

The

Keto Diet

50 EASY TO MAKE RECIPES TO RESET
YOUR BODY AND LIVE A HEALTHY LIFE



CATHY ALLEN

TABLE OF CONTENTS

INTRODUCTION

BREAKFAST KETO RECIPES

- 2. Grilled Peppered Steaks**
- 3. Buffalo Pulled Chicken**
- 4. Italian Smothered Pork Chops**
- 5. Pistachio Salmon**
- 6. Pan-Roast Chicken**
- 7. Bacon-Wrapped Spam Bites**
- 8. Southern Pimiento Cheese Spread**
- 9. Cod and Asparagus Bake**
- 10. Sautéed Garlic Mushrooms**
- 11. Sautéed Radishes with Green Beans**
- 12. Easy Keto Smoked Salmon Lunch Bowl**
- 13. Easy One-Pan Ground Beef and Green Beans**
- 14. Easy Spinach and Bacon Salad**
- 15. Easy Keto Italian Plate**

LUNCH KETO RECIPES

- 16. Light Taco Soup**

17. Slow Cooker Risotto

18. Lemon Orzo

SPECIAL KETO RECIPES

19. Herbed Lamb Chops

20. Stuffed Leg of Lamb

21. Grilled Pork Chops

22. Pork Chops in Cream Sauce

23. Garlicky Prime Rib Roast

DESSERT KETO RECIPES

24. Chocó Coconut Cake

25. Fudgy Chocolate Cake

26. Cinnamon Almond Cake

27. Lemon Cake

28. Vanilla Butter Cake

29. Carrot Cake

30. Delicious Almond Cake

31. Lemon Cheesecake

32. Delicious Cheesecake

33. Pumpkin Cheesecake

34. Flourless Chocó Cake

SIMPLE KETO RECIPES

35. Simple "grilled" Shrimp

36. Mamma's Simple Roasted Turkey

37. Simple Quest Dip

OTHER RECIPES ABOUT KETO

- 38. Saucy Passata Brussels Sprouts**
- 39. Cheesy Broccoli Bites**
- 40. Balsamic Mushrooms**
- 41. Balsamic Glazed Spinach**
- 42. Tangy White Mushrooms**
- 43. Creamy Coconut Spinach**
- 44. Chili Eggplant Luncheon**
- 45. Easy Italian Asparagus**
- 46. White Mushrooms and Chard Mix**
- 47. Creamy Coconut Cauliflower**
- 48. Parmesan Cream Green Beans**
- 49. Flaxseed Pumpkin Muffins**
- 50. Marinated Eggs**
- 51. Sausage and Cheese Dip**

CONCLUSION

INTRODUCTION

The Ketogenic Diet is a restrictive diet that forces the body to burn fat instead of carbohydrates for energy. This process allows the dieter to get into ketosis, which means they are effectively fasting and burning off the body's fat reserves for fuel. The Ketogenic Diet has been studied extensively recently and has been shown to help with weight loss through weight loss, appetite control, increased mental clarity, and enhanced longevity.

There are three different phases in the Ketogenic Diet: 1) Induction Phase where your carb intake goes down considerably; 2) Ongoing Weight Loss Phase; 3) Optimal Health Phase in order to maintain your new healthy lifestyle.

Ketogenic Diet Protocol

The Ketogenic Diet is divided into three phases. The first phase is the Induction Phase. This phase lasts from two to four weeks and begins with a drastic reduction of carbohydrates. It's not uncommon for most people to eliminate all grains and starchy vegetables from their diet, while consuming very little fruit or only moderate amounts of fruit. At this point many people experience more than one day without carbohydrate cravings as they are no longer accustomed to the taste or feel of carbs in their diet.

Many people prefer fasting as a way to start the ketogenic diet, however, this requires complete abstinence from all drinkable liquids other than water for the initial period of time. If you choose to fast, make sure you have plenty of water in order to avoid dehydration.

The next step in the induction phase is to begin adding other foods back into your diet slowly. It's recommended that after about two weeks of eliminating carbs you add only one low-carb food at a time in order to properly introduce that food into your body and see how it'll affect you before adding another. At this stage many people still experience some carbohydrate cravings as they get used to eating more fat, which is their new primary source of energy.

The Ongoing Weight Loss Phase is next. During this phase you'll eat a combination of healthy fats, proteins and non-starchy vegetables with limited carbs. This allows your body to become fully accustomed to the fat in your diet and gives you a balanced mix of nutrients for sustained energy and health.

The Optimal Health Phase is the final phase of the Ketogenic Diet Protocol. This phase allows you to eat just about anything you'd like as long as it fits into your daily macronutrient (fat, protein, carbohydrate) intake. Not all foods will be consumed on a regular basis but they are still available on occasion depending on hunger levels etc.. Throughout the keto diet, you'll work towards different goals such as maintaining a healthy weight, hunger control and extended longevity.

This is a pyramid-type chart depicting the four main phases of the Ketogenic Diet. At the base are carbohydrates that are limited for two to four weeks and then slowly reintroduced into the diet (Induction Phase). As more foods become reintroduced into the diet, those higher in carbs are limited first (Ongoing Weight Loss Phase). During this phase it is important to monitor what you're consuming because people have different sensitivities to food based on their genetic background, metabolism and gut flora.

BREAKFAST KETO RECIPES

2. Grilled Peppered Steaks



Preparation Time: 5 minutes

Cooking Time: 15 minutes

Serving: 4

Ingredients

- 2 teaspoons coarsely ground pepper
- 1 teaspoon onion salt
- 1 teaspoon garlic salt
- 1/4 teaspoon paprika