



Keto-On-The-Go Manual

DISCLAIMER

The author and publisher provide this book, and its content on an “as is” basis and make no representations or warranties of any kind concerning this book or its contents.

FDA and Medical

The U.S. Food and Drug Administration has not evaluated any of the statements made about products and services. The statements in this book are not intended to diagnose, treat, cure, or prevent any condition or disease. No guarantees relating to your health or wellness have been made or provided in this book.

Please consult with your physician or healthcare specialist before making any of the dietary or lifestyle suggestions and recommendations made in this book.

You understand that this book is not intended as a substitute for consultation with a licensed health care practitioner, such as your physician. Before you begin any program or change your lifestyle in any way, you will consult your physician or another licensed health care practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

Allergen Warning: Konscious Keto cannot take into account all possible allergies. You are solely responsible for avoiding or modifying recipes as may be necessary to avoid allergic reactions.

Affiliate Links

Be aware that some of our recipes contain affiliate links to ingredients or tools and that we may receive compensation when you purchase items through these links.

TABLE OF CONTENTS

INTRODUCTION	4
RESEARCH THE MENU BEFORE EATING OUT	7
ORDERING FAST FOOD	9
FOCUS ON FATS, VEGETABLES, AND PROTEIN	12
BANISH THE BUN	14
ELIMINATE STARCH & SUGAR	16
ADD HEALTHY FATS TO EVERY MEAL	18
SAUCES MAY CONTAIN HIDDEN CARBS	21
PASS ON THE POTATOES AND RICE	24
CHOOSE DRINKS WITH CARE	26
CUSTOMIZE ORDERS	29
RETHINK DESSERT	32
TAKE YOUR TIME	34
DRINK WATER	37
EAT A SMALL PLATE	39
DON'T STRESS YOURSELF OUT	41
USE KETO ACTIVATE	45

EATING OUT CAN BE ONE OF THE HARDEST THINGS TO DO ON A DIET.

Lucky for you, this isn't a diet, and you are encouraged to eat out and explore a world of food around you.



If you wish to dine out, we have some quick tips you can use to help get the results you want without sacrificing a night out.



We understand that eating out is a social event and something you should look forward to and instead of feeling deprived and like you're "not allowed" to eat out, we encourage you to get out there!



RESEARCH THE MENU BEFORE EATING OUT

Many restaurants, particularly franchises, offer a complete nutritional menu on their website, so you can look at it ahead of time and plan accordingly.



While it's easy to assume that foods in a restaurant are keto, because you eat them at home, many places add sugars and carbs to unlikely foods to make them prettier or tastier - like adding pancake mix to scrambled eggs to make them fluffier.



ORDERING FAST FOOD



Fast food got a bad reputation for being high-fat, so you should be in your element. Skip the buns, and because most hamburger joints have unusually high portions, it should be enough to get you to your next meal.

GOOGLE “KETO HACKS” FOR MANY RESTAURANTS AND DRIVE-THROUGHS TO FIND OUT WHAT TO ORDER.



While you can score a range of keto treats, most are likely to be higher in carbs than homemade. Be more accommodating of carbs by working them into your overall daily macros.

Look out for processed cheeses, sauces, and shredded cheeses, which may contain hidden carbs when hitting a drive-through or fast food service.



FOCUS ON FATS, VEGETABLES, AND PROTEIN



When dining out, focus on the core keto food groups - fat, vegetables and protein. Finding these on most menus is easy. Start with a protein, like meat or fish, add a side or three of delicious green veggies, and top with delicious fat. This could be a sauce or condiments like butter or oil.

By adding these three items together, you can create a balanced keto meal almost anywhere you go.



You can also take travel sized portions of butter or salad dressing with you if you are going somewhere less accommodating to dress up a salad, but realistically, we recommend the steak dinner.

BANISH THE BUN



Many sandwiches and burgers will work just fine for keto eaters if you skip the carb-rich buns or bread.

