



KETO QUICK START GUIDE



THE
KETO SUMMIT

WELCOME

To The Keto Summit

I'm Louise Hendon, one of the co-founders of Keto Summit, I'm so excited you've joined us!

If you're new to Keto, then rest assured that you'll feel confident and ready to start your Keto diet after reading this Quick-Start Guide.

In this guide, you'll learn all about Keto (what it is, what you can eat, what you can't eat, what's ketosis, what are ketones, etc).

But remember, the journey through Keto, weight-loss, and regaining your health is also a journey learning about yourself...

How do you feel when you're not dependent on sugar every day?

How does lack of sleep affect your mood/appetite?

What motivates you to stay on track with healthy diet and lifestyle long-term?

Don't worry, our Keto Summit team will be here to help you the entire time!

Check out our [Facebook Group \(Real Food Keto Weight Loss\)](#) for continued support.



What Is The Keto Diet?

Technically, Keto or Ketogenic diet is a diet plan that helps your body achieve nutritional ketosis.

There are a lot of scientific benefits of ketosis being explored right now, from improving mood, brain function, more energy, and even helping to heal various illnesses.

But most people come to Keto for weight loss. And the reason Keto often helps people to lose weight is this...

When you're eating your regular high carb diet (filled with pasta, rice, bread, sugar), your body converts all of those carbs into glucose and has an endless supply of it for energy.

However, when you eat an optimal Keto diet, you stop eating all those carbs. Your body therefore runs out of that glucose for energy and instead has to break down your fat (yes, your body's fat) for energy instead!

Ketones are produced when your body breaks down fat, and when you have more ketones in your blood, then you'll be in ketosis.

What Do You Eat On Keto?

This is pretty much the first question everyone wants to know when they start Keto, so here are the basic rules (there's a full Keto diet food list at the back of this document):

EAT THESE:

Green Leafy Vegetables

Meats

Fish

Eggs

Healthy Fats and Oils

Some Nuts, Seeds, Berries, Avocados, Olives

AVOID THESE:

Sugary Fruits

Sugar

All Grains (including Rice, Wheat, Cous Cous, Corn)

Bread

Pasta

Beans

Root Vegetables

Processed Foods

Ok, when you first read this list, you're probably thinking...Oh No, what have I gotten myself into? But fear not, that's why we've armed you with a huge supply of delicious recipes.

You'll soon be discovering just how delicious Keto can be (and yes, you can even have snacks and desserts on Keto!).



How Long Before I Lose Weight?

OK! Hold on! Keto has helped a ton of people lose weight - just check out the folks that have completed our [7-Day Keto Challenge](#), but remember...this is NOT a magic pill.

If you're expecting to drop 10 lbs in one week, then let me tell you that even if it were possible, it wouldn't be healthy!

We've spent decades destroying our body, mind, health, habits, and sleep patterns with junk food, chronic stress, poor sleep, sitting, and more. So you can't expect to reverse all of that in just a few days.

But what you can expect from a Keto diet is long-term, sustained, and healthy weight loss. There are no guarantees for this (just like there are no guarantees in life). Everyone's bodies will be slightly different...how much weight you have to lose, what existing health issues you might have, whether you sleep enough, exercise, or destress enough are all huge factors.

However, regardless of how many lbs you can drop on Keto, one thing I can promise you is that you'll feel so much better when you're not addicted to sugar and carbs every day.

Imagine not feeling exhausted just 30 minutes after eating every meal or not being bloated every evening. And best of all, imagine not getting hungry every few hours and getting annoyed at family and friends just because you hadn't eaten!

QUICK-START GUIDE

Getting started on Keto is super easy! We suggest 2 different plans for starting Keto...pick one of these 2:



THE GENTLE APPROACH

Pick this option if you're really worried about changing your diet drastically in a few days.

STEP 1: CUT OUT CARBS FOR BREAKFAST

Cut out all carbs for breakfast. Enjoy a Coconut Ghee Keto Coffee (page 135) or a Keto smoothie or just some eggs and bacon. This will allow you to get into mild ketosis overnight and in the morning. You'll enjoy more energy and retain that energy throughout the morning. You can still keep eating other foods the same as you would normally.

STEP 2: OMIT ALL SUGAR FROM YOUR FOODS

Once you've got breakfast figured out, cut out all the sugar from your foods. Don't add sugar into your coffee, cut the soda, and ditch desserts or any foods with added sugar.

STEP 3: SLOWLY REMOVE BREAD AND PASTA

Over time, remove bread, pasta, pizza, burgers, and all the other high carb junk food from your diet and instead replace it with Keto foods. Check out the Guacamole Burger (page 69) and Spaghetti Squash Bolognese (page 66).



OPTION
2

THE GO-FOR-IT APPROACH

If you're ready to plunge in and get the full benefits of a Keto diet, then go for this option!

