

HOW TO EAT KETO

EAT ALL THE BEST KETO
DIET FOODS



BY VINCENT SPARAGNA

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How to Eat Keto: What Are The Best Keto Diet Foods?



If you want to learn how to eat keto, then you've come to the right place... So read on to find all the best keto foods for your keto diet menu.

Since you're here, odds are you've heard about the many benefits of the keto diet. And so, you want to give it a shot...

But now, you're stuck. Because really, you aren't sure which foods are keto, and which aren't. For instance, is peanut butter keto? Or, what about cheese? And what are all *the best* keto diet foods?

Well, if you've thought about these questions, then you're in luck. As in this article, we show you *exactly* how to eat keto, using all the best keto foods.

Then, we'll help you create your very own keto diet plan. Which allows you to work in all your favorite keto meals. While making sure that you stay in ketosis as well.

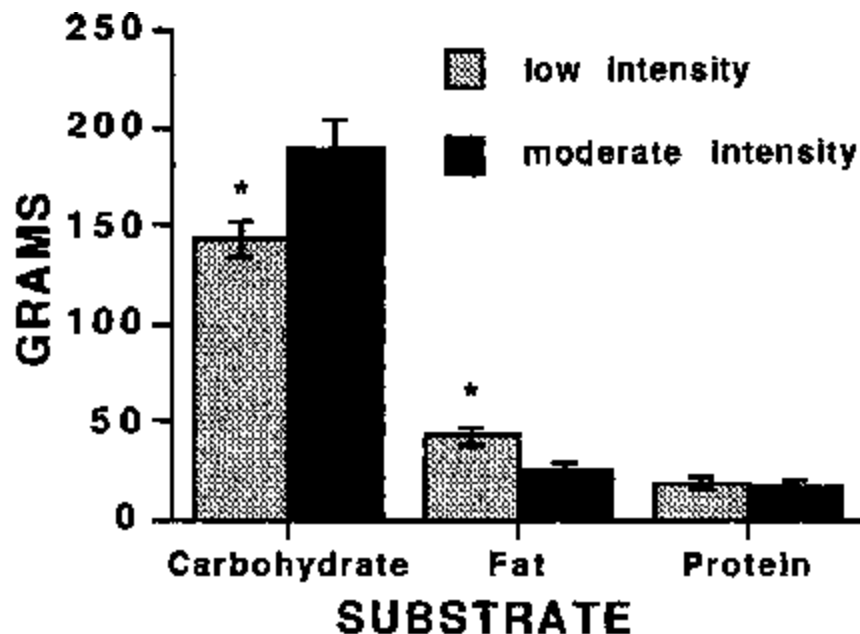
But first, you need to know about what you can eat on the keto diet. Or in other words, you must find out how many carbs you can eat on keto. And lastly, you should learn what it *really* means to be keto.

So, let's dive in:

THE KETO DIET EXPLAINED: WHAT CAN YOU EAT ON KETO?

As you may know, when you go keto, you'll **have to cut out carbs**. Since your body won't start to burn fat for fuel unless you stop giving it carbohydrates.

You see, once your body starts **making ketones**, you get into ketosis. And you won't make many ketones until you start to burn (mostly) fat for fuel. Which only happens when your body is **low on carbs** [2].