ASK FOR A CHEESEBURGER WRAPPED IN
LETTUCE OR SERVED NAKED.



It's basically just a hamburger steak, after all. Check that the protein isn't fried or dipped in a carb-rich coating. Substitute fried chicken for grilled sandwiches.

ELIMINATE STARCH & SUGAR



A simple tip to making any restaurant dinner keto is to omit the sugar and starch; this is what bulks up a dinner plate with light foods like potatoes and pastry. By removing the sugar and starch, you will instantly feel more satiated and fuller after you eat.

This is because sugar and starches cause an insulin response, which triggers hormones to tell you to eat again after the insulin levels fall.



IT MIGHT SEEM COUNTERINTUITIVE TO EAT A BURGER WITHOUT A BUN AND FEEL MORE FULL, BUT THIS IS WHY KETO LIFE ROCKS.

ADD HEALTHY FATS TO EVERY MEAL



MOST PEOPLE DON'T ADD ENOUGH FATS TO THEIR MEALS.

Without fat you are not keto, you are low-carb and likely to feel miserable. Fat is flavor, but it's also energy. Add healthy keto fats like olive oil, coconut oil, avocado oil, and butter to your meals, and choose fatty meats and fishes.



All of these small additions will ketofy your meal and make eating out a more indulgent and lavish affair. And, most chefs love to use these ingredients in the kitchen, so they're likely to always be on hand.



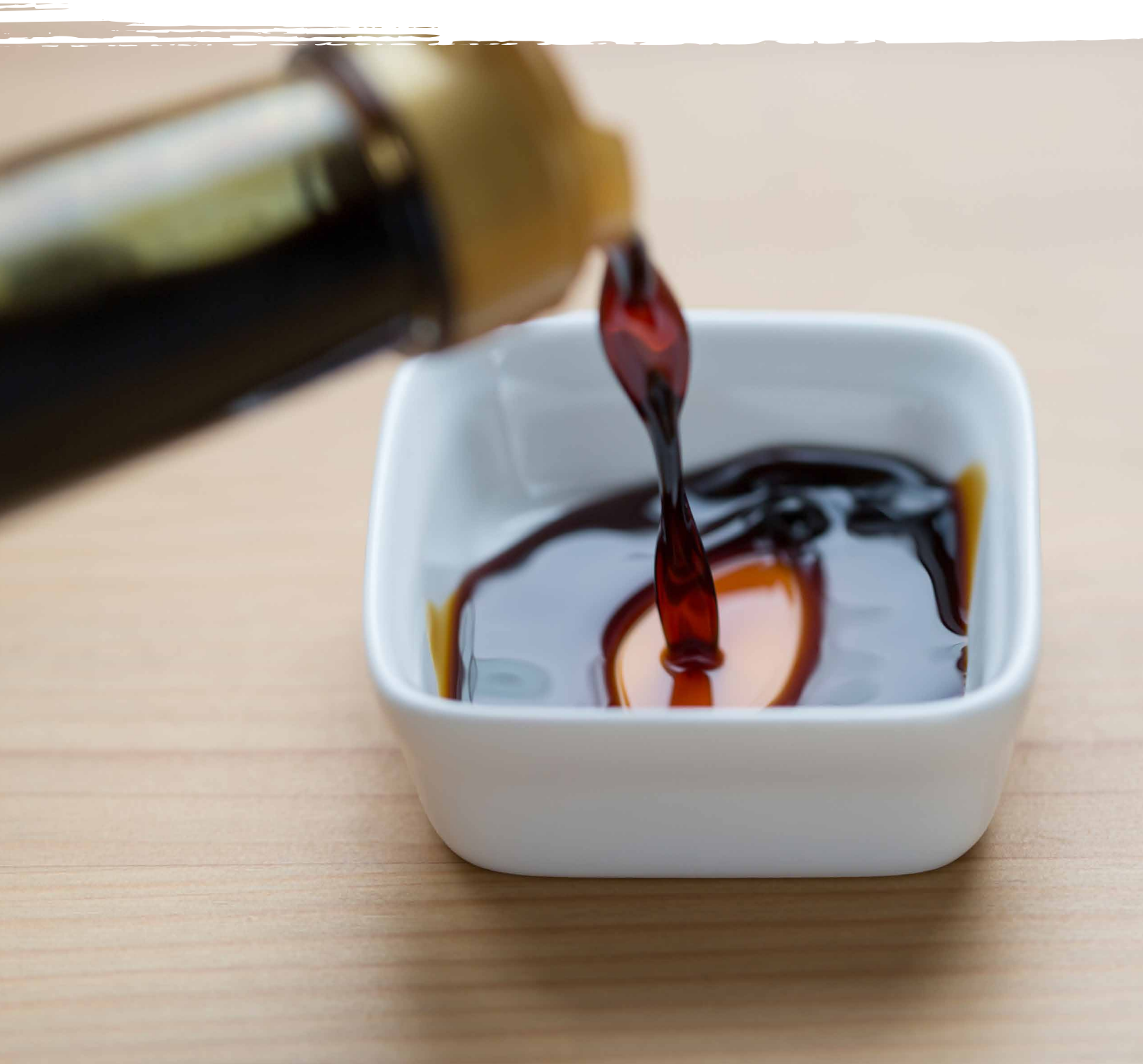
ALL YOU HAVE TO DO IS ASK!

