

# KETO FOR WEIGHT LOSS CHEAT SHEET

**KONSCIOUS**



## 1 TESTING FOR KETONES

You can test to see if you're in ketosis by purchasing ketone test strips from a pharmacy. These shouldn't cost more than \$10 or so. When in ketosis, your body produces magical molecules called ketones that are a byproduct of burning fat. Testing for ketosis will ensure you are doing keto correctly and can reveal if any secret sugars are finding their way into your food.



## 2 AVOIDING KETO FLU

If you are coming off a sugar and carb diet than you will have sugar withdrawals. While it might seem tough, you can treat yourself with delicious, healthy fats and keto desserts to help you transition more easily. After this brief phase, you'll feel amazing and many people lose a wonderful amount of water weight in their first week. Take your electrolytes, drink lots of water and ride it out.



## 3 INTERMITTENT FASTING

Intermittent fasting is an excellent way to lose weight as it forces your body to use body fat reserves for energy, however, on a normal diet fasting can lead to binge eating. On keto, your body can access stored body fat which reduces the appetite and fasting becomes easy and enjoyable and then multiplies weight loss and health benefits.



## 4 EXERCISE

The best fat burning exercise on keto tends to be slow burning activities like walking. Aim for 10,000 - 15,000 steps a day if you're able to accomplish this, or work up to that with the support of your doctor. Walking in ketosis will also reduce hunger and cravings and enable you to kick it up a notch without eating less.



## 5 STICKING WITH KETO

MCT is rocket fuel for a keto diet and aids in weight loss and is important brain food. MCT oil only uses two types of MCTs: caprylic (C8) and capric acid (C10). Start out small - even 1/4 of a tablespoon or it can cause digestive distress. And never put MCT oil in a styrofoam cup.

## HIGHEST FAT BURNING AND NUTRIENT DENSE KETO FOODS (In Order From Best To Worst):



### TIP 1: ALWAYS EAT THESE

Wild caught salmon and other fatty fish, avocado, dark green veg (collard, kale, mustard, spinach, Swiss chard, and turnip), eggs, and MCT oil are the most important. The highest quality oils such as coconut oil, avocado oil, tallow, olive oil, lard, duck fat, and macadamia oil.

Other veg and salad: Lettuce (Boston, butter, endive, field greens, iceberg, matcha, romaine, and watercress), asparagus, bok choy, celery, eggplant, herbs, kohlrabi, mushrooms, radishes, rapini (broccoli raab), tomatoes, and zucchini.



### TIP 2: EAT THESE OFTEN

Fatty cuts of meat like beef, chicken, game, lamb, pork, and veal. Veggies like artichokes, broccoli, broccolini, Brussels sprouts, cabbage, cauliflower, cucumbers, fennel, green beans, jicama, okra, snap peas, snow peas, and turnips.

Seafood such as crab, lobster, mussels, octopus, oysters, scallops, shrimp, and squid.



### TIP 3: ENJOY THESE SOMETIMES

Butter and ghee, heavy cream, softer cheeses (blue, buffalo mozzarella, brie, camembert, Colby, cream cheese, goat, gouda, muenster, provolone, and Swiss). Most dairy is fine, but make sure to buy full-fat dairy items.