



KETOMOM'S KETO STARTER GUIDE

**A START-UP
GUIDE FOR
KETO
BEGINNERS**

**KETO SIMPLIFIED
FOR BEGINNERS**

**10 STEPS TO
BEGIN LIVING
AGAIN**

CERTIFIED KETOGENIC LIFESTYLE COACH

Ketomom
COACHING
Start living again!

**MONICA
BOYER**

HELLO

Gorgeous!

Welcome to Part One

Your first step into Ketosis:

First of all dear friend, I want to tell you how proud I am of you! You have decided to change your life like I did just a few years ago! How do you feel about that decision?

Through this ride, I can promise you that you'll change from the inside out! Physically, emotionally and spiritually. Everything changes!

The Ketogenic lifestyle is an amazing science and it begins with changing the operating system in your body. We will be converting your system from burning sugar and carbs, to burning ketones and your own fat cells for fuel. Yep!

I teach "At first... Then later"

Don't worry about being perfect at first! Later, you will learn how to perfect and enjoy your journey even more. The easier things can be accomplished, the longer you will stick to the lifestyle. **Yes, this is a lifestyle!**

The key to the Ketogenic Lifestyle is changing your mindset and keeping it simple. It's said, 21 days to build a habit... 90 days to build a lifestyle. Start here and keep it simple. Then add things as you go. This is where my coaching comes in. Keto is a science and it is important you learn this science so you can maintain this lifestyle... well... for life!

I teach an "at first.. then later" program. We start with simple... then we tweak and improve. Why? Because we feel better when we do. We remove the inflammation. We improve our health.... and we **LIVE AGAIN!**

Start here, then I'll be waiting to guide you the rest of the way!



Hello I'm
Coach
Monica!



xoxo,
Coach Monica

LET'S GET STARTED!

WHAT in the world is KETO?!

Wait, so is it Atkins? So, it's like Paleo? OMGosh it's the bacon and butter diet and you're going to die of a heart attack! My dear friend and fellow Keto-er, these are the same questions I get when people start asking me about my love of ketogenic living. Let's talk about it...

Ketosis

Ketosis, or "keto", is a natural state for the body in which it becomes almost completely fueled by fat through eating a ketogenic diet: low carb, moderate protein, and lots of healthy fats. As babies, we are all born in a state of ketosis and remain that way until we begin eating solid foods (breast milk is almost entirely fat!) We also dip into a state of ketosis when we enter prolonged periods of not eating, or fasting, including while we are asleep. It is highly likely that you wake up in a ketogenic state!

Ketones

While in ketosis, the body is producing ketones. These small molecules are used as fuel when we have depleted our glucose (a.k.a. blood sugar) supply. Ketones are produced in the liver from fat, as we eat very few carbs and a moderate amount of protein.

The entire body – including the brain – consumes ketones as fuel.




KETO FUN FACT

The brain can ONLY run on one of two fuel sources: glucose or ketones. It's a common misconception that the brain needs carbs.

The truth is that carbs are the single macronutrient (there are three: protein, carbs, fat) that we do NOT need, and the brain will happily burn ketones for fuel.

Our brains do need a small amount of glucose to function, but we can get this small amount from the protein we consume! More on that later

A background image of a white cup filled with a light brown liquid, likely coffee, with a swirl of cream on top. The cup is set against a warm, orange-toned background.

Ketones provide sustainable energy, unlike carbohydrates, which are metabolized into glucose to give the body a burst of energy, spiking your insulin levels and then crashing later. Glucose is burned up quickly, leaving the body depleted of energy while leftover glycogen stores itself in the liver, or as triglycerides in fat cells.

Without carbs, the body will quickly deplete its glycogen and will begin using fat for energy.

Fat comes from the foods we eat as well as the stored fat - the triglycerides - in our cells. Those of us who follow a ketogenic lifestyle switch our fuel sources back to the way we were born: we run almost entirely on fat. Insulin hormones dip to low levels and we rapidly burn stored fat for fuel.

Outside of weight loss, we ketonians experience sustained energy, mental focus, exercise endurance, and a bevy of other health benefits such as preventing, treating, and curing chronic illness and life-threatening disease.

To put it simply: eat fat to burn fat.... Healthy Fats. Healthy Life!

Are you ready to get started?

TOP SIX STEPS TO BEGIN KETO

Zero to Keto in 6 simple steps!



