

Natalie Kordon

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# **14 Days Ketogenic Meal Plan New**

Easy Guide for Beginners –  
The Keto Reset Diet

**Natalie Kordon**  
**14 Days Ketogenic Meal**  
**Plan New. Easy Guide for**  
**Beginners – The Keto Reset Diet**

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**Аннотация**

I really appreciate your dedication and efforts to download this book that is intended for guiding and motivating some other individuals. If you have decided to jump into the amazing world of Ketogenic Diet, then you have most certainly come to the right place! This whole book has been written in the Ketogenic world without any worries.

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Meal Plan New  
Easy Guide for Beginners –  
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**Natalie Kordon**

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# Introduction

I really appreciate your dedication and efforts to download this book which is among a series of other books that are intended for guiding and motivating some other individuals.

If you have decided to jump into the amazing world of Ketogenic Diet, then you have most certainly come to the right place!

This whole book has been written in a very friendly and easy to understand manner that would very easily catapult you into the Ketogenic world without any worries.

And the best part is that, even if you are an absolute amateur in this field, you will still be able to jumpstart your diet with ease!

Throughout the book, I have included a good number of amazing recipes alongside a terrific meal plan to give you a firm idea of your diet.

Nowadays, a healthier body and an ideal weight is the desire and concern of many people. Many people (and maybe you) have tried a lot of dieting methods with all of the hard treatments. Some individuals may prefer to pay expensively to attain the ideal body weight they had desired.

Responding to this fact, in a relatively short period many dieting methods are popping up. Surely, all of them offer the fastest way to lose your weight. Completing with awesome programs, all of these dieting methods seem too good to be

ignored. Once a dieting method is promoted, a troupe of people is tempted to try. Even, they may jump from a dieting method to another dieting method.

The fact is that no matter how hard people have tried, it seems that there is no progress at all. Some people may lose pounds of weight and gain many kilos in a short period. How can this happen? Surely, all of the dieting methods are good. However, everyone has a different body condition. This is why; a method that is good for somebody may not be effective to the other one. It is important to know which dieting method that suits to your body so you will effectively reach your ideal body weight without wasting your time.

Ketogenic diet can be said to be a dieting method that encourages the liver to produce more ketones. Normally, after the mealtime, your body will change the carbs you consume into glucose. Glucose is chosen as the main energy source as it is the molecule in the human body that is easiest to convert. As glucose fulfills the need of energy for the body, the fats stay and heaped up in your body.

By this ketogenic dieting method, the number of carbs intake is tightly limited and the body will reach a condition called ketosis – a condition where the body tries to survive when the food intake is low. As a response to this condition, the liver will change fats into ketones that will be used as the energy resource. By doing this dieting method, hopefully, the amount of fats in the body will reduce so you will reach your ideal body weight with

healthier body condition.

Besides an ideal body weight and healthier body that will take you away from many dangerous diseases such as type 2-diabetes, high cholesterol level, etc.; another interesting advantage of having ketogenic diet is that you will feel lightweight and surely be more energetic. Moreover, as your health is better you can say good-bye to acnes and get a fresher appearance.

Read on to enjoy the great recipes outlined in this book!

# What is Ketogenic Diet or Ketosis?

The general definition of the word “Keto” is derived from a bodily metabolic process known as “Ketosis.” This process is what allows to body to lose weight so fast while under a Ketogenic Diet.

In the simplest and Layman’s terms, the definition of the word “Keto” is derived from a process known as Ketosis.

What is Ketosis you say? Well, it is the process through which the body releases a chemical called Ketones which significantly helps to lower down the level of fats in our body and sustain all your activities well. When there is scarcity of carbohydrate from the food you take, the fat in your body is burnt to provide that energy, which your carbohydrate could not provide. As a consequence of the process, ketones are produced.

An important aspect that you must keep in mind is that you should not get confused between ketosis and ketoacidosis, which is an even more harmful procedure that takes place in the body. However, if you have adequate fat in your body, the ketones are not made use of.

Most importantly, a balanced diet is the best way to have a great metabolism as the optimum amount of fat is burnt and also whether the ketones will be burnt or not is regulated. And if a diabetic with untreated diabetes has ketosis, it is a sign that the hormone insulin is not being optimally utilized in the body.

I will tell you how that works in just a bit.

But, let's get back to Ketogenic Diet first.

So, the primary aim of a Ketogenic Diet is to basically down your carbohydrate input to a very basal and minimal level, while at the same time doubling on your fat intake.

And this is precisely why Ketogenic Diet has also been known as a High-Fat-Low-carb Diet all around the world.