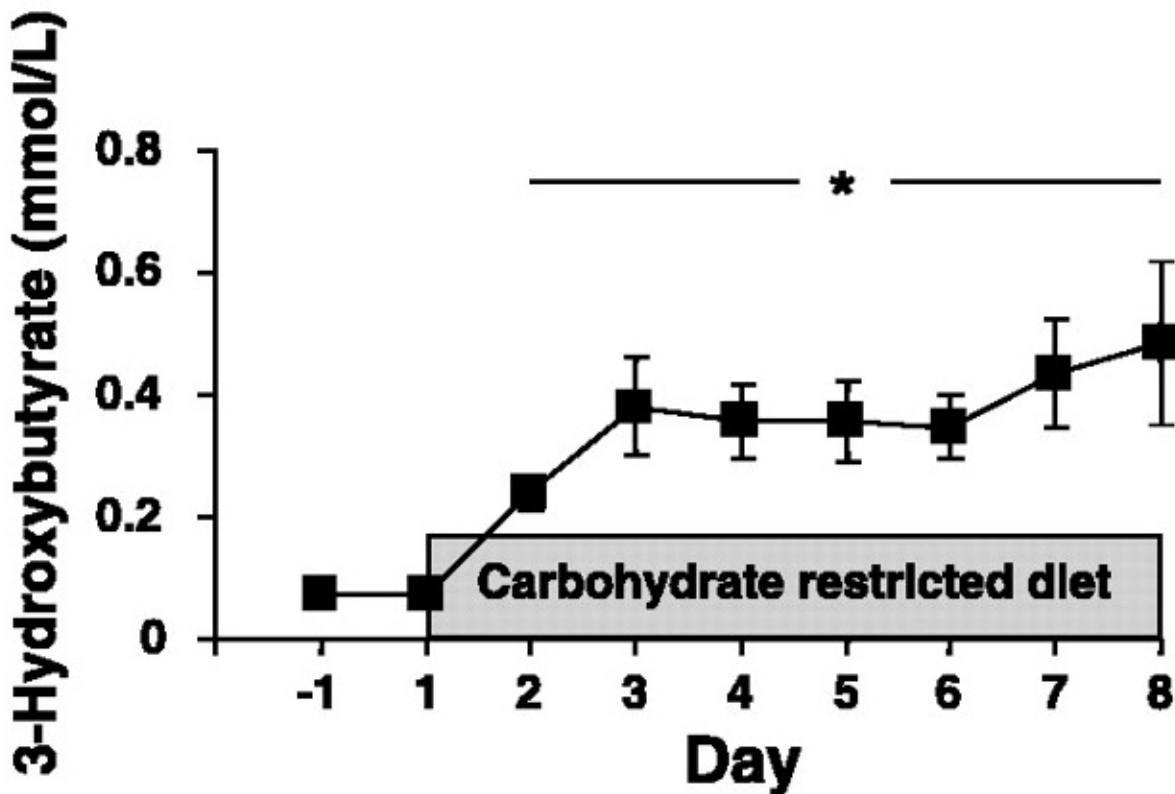


As shown above, we mostly burn carbohydrates for energy during exercise. And the more taxing the exercise, the more we burn carbs for fuel. But this is under normal conditions. As keto changes your metabolism to rely on fats more. [Source](#)

Then, once your body starts making lots of ketones, you enter ketosis. Or, to be exact, you're officially keto once your blood ketone levels get up around 0.5 mmol/L [2, 3,4].

So, in brief, the keto diet is a *very* low-carb diet. One that gets your body to burn fat for fuel.

And once your body is burning fat for fuel, it starts to make ketones as well. Which will put you into ketosis and show up in your blood.



The above graph shows blood ketone levels over time from a keto diet study. And as you can see, you can go keto within just a few days. It doesn't take very long for your body to start making ketones. Note: 0.3 mmol/L is deemed "mild" ketosis. [Source](#)

Hence, to go keto, you have to cut out all of the high-carb foods from your diet. You know, stuff like bread, pasta, cakes, cookies, candy, soda, and even certain plant foods. Or in short, if the food is high in calories *and* carbs, then you shouldn't eat it.

And that's the thing about keto, really. It's not so much about what foods you eat. But rather, it's about the foods you *won't* be eating. Since the goal is to limit your carb intake, and that's it.

So all told, if you want to go keto, you should avoid high-carb foods. And instead, you should eat the keto diet foods. Which you'll learn more about later on.

But first, you might want to know:

Just how many carbs can you have on keto?

SUMMARY:

- A keto diet is *very* low in carbs. Such that your body starts to burn fat for fuel.
- Under normal conditions, we burn mostly carbs for fuel. But when you cut out carbs, you'll burn fat instead.
- When your body burns fat for fuel, it makes ketones. Then, these ketones enter your blood and put you into ketosis.
- It doesn't take very long to get into ketosis – not even a week. But to go keto, you must first cut out all the carbs from your diet. Which can be hard to do.
- So, if a food is high in carbs and calories, you should avoid it. That means no grains, desserts, juices, or soda. And only small amounts of most fruits/vegetables.

