



The Ketogenic Diet

Ketosis is a normal metabolic process that occurs when the body doesn't have enough glucose (its normal fuel source) for energy so it burns stored fats instead. The Ketogenic Diet utilizes the body's own physiology to induce weight loss by putting the body into ketosis through a specific low to no-carb diet and focusing on eating more fats while exercising. The proper balance of calories, fats, and moderate proteins on this plan is the key to seeing healthy weight loss. Keeping proteins lower also prevents a condition called gluconeogenesis, a condition where the body turns protein into glucose for energy, the opposite of what you want on this diet.

Phase 1 – Load: 2 Days

Decrease the amount of carbohydrates and sugars you consume and start to incorporate a bit more healthy fats and protein into your daily food intake (avocados, salmon, eggs, butter, coconut oil, full-fat dairy, pork, beef, chicken, etc.) while drinking plenty of water. Start taking the 1234 Keto Diet Drops (10 drops 3 times a day) along with any of our other keto supplements you wish to take. Organize your foods so you're prepared to do the keto diet successfully.

Phase 2 – Lose: Up to 6 Weeks

Keep taking the 1234 Keto Diet Drops and any other keto supplements while you add more keto-appropriate foods, depending on the specific diet you have chosen to follow. Always drink plenty of water to facilitate this dietary adjustment and prevent dehydration. The sooner you reach ketosis the quicker weight loss will occur. Check your ketones to see when you have reached the proper levels and make any adjustments necessary as you progress. Full ketosis means your body is burning fat for energy and not any muscle tissue; light exercise can help with this. Be sure to follow your diet as outlined and keep track of how you're feeling as you progress. Also keep an eye on your sodium, potassium, and magnesium to be sure you're maintaining proper levels.

There are several ways that people choose to do the Ketogenic Diet and what works best for you is an individual decision. Below we have put together a list of foods that are appropriate for the keto diet along with the nutritional information needed to accurately account for calories, fat, carbs, and protein

Phase 3 – Stabilize: 3 Weeks

Continue with the Diet Drops for appetite suppression while you very slowly begin to incorporate more calories and protein into your diet...still keeping carbs and sugar low. Keep a close watch how many calories you consume and get exercise for muscle gain...increasing carbs again but only for workouts. Always be sure to stay well hydrated and begin to transition to a "low carb" diet that's not fully the ketogenic diet. Eat more of a Diabetic diet with healthy protein and fats, low carb and sugar options in vegetables, grains, and fruit, while still avoiding added sugar. This phase will help you understand what foods you can have to help keep the weight off and what items need to be limited, if not completely avoided.

Phase 4 – Maintain: Going Forward

This phase is essentially "the rest of your life" where you can use the information you learned from your ketogenic diet experience and the stabilization process while continuing to take the Diet Drops. You are free to continue to eat a more relaxed form of the keto diet that works better for long-term maintenance, try Intermittent Fasting, or eat a more Diabetic diet to reduce carbs and sugars in general.

The Ketogenic Diet

The Ketogenic Diet does still require exercise in order to see weight loss. The key is to select foods with relatively low to moderate calories but more fats in order to achieve ketosis. You can be in a state of ketosis for an extended period of time as a lifestyle choice (with healthy nutrient balance) or you can do the protocol for a shorter duration for weight loss. It can take about two weeks to reach a proper state of ketosis so patience is necessary. Once you lose your desired weight you can modify the diet for a more normal balance of foods to maintain your weight.

This plan requires a lot of control and discipline over your diet but the rewards can be great. Careful food selections along with proper weighing, measuring, and nutrient calculations are key to success. When in ketosis you tend to lose salt so it's generally advised to have a bit more salt (sodium) daily, unless you have specific salt-related health issues. As always, please consult with your doctor regarding the specifics of your personal health situation before beginning the ketogenic diet or any diet regimen. With particular regards to kidney, liver, thyroid, or cholesterol issues or if you take any medications that might not allow for such a specific protocol.