Thanks to that, Ketogenic Diet is also called "High-Fat-Low-Carb Diet" amongst people of different niche.

However, before fully explaining how a Ketogenic Diet works you need to learn to appreciate how the body controls its Glucose and Insulin levels.

To make things clear and easy, whenever our body is taking up a significant amount of Carbohydrate, the production of glucose and insulin start to rise as well.

One thing you should know, though, that Glucose is a pretty flexible convertible molecule, which the body uses whenever energy is required.

Alternatively, Insulin works as a means of countermeasure if the level of glucose in the bloodstream goes beyond normal levels. If the degree of glucose in the blood is low, insulin levels lower down. On the other hand, if the glucose level rises, insulin helps to lower it down.

You might be wondering now, what does all of these have to do with losing your weight right?

Well, whenever your body is in a constant supply of glucose,

it starts to break it down rather than fat to get the energy! So, burning down Fat is entirely avoided here.

Even if you end up running all day and are in need of an energy boost, the fat just stays there in your body instead as the glucose is being burned for the energy, causing the fat to keep accumulating.

As long as you are on a high carbohydrate diet, the fat levels won't come down because the body is always breaking down Carbohydrates.

And this is where Ketogenic Diet kicks in!

Whenever your body is derived from a good supply of carbohydrate, it throws the body into a state of "Ketosis" where it will release the aforementioned chemicals called "Ketones."

Ketones then greatly help to encourage the burning down of fat from our body.

And Since fat is usually present in abundance in our body, the body always feels energetic to the core.

### **History of Ketogenic Diet**

The Ketogenic Diet became very trendy as a treatment for epilepsy seizure in the mid 1920s and 30s. It was developed to give a substitute for non-mainstream fasting, which had established triumph as a therapy for epilepsy. On the other hand, the diet was ultimately discarded due to the beginning of new anticonvulsant therapies. Though it emerged that the majority cases of epilepsy could be efficiently restricted by using

these medications, they were still unsuccessful to attain epileptic control in around 20% to 30% of epileptics. For these folks, and mainly children with epilepsy, the diet was re-introduced as a method for the administration of the condition.

The part of fasting in the management of the disease has been acknowledged by mankind for thousands of years and was first considered by Greek physicians and Indian physicians. An early thesis in the Hippocratic Corpus, “On the Sacred Disease,” depict how a modification in diet play a role in epilepsy organization. The similar author also explains in “Epidemics” from the collection, how a man was treated for epilepsy when he desist consumption of food or drink. These days, the same diet is being considered in the medical community with applications to all sorts of diseases. Certainly, most of the medical interest in the diet is aimed to increase a line of “ketone” drugs to copy the diet. Ketones, which the body can create at some stage in fasting or “starvation,” are substitute energy source for those who are insulin defiant. Insulin resistance is seen as the main cause of numerous diseases. A study shows that a diet rich in fat or low in carbohydrates and protein could preserve ketosis for a long period of time. This study also led the development of Ketogenic diet.

### ***Normal Diet VS Ketogenic Diet***

With a normal diet, the body produces insulin and glucose. Glucose is the easiest form of energy the body can convert to utilize, so it's chosen over any other energy source in the

body. Insulin is created to process the glucose that's in your bloodstream. Because glucose is being used as the main source of energy, the fats you consume are not needed and are stored. Usually, on a normal diet filled with carbohydrates, the body uses glucose as its main fuel. With farming and modern agriculture, a normal diet for many people includes a diet with a large portion of calories coming from foods high in carbs such as wheat, rice, potatoes, etc.

Keto diet limits the amount of carbohydrates you consume. Minimal energy is available from glucose, and the body resorts to burning fat. The fat is converted to ketones and the ketones fuel the body. With Keto diet, ketones are the main fuel source for the body. The result is fat burning. In a state of ketosis, individuals often report being able to feel the fat burning, a steady energy flow, increased awareness, and a sharp mental focus.

Ketogenic diet draws some similarities to other low carb diets including Atkins and Paleo. These low carb diets are more similar to a hunter gatherer diet in which carb consumption was limited to carbs found in fruits and vegetables.

### ***Transitioning to Ketosis***

To begin the ketogenic diet, you'll need to plan ahead. This means having a diet plan already in place. Diet will largely determine how quickly you can enter into ketosis. The more carbohydrates restricted, the faster you will enter this state. Normally, anywhere between twenty and thirty grams of net carbohydrates is recommended for a daily Keto diet. The lower

you keep glucose levels, the faster your results will be. Once you enter ketosis, the key to consistent fat and weight loss is commitment. Commitment and consistency with the diet will lead to RESULTS.

