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Keto Cookbook

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savory and sweet foods

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meals and snacks at home

Master air fryer, Instant Pot[®],
and drink recipes

Rami Abrams
Vicky Abrams

Best-selling authors, *Keto Diet
For Dummies*, Creators,
Total Keto Diet App

Keto Cookbook

**for
dummies®**
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Keto Cookbook

by Rami Abrams and Vicky Abrams

**for
dummies®**
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Keto Cookbook For Dummies®

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Contents at a Glance

Introduction	1
Part 1: Succeeding with the Keto Lifestyle	5
CHAPTER 1: Embracing Keto for Your Well-Being	7
CHAPTER 2: Considering Keto's Numerous Health Benefits	19
CHAPTER 3: Transforming Your Kitchen into a Keto Kitchen	31
CHAPTER 4: Choosing Keto-Appropriate Foods and Ingredients	43
CHAPTER 5: Getting to Know Your Macros	59
CHAPTER 6: Eating Out on Keto	71
CHAPTER 7: Maximizing Keto with Intermittent Fasting	83
CHAPTER 8: Overcoming Obstacles	95
Part 2: Creating Meals with Delicious Keto Recipes	111
CHAPTER 9: Breakfasts	113
CHAPTER 10: Appetizers	129
CHAPTER 11: Soups	141
CHAPTER 12: Salads	149
CHAPTER 13: Lunches	159
CHAPTER 14: Fish Dinners	175
CHAPTER 15: Meat Dinners	185
Part 3: Exploring Vegetarian Keto	201
CHAPTER 16: Vegetarian Breakfasts	203
CHAPTER 17: Vegetarian Appetizers	213
CHAPTER 18: Vegetarian Lunches	221
CHAPTER 19: Vegetarian Dinners	231
Part 4: Maximizing Your Meals with Air Fryers, Slow Cookers, and Meal Prep	241
CHAPTER 20: Air Fryer Recipes	243
CHAPTER 21: Instant Pot and Slow Cooker Meals	263
CHAPTER 22: Meal Prep for the Week	273
Part 5: Enjoying Keto Drinks, Snacks, and Desserts	285
CHAPTER 23: Drinks	287
CHAPTER 24: Snacks	299
CHAPTER 25: Desserts	309

Part 6: The Part of Tens	321
CHAPTER 26: Ten Health Conditions that Can Benefit from Keto	323
CHAPTER 27: Ten Celebrities Who Swear by Keto.....	329
CHAPTER 28: Ten Benefits of Eating Healthy Fats.....	335
Appendix: Metric Conversion Guide	341
Index	345

Recipes at a Glance

Breakfasts

🍳 Porcini Baked Frittata	114
🍳 Avocado Omelet	115
🍳 Raspberry Chia Pudding	116
Asparagus Eggs Benedict	117
🍳 Cranberry Nuts and Yogurt Bowl	119
🍳 Sheet Pan Breakfast Bake	120
Bacon Egg Bites	121
🍳 Sweet Cheesy Keto Waffles	122
🍳 Keto Chocolate Berry Smoothie	123
🍳 Cabbage, Spinach, and Egg Hash Browns	124
Avocado Baked Eggs	125
Cheesy Egg and Sausage Breakfast Casserole	126
🍳 Keto Yogurt Berry Bowl	127
🍳 Cottage Cheese Pancakes	128

Appetizers

🍳 Crispy Cauliflower Bites	131
🍳 Avocado Deviled Eggs	132
Almond Flour Jalapeño Poppers	133
Buffalo Chicken Celery Boats	134
🍳 Creamy Spinach Dip	135
Bacon-Wrapped Little Smokies	136
🍳 Baked Spinach Balls	137
🍳 Almond Halloumi Bites	138
🍳 Zucchini Chips	139
🍳 Zucchini Pizza Bites	140

Soups

Bacon Butternut Soup	142
Italian Wedding Soup	143
Seafood Chowder	144
Cream of Mushroom Soup	145
Sriracha Chicken Soup	146
🍳 Creamy Broccoli Cheddar Soup	147

Salads

🥗 Grilled Halloumi Salad	150
Basil Chicken Zoodle Salad	151
Bacon Broccoli Salad	152
Salmon and Kale Salad	153
Grilled Chicken Salad	154
Tuna Salad Cucumber Boat	155
Chicken Salad Lettuce Wraps	156
Everything Crackers with Tuna Salad	157

