



EASY KETO LOW-CARB RECIPES

## **KETO LOW-CARB SHARI MAC**

*You Have Everything to Lose*

**In starting the Keto Diet, we can make a few mistakes that can either halt or delay ketosis and slow our weight loss. Here are a few mistakes that can sabotage your progress if you're not paying attention to your health:**

### **NOT TRACKING MACROS:**

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Tracking macros is a phrase to explain the act of writing down your food intake and its components – calories, fat, protein, and carbohydrates. Calculating your macros can be done on paper, in a book, through an app, or in a journal.

When you are just starting this diet, it is important to count macros to understand where the calories derive and how this affects your body. Not all calories are created equal nor do they necessarily offer the same quantity and quality of nutrients. Counting macros helps you to form healthy eating habits. Many people start Keto, lose weight, and then go back to the old habit of eating unconsciously and not counting. This often leads to that nasty weight coming back. Keep counting until doing so becomes a healthy, automatic habit.

### **NOT TAKING ELECTROLYTES:**

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Electrolytes are minerals we all need, especially when undertaking the Keto Diet. We must keep these minerals in balance. If low in electrolytes, you may get what many refer to as the 'Keto Flu.' You may experience low energy, muscle cramps, brain fog, headaches, weakness, insomnia, even exhaustion.

Broken down to its simplest form, an electrolyte is a mineral that conducts electrical charges in your body, allowing nerve cells to communicate. This process helps our hearts beating, our body moving, and our mind thinking.

Electrolytes also regulate our hydration -- water distribution inside and outside your cells. Hydration keeps your skin moist and supple, your blood flowing smoothly through your veins, and your brain suspended in cerebrospinal fluid. The electrolyte minerals are sodium, chloride, potassium, magnesium, calcium, phosphorus, and bicarbonate.

## Sodium:

We want to eat more whole foods on the Keto Diet. Eating this way means adding salt to your diet is up to you. Losing sodium without replenishing it causes a parallel loss of potassium. This state can cause weakness, muscular cramps, constipation, irritability or skin problems.

## Chloride:

Chloride is a mineral naturally found in various foods. However, our primary dietary source is sodium chloride called table salt. This mineral helps to regulate fluid and nutrients going through your body's cells. Chloride also helps our body maintain proper pH levels, as well as stimulating stomach acid for digestion, stimulating the action of nerve and muscle cells, and facilitates the flow of oxygen and carbon dioxide within our cells.

## Potassium:

While animal protein is high in potassium, much of this mineral is stripped away through the cooking process. It's important to include Keto savvy foods in your diet that are high in potassium. Some of these are:

Electrolytes enter your body through food and expel through urine, sweat, and faeces. At the same time, your kidneys and a group of hormones (insulin, aldosterone, renin, angiotensin, and antidiuretic hormone) work together to help your body to maintain healthy electrolyte levels.

SOURCE	POTASSIUM
Spinach (2 cups)	330 mg
Chicken Breast	330 mg
Salmon (3 ounces)	326 mg
Beef (3 ounces)n	315 mg
Avocado (1/2)	230 mg
Asparagus (1/2 cup)	202 mg

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## Magnesium:

Our body requires magnesium to synthesize protein, control blood sugar, and manage over 300 other biochemical reactions. When we exercise, lose sleep, or feel stressed, this can deplete our magnesium levels. On the Keto Diet, eat foods high in magnesium, such as oysters, mussels, and leafy greens. Dark green veggies are high in chlorophyll. The core of the chlorophyll molecule is magnesium. The darker the green, the higher the magnesium.

SOURCE	MAGNESIUM
Spinach (1 cup cooked)	157 mg
Swiss Chard (1 cup cooked)	154 mg
Pumpkin Seeds (1/8th cup)	90 mg
Oysters (3 ounces)	80 mg
Plain Yogurt	50 mg
Avocado (1/2)	30 mg

## Phosphate:

Phosphate contributes to bone and teeth health. This mineral is also used as a building block for several important substances in the body, including those used by the cell for energy, cell membranes, and DNA (deoxyribonucleic acid).

## GETTING TOO MUCH PROTEIN:

A proper Keto Diet incorporates moderate protein. Consuming too much protein can interfere with ketone production by the liver. Keep in mind that the amount of protein you need will also depend on your level of exercise.

If you lift weights you may need more protein than someone who walks gently as a form of exercise. Most people require between 1.5 to 1.75 grams of protein per kilogram of your \*reference body weight. This is not your current weight. Your requirement is calculated by how much you should typically weigh for your height. (Phinny 1983, Davis 1990). The right amount of protein allows you to maintain lean body mass and function during your ketogenic diet.

Taking in more than 2.0 grams of protein per kilogram of weight offers no additional benefits, unless you are doing strenuous exercise.

*\*Reference body weight is an arbitrary value for men and women based upon the medium frame values from the 1959 Metropolitan Life Insurance' Ideal Body Weight' tables. (Met Life, 1959) Using these values allows protein intakes to be based roughly on normal lean body mass rather than total body weight. Note: 'reference weight' is an arbitrary value used to estimate daily protein needs—it is not a weight.*

It's also important not to go below the 1.5 to 1.75 grams of protein per kilogram of referenced body weight. Too little or too much protein can negatively impact the many benefits of ketosis. It's just a process to figure out what your body needs. How to determine your protein needs can be something you figure out as you move through this journey.

