

Low Carb (Keto) Diet Guide

What is a Low Carb Diet? A low carb diet is a diet that restricts carbohydrates, such as those found in sugary foods, pasta, and bread. It is high in protein, fat and healthy vegetables.

Why choose a Low Carb Diet? Studies show that low carb diets benefit individuals by decreasing weight and improving their health.

Where to learn more about Low Carb dieting: On “You Tube” watch the 2017 documentary film, “The Magic Pill”. (Currently also on Netflix - as of 2018)

Join these Facebook Groups for support and recipe ideas:

1. Lazy Keto for Beginners
2. Low Carb Inspirations
3. Pinterest—search “Keto” or “Low-carb recipes”

How to read a Nutrition Facts label:

Nutrition labels are based on single serving amounts.

The facts will tell you how many servings per container.

The goal for this Low Carb diet is to eat 50 grams of carbs per day.

1. Look for the line **Total Carbohydrate**
2. minus the **Dietary Fiber**
(example: 14 - 1 = 13 carbs per serving)

Nutrition Facts	
Serving Size 1 ounce	Servings in bag 4
Amount Per Serving	
Calories 155	Calories from Fat 93
	% Daily Value*
Total Fat 11g	16%
Saturated Fat 3g	15%
Trans Fat	
Cholesterol 0mg	0%
Sodium 148mg	6%
Total Carbohydrate 14g	5%
Dietary Fiber 1g	5%
Sugars 1g	
Protein 2g	
Vitamin A 0%	• Vitamin C 9%
Calcium 1%	• Iron 3%
* Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	

What areas of the grocery store should I shop in? Basically, shopping in the “outside aisles” where whole foods are found is your target area. These are—produce (nuts, fruits and vegetables), Meats (raw; not pre-packaged from a factory), and Dairy aisles.

Eat these foods:

- **Meat:** Beef, lamb, pork, chicken and others. Grass-fed (un-cured meats) are best.
- **Fish:** Salmon, trout, haddock and many others. Wild-caught fish is best.
- **Eggs:** Omega-3 enriched or pastured eggs are best.
- **Vegetables:** Spinach, broccoli, cauliflower, carrots and many others.
- **Fruits:** Apples, oranges, pears, blueberries, strawberries.
- **Nuts and seeds:** Almonds, walnuts, sunflower seeds, etc. (these are easy to over-eat)
- **High-Fat dairy:** Cheese, butter, heavy cream, yogurt. (cheese is easy to over-eat)

What foods should you avoid? You should avoid these 7 foods in order of importance:

- **Sugar:** Soft drinks, fruit juices, agave, candy, ice cream and many others.
- **Gluten Grains:** Wheat, spelt, barley and rye, including breads and pasta.
- **Trans Fats:** “Hydrogenated” or “partially hydrogenated” oils.
- **High Omega-6 seed and Vegetable Oils:** Cottonseed, soybean, sunflower, grape seed, corn, safflower and canola oils.
- **Artificial Sweeteners:** Aspartame, Saccharin, Sucralose, Cyclamates and Acesulfame Potassium. **USE STEVIA INSTEAD.**
- **“Diet” and “Low-Fat” Products:** Many dairy products, cereals, crackers, etc.
- **Highly Processed Foods:** If it looks like it was made in a factory, don’t eat it.

*You **MUST** read ingredients lists, even on foods labeled as “health foods”*

Other items you may eat: All of these may be worked into your Carb Count with moderation.

- **Wine:** Choose dry wines with no added sugars or carbs.
- **Dark Chocolate:** Choose organic brands with 70% cocoa or higher.

Dark chocolate is high in antioxidants and may provide health benefits if you eat in moderation. However, be aware that both dark chocolate and alcohol will hinder your progress if you eat/drink too much.