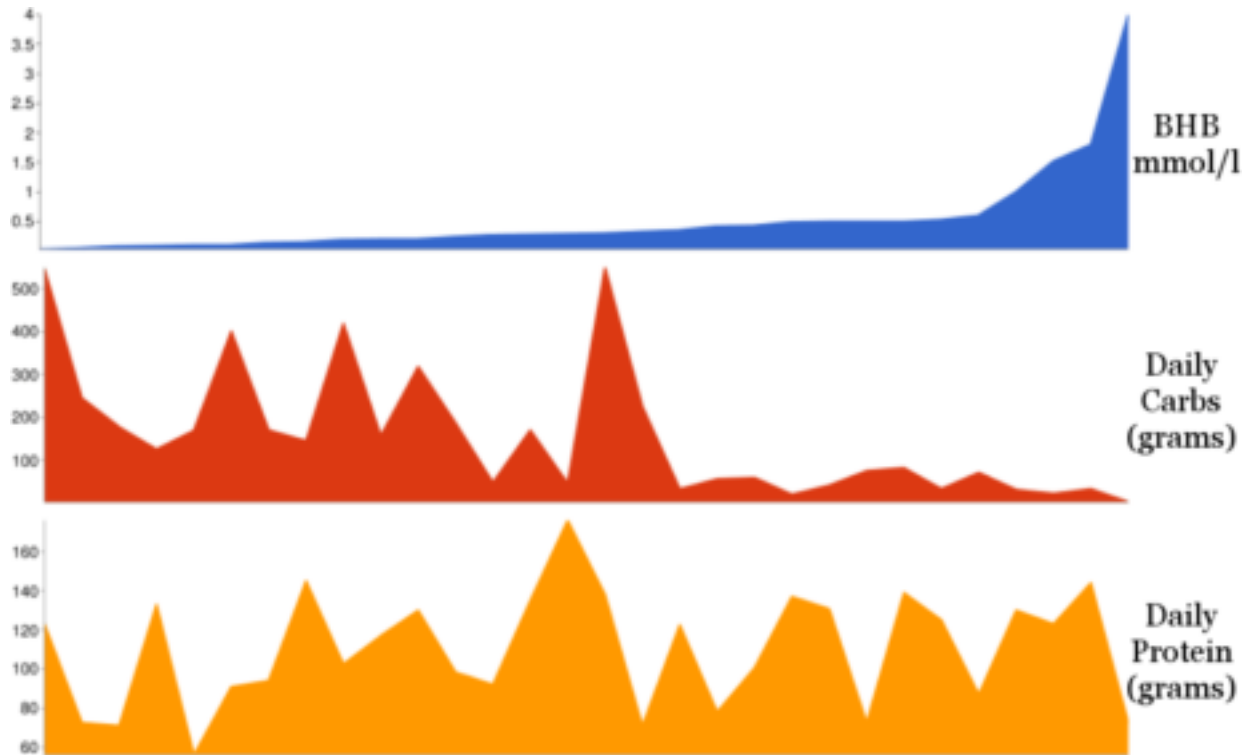
You see, a keto diet has to be low in carbs; that's just how it works. But with that said, what is the *exact* "keto carb limit?"

THE KETO CARB LIMIT: HOW MANY CARBS A DAY ON KETO?

As said above, the keto diet is any diet that gets your body to enter ketosis. And in order for your body to enter ketosis, you have to cut out carbs.

But the thing is, we don't know exactly how many carbs you can eat on keto. Since everyone responds a bit differently.

For example, keto subjects in some studies will keep their carb intake [below 20 grams per day](#). And yet, other studies have shown that you can get into ketosis eating over [80 grams](#) of carbs per day!



The first two rows in this chart show how much protein and carbs people ate. That is, across many different keto studies, on average. And the top row shows their mean blood ketone levels, with 0.5 mmol/l as the cut-off for keto. Each “peak” is an average value from a study. If you look to the right, you’ll see that the highest blood ketone levels are seen with the lowest carb intakes. As in almost every case, people had to eat less than 100 grams of carbs per day to enter ketosis. But note, the keto carb limit varied from study to study. [Source](#)

Now, in general, studies show that you get into ketosis when you eat less than [50 grams of carbs per day](#). Hence, you could say that 50 grams per day is the “keto carb limit”. But in reality, it can be hard to tell the difference between keto and a low-carb diet...