Approximate Daily Nutrient Breakdown

70% - 80% daily from Fats
20% - 25% daily from Protein
5% - 10% daily from Carbs

Approximate Daily (g) per category (varies by person)

70 – 80 (g) daily from Fats
40 – 50 (g) daily from Protein
20 – 30 (g) daily from Carbs

Benefits of a Ketogenic Diet:

Weight loss	Appetite suppression	Increased fat burning	Increased endurance
Reduced fat storage	Increased belly fat loss	Lowered glucose levels	Stabilized energy levels
Lowered BMI	Lowered blood pressure	Lowered triglycerides	Increased “good” cholesterol
Prevents muscle loss	Anti-aging benefits	Improved cognition	Reduced neurological issues

Ketogenic Diet Foods & Nutritional Information

PROTEINS (4 oz. serving)

(Beef/Pork/Chicken/Turkey/Lamb)

	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Ribeye Steak (similar fatty cuts)	300	20	1	27
Beef Roast	200	9	0	28
Veal	160	5	0	26
Ground Beef (80/20 fat)	280	23	0	19
Beef Sausage (1 link)	88	7	1	4
Beef Hot Dog (1)	163	14	2	6
Liver	150	4	4	23
Ham (cured – 11% fat)	211	10	0	29
Bacon (regular cut – 4 slices)	540	50	1	22

PROTEINS (4 oz. serving)**CALORIES FATS (g) CARBS (g) PROTEIN (g)****(continued)**

Pork Chop	200	18	0	30
Pork Loin	212	10	0	28
Ground Pork (79/21 fat)	298	24	0	19
Pork Sausage (1 link)	86	7	1	4
Pork Hot Dog (1)	170	16	1	6
Chicken – Dark Meat (with skin)	275	18	0	25
Chicken – Dark Meat (without skin)	200	10	0	25
Chicken Breast (with skin)	194	11	0	24
Chicken Breast (without skin)	124	1	0	26
Ground Chicken (breast)	140	0	0	21
Chicken Sausage (1 link)	63	2	1	4
Chicken Hot Dog (1)	143	12	2	6
Turkey – Dark Meat (with skin)	194	9	0	26
Turkey – Dark Meat (without skin)	162	5	0	28
Turkey Breast (with skin)	175	6	0	29
Turkey Breast (without skin)	137	1	0	31
Ground Turkey (85/15 fat)	184	12	0	21
Turkey Sausage (1 link)	45	0	1	5
Turkey Hot Dog (1)	136	8	1	6
Lamb Chop	300	25	0	19
Ground Lamb	330	27	0	23

(Seafood)

Salmon	210	12	0	23
Mackerel	261	16	0	21
Herring	179	10	0	20
Sardines (canned in oil)	238	15	1	23
Anchovies	162	5	0	26
Tuna (fresh fillet)	123	1	0	27
Tuna (canned in oil)	218	9	0	32
Trout	168	7	0	24
Halibut	114	2	0	22
Cod	93	1	0	20
Catfish	121	5	0	18
Mahi-Mahi	96	1	0	21
Sea Bass	125	1	0	24
Orange Roughy	186	1	0	18
Tilapia	208	2	9	22
Shrimp	110	3	4	18

<u>PROTEINS (4 oz. serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
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(Seafood - continued)

Crab (fresh – not imitation)	98	1	0	20
Lobster	96	1	0	20
Scallops	89	1	4	11
Oysters (about 8 fresh oysters – not canned) Clams	100	3	5	10
Mussels	91	1	4	16
	146	4	6	15

Egg (1 large)	71	5	0	7
Egg Substitute (1/4 cup)	57	0	2	8

(Vegan Protein Options)

Tofu (4 oz. extra firm – cubed)	65	2	2	8
Tempeh (4 oz. – cubed)	222	13	11	21
Seitan (4 oz. – cubed)	130	2	5	24
Textured Vegetable Protein (1/4 cup)	80	0	7	12

(Protein Powders are acceptable but carefully check the nutritional panel for Calories/Fats/Carbs/Protein)