Lunches

Avocado Salmon Chaffle Sandwich	160
Spinach Feta Stuffed Chicken Skewers	161
Grilled Lemon Chicken with Avocado Salad	162
Broccoli Chicken Crust Pizza with Avocado and Feta	163
🥜 Almond Butter Shake	164
Keto Bacon Cheddar Egg Sandwich	165
Bacon-Wrapped Brussels Sprouts	166
🥕 Cauliflower Hash Browns	167
Garlic Chicken Fritters	168
Keto Corn Dogs with Avocado	169
🥕 Cauliflower Mac and Cheese	170
🥕 Pumpkin Chia Muffin	171
Meat and Cheese Stuffed Tomatoes	172
Bacon, Brussels, Sprouts, and Egg Skillet	173

Fish Dinners

Creamy Lemon Mahi Mahi	176
Cauliflower Shrimp Fried Rice	177
Smoked Paprika Salmon with Grilled Veggies	178
Herbed Halibut with Lemon Garlic Spinach	179
Pesto Zoodles with Garlic Butter Shrimp	180
Seared Salmon with Cream Remoulade Sauce	181
Poached Salmon with Garlic Butter Spinach	182
Smoked Salmon Poke Bowl	183

Meat Dinners

Ricotta Sausage Skillet	186
Baked Chicken with Creamy Cauliflower Rice	187
Pesto Skillet Lamb and Veggies	188
Parmesan Pork Roast with Asparagus	189
Creamy Chicken Picatta	190
Sausage with Mushroom Onion Gravy	191
Chicken Buddha Bowl	192
Zoodles with Beef Bolognese	193
Chunky Guacamole Chicken	194
Meatball Stew with Brussels Sprouts	195
Keto Bacon Cheeseburger	196
Tomato Basil Chicken	197
Rosemary Steak and Brussels Sprouts	198
Chakhokhbili — Georgian Chicken Stew	199

Vegetarian Breakfasts

🍳 Berry Noatmeal	204
🍳 Spinach Feta Egg Muffins	205
🍳 Keto Almond Butter Pancakes	206
🍳 Cheesy Keto Bagel with Cream Cheese	207
🍳 Two-Minute Microwave Omelet	208
🍳 Chocolate Protein Pancakes	209
🍳 Veggie Breakfast Bake	210
🍳 Keto Berry Scones	211

Vegetarian Appetizers

🍷 Broccoli Bites	214
🍷 Cheesy Baked Tomatoes	215
🍷 Spinach Mozzarella Mushrooms	216
🍷 No-Bake Peanut Butter Balls	217
🍷 Matcha Energy Balls	218
🍷 Pepper and Cheese Mushrooms	219

Vegetarian Lunches

🍷 Chocolate Peanut Butter Chia Bowl	222
🍷 Bell Pepper Egg Cups	223
🍷 Peanut Butter Microwave Muffin	224
🍷 Cauliflower Pancakes	225

🥗 Super Green Smoothie Bowl	226
🥗 Peanut Berry Smoothie Bowl	227
🥗 Cheesy Cauliflower Muffins	228
🥗 Three Cheese Frittata	229

Vegetarian Dinners

🥗 Cauliflower Crust Pizza	232
🥗 Thai Curry Soup	233
🥗 Cauliflower Parmesan and Zoodles with Tomato Sauce	234
🥗 Egg Shakshuka	235
🥗 Cauliflower Fried Rice Bowl	236
🥗 Stuffed Zucchini with Cheesy Rice	237
🥗 Cheesy Cauliflower Muffins	238
🥗 Pesto Zoodles	239
🥗 Broccoli Calzone	240

Air Fryer Recipes

Burger Fat Bombs	245
Seared Scallops and Asparagus	246
Pork Tenderloin and Almond Flour Brussels Sprouts	247
Air Fryer Chicken and Veggies	248
Air Fryer Chicken with Cauliflower Rice	249
Pistachio Crusted Salmon and Veggies	251
🥗 Spicy Air Fryer Halloumi Bites	252
Caprese Stuffed Chicken	253
🥗 Zucchini Pizza Bites	254
Jalapeño Stuffed Mini Meatloaf with Green Salad	255
Greek Stuffed Pepper	256
Coconut Shrimp Salad	257
Bacon-Wrapped Shrimp	258
Bacon Chicken Cheesy Bites	259
Parmesan Pork with Crispy Veggies	260
Italian Chicken and Veggies	262