1

IMMEDIATELY ELIMINATE ALL SUGAR!

Start today! Change your mindset about sugar. It feeds cancer. It is the leading cause of obesity in our nation. Eliminate it immediately. You will go through an intense detox period. Push through it. I recommend a HARD detox with no sweeteners.



2

ELIMINATE ALL SIMPLE CARBS.

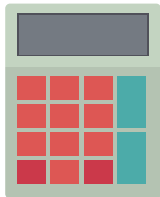
Simple carbs turn to sugar. Eliminate all grains, breads, rice, flour, wheat (yes even whole wheat), corn. These are no different on your body than sugar. It turns to glucose. Also eliminate processed foods.



3

DRINK WATER!

You cannot run a car without oil. You cannot run your body without water. It really IS that simple! Drink half your body weight in oz of water each day. This does incredible things with digestion and even more amazing things with your skin!



4

COUNT & SET MACROS TO WEIGHTLOSS!

This is VITAL to your journey. You will be amazed when you begin counting the carbs, protein, and fats in your daily intake, how REAL carb creep is! Hidden carbs are the enemy to Keto. I recommend Cronometer to count your macros. I personally figure these numbers for my coaching clients. **I also have a macro session if you need help with this.** No more than 20 net carbs.



5

WATCH FOR CARB CREEP.

Hidden ingredients are everywhere. In fact, did you know, the FDA doesn't have to disclose many sugars or chemicals in our foods. Know these ingredients and RUN from them! Example. Maltodextrin has a higher glycemic index than sugar, yet its labeled as sugar free! Run away!



6

GET YOUR NUTRIENTS

Let's do this thing like the healthy boss we are! Your body needs the right nutrients to be healthy. You especially need electrolytes, magnesium, potassium. I take Keto Essentials multi vitamins and take pink himalayan salt for electrolytes.



KETO PRODUCTS I LOVE

- ☐ [Kiss my Keto MCT oil -- order here](#)
- ☐ [Smart Coffee --click here for more info](#)
- ☐ [Ketomom Fat Burning bundle-- more info](#)
- ☐ [Ketomom Coffee Bundle-- more info](#)
- ☐ [Ketomom Sweets Bundle-- more info](#)
- ☐ [Ketomom Fitness Bundle -- more info](#)
- ☐ [Grass-fed Beef sticks -- Click to order](#)
- ☐ [Turkey Sticks-- Click to order](#)
- ☐ [KMK Protein Powder Birthday Cake -- order](#)
- ☐ [Keto Chocolate Bars -- Click to order](#)
- ☐ [Keto Protein Bars-- Click here to order](#)
- ☐ [Keto Gummy Bears-- Click here to order](#)
- ☐ [Keto Berry Electrolytes- Click here to order](#)



KETO PRODUCTS I LOVE

- ☐ [F Bomb Butter snacks- click here](#)
- ☐ [F Bomb MCT oil travel packets- Click here](#)
- ☐ [F Bomb Cheese snacks- Click here](#)
- ☐ [F Bomb Bundles -- Click here](#)
- ☐ [Keto Chow Shakes -Click here](#)
- ☐ [Alterna sweets BBQ & Sauces - Click here](#)
- ☐ [Modere Liquid Collagen -- More info here](#)
- ☐ [Stur Water enhancers-- Order here](#)
- ☐ [ULZ Pork Rinds -- order here](#)
- ☐ [Pur Gum-- Order here](#)
- ☐ [Kiss my Keto Exogenous Ketones --
Order](#)
- ☐ [Cronometer Gold Subscription - order](#)
- ☐ [My Coaching Services... Click here](#)

Disclosure: Some of the links below are affiliate links, meaning, at no additional cost to you, I will earn a small commission if you click through and make a purchase. I only recommend products I personally use! You can also find all these products in stores near you if you would rather purchase them at a store!



Welcome to **MY FIRST KETO GROCERY CART**

My first grocery store trip was very scary. These are some of the things you could find in my cart!