LOW CARB VS. KETO: WHAT'S THE DIFFERENCE?

Of course, the main difference between keto and low-carb diets, is ketosis. Or in other words, a keto diet will put you into ketosis, while a low-carb diet [won't quite get you there](#).

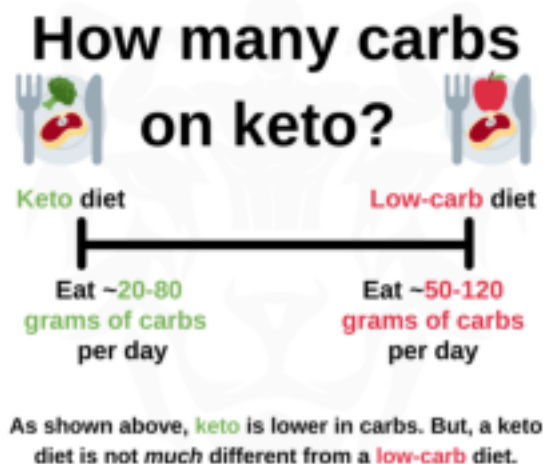
But all in all, keto diets and low-carb diets have a lot in common. And in practice, it can be hard to tell a keto diet from a low-carb diet. Since on either diet, you wind up eating many of the same keto diet foods.

Further though, the question of low-carb vs. keto can be very tricky. As one person's *low-carb* diet could actually be *keto* for another person. Which makes sense, since we all have [unique calorie needs](#).

So, keto diets and low-carb diets have a lot in common. I mean, the keto diet *is* just a very low-carb diet. Plus, *your* low-carb diet might even be *keto* for someone else.

But to be clear, keto diets are a bit lower in carbs. And to make sure that you've gone keto, you can test your blood ketone levels [\[1, 2,3\]](#).

Now, this all means that there *must* be a keto carb limit. Because if you eat too many carbs, you won't get into ketosis. Yet, in reality, it's more like a keto carb *range*; not a hard *limit*. So below, we give you a *rough* carb goal for keto and low-carb diets:



Moving on though, it's a bit more complex than this graphic shows. Since there are different ways to track carb intake. And in fact, you may already be asking:

Should you count carbs, or net carbs on keto?

KETO NET CARBS?

Odds are you've thought about tracking carbs vs. net carbs. Since this is a very common debate in keto diet circles. But, after all, it doesn't really matter whether you track carbs or net carbs (i.e. carbs less fiber). Hear me out:

As noted above, there is in fact a keto carb limit. And believe it or not, your fiber intake could throw this number off quite a bit.

For example, if you eat 80 grams of carbs with 40 from fiber, that's only 40 net carbs. But on the other hand, if you don't eat any fiber, then 80 grams of carbs *is* 80 net carbs. Which really, might keep you out of ketosis.

In the end though, consistency is what matters. Because whether you track carbs or net carbs, you can *still* get into ketosis. You just need to find out which carb/net carb goal works best for you.

Now, if you want to play it safe, then set a goal as low as 50 carbs, or ~30 net carbs per day. Since this intake [should help you get into ketosis quickly](#).

But if you want as many carbs as you can get away with, start at 80 carbs, or ~60 net carbs. Then, just drop your carb intake if that's too high for you.

In either case, sooner or later, you'll find a carb intake that puts you into ketosis. And if you choose to track net carbs, the image below should give you a good goal to aim for:

How many net carbs on keto?



As shown above, keto is lower in carbs. But, a keto diet is not *much* different from a low-carb diet.

SCIENCE AND IRON™

Lastly, whether you track carbs or net carbs, you'll still be eating all of the same keto diet foods. Hence, the rest of this article will help you out in either case.