Instant Pot and Slow Cooker Meals

Instant Pot Mushroom Pork Chops	264
Slow Cooker Chipotle Chicken Soup	265
Slow Cooker Beef and Broccoli	266

Instant Pot Keto Chili	267
Instant Pot Pot Roast	268
Instant Pot Sausage and Peppers	269
Slow Cooker Stuffed Cabbage	270
Instant Pot Meatballs with Parmesan Sauce	271

Meal Prep for the Week

Keto Taco Pie	275
Kale and Chicken Caesar Salad	276
Peri Peri Skillet Chicken	277
Creamy Parmesan Chicken with Spinach	278
Chicken Enchilada Casserole	279
Tuna Salad Lettuce Wraps	280
Keto Buddha Bowl	281
🥒 Feta and Pepper Egg Cups	282
Salmon Kale Salad	283

Drinks

🥒 Avocado Smoothie	290
🥒 Raspberry Mint Smoothie	291
🥒 Keto Dalgona Coffee	292
🥒 Cucumber Limeade	293
🥒 Cranberry Smoothie	294
🥒 Coconut Almond Smoothie	295
🥒 Coconut Coffee Smoothie	296
🥒 Green Tea Smoothie	297

Snacks

Pork Rind Nachos	300
Cucumber and Shrimp Rollups	301
🥒 Cayenne Kale Chips	302
🥒 Sweet Coconut Balls	303
🥒 Jalapeño Cheese Crisps	304
🥒 Peanut Butter Mocha Energy Balls	305
🥒 Greek Yogurt Dip with Cucumber Sticks	306
🥒 Blueberry Crème Fraîche Bowls	307

Desserts

🍷 Keto Strawberry Cake	310
🍷 Keto Blondies	311
🍷 No-Bake Peanut Butter Bars	312
🍷 Cinnamon Sugar Donut Bites.	313
🍷 Dark Chocolate Brownies	314
🍷 Raspberry Almond Cake	315
🍷 Strawberry Walnut Yogurt	316
🍷 Chocolate Cheesecake Dip with Strawberries.	317
🍷 Lemon Ricotta Waffles with Ice Cream.	318
🍷 Almond Pound Cake	319

Table of Contents

INTRODUCTION	1
About This Book	1
Foolish Assumptions	2
Icons Used in This Book	2
Beyond the Book	3
Where to Go from Here	3
PART 1: SUCCEEDING WITH THE KETO LIFESTYLE	5
CHAPTER 1: Embracing Keto for Your Well-Being	7
Exploring the Keto Diet	7
Standard ketogenic diet	9
Targeted ketogenic diet	9
Cyclical ketogenic diet	10
High-protein ketogenic diet	11
Setting Realistic Expectations on Keto	12
Use SMART goals to set yourself up for success	12
Define your weight-loss goals or maintenance targets	13
Measure your success	13
Deciding Whether Keto Is Right for You	14
You want to lose weight and keep it that way	14
You want to avoid becoming diabetic	15
You feel tired and sluggish most days	15
Knowing When to Stop	15
Signs of danger	16
When you've achieved your goals	16
Living a sustainable life on keto	17
CHAPTER 2: Considering Keto's Numerous Health Benefits	19
Realizing All That Keto Has to Offer	20
Weight loss	20
Improved body composition	21
Increased energy	21
Improved mental focus	22
Better sleep	23
Stabilized blood sugar	23
Healthier cholesterol levels	24
Lower blood pressure	25
Reduced acne	25
Fewer PCOS symptoms	26
Less inflammation	26
Disease prevention	27

