



EASY KETO LOW-CARB RECIPES

KETO LOW-CARB SHARI MAC

You Have Everything to Lose

DO I NEED TO CALCULATE MY MACROS?

The answer is yes! Calculating your macros for Keto Diet success is vital.

"Macros" or macronutrients include carbohydrates, protein, and fat. All of your calories come from these categories. Each category plays a unique role in supporting your health and fitness goals and in helping you lose that unwanted weight. The Keto Diet comprises the following macros:

- 70-80% fat from total daily calories
- 5-10% carbohydrate
- 10-20% protein

HOW DO I CALCULATE MY MACROS?

You can find many free Keto Macro Calculators online. You can also use the Macro breakdown below to determine your macro requirements.

To calculate your macros as a percentage, divide the calories from each macro into your daily calorie needs and multiply by 100%. For example, $(80/1800) \times 100\% = 5\%$ calories from carbs. $(600/1800) \times 100\% = 33\%$ of calories from protein.

Calorie Needs:

Start with your fitness goals. Your meal plan must reflect these goals, and this will determine the number of calories you require each day. Weight loss requires a calorie deficit. With this in mind, you can build your Keto macro goals. Remember it will take a little time to figure this out. Don't get discouraged.

Fat Needs:

Fats are the densest form of energy. It takes more space to store fat than either protein or carbohydrates. You can get fat from various animal and plant sources if your macros are off. If your fat intake is high and you're consuming too many carbohydrates, you will use the carbs as energy and store this fat. Some of the most common types of fat on a Keto Diet are dairy, meats, poultry, fish and seafood, avocado, coconut cream, and healthy oils. In the beginning, stick to healthy fats (avocado, olive oil, nut butter). Eat beef and dairy in moderation.

Carbohydrate Needs:

Carbs are your body's preferred energy source. Why? Because carbs are less dense than fat and are super accessible in the body. Our body converts carbohydrates mostly into glucose for immediate energy and glycogen or fat as stored energy. Glucose is the main source of fuel for our cells. After eating rice, wheat (bread and pasta), potatoes and other starchy foods, our body stores the carbs in our liver and muscles as glucose. The stored form of glucose is made up of many connected glucose molecules and is called glycogen.

On the Keto Diet, the objective is to deprive our body of carbohydrates and use fat as energy. In carbohydrate deprivation, the liver transforms fat into acids called ketones, which the body uses for fuel. This process, referred to as Ketosis, normally begins after three or four days of restricting your carbohydrate intake. Be patient. Everyone's body moves into Ketosis differently and at different rates. If you're doing this diet with others in your home, don't measure your success against theirs.

Most plant-based foods contain carbohydrates. Vegetables have carbohydrates and fibre. To calculate our net carbs in a meal, we subtract the fibre from the carbohydrate count. This process gets you to your net carbs.

As stated, in a state of Ketosis and deprived of glucose, your body uses fat as energy. This process helps lower insulin and glucose, contributing to weight loss.

ALERT! Some carbohydrates we don't count on the Keto Diet. These are the carbohydrates found in Keto compliant natural sweeteners. The reason is that sugar alcohols in these natural sweeteners, like stevia and erythritol, do not affect blood sugar as regular carbs do. During your meal calculations (especially dessert), you can subtract the carbs from the sweetener to get to your overall net carbohydrate count.

Calculating your carbs is the most important step in the Keto Diet. It will take a little time to get efficient at this process. Reducing carbs over time will promote this state of Ketosis. Don't give up! Your body is a unique vessel that ONLY you can figure out. It's a journey, not a sprint. It takes time for your body to begin working as a well-oiled Keto machine!

Protein Needs:

Protein serves many functions in our body's cells. Proteins act as enzymes that catalyze chemical reactions, provide structural support, regulate the passage of substances across the cell membrane, protect us against disease, and coordinate cell signalling pathways.

Protein provides the body with essential amino acids that it can't create naturally or indirectly. Protein helps to build and retain muscle mass. During a meal,

protein slows down the digestion of other nutrients – preventing blood sugar spikes. It allows your body to utilize glucose as fuel. Protein sources come from animals (meat and dairy) and plants. Meat and dairy are common. Plant-based sources include peas, tofu, nuts and seeds, protein powders and leafy greens. If you are doing strenuous exercise, such as lifting weights or body building, your body will require more protein than someone who is more sedentary. Increase your protein intake to 30% and reduce your fat.