<u>DAIRY PROTEINS (varied amt.)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
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Whole Milk (1/2 cup)	74	4	6	4
Plain Greek Yogurt (1/2 cup – full fat)	129	11	10	14
Plain Regular Yogurt (1/2 cup – full fat)	72	4	6	4
Half-&-Half (2 Tbsp.)	40	3	1	1
Heavy Cream (2 Tbsp.)	104	11	1	1
Cream Cheese (2 Tbsp.)	100	9	2	2
Cottage Cheese (1/2 cup – 2% fat)	100	2	4	14
Mayonnaise (2 Tbsp. – full fat)	148	15	0	0
Butter (2 Tbsp. – full fat)	204	23	0	0
Ghee (2 Tbsp.)	225	15	0	0
Cheddar (2 oz. = 2 x 1 in. cubes)	225	18	1	14
Swiss (2 slices = 2 oz.)	213	16	3	6
Provolone (2 slices = 2 oz.)	197	14	1	14
Parmesan (2 Tbsp. – grated)	43	3	1	4
Mozzarella (2 oz. – whole milk; 2 x 1 in. cubes)	175	13	1	13
Ricotta (1/4 cup – whole milk)	107	8	2	7
Mascarpone (2 Tbsp.)	128	13	1	2
Blue Cheese (1/4 cup – crumbled)	120	10	1	7
Feta (1/4 cup – crumbled)	99	8	2	5
Goat Cheese (2 oz. = 2 x 1/4 in. discs - soft)	150	10	1	10
Brie (1/2 cup – slices)	240	20	0	15

<u>DAIRY PROTEINS (varied amt.)</u> (Vegan Dairy Options)	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Soy Milk (1 cup – plain/unsweetened)	115	4	9	8
Coconut Milk (1 cup – plain/unsweetened carton)	60	5	1	1
Almond Milk (1 cup – plain/unsweetened)	50	3	6	1
Cashew Milk (1 cup – plain/unsweetened)	45	2	6	0
Hemp Milk (1 cup – plain/unsweetened)	75	7	1	2
Soy Yogurt (1 cup – plain/unsweetened)	65	3	1	5
Coconut Yogurt (1 cup – plain/unsweetened)	58	3	9	0
Soy Mayonnaise (2 Tbsp.)	70	6	5	1
Tofu Mayonnaise (2 Tbsp.)	97	10	1	2

<u>NUTS/NUT BUTTERS (varied amt.)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Peanuts (1/4 cup – shelled)	215	18	7	10
Peanut Butter (2 Tbsp.)	177	15	12	7
Almonds (1/4 cup – whole; approx. 24 nuts)	158	13	6	6
Almond Butter (2 Tbsp.)	199	18	7	6
Macadamia Nuts (1/4 cup – whole)	240	25	5	3
Macadamia Nut Butter (2 Tbsp.)	217	22	4	3
Cashews (1/4 cup – whole)	179	14	10	5
Cashew Butter (2 Tbsp.)	177	15	9	6
Pecans (1/4 cup – whole)	179	18	3	2
Pecan Butter (2 Tbsp.)	217	22	3	4
Pistachios (1/4 cup – shelled)	171	14	9	6
Pistachio Butter (2 Tbsp.)	168	13	9	7
Walnuts (1/4 cup – whole; approx. 13 nuts)	131	17	4	4
Walnut Butter (2 Tbsp.)	215	20	2	5
Hazelnuts (1/4 cup – whole)	212	21	6	5
Hazelnut Butter (2 Tbsp. w/chocolate)	183	14	13	3
Brazil Nuts (1/4 cup – whole)	188	19	4	4
Pine Nuts (1/4 cup – whole)	225	23	5	5
Cocoa Butter (2 Tbsp.)	239	27	0	0
Coconut Butter (2 Tbsp.)	197	23	5	2
Coconut Cream (2 Tbsp.)	100	10	2	1

SEEDS (2 Tbsp. serving)

Chia Seeds	139	9	12	5
Flax Seeds	100	7	5	3
Pumpkin Seeds/Pepitas (roasted & salted)	137	6	5	7
Sunflower Seeds (roasted & salted) Sesame Seeds	129	11	5	5
Poppy Seeds	104	9	4	3
	95	7	5	3

<u>OILS (2 Tbsp. serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Olive Oil (extra virgin/cold pressed)	240	28	0	0
Avocado Oil (extra virgin/cold pressed)	248	28	0	0
Coconut Oil (extra virgin/cold pressed)	233	27	0	0
Macadamia Nut Oil	250	28	0	0
Flaxseed Oil	240	28	0	0
Sunflower Oil	240	27	0	0
Palm Oil	240	26	0	0
MCT Oil (medium-chain Triglycerides)	218	28	0	0