Ketomom Coaching

MCT Oil (see products page)
Coffee (any kind) or Tea
Heavy Whipping Cream (no carrageenan in it)
Eggs (lots)
Butter (Irish Gold)
Sour Cream (always full fat)
Cream Cheese (full fat)
Cottage Cheese (Full fat)
Avocados (you can get frozen)
Dark Greens--Fresh Spinach
Radishes, Zucchini (zucchini noodles)
Mushrooms,
Onion (for flavor)
Tomato (use only to flavor)
Celery, green peppers
Cauliflower (I get mine pre-riced)
Broccoli (fresh and frozen)
Pecans, macadamia, or almonds
Cheeses (block cheese- shred yourself)
Cheese shredder
Steaks- marbled cuts.
Hamburger (not lean)
Olives
Skinny Syrups (Stevia sweetened preferred)
Zevia soda

Bacon (no sugar @ Costco)
Salmon
Rotisserie Chicken for salads or quick meals
Any meats with no sugar.
Almond Flour - Coconut Flour
Bone Broth (NO sugar in it)
Whisps (Parmesan Cheese crackers)
Pork Rinds
Rao Spaghetti Sauce
Lilly's Chocolate Chips
Almond butter
Pur Gum
Swerve, Erythritol, for sweetening. Make sure there is no maltodextrin.
Stevia Syrup for flavoring
Stur Drops water enhancers (in the row with the water)
Magnesium Citrate (no maltodextrin)
Grass Fed Beef Sticks/Turkey Sticks
Bone Broth (organic, no sugar)
Smart Coffee (see products page)
Everything but the Bagel seasoning
Berries
Pickles (dill)
Almond Milk
Olive oil/Vinegar/ Sugar Free Dressing
Dukes Mayo/ Mustard

Ketomom Coaching

DO'S AND DONT'S OF KETO



Eat whole-simple foods with plenty of healthy fats.



Eat sugar, simple carbs, or low-fat foods.



Clean out your cupboards of all junk food.



Spend hundreds of dollars at the grocery before you start.



Have macros set to weight loss. Track them



Don't eat too much dairy or too many nuts.



Drink half your body weight in oz of plain water.



Base your success on what the scale says.



Surround yourself with supportive people.



Compare your journey to anyone else. This is YOUR journey.



Keep carbs to under 20 (net).

Ketomom's

BONUS GIFT TO YOU!

FREE

**YOUR COMPLETE KETO
FOOD GUIDE**



KETOMOM'S COMPLETE FOOD GUIDE

UPDATED JANUARY 2020

**A STARTER
GUIDE FOR
KETO
BEGINNERS**

**DON'T LEAVE
HOME
WITHOUT
THIS GUIDE!**

**MONICA
BOYER**

**SIMPLE FOOD
FOR EVERY
BUDGET**



Ketomom
COACHING
Start living again!

**YOUR STARTER KIT TO THE
KETOGENIC LIFESTYLE**



Ketomom's Complete

Food Guide

EAT THIS... DON'T EAT THIS!

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BY MONICA BOYER

HELLO!

Beautiful!

One of the questions I'm asked the most is, "Monica, what can I eat?" We live in a fast paced society, quick, speedy, 140 character tweet, simple to the point, give me the real story NOW world! That is what I want to help you with in this AMAZING document!

First of all dear friend, I want to tell you how proud I am of you!

You've taken the first step to your brand new life. How do you feel? Through this ride, I can promise you that you'll change from the inside out! Physically, emotionally and spiritually. Everything changes!

The Ketogenic lifestyle is an amazing science and it begins with the ingredients that are displayed within the pages of this book.

I believe in simplicity.

The easier things can be accomplished, the longer you will stick to the lifestyle. Yes, this is a lifestyle!

I have two kinds of clients. Simple (like me) and fancy. I've always wanted to be in the fancy group but if I'm honest, I fall into the simple category and that is why I depend on this document almost as much as I depend on the Holy Bible to point me in the right direction!! It is my lifeline to staying in Ketosis and staying in tuned to what my body needs.

Please note this is not an all inclusive list and I update it often!

I hope you find it as helpful as I do!

xoxo,
Coach monica 

Hello I'm
Monica



LET'S GET STARTED!

Eat THIS!



**Green corners: EAT
THIS!**

**Use the color codes as
you use this document.**

**GRAY corners: Don't
eat THIS!**



Not THIS!

Just tell me Coach!

In my opinion, the hardest part of the Ketogenic lifestyle is knowing what you CAN and CAN'T eat.

At first, I was pretty stressed out as I am sure you probably are!

What is Keto friendly? What is my best choice? What will throw me out of Ketosis? I remember the feeling well!

I'd spend hours in the grocery store stressing over food labels, trying to decide what my best choices were! I had already failed at every diet in the book, and I wasn't about to screw this one up!