CHAPTER 3:	Transforming Your Kitchen into a Keto Kitchen	31
	Out with the Old	32
	Getting rid of hidden sugars in your kitchen.	32
	Goodbye to flours, grains, and starchy veggies	34
	Tossing high-glycemic fruits.	35
	Purging all processed foods.	36
	Working with multiple diets in the same kitchen	37
	Tips for organizing cabinets.	38
	Cooking from Scratch Gives You an Advantage	38
	Caloric availability	38
	Customizing recipes based on food sensitivities, allergies, and preferences	39
	Meal prepping	39
	Saving money.	40
CHAPTER 4:	Choosing Keto-Appropriate Foods and Ingredients	43
	Discovering How to Shop for Keto	43
	Stocking up on eggs	44
	Opting for fattier cuts of meat and poultry	45
	Fishing for fatty seafood.	46
	Going high fat in the dairy aisle.	47
	Picking the best cooking oils	48
	Slathering on the butter and mayo.	49
	Scoping out other great sources of healthy fats.	50
	Grabbing low-carb veggies.	50
	Choosing low-glycemic fruits.	51
	Choosing the best artificial sweeteners.	52
	Using Common Replacements for Keto	53
	Keto-friendly replacements for flour	53
	Keto-friendly replacements for cow's milk.	55
	Changing Your Beverage Options.	55
	Drinking water is so important	56
	Avoiding zero-calorie soft drinks.	57
CHAPTER 5:	Getting to Know Your Macros	59
	Calculating Macro Targets	59
	Determining total calories	60
	Realizing the importance of the high fat, moderate protein, and low carb balance	62
	Net carbs versus total carbs	63
	Personalizing Keto Goals	65
	Combining keto, your current lifestyle, and the lifestyle you want.	65

	Targeting specific health conditions	66
	Vindicating dietary fat	67
	Upping your consumption of healthy fats	68
	Calculating your protein target	68
	Slashing your carb intake	69
CHAPTER 6:	Eating Out on Keto	71
	Choosing Keto-Friendly Restaurants	72
	Steakhouses and BBQ restaurants	72
	Buffets	73
	Seafood	73
	Mediterranean	73
	Chinese	74
	Japanese	74
	Avoiding Unnecessary Carbs and Maximizing Healthy Fats	75
	Looking at online menus before you arrive	77
	Tips and tricks for salad dressings	77
	Making Special Requests	78
	Replace starches with veggies	78
	Choose butter, cream or a high-fat sauce and skip the gravy	79
	Request a lettuce wrap instead of a bun or sandwich bread	79
	Ask for extra fats	80
	Opting for a Low-Sugar Beverage	81
	Dining at a Friend's House	81
CHAPTER 7:	Maximizing Keto with Intermittent Fasting	83
	Realizing the Benefits of Fasting	84
	Accelerating fat loss	84
	Enabling rapid muscle gain, repair, and recovery	85
	Improving skin tone	87
	Slowing aging	88
	Improving brain function	88
	Reducing inflammation	89
	Detoxifying cells	90
	Choosing a Fasting Method	91
	Common intermittent-fasting timelines	92
	One meal a day	92
	Practicing a weekly 24-hour fast	93
CHAPTER 8:	Overcoming Obstacles	95
	Entered Ketosis and Staying There	96
	Testing for ketosis	96
	Maintaining ketosis	97
	Getting back into ketosis quickly	98

Countering Common Problems	99
Carb cravings	99
Increasing fiber intake	99
Managing dietary restrictions	101
Dealing with Undesirable Side Effects	101
The “keto flu”	102
Cramps	103
Constipation	104
Diarrhea	104
Keto breath	105
Reduced strength or endurance	105
Hair loss	106
Gallstones	106
Nutritional deficiencies	107
Alleviating Social Concerns	108
Getting your doctor on board	108
Using your friends and family as cheerleaders	108
Planning for parties	109
 PART 2: CREATING MEALS WITH DELICIOUS KETO RECIPES	 111
CHAPTER 9: Breakfasts	113
CHAPTER 10: Appetizers	129
CHAPTER 11: Soups	141
CHAPTER 12: Salads	149
CHAPTER 13: Lunches	159
CHAPTER 14: Fish Dinners	175
CHAPTER 15: Meat Dinners	185
 PART 3: EXPLORING VEGETARIAN KETO	 201
CHAPTER 16: Vegetarian Breakfasts	203
CHAPTER 17: Vegetarian Appetizers	213
CHAPTER 18: Vegetarian Lunches	221
CHAPTER 19: Vegetarian Dinners	231