STEP 1: CLEAN OUT YOUR PANTRY & FRIDGE

Go clean out your pantry and fridge so you don't have any non-Keto foods that can tempt you on a bad day.

STEP 2: PLAN YOUR MEALS

Use one of our meal plans or create your own. And then go shopping. Restock your pantry and fridge with new delicious foods.

STEP 3: AVOID KETO FLU

During the first week, when you first go Keto, you'll probably experience Keto flu symptoms. Symptoms like headaches, tiredness, nausea. This is very common and is an indicator that your body is trying to switch from burning glucose to burning fat for energy.

To lessen the pains of Keto flu, drink plenty of water, take in electrolytes and if you need to, eat a bit more. Another option is to take [KetoUpgrade](#) to help you get through Keto flu better.

STEP 4: BE PART OF A COMMUNITY

You might not realize it right now, but being part of a supportive community that will cheer you on and hold you accountable is essential for long term success. Ask family and friends to join you on this journey. And if you need more support, join our [7-Day Keto Challenge](#) or our [40-day Keto40 program](#).

DON'T MAKE THESE MISTAKES

Mistake #1: Bad Mindset

Many people treat the keto diet as something they'll "try for a week or two." They want to dip their toe in the water to see if the diet "works." But they definitely don't want to commit.

There are two problems with this approach. First of all, if you're not committed, then you're going to give up at the first sign of trouble. If you get tempted, or if you don't lose weight for a few days, then you'll give it all up. And I can guarantee that not everything will go perfectly for you. It never does.

The second problem is that no diet works unless you approach it as a lifestyle.

If you want, you can lose some weight and then go back to eating bread, pasta, and sugar. But if you go back to eating those foods, you'll also go back to gaining weight. That is what we call the yo-yo dieting trap.

Mistake #2: Eating Too Much

Many of us have developed bad eating habits. We'll eat until everything is gone on our plates, we'll eat when it's mealtime rather than when we're hungry. And we'll snack all day instead of eating real meals.

All of this unfortunately leads to a lot of overeating.

Mistake #3: Eating Toxic, Inflammatory Foods - Even if They're Low Carb

Not everything that is low in carbs is good for you. Period.

For example, you can go to most grocery stores these days and find low-carb processed foods. You can get low-carb bread, low-carb cookies, and low-carb snacks.



You might be able to stay in ketosis while eating those low-carb foods, but they're still bad for your body. Many of them contain wheat, gluten, and other inflammatory ingredients.

And as I mentioned, inflammation always makes it harder for you to lose weight.

Here are ingredients that I suggest avoiding, even in low-carb foods:

Wheat, Rye, and Barley. New technology has created a way to make these foods low-carb sometimes. But they still always contain gluten, which will inevitably cause inflammation in your body.

Dairy. Yes - even cheese. In the abstract, dairy might be ok. The problem is that you don't live in an abstract world. Milk will pretty much always keep you out of ketosis. And the vast majority of people have some level of sensitivity to dairy products like cheese. (This is most likely true even if you aren't lactose-intolerant.) Plus, you're likely to overeat cheese and cream!

Vegetable and Seed Oils. This includes Vegetable Oil, Canola Oil, Corn Oil, Sunflower Oil, and similar products. Your cooking oil also makes a huge difference to your weight loss. As Dr. Shanahan points out in her book, *Deep Nutrition*, the production of these oils produces trans-fats, which can block your enzymes for burning fat.

Any food you have an intolerance to. Start paying more attention to your body. If you wake up one day and notice that you're congested or that your joints are stiff, ask yourself what you ate. You're likely sensitive to one of the foods you ate the day before.

Also, be careful with nuts. Many people have allergies or sensitivities to nuts. But more than that, nuts are easy to overeat. Again, a ketogenic diet is not magic, so eating 3,000 calories of nuts per day is going to make a difference.

Mistake #4: Ignoring Sleep, Exercise, and Stress

While eating a good diet is important for weight loss, it's not all that matters.

Many weight-loss studies have stressed the importance of sleep (7+ hours), exercise, and de-stressing. It's tough to get everything right all at once. Still, any small efforts you make in these areas will pay off in the end.

AND LASTLY... BE PATIENT

It can take up to two or three weeks to become keto-adapted. So if you're going to give the ketogenic diet a try, then actually give it a try and be patient.

It's taken you a lifetime of eating poorly to get to where you're at. You can't expect to fix all that damage in just a few weeks.

If you can, keep a journal. Write down how you're progressing, how you're feeling each day. Remember that this journey is more than just your weight...your long-term health is the end goal where your body naturally slims down to your ideal weight.



READY TO START?

What should you do
right now?

Join the private FB
group, introduce
yourself and share
your goals

Print your meal
plan/shopping list
and go shopping!

Share your
commitment and
your daily meals
on social media
with us!

Questions?

I know you will have lots of questions...should I track macros?
What foods are keto? What if I don't like fish?
So go ask them in the Facebook group.