

# Before you Start...

## Notes

**Weight Loss:** The ketogenic is a great way to loose weight fast around the tummy area. On average people report an average loss of 5-7lbs during the first week.

**Keto Flu:** It's very important that you do it correctly so you don't end up feeling awful. Common symptoms of the keto flu include; dizziness, muscle cramps, sleep disturbance and headaches. This is worst for the first week or two and after this period most people feel much better. You'll most likely start to feel a bit off after day 3, this occurs when the body runs out of carbs but it hasn't fully switched over to burning fat yet. I would recommend keeping a bottle of electrolyte water and a bottle of fruit juice close to hand during the first couple of weeks. If you do feel dizzy sit down and relax have a few sips of juice. Juice is only recommended for dizzy spells, try to avoid any sugary drinks while on this diet.

**If you do feel dizzy or light headed do not drive or operate heavy machinery.**

**Electrolytes** are very important for avoiding the symptoms of keto flu. Each molecule of gram carbohydrate called glycogen holds onto 3-4 grams of water. During this transitional phase you will run down glycogen stores and release this stored water; this is part of the dramatic weight loss process. You will also loose electrolytes during this transition. You'll notice that you're going to the toilet a lot more during the first few days and this is a sign the diet is working! It's vital that you replace these lost fluids and electrolytes. Aim to drink 2+ litres of electrolyte water daily during the first 10 days. You can pick up electrolytes from the health food shop but avoid anything flavoured or sweetened. Viridian is a good brand and they have a sugar free 'Electrolyte Sports Liquid' that you can add to your water.

**Adding good quality salt** like himalayan or sea salt to your meals and water will also help replace lost electrolytes during this adaption phase.

**Bone broth** is a great source of electrolytes and it will really help with symptoms of keto flu. It's packed full of collagen, which is great for your skin, plus it will also give you lots of chicken for using in the recipes! I've included a recipe in the lunch section and you can also pick some up in the health food store if you don't have a slow cooker.

**There's no moderation in keto:** You must stay 100% strict during the program with no slip ups for maximum weight loss results. Unfortunately the 80/20 philosophy does not work for a lot of people when it comes to stubborn weight loss.

It's not quite as bad once your body is fat adapted - which means once it has fully switched over into burning fat for fuel. You can have an odd cheat meal then without doing too much damage. It takes women on average 2-3 weeks to transition in ketosis (fat burning). After this period you'll feel so much better in terms of energy, concentration, sleep, mood etc....

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## Transitional Period

If your diet is currently very high in carbohydrates and sugar I recommend transitioning yourself into a lower carb style of eating very slowly so as not to make yourself feel ill. The more carbohydrates that you eat the more dependent your body is on them for fuel and the harder it's going to be to transition over into burning fat.

For example you could ease yourself into the diet over a few weeks:

### Week 1

Clear out your kitchen presses of any junk food! Cut out all sugar, sweets and fizzy drinks and drink more water.

### Week 2

Cut out any white foods: rice, potato, bread, pasta, crackers, pitas and wraps while slowly adding in some healthy fats.

### Week 3

Cut out all of the above, as well as, all grain-based products (including whole grains): oats, brown rice, quinoa, cereals and 'healthy crackers.' Also cut out higher sugar fruit products like fruit juice, jam, dates and bananas. If you already eat a low sugar diet you can skip to week 2 or 3

### Week 4

Introduce the ketogenic diet.

## Exercise

You won't be able to do any kind of intense exercise during the first 2 weeks of keto without feeling completely exhausted and in fact pushing your body too hard during this period can prevent progress!

Walking is a very important part of helping the body transition over into fat burning and it will help boost weight loss. Aim to walk 30-40 minutes per day (10,000 steps). I found walking very useful when I was feeling fatigued in the middle of the day. This is very normal in the beginning and it usually passes after the second week. I used to go out for a walk, when what I really felt like doing is getting into bed and it helped me to feel much better!

**If you are worried about transitioning into a ketogenic lifestyle  
then please contact me for support.**