Eat THIS!

Dairy products can include a lot of hidden carbs because many contain natural sugar in the form of lactose and galactose. If you do eat dairy, you should limit your intake to avoid derailing ketosis, choosing mainly full-fat products as these tend to be lower in carbs.

Good options include:

- Cheese (as close to deli as possible)
- Butter (grass-fed)
- Heavy Whipping Cream (no carageen)
- Plain greek yogurt
- Cream cheese
- FULL FAT sour cream
- FULL FAT cottage cheese (in moderation)
- Unsweetened Almond Milk

DAIRY

IF YOU CAN TOLERATE



“HE WHO HAS HEALTH, HAS HOPE; AND
HE WHO HAS HOPE, HAS EVERYTHING ”

ARABIAN PROVERB

Eat THIS!

Keto sweeteners can be very useful in your lifestyle taking away that craving for sugar. It is important to note however, that you don't want to trade one addiction for another. Some sweeteners don't raise sugar, but DO spike your insulin*

Good options include:

- Lilly's SF Baking Chips
- Unsweetened Cocoa Powder
- Swerve
- Liquid Stevia
- Stevia (make sure there is no maltodextrin)
- Erythritol
- Truvia
- Pyure
- Xanthan gum
- Guar Gum
- Stur Drops (Water enhancer)

Note: Sweeteners like Monk fruit, sucralose, aspartame, Xylitol, Dextrose, and many others will raise your insulin. It is best to avoid these.

Sweets & Sweeteners

Always important to note the cephalic response of sweeteners to spike insulin.



Three approved Keto sweeteners: Stevia, Erythritol (swerve) and FOS. (These do not raise blood sugar or Insulin)

***IMPORTANT
NOTE***

*In the presence of insulin, you cannot lose weight.

Eat THIS!

Fruits are naturally high in fructose or fruit sugar, and so they are largely off the menu following a ketogenic lifestyle. However, you can still eat fruit in small amounts without derailing your diet. Berries are the choice you want to make!

Viable options include: (anything with the word “berry.”

- **Blackberries: 5 grams net carbs (10 grams total carbs)**
- **Blueberries: 12 grams net carbs (14 grams total carbs)**
- **Raspberries: 6 grams net carbs (12 grams total carbs)**
- **Strawberries: 6 grams net carbs (8 grams total carbs)**
- **Avocados (Keto Superfood)**

Fruits

EAT IN MODERATION



"WHEN THE HEART IS AT EASE,
THE BODY IS HEALTHY."

CHINESE PROVERB

Eat THIS!

- **Pork Rinds or Beef Jerky**
- **Veggies and melted butter, coconut oil or cheese**
- **Hard boiled eggs**
- **Celery w/ tablespoon nut butter.**
- **Olives**
- **Protein smoothie (No sugar)**
- **Cold cuts and deli meats.**
- **Cheeses (in moderation)**
- **Cooked chicken breast**
- **Heavy whipping cream w berries**
- **Nuts (in moderation)**
- **Chicken, turkey or tuna**
- **Broth/Bouillon (not low-sodium)**
- **Keto Chocolate (Lillies)**
- **Almond Butter**
- **Cream Cheese**
- **Cheese Whisps or Fried Cheese**
- **Cucumbers with Cream Cheese and Everything but the begal seasoning**

Snacks

THINK OUTSIDE THE BOX!



Ketogenic diets tend to keep hunger at bay, but you still might want a snack between meals from time to time. Most popular snack foods are high in carbs; candy, cookies, and potato chips for example. You'll need to think outside the normal choice of snacks if you are going to stay true to your ketogenic eating plan. Stick with high fat snacks.

Eat THIS!

Drink plenty of water, crucial for a successful ketogenic diet, and unsweetened beverages such as:

- Coffee or Tea (green or black),
- water (unsweetened)
- Warm water with lemon juice
- Club Soda
- Bullion (no maltodextrin)
- Bone broth
- Zevia Soda
- Low carb, no sugar alcohol
(*remember alcohol burns first which could cause you to stall)
 - Vodka
 - Gin
 - Rum
 - Dry red wine (merlot)
 - Dry white wine
- Unsweetened Almond or Coconut Milk
- Lemon/ Lime Juice
- Stur drops (water enhancer)

Drinks

Soda and fruit juices contain too much sugar and will put you out of Ketosis very quickly.



