my best on the road. My favorite are the ones from [DrinkLMNT](#) - the lime citrus tastes like a virgin margarita!
- ✓ Seeds, nuts and nut butters. Single-serving options were quick and easy to throw in my bag and munch on if I needed a snack.
- ✓ [Keto Bars](#) were also convenient when I was on the go.

Who may the ketogenic diet be good for?

A sustainable nutrition plan allows you to eat the foods you love and enjoy experiences in life while still making progress towards your goals. It is also one that supports your lifestyle and unique health needs.

As I neared the end of my three-month keto experiment, I began to analyze the side effects and benefits I experienced. This led me to the question: who is the ketogenic diet good for? Is there anyone that should think twice before giving it a try?

By combining my personal experiences and a lot of research, here is what I discovered:



KETO MAY BE BENEFICIAL IF...

- 1 You have joint inflammation:** Because keto requires a reduction in high-inflammatory, processed sugars, high glycemic foods and processed fats, it can also lead to a decrease in bodily inflammation [28]. Excessive inflammation can cause pain, discomfort, decreased recovery from workouts and even increased risk of chronic disease [28].

Keto also encourages increased consumption of healthy, anti-inflammatory omega-3 rich foods like egg yolks, fatty fish, MCT oil, grass-fed beef, avocado oil, nuts and seeds and greens.

- 2 You have struggled with weight loss/body composition changes:** As I shared in [My Story](#), this is one of the main reasons I decided to give keto a go. I had been tracking with a more “balanced” macro breakdown and my weight loss was stalling. If you have struggled with weight loss or body composition changes following a more conventional diet approach, switching it up may be just what you need to get a boost of progress and motivation!

- 3 You are in a high performing job:** If you have a high-stress and/or high-performing job that requires efficiency and precision, a ketogenic diet may give you an edge on mental clarity and focus.

- 4 You love high fat foods:** I love high fat foods. When you enjoy the foods you’re eating (not including those that may be harmful to your health), you’re much more likely to stick with your nutrition plan.

- 5 You have a past history with head injuries:** When doing a bit of research about who may benefit from a keto diet, I learned that people with traumatic brain injury (TBI) and concussions can increase and sharpen mental performance and improve memory by following a keto diet [26].

- 6 You have insulin resistance or Type 2 Diabetes:** Reducing carbohydrates can improve symptoms of insulin sensitivity and in some cases make symptoms disappear [27].

****IF YOU HAVE ANY MEDICAN CONDITIONS PLEASE SPEAK TO YOUR DOCTOR BEFORE STARTING ANY TYPE OF DIET PLAN.****

- 7 You are gluten intolerant:** Most gluten-containing foods (wheat products, rye, and barley) can also kick you out of ketosis. So, following a keto diet can be easy and beneficial if you’re already cutting these sources out of your routine.

Who may NOT benefit from keto?

Just like any nutrition program, there are people who may benefit and people who may not. **If you have any medical conditions you should speak to your doctor first before starting any type of diet plan.**

KETO MAY NOT BE BENEFICIAL IF...

- 1 You have Type 1 Diabetes:** *If you have Type 1 Diabetes, you do not produce insulin and with a very low carb intake comes a drop in insulin levels. This puts you at a higher risk of developing ketoacidosis if you're not tightly regulating your insulin levels. Ketoacidosis is serious and often life-threatening. It occurs when blood acidity rises dramatically due to high ketones combined with high blood sugar levels leading to impaired functioning of organs like the liver and the kidneys [29].*
- 2 You are pregnant:** *There are certain aspects of a ketogenic diet that can be beneficial for a woman who is pregnant like a focus on healthy fats and whole foods. And, a lower carb intake that still includes fruits, vegetables, seeds, nuts, legumes and dairy can help supply necessary nutrients during pregnancy. That being said, there are very limited studies that have explored the long-term effects of a ketogenic diet on pregnancy. It is also really important to take the fat loss that often comes with a keto way of eating into account because this should generally be avoided during pregnancy [30].*

REMEMBER YOUR NUTRITION DURING PREGNANCY IS HIGHLY INDIVIDUALIZED AND SHOULD BE REFERRED OUT TO YOUR OBGYN AND/OR A WAG PREGNANCY COACH.
- 3 You have goals to bulk up or put on mass:** *As I shared in [My Journey](#), the ketogenic diet thrives when weight loss is the goal. Bulking up and putting on mass will require you to eat in a caloric surplus which can be trickier when hunger is extremely low due to increased fat intake [9]. It is also important to remember that carbohydrates are very effective in muscle rebuilding and recovery [31]. A very low carbohydrate diet can make mass gain happen more slowly which could get frustrating.*
- 4 You prefer a vegetarian or vegan diet:** *Keto is definitely easier for a vegetarian because of allowance for dairy consumption [32]. However, both plant-based eating preferences pose a challenge to getting enough protein and fat without overeating carbohydrates or developing nutrient deficiencies.*
- 5 What you're doing right now is working for you:** *If it ain't broke, don't fix it! Whether you're a serious athlete in the middle of a season or you simply love the foods you're eating right now with a more balanced macro intake, if your current nutrition program is working for you and helping you achieve your goals (performance, aesthetic, lifestyle etc.), you don't need to change a thing. I know it is really easy to get caught up in the sexy new thing everyone is trying, but keto isn't going anywhere. You can always give it a shot when the timing is right!*