SAUCES MAY CONTAIN HIDDEN CARBS



Not all sauces are created equal, and this is never truer than in restaurants. Many chefs use flour and cornstarch to thicken soups and sauces. Unless it's a brand name, be mindful of any seasonings and added sauces, and instead, use fat as your flavor.

BE MINDFUL OF SOY SAUCE, TERIYAKI,
TOMATO SAUCE, DRY RUBS, AND SO ON,
WHICH CAN BE SUGAR BOMBS.



Butter, olive oil, garlic, and herbs are all delicious treats that can make any plate pop with flavor so keep it simple, delicious, and fresh.



PASS ON THE POTATOES AND RICE



If you've found grilled chicken with veggies and potatoes on the "light" menu, ask them to double the steamed veggies and skip the starchy side.

The restaurant may even be willing to sub the potatoes or rice for a salad. You can load it up with healthy fat-rich olive oil for a deliciously easy keto meal.



CHOOSE DRINKS WITH CARE



When dining out, it's tempting to order soda or cocktails, but these can be sugar bombs. Instead, go for refreshing iced water with lemon, or ask for sparkling water.

MANY WINES ARE SURPRISINGLY
LOW-CARB, AND YOU CAN HAVE A GLASS
OR TWO WITH YOUR DINNER.



You can also indulge in many liquors, and while we don't recommend diet sodas with artificial sweeteners, the occasional treat won't hurt if a natural option like stevia isn't available.

You can also order alcoholic drinks on the rocks for a low-carb option but do please drink water with your meal as ketosis can enhance the effects of alcohol quickly.



CUSTOMIZE ORDERS



Don't be scared to customize your order.

Just because it's on the menu does not mean it's for everyone. Your service provider is there to ensure you have the best possible dining experience and asking for their recommendations or support is an easy way to make you both happy.



Many people are nervous the first time they ask to customize an order, but until you give it a go, you won't know how easy and straightforward it is, and how no one will bat an eye at your request (it may even spark a healthy discussion on keto at the dinner table).



RETHINK DESSERT



WHILE DESSERT COULD BE AMERICA'S
PASTIME, THE TRUTH IS VERY FEW
DESSERTS ARE KETO.

Instead, you can focus on customizing your keto dessert by ordering fresh berries and whipped cream. Just be sure to ask for unsweetened cream on the side. Whipped cream is naturally sweet and may contain a small amount of naturally occurring sugar, but if you have an extra sweet tooth, you can always ask if they have a keto-approved sweetener like monk fruit or liquid stevia or take your own, to mix in.