But first, we should see how much [protein](#) you can eat on keto. As you might want to know:

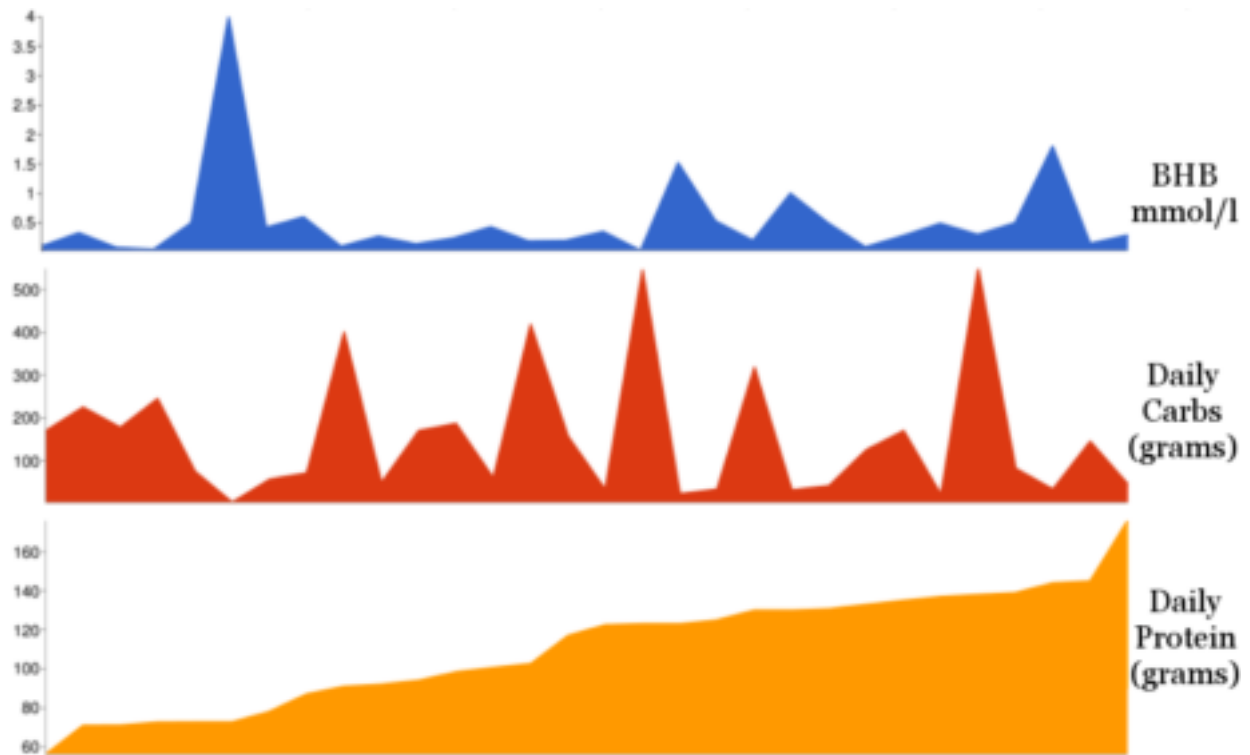
CAN PROTEIN KICK YOU OUT OF KETOSIS?

You may have heard that protein can kick you out of ketosis. That is, even if you keep your carb intake low. Because your body can convert excess protein into sugar. Right?

Well, kind of. To start, your body can in fact make sugar out of protein, through a process called [gluconeogenesis](#) [2]. We know that much is true.

But, while true, this doesn't seem to matter much. Since when we look at keto studies, your protein intake has *no effect* on your ketone levels...

Or, in other words, it doesn't seem like protein can kick you out of ketosis. As, in studies, we see that protein is fine on the keto diet. At least up to 160 grams per day:



The first two rows in this chart show how much protein and carbs people ate. That is, across many different keto studies, on average. And the top row shows their mean blood ketone levels, with 0.5 mmol/l as the cut-off for keto. Each “peak” is an average value from a study. So now, look to the right end of this graph. As you can see, a high protein intake (of ~160 grams/day) won't keep you out of ketosis. And carbs seem to matter much more than protein. [Source](#)

So, don't worry about your protein intake on the keto diet. It's your carb intake that really matters most for ketosis. Plus, [protein](#) has many benefits – helping you [build muscle/lose fat](#).

And you now know how many *carbs* to eat on the keto diet. So next, we'll show you what *foods* you can eat on keto. First though, here's a quick summary...