"THE GREATEST WEALTH, IS
HEALTH

--VIRGIL

Eat THIS!

Dressings:

- Oil and Vinegar *best choice
- Blue Cheese
- Real Mayo (Dukes is a good brand)

Condiments:

- Oil and Vinegar
- Sour Cream
- Lemon or Lime juice
- Pickles
- Mustard
- Hot Sauce
- Mayonnaise (choose cage-free and avocado oil where possible)
- Sauerkraut (choose low, or no sugar added)
- Relish (choose low, or no sugar added)
- Horseradish
- Worcestershire Sauce
- Salad Dressings (choose fattier dressings like ranch, caesar, and unsweetened vinaigrettes)
- Flavored Syrups (choose acceptable sweeteners)

DRESSINGS & CONDIMENTS

**WATCH FOR HIDDEN INGREDIENTS
LIKE SUGAR--AND BAD OILS**



Some choice condiments can liven up even a boring dinner. However, many are loaded with sugar and carbs that are just waiting to derail your keto diet. Spice up your meals while staying on track with these low carb condiments:

**“HAPPINESS IS THE
HIGHEST FORM OF HEALTH”**

DALAI LAMA

Eat THIS!

GOOD OPTIONS INCLUDE:

- All dark leafy green veggies including lettuce, kale, chard, romaine, mustard greens, beet greens, dandelion greens, fennel, spinach, sorrel and endive.
- Cruciferous vegetables like broccoli, cauliflower, cabbage and brussel sprouts.
- Celery, cucumber, zucchini, leeks, onions (sparingly), mushrooms, asparagus, bell peppers, tomatoes, green beans, wax beans, bamboo shoots, bean sprouts, and radishes.
- Olives (black and Green)

LOW CARB VEGETABLES

NON STARCHY

Many newbie keto dieters mistakenly think that they can't eat any vegetables on a low-carb diet, but that's not actually true. You CAN and should eat reasonable quantities of non-starchy vegetables to make sure you get plenty of vitamins, minerals, and fiber. I recommend 6-8 cups a day! Obviously potatoes are off limits, there are lots of other veggies you can eat instead.



“The human body is the best picture of
the human soul”
TONY ROBBINS

Eat THIS!

GOOD OPTIONS INCLUDE:

- MCT Oil
- Palm oil
- Macadamia oil
- Coconut Oil
- Lard
- Bacon Grease
- Flaxseed oil
- Sesame Oil
- Walnut Oil
- Avocado Oil
- Real Mayonnaise (watch ingredients for hidden sugar)
- Butter/Ghee (grass-fed if possible)
- Chicken/duck fat
- Egg yolks
- Heavy Cream
- Olive Oil

Healthy FATS

THE KETO SECRET SAUCE

Most fats contain no carbs at all and are fair game on the ketogenic diet! Seek out healthy, unprocessed fats, as these will do you the most good. Don't be shy with fats; they are critical for your success.



CONSUME A MIXTURE OF FATS TO ENSURE YOU ARE GETTING ADEQUATE AMOUNTS OF SATURATED, MONOUNSATURATED, AND POLYUNSATURATED FATS. STEER CLEAR OF SOURCES OF TRANS FATS LIKE HYDROGENATED MARGARINES, AS THESE ARE NOT GOOD FOR YOU

Eat THIS!

GOOD OPTIONS INCLUDE:

- Almonds: 3 grams net carbs (6 grams total carbs)
- Brazil nuts: 1 gram net carbs (3 grams total carbs)
- Macadamia nuts: 2 grams net carbs (4 grams total carbs)
- Pecans: 1 gram net carbs (4 grams total carbs)
- Walnuts: 2 grams net carbs (4 grams total carbs)
- Chia seeds: 1 gram net carbs (12 grams total carbs)
- Flaxseeds: 0 grams net carbs (8 grams total carbs)
- Pumpkin seeds: 4 grams net carbs (5 grams total carbs)
- Sesame seeds: 3 grams net carbs (7 grams total carbs)
- Almond Butter (only salt and almonds in ingredients) be careful with Peanut Butter
- Chia seeds

NUTS & SEEDS

WATCH THE QUANTITY

Nuts and seeds contain a lot of fat and other beneficial nutrients, but they also contain carbs, so you need to practice good portion control.



In general, limit your intake to around one ounce at a time to avoid kicking yourself out of ketosis

Eat THIS!