### *Net Carbohydrates Explained*

To begin the diet, you first need to know what a net carbohydrate is. It's simple. Net carbohydrates are carbohydrates minus fiber. For example, a cup of broccoli has six grams of carbohydrates in one cup. There are two grams of fiber in one cup. Therefore, take six grams and subtract out the two grams of fiber, this gives you a net carbohydrate of four grams per cup of broccoli.

### *Ratio of Calories for Ketogenic Diet*

Here are the three main sources of calories (macronutrients) you need to know about and the standard ratio for Keto diet. These are flexible, however to enter and maintain ketosis, this works for most individuals.

- Fats: 70%
- Proteins: 25%
- Carbohydrates: 5%

### **Advantages of Ketogenic Diet**

As I have already mentioned the ketogenic diet is not really a diet at all. It is simply a lifestyle eating plan that takes us back to a way of eating that we evolved with and is therefore natural and familiar for our bodies. Let me brief you about the different advantages and benefits of going into a Ketogenic Diet!

– Increased “Good” Cholesterol- eating a high fat diet, HDL and LDL cholesterol will increase. These are the good cholesterol which help prevent heart disease. Your levels of HDL (good) cholesterol will go up and your risk of blood vessel inflammation will go down. I know that I keep coming back to this but one of the biggest mistakes people make when first trying the ketogenic diet is that they do not fully embrace the importance of fat. The whole precept of this regime requires that you lose your fear of fat and start to see it as the primary fuel on which the body feeds. Too many people fail to enjoy the keto benefits simply because they do not eat enough fat and they then feel hungry and so revert to their all fallback position of eating carbohydrate. All this will achieve is that it will kick your body out of ketosis and you will be eating lots of fat whilst on a high carb diet. This is a sure fire way to fail.

– Lower “Bad” Cholesterol- If you’re someone who suffers from cholesterol complications, the ketogenic diet can improve your triglyceride levels, which are the ones associated with the buildup of “bad” cholesterol in the arteries. A good Keto diet will help you to lower the levels of bad cholesterol so to prevent arterial blocks from occurring.

– Stable Energy. Energy taken from burning body fat will always keep you energetic since body fat is present in abundance in our body. When you give the body a better and reliable energy source, you’ll feel more energized throughout the day. Fats allow the body to steadily burn fuel for very stable energy levels. No

more spikes and crashes!

– Improved hbA1c and CRP – Adopting keto diet will help you by allowing you to have better readings in hbA1c and CRP levels. These are regarded as markers that indicate whether or not your general well being is adversely affected.

– Balanced Glucose Levels- Many studies have shown the decrease of LDL levels over time eliminates ailments such as Type-2 Diabetes. You will experience more balanced blood sugar levels. The levels of LDL will decrease which will make the body less prone to suffer from Type-2 Diabetes

– You won't always feel hungry. This eating method does not require that you be in a constant state of hunger or semi hunger. That needs to fight your body's constant desire for more food will simply no longer be an issue.

– Ketosis helps to improve skin condition and prevent acnes or skin inflammation from taking place.

– Gum related ailments – People fond of sweets and sugar based goodies are susceptible to gum diseases as the pH of the mouth changes remarkably. If you can continue ketogenic diet plan for a period of 3 and 4 months, you will notice that you have got rid of any tooth problem you had before like tooth decay and gum inflammation.

– Brain Disorder Prevention- by fueling the body and brain from ketones, instead of glucose, brain disorders such as Alzheimer's, Parkinson's disease, and epilepsy can be prevented and treated.

– Weight Loss- This is one of the main benefits of the ketogenic diet. The body burns fat as the main fuel source in this diet, so you'll be burning off the pounds quickly!

– Mood stabilizer – Ketone bodies that are formed in as a result of ketosis helps in stabilizing the neurotransmitters. Serotonin and dopamine are essentially worked upon, which contributes to the mood enhancement feeling in an individual that has taken up the ketogenic diet.

– Aids digestion- If you have trouble in digesting food it improves gut health.

– Relief from heartburn – Individuals suffering from GERD can heave a sigh of relief as these symptoms disappear fully. It has been observed that people taking grains and sugar based food items at night are prone to heartburn. So, eliminating sugar or having less sugar in the body helps you to do away with the problem of heartburn or GERD.

– Lose Stubborn Fat-abdominal fat and fat surrounding the organs can be hard to lose with just calorie restriction. Keto diet is very effective at burning away stubborn belly fat.

– Triglyceride readings improve – One of the most significant achievements of adopting ketogenic diet is that as the carbohydrate level of consumption is minimized, the triglyceride levels also drop significantly. Triglyceride level: HDL is a marker of heart disease and should be monitored carefully at regular intervals.