SUMMARY:

- In general, studies use 50 grams of carbs per day as the cut-off for a keto diet. So, you could say that 50 grams of carbs per day is the *keto carb limit*.
- But, we all respond differently. Hence, some of us can go keto on ~80 grams of carbs per day. And at the same time, others might have to go as low as ~20 grams of carbs per day.
- Thus, the keto carb “limit” is more like a *range*. There is no magic number, and you’ll have to experiment in order to find your ideal carb intake.
- Bear in mind, keto and low-carb diets are very much alike. Truly, there’s only one key difference to note. As keto puts you into ketosis, but a low-carb diet won’t quite get you there.
- Next, it doesn’t matter whether you track carbs or net carbs (i.e. carbs less fiber). Just be consistent over time. And drop your carb/net carb intake if it’s too high.
- Lastly, don’t worry about eating too much protein. Since [protein](#) helps you [look good](#). And at least up to 160 grams per day, protein won’t keep you out of ketosis. Your carb intake matters so much more.

Now for a list of the best low-carb keto diet foods...

YOUR KETO DIET MENU: PLANNING KETO MEALS

Well, above we’ve shown you how many carbs to eat on the keto diet. Such that you can stay below the keto carb limit, and reach ketosis. But, you might still want to know:

What can I eat on the ketogenic diet?

And that's where the rest of the article will serve you. As we'll now list out a bunch of keto foods and recipes that can help you stay under the keto carb limit.

Here's a good list of all the best foods you should eat on the keto diet:

YOUR GO-TO KETO FOOD LIST: ALL THE BEST KETO DIET FOODS

In the graphic below, we give you a long list of all the best keto diet foods. And for many food categories.

But, as we told you, keto isn't really about what you eat. It's about what you *don't* eat. So, if a food isn't on this list, you should check its carb count before you eat it.

And further, you won't always be keto *just* because you eat the keto foods on this list. Since if you eat too much broccoli, for example, then you might not reach ketosis.

Yet, this isn't to say that you should avoid plant foods on keto. Not in the least. For your [risk](#) of nutrient deficiency goes down when you eat a varied diet. And thus, this next point is *key*:

When you go keto, lower-carb is *not better*. As in fact, you may face a nutrient deficiency if you go too low in carbs [1, 2,3]. And so, you may *need* to eat more carbs (via fruits, veggies, seeds, etc.) to keep up a good health status on keto.

Hence, make sure your keto diet is varied. That is, include *lots* of different foods in your keto meal plan. Because this will help you avoid nutrient deficiency on keto. If not [hair loss](#) as well...

Which is why below, we list a wide variety of the best keto diet foods. With an array of healthy plant foods.

To play it safe, you should try to eat *many* of these foods on a *regular* basis:

WHAT FOODS ARE KETO?

A LIST OF THE BEST KETO DIET FOODS

PROTEINS	FATS+OILS	FRUITS+VEGGIES	CONDIMENTS
<ul style="list-style-type: none">• Protein powder• Collagen/gelatin• Eggs• Egg whites• Pork• Chicken• Deer• Turkey• Bacon• Beef• Lamb• Duck• Bison• Veal• Salami• Deli meats• Salmon• Sardines• Mackerel• Herring• Tuna• Shrimp• Trout• Flounder• Tilapia• Sea bass• Calamari• Clams• Mussels• Crab• Lobster• Scallops• Greek yogurt• Cottage cheese	<ul style="list-style-type: none">• Avocados• Fatty meats• Coconut oil• Olive oil• Butter• Canola oil• MCT oil• Sesame oil• Most cheeses• Brie cheese• Swiss cheese• Goat cheese• Feta cheese• Cream cheese• Sour cream• Heavy cream• Peanut butter• Almond butter• Cashew butter• Coconut butter• Almonds• Pecans• Walnuts• Peanuts• Pistachios• Brazil nuts• Pecans• Almond meal• Dark chocolate• Flaxseed• Hemp seeds• Chia seeds• Pumpkin seeds• Sesame seeds	<ul style="list-style-type: none">• Spinach• Lettuce• Tomato• Cabbage• Lemon• Lime• Broccoli• Blueberries• Strawberries• Raspberries• Blackberries• Pumpkin• Zucchini• Eggplant• Cucumber• Spaghetti squash• Kale• Mushrooms• Cauliflower• Beetroot• Seaweed• Pickles• Asparagus• Green beans• Onions• Carrots• Peppers• Garlic	<ul style="list-style-type: none">• Mustard• Low-carb ketchup• Low-carb BBQ sauce• Low-carb steak sauce• Ranch dressing• Italian vinaigrette• Marinara sauce• Hot sauce• Pesto• Soy sauce• Worcestershire sauce
			<h3>SWEETENERS</h3> <ul style="list-style-type: none">• Vanilla extract• Stevia• Sucralose• Aspartame• Erythritol• Maltitol• Xylitol• Monkfruit sweetener• Cinnamon
		<h3>SNACKS</h3> <ul style="list-style-type: none">• Pork rinds• Cheese chips• Beef jerky• Low-carb bars	<h3>DRINKS+MISC.</h3> <ul style="list-style-type: none">• Almond milk• Coconut milk• Soy milk• Bone broth• Xanthan gum• Cream of tartar• Psyllium husk• Baking powder• Baking chocolate