Very low carb animal proteins include:

- Grass-fed Beef, preferably fattier cuts like steak, veal, roast, ground beef and stews.
- Poultry, including chicken, quail, duck, turkey, and wild game. Try to focus on the darker, fattier meats.
- Pork, including pork loin, tenderloin, chops, ham, uncured center cut bacon and ground pork.
- Fish, including mackerel, tuna, salmon, trout, halibut, cod, catfish and mahi-mahi.
- Shellfish, including oysters, clams, crab, mussels and lobster.
- Organ meats, including heart, liver, tongue, kidney and offal.
- Pasturized Eggs, including deviled, fried, scrambled and boiled — use the whole egg.
- Lamb meat
- Goat meat
- Veal
- Venison
- Eggs
- Broth (bone, chicken, beef) watch for hidden maltodextrin.

PROTEIN

LOW CARB LOVELINESS

Animal proteins are naturally very low in carbs, high in fats, and contain amino acids which are essential for muscle growth and repair. They are also very filling, and are needed to control hunger.



YOU WILL WATCH YOUR LIFE TRANSFORM
RIGHT BEFORE YOUR EYES IF YOU
TRUST THE PROCESS!

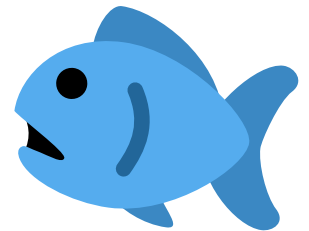
MONICA BOYER

SEA FOOD

ANOTHER KETO SUPERFOOD!

Eat THIS!

**Salmon, Tuna, Cod, Trout,
Bass, Mackerel, Catfish,
Clams, Mussels**



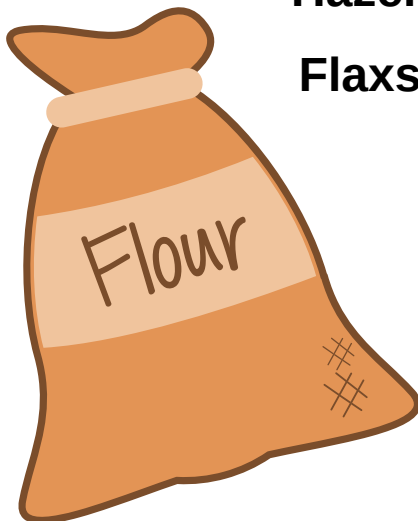
Almond flour

Coconut Flour

Unsweetened Coconut

Hazelnut Flour

Flaxseed Meal



FLOUR

KNOW YOUR SUBSTITUTES



AVOID
the
following
foods

Ketomom
C O A C H I N G
Start living again!

Not THIS!

- Table sugar
- High fructose corn syrup
- Agave syrup
- Maple syrup
- Honey
- Fructose
- Agave
- Dextrose
- Artificial Sweeteners
 - Equal
 - Aspartame
 - Acesulfame Potassium or Ace K
 - Sucrose
 - Saccharin
 - Sweet & Low
 - Splenda
 - Maltitol
 - Mannitol
 - Isomalt
 - Xylitol
 - Dextrose
 - Maltodextrin
 - Propel Water
 - THERE ARE 56 DIFFERENT NAMES FOR HIDDEN SUGAR.

Sugar

In the presence of insulin you cannot lose weight ... sugar spikes insulin



IT'S TYPICALLY FOUND IN SODA, JUICE, SPORTS DRINKS, CANDY, CHOCOLATE, AND ICE CREAM. ANYTHING THAT'S PROCESSED AND SWEET YOU CAN THINK OF MOST LIKELY CONTAINS SUGAR. AVOID SUGAR AT ALL COSTS.

Not THIS!

- Margarine or any other spreadable replacement butter should be avoided as they contain hydrogenated fats (bad for us).
- Corn oil
- Canola Oil
- Vegetable Oil
- Sunflower oil
- Safflower Oil
- Soybean Oil
- Miracle Whip type mayo

Trans-Fats



A GOOD LAUGH AND A LONG SLEEP ARE
THE BEST CURES IN THE DOCTOR'S.

IRISH PROVERB

Not THIS!

- Cow's Milk
- Low Fat Fat Free dairy products.
- Shredded Cheese (store bought)
- Fat Free Butter or substitutes
- Skim Milk
- Low fat whipped topping
- Fat free Yogurts

DAIRY



I BELIEVE THAT THE GREATEST GIFT YOU
CAN GIVE YOUR FAMILY AND THE WORLD
IS A HEALTHY YOU.