PART 4: MAXIMIZING YOUR MEALS WITH AIR FRYERS, SLOW COOKERS, AND MEAL PREP	241
CHAPTER 20: Air Fryer Recipes	243
CHAPTER 21: Instant Pot and Slow Cooker Meals	263
CHAPTER 22: Meal Prep for the Week	273
PART 5: ENJOYING KETO DRINKS, SNACKS, AND DESSERTS	285
CHAPTER 23: Drinks	287
CHAPTER 24: Snacks	299
CHAPTER 25: Desserts	309
PART 6: THE PART OF TENS	321
CHAPTER 26: Ten Health Conditions that Can Benefit from Keto	323
Type 2 Diabetes	323
Epilepsy	324
Obesity	324
Polycystic Ovarian Syndrome	325
Autism	325
Multiple Sclerosis	325
Metabolic Syndrome	326
Traumatic Brain Injury	326
Alzheimer's Disease	327
Migraine Headaches	327
CHAPTER 27: Ten Celebrities Who Swear by Keto	329
Halle Berry	329
Megan Fox	330
Vanessa Hudgens	330
Kourtney Kardashian	331
Adriana Lima	331
Tim Tebow	331
Katie Couric	332
Lebron James	332
Al Roker	332
Vinny Guadagnino	333

CHAPTER 28: Ten Benefits of Eating Healthy Fats	335
Fat Is Essential to Brain Health	335
Fats Boost the Immune System.	336
Promote Skin Health.	336
Fats Help Cholesterol	337
Increase Muscle Mass.....	337
Reduce Risk of Cancer	337
Develop Strong Bones	338
Rapid Weight Loss.....	338
Fats May Prevent Heart Disease	338
Improve Eye Health.....	339
 APPENDIX: METRIC CONVERSION GUIDE	341
 INDEX	345

Introduction

Are you looking to lose a significant amount of weight in a relatively short period? Tired of extreme diets that restrict calories to near-starvation levels, only to put back on those pounds you worked so hard to lose when you get back to eating normally? Is your doctor telling you to improve your cholesterol levels or watch your blood sugar? It may be surprising to discover that you can achieve your weight-loss goals and become healthier by changing what and how you eat. The standard American diet (which we think is very appropriately abbreviated as SAD) is based on consuming high levels of carbohydrates daily and avoiding most fats. Unfortunately for many Americans and much of the world, we've been led to believe that eating tons of carbs is excellent for your health while fat makes you fat. As a result, we've reached the highest-ever levels in history (by percentage of the population) of obesity, prediabetes, type 2 diabetes, and heart disease.

We're going to show you a better approach to eating that focuses on low amounts of carbohydrates and high levels of fat. This approach is known as the ketogenic diet (or keto for short).

About This Book

We've written this book so you can find information quickly and easily. Each chapter focuses on a specific aspect of the ketogenic diet and outlines how to make the transition, accentuating benefits while minimizing downsides and structuring your diet and lifestyle to create your best "you." There are specific details and practical tips, but you don't have to read the book from front to back. Feel free to skip around, browse the sections that you find interesting, and follow where your questions take you.

Reading this entire book isn't necessary to experience a successful keto journey. We've designed it as a resource you can refer to continually. Make notes in the margins, jot down additional resources or recipe adjustments, and highlight the most applicable information to your unique situation. In short, make this book a reflection of your ketogenic exploration and customize it to fit you!

Throughout the book, you'll notice sidebars or text in gray boxes. If you're short on time, you can skip that text — they're interesting but not essential to understanding the topic.

In the recipes, the oven and internal meat thermometer temperatures are in Fahrenheit, but the Appendix can help you convert the temperatures to Celsius, if needed.

Finally, within this book, you may note that some web addresses break across two lines of text. If you're reading this book in print and want to visit one of these web pages, key in the web address exactly as it's noted in the text, pretending that the line break doesn't exist. If you're reading this as an e-book, you've got it easy — click the web address to be taken directly to the web page.

Foolish Assumptions

As we wrote this book, we made the following assumptions about you:

- » You want to change your diet, lose weight, improve your fitness, or manage some medical condition.
- » You have control over your and your family's food choices and want to encourage your family to enjoy a healthy, low-carb lifestyle.
- » You want to minimize processed and unhealthy junk foods and maximize wholesome food choices to feel younger, healthier, and happier.
- » You're interested in finding out how food choices affect you physically and mentally, but you don't want to get bogged down in all the scientific jargon. You want a summary of what you need to know in plain English.
- » You're open to making lifestyle changes — avoiding certain foods, making sleep a priority, adopting a fitness program — to enhance your quality of life.

Icons Used in This Book

Throughout this book, we use *icons* (little pictures in the margin) to draw your attention to certain kinds of information. Here are the icons we use, and what they mean:



TIP

Whenever you see the Tip icon, you can be sure to find a nugget of information that will make your life on keto easier in some way — big or small.