A good list of the best keto diet foods

KETO FOODS LIST

While the image shown above does a pretty good job, the next section breaks the keto foods down into different groups. As listed, in bullet-point format, starting with meats...

MEATS:

- Deli meat
- Pork
- Bacon
- Turkey
- Beef
- Chicken
- Lamb
- Duck
- Bison
- Ham
- Salami
- Sausage

SEAFOOD:

- Tuna
- Salmon
- Sardines
- Trout
- Tilapia
- Flounder
- Mussels
- Shrimp
- Lobster
- Crab
- Clams
- Calamari
- Prawns
- Scallops

DAIRY:

- Eggs
- Egg whites
- Cottage cheese
- Cream cheese
- Swiss cheese
- Provolone cheese
- Brie cheese
- Goat cheese
- Cheddar cheese
- Parmesan cheese
- Mozzarella cheese
- Sour cream
- Butter
- Whipped cream (no sugar added)
- Heavy cream
- [Protein powder](#) (whey/casein)

FRUITS AND VEGGIES:

- Avocados
- Spinach
- Carrots
- Onions
- Asparagus
- Green beans
- Tomatoes
- Peppers
- Garlic
- Blueberries
- Raspberries
- Strawberries
- Blackberries
- Seaweed
- Cucumber
- Pickles
- Zucchini
- Eggplant
- Broccoli
- Spaghetti squash
- Cauliflower
- Peas (in small amounts)
- Beans (in small amounts)
- Mushrooms
- Kale
- Beetroot
- Pumpkin
- Lemon
- Lime

NUTS AND SEEDS:

- Walnuts
- Almonds
- Peanuts
- Pecans
- Brazil nuts
- Pistachios
- Cashews
- Macadamia nuts
- Hemp seeds
- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sunflower seeds
- Sesame seeds
- Peanut butter
- Almond butter
- Cashew butter
- Almond flour
- Almond meal
- Flaxseed meal

FATS AND OILS:

- Coconut oil
- Olive oil
- Canola oil
- Sesame oil
- MCT oil
- Dark chocolate
- Baking chocolate
- Cocoa powder
- Coconut flour
- Coconut butter
- Shredded coconut

LOW-CARB CONDIMENTS:

- Mustard
- Unsweetened ketchup
- Sugar-free BBQ sauce
- Sugar-free steak sauce
- Ranch dressing
- Italian vinaigrette
- Marinara sauce
- Hot sauce
- Pesto
- Soy sauce
- Salsa
- Worcestershire sauce

LOW-CARB SWEETENERS:

- Vanilla extract
- Erythritol
- Xylitol
- Maltitol
- Sucralose
- Stevia
- Aspartame
- Saccharin
- Acesulfame potassium
- Monk fruit sweetener
- Cinnamon

LOW-CARB DRINKS AND EXTRAS:

- Almond milk
- Soy milk
- Coconut milk
- Coffee
- Bone broth
- [Collagen](#)
- [Gelatin](#)
- Xanthan gum
- Baking powder
- Cream of tartar
- Psyllium husk

And there you have it. The above list includes many of the best keto diet foods for your quick reference.