TAKE YOUR TIME



One of the simplest ways to make the most of your keto dining experience is to take your time and savor every bite.

While you will be focused on making the best keto choices, you should also be relishing the company of friends or family and having fun with conversation and the whole dining experience.



Stop focusing on what's on your plate
and take your time, and be present for a
more complete experience.



DRINK WATER



One of the best things you can do for your keto experience is to drink more water, and this is so very true at a restaurant.

Drinking water has a ton of health benefits and can stop you from overeating, or ordering something sweet.



WATER CAN ALSO HELP CLEANSE YOUR PALATE AND ENJOY THE DIFFERENT FLAVORS MORE THOROUGHLY.

EAT A SMALL PLATE



While it's custom to order a full entree, many keto options are on the small plate menu; ask for 1 or 2 small plates and extra green vegetable sides to make a delicious keto treat meal.

BONE IN WINGS, FOR EXAMPLE, ARE OFTEN
LOW TO NO CARBS AND PAIR WELL WITH A
SALAD OR EXTRA WINGS.

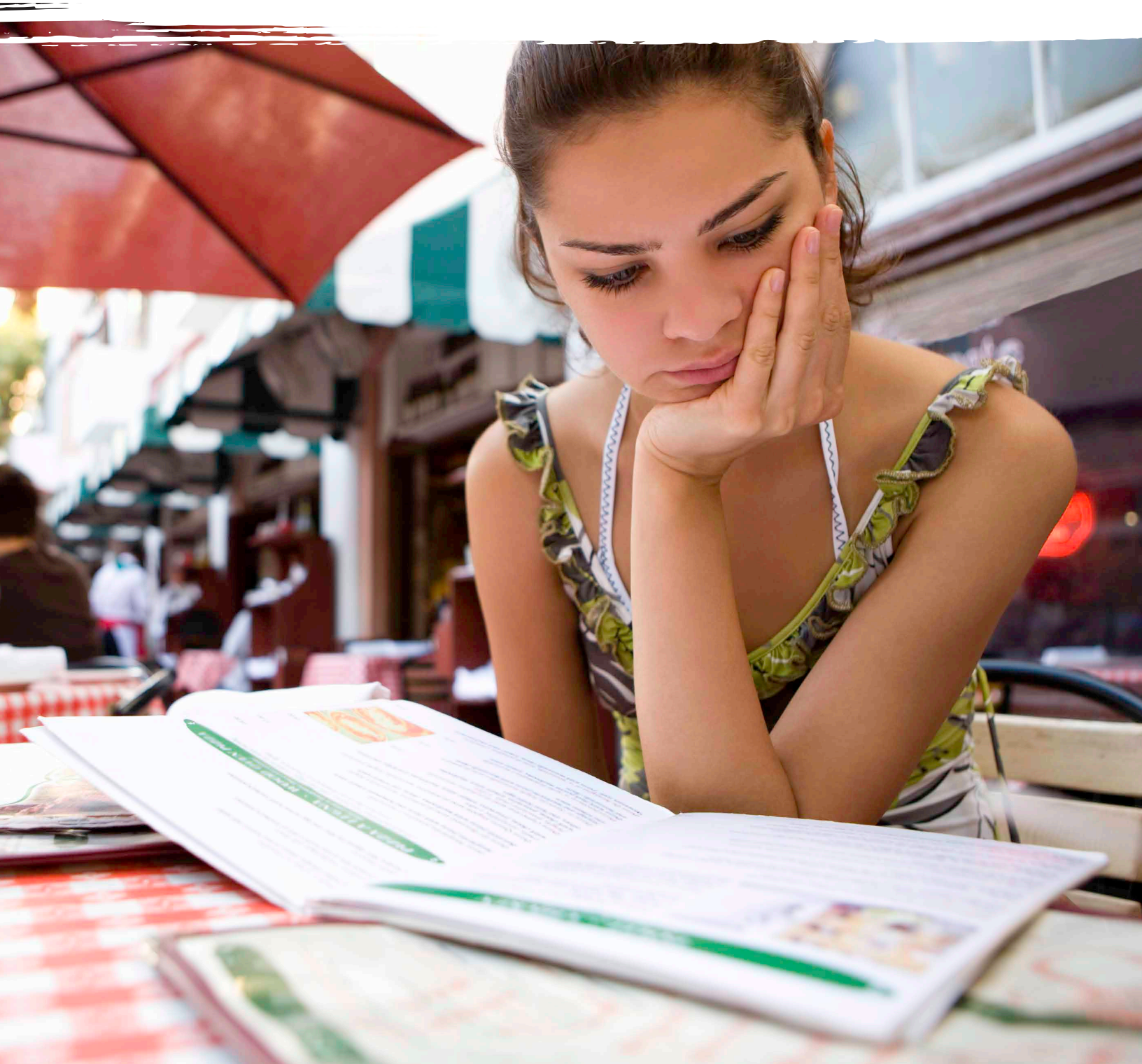


DON'T STRESS YOURSELF OUT



While it's easy to worry about eating out, if this is an occasional treat, the chance of it knocking you out of ketosis (when following our tips) is pretty low.

MANY PEOPLE WORRY ABOUT EATING AND
STRESS CAN BE MORE DETRIMENTAL TO
WEIGHT LOSS.



At its core, keto is a low-stress diet that focuses on a lifestyle approach to get results. Worrying will only slow down your body's natural defense systems.



MEXICAN

Order fajitas without tortillas; double the guacamole salad to replace rice or beans. Many mexican restaurants have delicious seafood options like grilled shrimp or a nice sea bass filet. Add butter to either of those and you are golden!

PIZZA

Check out the appetizer menu for a keto-friendly option like a dip you can eat with celery or carrots or salad. Wings are also a great options, but only if they're not coated in a crispy crust.