REMEMBER

This book is a reference, which means you don't have to commit it to memory and there won't be a test on Friday. However, sometimes we do tell you something that's so important that you'll want to file it away for future use, and when we do, we mark that information with the Remember icon.



WARNING

When you see the Warning icon, beware! We're letting you know about a pitfall or danger that you'll want to avoid.

Finally, we use a little tomato icon (🍅) to highlight vegetarian recipes in the Recipes in This Chapter lists, as well as in the Recipes at a Glance at the front of this book.

Beyond the Book

In addition to the book you have in your hand, you can access some helpful extra content online. Check out the free Cheat Sheet, which includes the following:

- » Getting Started with Keto Checklist
- » Keto and Low-Carb Food List
- » Counting Net Carbs
- » Using Keto Baking and Cooking Alternatives
- » Fast Keto Snacks List
- » Keto-Friendly Alcohol List

You can access it by going to www.dummies.com and entering “Keto Cookbook For Dummies” in the Search box.

Where to Go from Here

You can read this book from beginning to end, or you can use the table of contents and index to locate the topics you're most interested in right now. If you're not sure where to start, you can't go wrong with Chapter 1. If you'd rather start cooking, head to Part 2 or use the Recipes at a Glance at the start of the book to find the kind of recipe you're looking for, from breakfasts to desserts. If you're curious about fasting, Chapter 7 is for you. And if you'd just like a quick reminder of ten great benefits of being in ketosis, head to Chapter 26. Wherever you start, we hope the keto diet is as rewarding for you as it is for us!

1

Succeeding with the Keto Lifestyle

IN THIS PART . . .

Discover what the keto diet is all about.

Consider the benefits of the keto diet.

Make your kitchen keto-friendly.

Understand which foods are keto.

Identify macronutrients and how they affect you.

Go out to eat while staying keto.

Try out intermittent fasting for a metabolism boost.

Get over any obstacles.

IN THIS CHAPTER

- » Examining the different types of keto diets
- » Setting yourself up for success
- » Seeing what the keto diet can do for you
- » Understanding when it's time to stop

Chapter **1**

Embracing Keto for Your Well-Being

The keto diet has exploded in popularity in the last 10 years, but other than it being a great way to lose weight, what do you really know about this popular diet? Is it really a healthy way to lose weight? Is there more to it than eating bacon and eggs? We are here to help you figure out whether the keto diet is right for you and to teach you the basic steps of safely and effectively following a keto lifestyle. In this chapter, we introduce the core concepts of the keto diet.

Exploring the Keto Diet

The ketogenic diet (also known as the keto diet) is a tried-and-true method to improve your health by working with your body through your dietary practices. The keto lifestyle can help you

- » Have more energy
- » Quickly lose weight
- » Improve your heart health
- » Improve your ability to focus

Though it has become more popular recently, the keto diet has been used for almost a hundred years to prevent disease and help the body heal. That's an amazing track record for any diet! The benefits of the keto diet are just that good.

So, what exactly is the keto diet? The keto diet involves eating foods that are

- » High in fat
- » Moderate in protein
- » Very low in carbohydrates

Easily digested carbohydrates fuel weight gain and cause unhealthy spikes in blood sugar. Throughout a lifetime, this can really take a toll on your health.

The keto diet puts your body into a metabolic state called *ketosis*, when your body uses fats, rather than carbs, for fuel. You'll learn everything to know about ketosis in Chapter 2!

There are many misconceptions about nutrition in general, and the keto diet especially. The keto lifestyle is much more than “bacon, eggs, and cheese” — although you can eat bacon and cheese as much as you'd like! It won't clog your arteries or make you fat, nor will it increase your cholesterol levels if you follow a whole-food-based keto lifestyle.

For example, one of the most common misconceptions is that fat is bad for you. Fat is actually very good for you, keeps you feeling fuller longer, helps you lose weight, and improves your health over the long term.

Additionally, you don't need to eat many carbs as part of a healthy lifestyle. For many reasons, your body stores fat — and not carbs — for energy. Fat provides 9 calories (energy) per gram, while carbs only provide 4 calories per gram! Fat is a slow, continuous energy source compared to carbs, which are glucose at the most basic level. Carbs spike blood glucose and require your body to produce insulin to then reduce blood glucose to safe levels.