Quenching your thirst:

- Coffee—find a “bulletproof” coffee recipe you like to increase your fat intake and keep you feeling full.
- Tea
- Water
- Sugar-free carbonated beverages, like sparkling water - (not diet sodas)

BASIC LOW-CARB SHOPPING LIST (organic and grass-fed foods are best)

- | | |
|----------------------------------|---|
| • Meat | • Olives |
| • Fish | • Fresh vegetables |
| • Eggs | • Frozen vegetables |
| • Butter | • Salsa Sauce |
| • Coconut Oil | • Condiments: sea salt, pepper, garlic, mustard |
| • Lard | |
| • Olive Oil | |
| • Cheese | |
| • Heavy Cream | |
| • Sour Cream | |
| • Yogurt (full-fat, unsweetened) | |
| • Blueberries (frozen are OK) | |

*****It is important to clear your refrigerator and pantry of all unhealthy temptations such as : chips, candy, ice cream, sodas, juices, breads, crackers, cereals and baking ingredients like wheat flour and sugar*****

Sample Low-Carb Menu For One Week

Based on 50 Carbs/Day

BEST SUCCESS TIPS: (1) Try to fast for 16 hours per day. Eat only 8 hours per day. Example—eat breakfast to early supper or skip breakfast and eat lunch to supper. (2) Use fats (such as MCT oil, coconut oil or ghee [clarified butter]) to help decrease appetite so you can complete the 16 hour fasting.

MONDAY

- **Breakfast:** Omelet (option; add various vegetables), fried in butter or coconut oil.
- **Lunch:** Grass-fed yogurt with blueberries and a handful of almonds.
- **Dinner:** Cheeseburger (no bun), served with vegetables and salsa sauce.

TUESDAY

- **Breakfast:** Bacon and eggs.
- **Lunch:** Leftover burgers and veggies from the night before.
- **Dinner:** Salmon with butter and vegetables.

WEDNESDAY

- **Breakfast:** Eggs and vegetables, fried in butter or coconut oil.
- **Lunch:** Shrimp salad with some olive oil.
- **Dinner:** Grilled Chicken with vegetables.

THURSDAY

- **Breakfast:** Omelet with various vegetables, fried in butter or coconut oil.
- **Lunch:** Smoothie with coconut milk, berries, almonds and protein powder.
- **Dinner:** Steak and veggies.

FRIDAY

- **Breakfast:** Bacon and eggs.
- **Lunch:** Chicken salad with some olive oil.
- **Dinner:** Pork chops with vegetables.

SATURDAY

- **Breakfast:** Omelet with vegetables.
- **Lunch:** Grass-fed yogurt with berries, coconut flakes and a handful of walnuts.
- **Dinner:** meatballs with vegetables.

SUNDAY

- **Breakfast:** Bacon and eggs.
- **Lunch:** Smoothie with coconut milk, a bit of heavy cream, chocolate-flavoured protein powder and berries.
- **Dinner:** Grilled chicken wings with some raw spinach on the side.

HEALTHY LOW-CARB SNACKS:

Have some of these foods available to eat for the first 3 days as your body changes from fueling with carbs to fueling with ketones (produced as fat—is broken down and used as energy).

On Day 4 you will start to experience the increased energy and the decreased appetite. If you go over the 50 carbs per day, you will go through another period of burning those carbs first and have to restart the keto phase.

- A piece of fruit
- Full-fat yogurt
- A hard boiled egg or two
- Baby carrots
- Leftovers from the night before
- A handful of nuts
- Some cheese and meat

EATING AT RESTAURANTS

1. order a meat or fish-based main dish.
2. Ask to have your food fried in real butter.
3. Ask for extra vegetables instead of bread, potatoes or rice.
4. If serving portions are extra big, ask for food container to take 1/2 home (for lunch) prior to eating your meal.
5. Fast food with the grandkids? Most places now offer healthy alternatives on the children's menu—order one for yourself and ditch the buns or order one of many healthy salads.

OTHER FOODS FOUND LOCALLY

- Zero noodles (found near the fresh vegetables)
- Riced cauliflower (fresh and frozen)
- Zucchini noodles (frozen) Fresh (at Tom Thumb—or make your own)
- Gluten free crackers and pretzels—Wal Mart
- 70% in gluten-free aisle
- Atkins bars
- P3 portable protein pack (this does not need refrigerated)

*Credit for a portion of the information compiled in this guide comes from:
healthline.com*

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