



# ***5 Steps***

To start

# ***KETO DIET***

[www.ketoquickmeals.com](http://www.ketoquickmeals.com)

# ***1. Define your goal***

**Before changing what's on your plate, ask yourself: Why am I starting keto?**

Your goal will shape your approach:

- If your goal is weight loss, you'll focus on a calorie deficit while staying in ketosis.
- If you want better focus and energy, you'll emphasize high-quality fats like avocado and MCT oil.
- If you're looking to manage blood sugar levels, consistency and carb tracking will be your top priority.

**Pro Tip:** Write your “why” on paper and keep it visible. On days you feel low motivation, this reminder will keep you consistent.



## ***2: Calculate Calories and Macros***

The keto diet is about **low carb, high fat, moderate protein** eating. But how low is low carb? And how much fat do you really need?

Here's a beginner-friendly breakdown:

- **Carbohydrates:** 20–50g net carbs per day (about 5–10% of daily calories)
- **Protein:** 1.2–1.6 g per kg of body weight (about 20–25% of calories)
- **Fat:** The rest of your calories (about 65–75%)

**Example:** If you eat 2,000 calories per day → 25g net carbs, 100g protein, 150g fat.

**Why this matters:** Reducing carbs pushes your body into ketosis, where it burns fat for fuel instead of glucose.

**Pro Tip:** Use free apps like Carb Manager or Cronometer to calculate and track your macros.

# ***3: Learn Keto-Friendly Foods (and What to Avoid)***

One of the hardest parts of keto for beginners is knowing what to eat. To keep it simple, here's a breakdown:

## **✓ Foods to Eat:**

- Proteins: eggs, chicken, beef, salmon, sardines, lamb
- Fats: avocado, olive oil, coconut oil, butter, ghee
- Vegetables: spinach, kale, zucchini, broccoli, cauliflower
- Dairy: cheese, heavy cream, unsweetened Greek yogurt
- Snacks: nuts, seeds, olives

## **✗ Foods to Avoid:**

- Bread, rice, pasta, potatoes
- Sweets, cakes, sugary drinks, candy
- Most fruits (bananas, apples, grapes)
- Processed foods with hidden sugars and carbs

**Pro Tip:** Stick to foods with fewer than 5g net carbs per serving.

# ***4: Plan Your Meals and Track Progress***

Planning ahead makes keto easier and prevents slip-ups.

## **How to Plan Your Meals:**

1. Pick 2–3 breakfast options (e.g., omelet with cheese, keto smoothie, scrambled eggs).
2. Choose 2–3 lunch options (e.g., grilled chicken salad, salmon with spinach, bunless burger).
3. Prepare 2–3 dinner options (e.g., steak with broccoli, zucchini noodles with shrimp, baked chicken thighs).

Batch cooking helps save time. You can cook proteins and veggies in bulk and mix them into different meals.

## **Why Tracking Helps:**

Tracking lets you see if you're staying within your carb limit. It also shows patterns—like if dairy or nuts are slowing your weight loss.

**Pro Tip:** Don't forget hydration and electrolytes. Drink plenty of water and add pink Himalayan salt or electrolyte supplements to avoid the keto flu.



# ***5: Be Patient, Adjust, and Stay Consistent***

Starting keto isn't just about changing food—it's about changing habits.

## **What to Expect:**

- **First 3–5 days:** You may feel tired, experience cravings, or get headaches (this is “keto flu”).
- **Week 2–3:** Energy starts increasing, hunger decreases, and your body adapts to fat as fuel.
- **After 1 month:** Clearer mind, weight loss progress, and steady energy.

## **How to Stay Consistent:**

- Track progress with photos, not just the scale.
- Celebrate small wins like fewer cravings or better sleep.
- Adjust macros if weight stalls or energy dips.

**Pro Tip:** Focus on progress, not perfection. Even if you slip up, just return to your next keto meal.



# **Ready to take the *next step* in your *keto* journey?**

Ready to take the next step in your keto journey? Visit [www.ketoquickmeals.com](http://www.ketoquickmeals.com) for more beginner-friendly keto recipes, tips, and meal plans. Don't forget to subscribe to our newsletter and grab your **FREE Keto Starter Toolkit** – packed with meal ideas, shopping lists, and tips to help you stay on track. Get every new recipe delivered straight to your inbox!