As I learned, whether or not a ketogenic diet is sustainable long-term depends on unique goals and medical needs. This research led me to my next question and one you're likely wondering as well. As I neared the end of my three month keto journey:

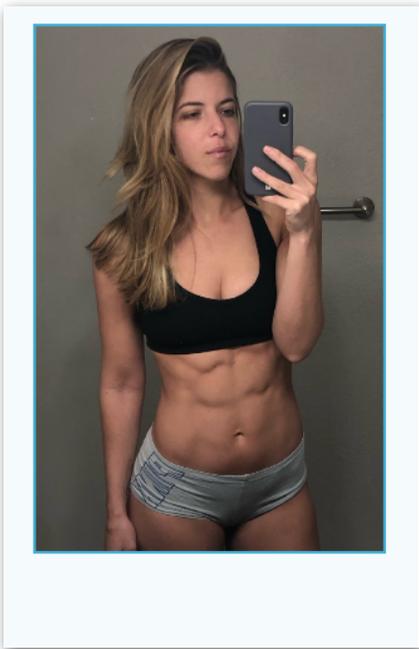
WHAT WERE MY ULTIMATE RESULTS AND WHAT COMES NEXT?

Should I stick with it? Will it continue to be successful and enjoyable for me? Where does keto fit in with my lifestyle as a long-term eating style?

Results & What Comes Next

My Results

I absolutely loved following a ketogenic diet protocol and I will continue to implement what I learned and habits I built well into my future. The mental benefits that I noticed most were:



- Decreased cravings
- Lower anxiety
- Diminished preoccupation with food In the past I would eat one meal while already thinking about my next.

On top of the mental benefits, I physically had more stable energy throughout the day, leaned out while eating more calories and felt comfortable in my skin again.

What next?

Now that I have an understanding of how keto can work for me I plan on remaining lower carb going forward as this way of eating supports my current goals. Check back to the [“Who is the Ketogenic Diet Good For?”](#) and [“Who May Not Benefit from Keto”](#) sections to evaluate if a low-carb approach supports your goals. My current goals may be different than yours and that is okay!

My plan is to begin testing various carbohydrates to see how my blood sugar responds using the 7-Day Carb Test described in Robb Wolf’s [“Wired to Eat”](#). Here is what this will look like for me:

“I am excited that I can use keto as a tool in the future if I am looking to lose some body fat or “reset” after some time being less diligent with my nutrition. My Keto Experiment has left me feeling confident in my food choices and proud of the quality of food I am putting in my body.”

MY FUTURE KETO PLANS

1. Eat 50g of net carbohydrates (total grams of carbohydrates minus total grams of fiber) from one source at a time.
2. Test my blood glucose to see the response to that food. This will allow me to see which specific foods spike my blood sugar and how long my blood glucose stays elevated for which indicates a carb sensitivity to that source.
3. Continue to prioritize vegetables, some fruit, quality-sourced meats, and healthy fats.
4. Minimize processed and refined sugars.



Wrap Up & Bonus Content



DOWNLOAD YOUR KETO
MEAL - PLANNING TOOL

Still thinking it over?

Maybe you've decided to give it a shot solo or you want to sign up with a [keto coach](#)! No matter what, having some extra resources at your fingertips as you make that decision will help set you up for success.

Trying different diets is not just about finding what works best for you (although that is awesome too) it is also about building the skills, confidence and knowledge in nutrition to be able to handle whatever life throws your way.

Imagine you got really sick and you needed to follow a nutrition protocol that was different from what you currently eat - for example - low protein. Without having any experience changing your nutrition, building new habits and creating understanding of where you find protein and how to control it, this would be very difficult.

Now imagine someone really important to you had something come up in their life. Maybe your mother was sick and it was recommended that she follow the Ketogenic diet. If you have no experience with it yourself, or trying out different nutrition protocols, then you would probably have a really hard time helping her and supporting her in following it appropriately.

No matter which nutrition regimen you follow or what food choices you make I believe it is important to do so consciously. Take the time to understand why certain nutrition programs work, how you feel eating in different ways, and building discipline around your nutrition. That way when you choose a way of eating you are doing so from a solid foundation not just "I eat this way because it tastes good to me". Experimenting with nutrition allows you to consciously choose which diet to follow based on data, results and experience.

At WAG we truly believe in finding a nutrition program that fits your lifestyle, helps you live the life you love while achieving your

What do you think? Is keto right for you?

Throughout this wrap-up, I've shared shopping and food lists, pictures of my journals and meals and other infographics full of tips and tricks! As an added bonus, I want to share a keto meal planning tool with you.

[**CHECK IT OUT!**](#)

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