## **NOT GETTING ENOUGH FIBER:**

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Dietary fibre, known as roughage, is a portion of plant-derived food that human digestive enzymes cannot completely break down. Dietary fibres are diverse in their chemical composition. The solubility, thickness, and fermentability of fibre affects how the body processes it. Fibre helps extract waste from the colon. It increases in weight and size and softens your stool, normalizing and maintaining your bowel health. Sufficient fibre in the diet also contributes to the following benefits:

- Increasing good gut bacteria
- Reducing the risk of some cancers
- Helping to detoxify the body
- Contributing to strong bones
- Lowering cholesterol levels
- Lowering the odds of heart disease
- Helping to control blood sugar levels
- Helping to lower Type 2 Diabetes
- Aiding in weight loss and maintenance
- and overall helps us live longer

There are 2 main sources of fibre – soluble and insoluble.

Soluble fibre dissolves in liquids and becomes gel-like in the digestive tract. Insoluble fibre, unlike soluble fibre, does not dissolve. This form of fibre remains intact and is responsible for what people call "roughage."



Without enough fibre, you can suffer from Keto Constipation. However, there is no fibre deficit in a well-formulated Keto Diet. A well-thought-out Keto plan will incorporate high-fibre foods and low-glycemic (Keto-compliant) vegetables.

On a well-balanced Keto Diet, the best sources of fibre include:

- Almonds
- Artichoke
- Asparagus
- Avocado
- Broccoli
- Brussel sprouts
- Cabbage
- Chia seeds
- Cauliflower
- Collard greens
- Flaxseeds
- Green drinks and smoothies
- Hemp seeds
- Metamucil
- Pecans
- Pistachios
- Pumpkin seeds
- Raspberries
- Sauerkraut
- Unsweetened coconut
- Walnuts
- Wheat bran
- Zucchini

## **EATING TOO MUCH DAIRY:**

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Remember that dairy products like cheese come from milk. Milk has natural sugars. So watch the carbohydrate content of your cheeses and other dairy products. Too much cheese can increase your carb count. So read the nutritional label on your dairy products. Hard cheese has lower carbs than fresh cheese. Too much dairy can also cause bloating and diarrhoea. As an alternative you can make your own vegan cheeses from almonds and cashews.

Many people doing the Keto Diet avoid cheese all together due to an allergy to dairy. Dairy allergy symptoms include:

- Hives
- Diarrhea
- Nausea
- Wheezing
- Itching or tingling feeling around the lips or mouth
- Swelling of the lips, tongue or throat
- Coughing or shortness of breath
- Vomiting

It is important to note that a dairy allergy is not the same as lactose intolerance. However, both require the elimination of dairy products from your diet. Some of their symptoms do overlap. Lactose intolerance is a problem of the digestive system, while a dairy allergy is an immune system issue.

## **EATING UNHEALTHY FATS:**

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One of the mistakes people doing Keto often make is eating too much of the wrong fats. Because fat intake is optimal on Keto, people tend to go overboard with foods high in unhealthy fat, such as bacon or eating too much dairy.

An important unhealthy fat to avoid all together is called trans fat. This fat is found in packaged and processed foods – even foods packaged as Keto! Too much trans-fat in your diet can increase the risk of increased bad cholesterol, heart disease, cancers, blood vessel disease and more.

Healthy fat is essential to our health and this diet. As noted, on the Keto Diet, fat becomes the fuel source instead of carbohydrates. Fat also helps to build and maintain vital membranes for your body's cells. The fats you should focus on are called monounsaturated and saturated fats. They should provide most of your dietary fat intake to supply the body with energy.

Monounsaturated and saturated fat sources include olive, avocado, and canola, along with animal fat and organic lard. Lard has the most monounsaturated fats at 48 per cent, after olive oil t 77 per cent. Monounsaturated fats help to lower blood cholesterol levels and help our body maintain healthy cells. Lard is healthier for you than butter. Just be sure to avoid highly processed and hydrogenated lard, as it has no health benefits. Look for unprocessed, pastureraised lard.



Most animal fats, such as dairy fat, beef and lamb, and tropical oils like coconut and palm oil, are saturated. We use saturated fats for fuel.

Consume Polyunsaturated fats in small quantities. They are highly concentrated sources, such as soybean, corn, sunflower, safflower, cottonseed, and peanut oils. Two sub-classes of polyunsaturated fats, omega-6 and omega-3, are essential to consume in small amounts for membrane health. Our bodies do not produce these fats naturally.

## FATS AND OILS CHART

OIL SOURCE	SATURATED	MONOUNSATURATED	POLYUNSATURATED
Coconut Oil	92%	6%	2%
Palm Kernel Oil	86%	12%	2%
Butter (cream, cheese)	68%	28%	4%
Palm Oil	51%	46%	10%
Beef Fat	50%	46%	4%
Lard	41%	47%	12%
Macadamia Nut Oil	17%	80%	3%
Olive Oil	14%	77%	9%
Avocado Oil	14%	71%	15%
Canola Oil	7%	63%	28%
High Oleic Safflower	7%	75%	12%