--Joyce Meyer

Not THIS!

FRUITS

- Bananas
- Pineapples
- Papaya
- Apples
- Oranges
- Grapes
- Mangos
- Tangerines
- All Fruit Juice
- Smoothies
- Dried Fruits
- FruitSyrups/Concentrate

Avoid any large fruits (apples, oranges, bananas) as they're extremely high in sugar. Some berries can be consumed in moderation.



Not THIS!

- All grains, even whole grains
- Quinoa
- Oats of any kind
- Rice
- Barley
- Millit
- Wheat Flours
- Wheat
- Gluten
- Any wheat products (bread or buns), pasta, cereal, cakes, pastries, rice, corn, and beer should be avoided. This includes whole grains like wheat, rye, barley, buckwheat, and quinoa.
- Beans and Legumes
- Northern Beans
- Peanuts (legumes)

GRAINS



- Kidney
- Chick Peas
- Black Beans
- Lentils
- Peas
- Lima Beans

STARCH

Avoid vegetables (like potatoes and yams) and other things like oats, muesli, etc. Some root vegetables are okay in moderation – be sure to read the section on vegetables.

These tend to be much higher in carbs and sugar than full-fat versions.

Make sure you read the package to make sure a mistake isn't made

When in doubt, eat full fat!

Not THIS!



- Sweet Potatoes
- Yams
- Potatoes
- Carrots
- Parsnips
- Peas
- Corn
- Cherry Tomatoes

LOW FAT

THE BIGGEST LIE IN DIET HISTORY



ALCOHOL

It is important to note that alcohol of any kind burns first. It will stall you.

- Cashews
- Pistachios
- Chestnuts

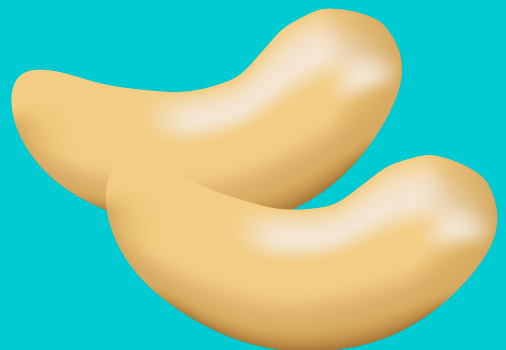
Not THIS!

- Beer
- Sweet Wines
- Sugary Cocktails



NUTS

MAJOR CARB CREEPERS!



Vegetables

FOCUS ON LEAFY GREENS

- Sausages with any sugar
- Meat covered with bread crumbs
- Hot dogs
- Processed lunch meats
- Soy
- Whey Protein Isolate

Not THIS!

Avoid any vegetables that grow beneath the ground (root vegetables)

- Potatoes
- Parsnips
- Beets
- Carrots
- corn
- Snap Peas

Protein

WATCH FOR HIDDEN SUGARS!



If you are ever unsure whether a food is keto-friendly or not, ask yourself these questions:

- 1. Does it contain grains e.g. wheat, oats, corn, etc.**
- 2. Does it contain sources of sugar e.g. cane sugar, maple syrup, honey, or high fructose corn syrup, etc.**
- 3. Is it a processed food e.g. frozen dessert, cookies, crackers, candy, breakfast cereal, baked goods, canned fruit, pre-packaged meals, etc.**

If the answer is yes, the chances are good that it contains too many carbs to be considered keto-diet friendly, and you should avoid it like the plague it is!

Ketomom
C O A C H I N G
Start living again!

While ketogenic diets do limit your consumption of certain foods, they are not as re-strictive as many other diets.

In fact, with a little imagination, you should be able to find lots of tasty things to eat while staying true to your low carb eating plan.

Don't dwell on the fact you can't eat bread, rice, pasta, or cereal. Instead, think of all the new low-carb foods that are waiting to be discovered and enjoyed!

Join my Next Coaching Session!

SEVEN WEEKS OF PERSONAL
KETO COACHING

Ketogenic Living 101 includes:

- Live Class every Monday night!
- Individualized Health assessment
- Personalized Macros
- Keto Bible
- Free Meal Plans and Recipes
- Access to Personal VIP Facebook Group
- Monica will take you from zero to Keto in just 7 weeks!

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