<u>VEGETABLES (1 cup serving)</u>	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Broccoli (1/2 inch pieces)	31	0	6	3
Cauliflower (1/2 inch pieces)	27	0	6	2
Green Beans (1/2 inch pieces)	31	0	7	2
Carrots (1/4 inch slices)	50	0	12	1
Tomatoes (chopped)	35	0	7	2
Cucumber (1/4 inch slices)	16	0	4	1
Celery (1/4 inch slices)	15	0	3	1
Onion (chopped)	60	0	2	1
Asparagus (1 inch pieces)	20	0	4	2
Zucchini (1/4 inch slices)	20	0	4	1
Leeks (chopped)	54	0	13	1
Fennel (chopped)	27	0	6	1
Beets (1/4 inch slices)	58	0	13	2
Brussels Sprouts (whole)	38	0	8	3
Bell Pepper (chopped – green, yellow, red)	60	0	7	1
Mushrooms (chopped)	19	0	3	2
Eggplant (1 inch cubes)	20	0	5	1
Spaghetti Squash (1 inch cubes) Butternut	31	1	7	1
Squash (1 inch cubes)	63	0	16	1
Acorn Squash (1 inch cubes)	56	0	15	1
Cabbage (chopped)	20	0	5	1
Spinach (chopped)	7	0	1	1
Lettuce (chopped – dark varieties are best)	8	0	2	1
Endive (chopped)	7	0	2	1
Radicchio (chopped)	9	0	2	1
Kale (chopped)	34	0	7	2
Kohlrabi (chopped)	36	0	8	2
Bok Choy (chopped)	9	0	2	3
Swiss Chard (chopped)	7	0	1	1
Collard Greens (chopped)	11	0	2	1
Bamboo Shoots (1/2 inch slices)	42	0	8	4
Alfalfa Sprouts (whole)	8	0	1	1
Edamame (in pods)	107	2	12	10
Black Olives (10 olives – whole)	51	4	3	0

VEGETABLES (1 cup serving)**(continued)**

	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Green Olives (10 olives – whole w/pimento)	55	4	2	0
Radishes (1/2 cup - thin slices)	10	0	2	0
Chives (2 Tbsp. – chopped)	2	0	0	0
Miso Paste (2 Tbsp.)	60	2	9	3

FRUIT (1/2 cup serving)

	<u>CALORIES</u>	<u>FATS (g)</u>	<u>CARBS (g)</u>	<u>PROTEIN (g)</u>
Avocado (sliced)	117	11	6	2
Coconut (unsweetened – shredded)	264	24	7	2
Strawberries (whole)	24	0	6	1
Blueberries (whole)	43	0	11	1
Raspberries (whole)	33	0	8	1
Cranberries (whole)	23	0	6	0
Blackberries (whole)	31	0	7	1
Cherries (whole with pit)	37	0	9	1
Watermelon (1 inch cubes)	24	0	6	0
Cantaloupe (1 inch cubes)	27	0	7	0
Honeydew (1 inch cubes)	31	0	8	0
Lime (sections and zest)	20	0	7	1
Lemon (sections and zest)	33	0	10	1
Orange (sections and zest)	65	0	16	2
Grapefruit (sections and zest)	44	0	11	1

BEVERAGES/LIQUIDS/MISC.**Water:** still or sparkling; a staple on the diet for proper hydration**Coffee:** black without sweeteners/flavorings of any kind**Tea:** black or green are best**Alcohol:** best avoided, but hard liquor is the best choice; no beer or wine; slows weight loss**Broth:** organic is best, watch for added sugars & check the nutritional facts for details**Flavorings:** packets flavored with stevia are fine in moderation; allowed citrus items are best**Artificial Sweeteners:** Stevia, Xylitol, Erythritol, Cucerlose, Sweet n' Low (saccharin); use all sparingly (known to be sweeter than sugar; can cause sugar cravings on the diet)**Spices:** fresh or dried are fine; opt for powders and avoid salts; carefully read labels on dried varieties**Condiments:** low/no sugar is best (carefully read labels & account for ingredients); use sparingly