Eating a whole range of low-carb foods is the key to a healthy lifestyle. The best part is that keto is a flexible diet with multiple variations to fit your lifestyle and goals! It isn't a one-size-fits-all plan.

There are several different variations of the keto diet. Take a look at each one to see which version fits your personal goals and the way you prefer to eat.

Standard ketogenic diet

The standard ketogenic diet is the most basic, straightforward version of the keto diet. It is the most researched and has been around the longest of the various types of keto diets. It clearly breaks down the sources of your daily calorie intake so you can easily start your keto diet. Here is what to eat on the standard keto diet:

- » **Fat:** 70 percent of your daily calories
- » **Protein:** 25 percent of your daily calories
- » **Carbohydrates:** 5 percent of your daily calories

On this diet, you generally eat about 25 to 30 grams of carbohydrates per day; however, this number is flexible. This amount of carbs is about one-fifth to one-tenth of what many Americans eat per day, so you can start to see why making such a radical change from a carb-based diet to a fat-based one has a massive, positive impact on your health and energy levels.



REMEMBER

The standard ketogenic diet's ratio is 70:25:5 in terms of calories from fat, protein, and carbs as shown in Figure 1-1. You should aim for up to 30 grams of carbs per day.

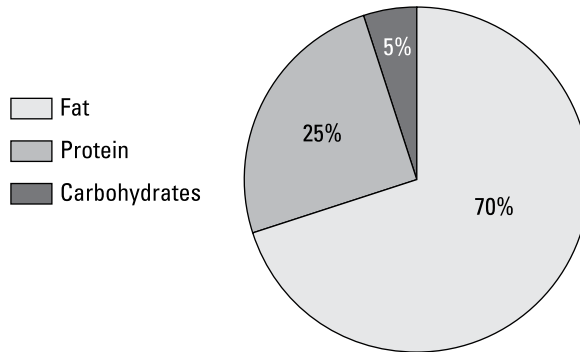


FIGURE 1-1:
Standard keto
diet percentages.

Targeted ketogenic diet

The targeted keto diet is often used by athletes because it's more flexible when it comes to carb intake. This diet allows more carbs when you know you will be especially active. The extra carbs are burned immediately during your intense workouts, allowing you to stay in ketosis but still get a bit of extra energy.

Keep in mind that this is not a free pass to eat as many carbs as you want. About 25 to 30 grams of easily digestible carbs are okay about 30 to 45 minutes before a

hard workout like high-intensity interval training (HIIT), 30 minute or longer jogs, hour or longer of weight lifting. After that exercise is over, you go right back to the regular keto diet. Remember to count the total number of calories (including your pre-workout carbs) when coming up with your daily energy intake.



REMEMBER

It is important to eat only enough carbs to fuel your workout so your body returns to burning fats after you exercise. It's a good idea to get your body adjusted to the standard keto diet for a few months before switching to a targeted keto diet.

Cyclical ketogenic diet

The cyclical keto diet is another flexible version of keto that caters to athletes. It allows athletes to up their carb intake for a short time to “fuel” themselves for a performance. Once the big event is over, you return to the standard keto diet. Although this may kick you out of ketosis, the intense activity ensures that all those extra carbs are burned.

The cyclical keto diet is also good for people who need cheat days. You can go 5 days on the keto diet and then cheat a little on the weekends. However, it is important to remember that on those cheat days, you still shouldn't binge on carbs. It can be tough on the body to go from no carbs to high carbs. Instead, opt for a low-carb diet on cheat days, ranging from 150 to 200 grams of carbs rather than the lower quantities typically allowed on the keto diet. You won't be in ketosis on the cheat days, but it can sometimes help people who really miss the carbs.



TIP

Consider the cyclical keto diet if any of the following applies to you:

- » **You are an elite bodybuilder or short-distance sprinter who has been training for years.** And you've noticed drops in your performance and realize that you need more carbs to fuel your intense level of activity.
- » **You are otherwise healthy and don't have any metabolic reasons to believe that “carb loading” will affect your health.** If you notice an improvement in blood pressure or blood sugar levels, cyclical keto is *not* for you because you may lose all your gains when you cycle out of ketosis.
- » **You work out intensely and on a specific schedule.** Your high-carb days should coincide with the days that you're at the gym. Also, you need to be able to cycle in and out of ketosis by completely depleting the excess carbs you consume on your workout days and then switch back into a keto diet on non-carb-loading days.