– Clearer thought process – There are times when our thought

process becomes hazy and we are not clear about our objectives and goals. It is during this phase that we tend to suffer from depression, anxiety, and tend to imbibe all negative thoughts. This negative attitude is reflected in our behavior and health. If you have adopted keto diet, it won't be long when you will have a better mindset and better ability to take decisions and judge.

– Better sleep patterns – Studies and research has also proved that with this kind of diet plan, there was marked improved in sleep patterns in individuals that had problems in sleeping and the ones that suffered from problems related to sleep apnea.

– Better managed blood pressure – If you are used to eating high carbohydrate food items, over a period of time, you will find out that your blood pressure is gradually escalating. However, for the effective control of blood pressure, switch over to a ketogenic diet, which controls blood pressure in a remarkable manner. It might also happen that your GP will suggest that you reduce the number of medicines you are taking to control blood pressure.

– Improved joint coordination – As we grow older or if we strain our muscles and joints too much, it is quite likely that we end up injuring ourselves and eventually the joints become stiff and painful. You can do away with these troubles if you start living on a keto diet.

But what about the other benefits of Ketogenic Diet, other than trimming down your weight you ask?

– A Ketogenic diet directly helps to increase the level of fat burnt throughout the whole day through exercise and daily

activities

- Increased Awareness- people often report increased awareness and mental acuity while following this diet.
- A Keto Diet will cause the body to consume a significant amount of protein, consequently promoting the weight loss of the body.
- When the body is restricted from consuming Carbohydrates, the calorie intake will also lower down further contributing to weight loss.
- A process called Gluconeogenesis will kick in as well which will cause the body to burn even more fat.
- Decreased appetite. Speaking of burning fat, A Ketogenic diet will also help you to Suppress your Appetite, so you won't have to go out and eat now and then and bulk up, even more, fat. Fat is a more satisfying fuel source and ends up leaving you feeling fuller for a longer period of time. If weight loss is your goal, a decreased appetite can help you successfully achieve your calorie deficit goals

# Ketogenic Diet Plan

What is your health and fitness goal? Weight Loss? Cutting fat? The meal plan should be designed based on your motivation and desired outcome.

If your goal is weight loss, it's as simple as entering a state of ketosis and maintaining a calorie deficit. However, if you don't enter ketosis, or fail to maintain ketosis, weight loss goals may be compromised. You must enter ketosis, maintain that metabolic state, and in order to have successful weight loss with Keto. This means eating a diet high in fat, moderate in protein, and low in carbohydrates. For cutting fat and maintaining your weight, it's as simple as entering and maintaining ketosis and maintaining a calorie balance.

## *Calorie Deficit Explained*

The weight loss, weight gain, and weight maintenance formulas are simple. It comes down to calorie intake vs calorie expenditure (energy needs)

Weight maintenance:  $\text{Calorie intake} = \text{Calorie expenditure}$

Weight gain:  $\text{Calorie intake} > \text{Calorie expenditure}$

\**Weight loss: Calorie intake < Calorie expenditure\**

## *Macros Explained*

You hear people at the gym tossing the word back and forth like a kettlebell. Macro. Macro this, macro that. What exactly is it?

Macros stand for macronutrients. You hear people at the gym tossing the word back and forth like a kettlebell. *Macro*. Macro this, macro that. What exactly is it? Your macros are the daily intake of the three main nutrients that affect weight and your overall health, which are fats, protein, and carbohydrates. Fats have 9cals/gram, proteins and carbs have 4cals/g.

Fat = 9cals/g

Protein = 4cals/g

Carbs = 4cals/g

Fats are 90% keto, which is why they're such an efficient fuel for your body to use on a daily basis. Fats enter your body, are processed in the liver, and break down into various components your body needs to stay in top shape, such as glycerol. The remaining 10%, in case you're wondering, is a little bit of anti-keto glucose (10%) that happens when fats break down.

Carbs are completely anti-ketogenic. They break down into sugar (glucose) and consequently raise your blood sugar and your insulin levels, which translates to (unwanted) fat storage.

Proteins are approximately half-ketogenic, somewhere around 45%. The remaining percentage is broken down into glucose and raises insulin levels.

All of these macros have a different effect on how your body uses food, whether efficiently as an energy source, or for storage (fat) in case of perceived emergency. Maintaining a balance of these macros is all-important not only to the ketogenic diet, but also to overall health. Macros are metabolized (read: burned)

in the furnace of our bodies, becoming the fuel that drives us through life. So we need to know about macros in order to prime that furnace (the scientific term for your furnace is “metabolic path.” Just think of each of these macros as being a kind of highway to health.)