In a pinch, request a pizza with your favorite toppings (olives, mushrooms, sausage, peppersoni) and eat only the toppings.

SEAFOOD

The sky's the limit here. Just make sure the sides aren't starch-filled. Substitute rice, potatoes, or any pasta with steamed or roasted veggies and a side of melted butter or extra olive oil.

THAI

Coconut soup is a good option, as long as they don't include rice. Likewise, coconut curries are a great source of fats; hold the rice, and ask if they've added any sugar.

Larb is often keto friendly—it's even served in lettuce cups. Satay can be approved with sauce on the side or not at all.

ITALIAN

Get the antipasto platter if they offer one. These often come with cured meats, olives, cheeses, and sometimes even seafood. Salads are often safe but may come loaded with dressings, so request those on the side.

Ask them to hold the croutons or crispy toppings. In a pinch, grilled chicken or steak with a side of steamed veggies will work.

AMERICAN

Burgers are a go-to keto-friendly option. Ask them to hold the bun and serve as a fork-and-knife meal. Instead of fries, ask for a salad or side of veggies if they have them. Chicken wings with a side of celery or carrots and a cup of ranch or blue cheese is also a safe bet.

JAPANESE

Hibachi gets the keto thumbs up. Just ask them to hold the rice and double up on the ginger salad. Miso soup is a great staple. Instead of sushi, hand rolls are your best bet because they're easy to eat without the rice.

USE KETO ACTIVATE

Last but not least, use Keto Activate if you indulge in carbs on occasion, to get back into ketosis quickly. The third-party tested BHB ketones are proven to help speed up ketosis and get you back into your fat-burning mode within minutes or hours of drinking.



Simply mix $\frac{1}{2}$ a scoop of Keto Activate with 6-8 oz of water or nut milk, shake and drink for a delicious way to burn more fat in ketosis.