### Macro #1: Fats.

Fats are used by your body to make repairs on damaged muscles, organs, cells, tissues, etc. You consume them, they're processed in the liver, and they circulate in the form of glycerol or other important fatty acids, acting as body repairmen.

### Macro #2: Carbs.

Carbohydrates are a pre-ketogenic person's energy supply. They become glucose (sugar), which the body then uses for a boost. Unfortunately, that sugar rush releases insulin, which stockpiles glucose in the forms of both glycogen (a different kind of sugar) and fat cells. The ketogenic diet is designed to minimize carb consumption and maximize burning of glucose, glycogen, and fat. On this diet, your body is becoming far more efficient at processing.

### Macro #3: Protein.

Through complex biological processes, proteins are broken down into amino acids. These amino acids break down into further compounds and become the basic building tools our body needs to repair itself after the strain of daily life (or hard workouts.) Amino acids facilitate connections between neurons in our body and brain. Ingest an overt amount of protein and it

becomes stored as glucose which, as we've seen already, is sugar that the body will then rely on for energy.

## **Macro Counting**

Counting macros is a complex task. You can get into number-crunching macros in detail on any number of free websites, which will guide you through the calculations. Keeping track of your macros is an important part of committing to a ketogenic diet, because macros are essentially what will keep you in (or out) of ketosis.

### *Accurately Counting Carbs*

While calculating macros can get tricky, calculating net carbs is easy and will help you stay in ketosis. In unscientific terms, carbs have two parts: the part that breaks down into glucose (which you don't want), and the part that's fiber (which you do want). So when calculating carbs for their net value, subtract fiber from the total carbs. For example, if a food item has 15 carbs but 10 of them are fiber, then net carbs are only 5.

### *But What If...*

You suddenly stop losing weight? Not just for that erratic week or two we mentioned earlier. What if you're stuck after a month, and just not seeing any more numbers moving? First of all, remember that the numbers aren't fully reliable, so you may want to use a tape measure to check inch loss. That could be wholly different from what you're seeing on the scale, given that size loss doesn't always equal weight loss.

If it's been longer than a month and you're absolutely sure

you've plateaued, don't start reducing immediately. That's right. Don't. Your body just figured out how to work with this new regime and is efficiently burning calories. If you cut back, you may confuse things all over again. Try other alternatives before you decide to revise your caloric intake. For instance, try logging your foods for a few days, to make sure extra carbs and sugar aren't sneaking in. It's easy to slip back into old habits, so you may have fallen out of the ketogenic diet without noticing. Check your macros, to make sure they're in balance. Rearrange the number of calories you eat in a given time period, so maybe you're eating the bulk of your calories in the morning and at lunch, and minimal calories for dinner, just for a few days to rev things up again. Amp up your exercise. HIIT is outstanding for building endurance, which helps your body learn to better process glucose. Be patient and you should start to see a change before long. Don't give up and go back to the habits you had before going ketogenic. This diet is proven to work. You just have to stick to it consistently and with the awareness that sometimes there will be natural stalls in the overall movement toward weight loss and health.

### *Using the Keto Calculator*

You can make use of the keto calculator to figure out what you need to eat every day, below is an explanation of each element required to use the calculator. Estimated body fat %, estimated calorie expenditure, and desired approach to macros.

First, you're going to need to put your measurements into the

calculator and your total body fat percentage. If unsure of your body fat percentage, then you can visually estimate the amount of body fat you have.

### **Estimating Body Fat**

Body fat can be simply estimated using a body fat calculator, estimator, using calipers, or estimating based on the descriptions below.

#### ***5—9% Body Fat***

For men who have 5—9% body fat, muscles will show noticeably with clear definition and clear vascularity in muscles. The essential body fat for men is 2%-5%.

It is not healthy for women to have less than 10%-13% body fat.

#### ***10—14%***

Men who are between 10—14% body fat will have a separation amongst muscles, but not in all muscles. The veins will mostly show on their arms and sometimes their legs.

Women are usually in this body fat range if are competitive athletes. The essential body fat for a woman is 10%-13% while it's 2%-5% for men. This is the range for bodybuilders, both women and men, are seen in, but it's not considered healthy for long-term. Muscles will be clearly distinct and divided for women, and vascularity is obvious over the entire body.

#### ***15—19%***

Men who are in this range will have a lean look with less muscle visibility and vascularity. The definition of their muscles

recedes and there isn't a clear separation between muscles. Most of the vascularity are gone, but some will be seen on the arms.

# Конец ознакомительного фрагмента.

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