So, now you know what you should eat on keto. Which is great. But, let's take this a step further and go over some cool keto recipes that you can work into your keto diet plan.

And trust me, this stuff matters. Since making a plan can [go a long way...](#)

First up in our sample keto menu, we have a high-protein keto breakfast:

KETO BREAKFAST



Before we get into this recipe, you might want to know: **Why is this keto breakfast so high in protein?**

Well, as stated above, protein won't kick you out of ketosis. So, you've got no need to worry there.

Better though, [studies show](#) that eating a high-protein breakfast can help you manage your weight better. Since when you eat a high-protein breakfast, you may [eat less](#) for the rest of the day. Which of course, can help you [avoid fat gain](#).

But what's more: when you eat a protein-rich breakfast, you tend to [eat healthier foods as well](#).

So, you don't *need* to eat a high-protein breakfast. But, having a lot of protein at breakfast may help you stay in shape. If not make healthier food choices as well.

And with that said, we'll run you through our keto breakfast meal example. That is, the open-face keto breakfast sandwich:

KETO BREAKFAST EXAMPLE: OPEN-FACE KETO BREAKFAST SANDWICH

Ingredients

- 3 pork sausage patties (98 grams)
- Frozen spinach, boiled (20 grams)
- 2 tbsp shredded cheddar cheese (14 grams)
- 1 tbsp of cream cheese (15 grams)
- 2 large eggs (100 grams)
- Egg whites (40 grams)
- 1 tbsp of coconut oil (13.5 grams)

Directions

1. Mix cream cheese, cheddar cheese, egg, egg white, and boiled spinach together
2. Then, cook a mini omelet with 1 tbsp of coconut oil
3. Add your favorite keto seasonings, if desired
4. Next, cook the pork sausage patties and place the egg mixture over top
5. Lastly, add low-carb sauces, as you like (e.g. low-carb ketchup, or mayonnaise)

Macros

- 39 protein (P)
- 56 fat (F)
- 3 carbs (C)
- ~700 calories (kcal)

Now, we have a few sample keto pre-workout meals:

KETO PRE-WORKOUT



Before we get into our keto foods list, you'll notice that these recipes/keto foods are a bit higher in protein and carbs. And believe it or not, this is meant to be. Since [studies show](#) that you *should* have some [protein](#) and [carbs](#) around your workout.

You see, carbs have been shown to help with training performance. Hence, it [makes sense to](#) have some carbs in your pre- and [post-workout meals](#). That is, *especially* if you're on the keto diet. Because you won't eat as many carbs in a day, period.

So, odds are you want to have most of your carbs **around your workout**. That way you'll make the best possible **gains on the keto diet**.

Now, with protein, the same holds true. Not that you need to slam a protein shake right before or **after your workout**. But it does make sense to have 20-40 grams of protein **both pre- and post-workout**. And in the best case, those 2 high-protein meals would come **within ~6 hours of each other**.

Thus, aim to have 30+ grams of protein and/or carbs in the meals around your workout. Just so long as you keep your total carb intake below the keto carb limit.

And our recipe ideas shown below will help you do just that...

KETO PRE-WORKOUT EXAMPLES: TURKEY CHEESE WRAPS W/ LETTUCE

To start, here's a good example of a fast, light keto pre-workout meal. Some protein-rich turkey cheese wraps:

Ingredients

- 1 oz of Swiss cheese, cut into strips (28 grams)
- 1.5 oz of turkey deli meat (43 grams)
- Romaine lettuce leaves, if you want

Directions

1. Cut the Swiss cheese into strips
2. Next, wrap these strips in deli meat
3. Lastly, place the meat and cheese into a lettuce leaf
4. Or, if it suits you, maybe try this without the lettuce

Macros

- 17 P
- 8.5 F
- 4 C
- ~165 kcals

Onto our other keto pre-workout option:

KETO PRE-WORKOUT EXAMPLES: GREEK YOGURT PARFAIT



Next, we have the Greek yogurt parfait. Which serves as a good source of carbs and protein for your pre-workout meal:

Ingredients

- 8 oz of Greek yogurt, whole milk (225 grams)
- $\frac{3}{4}$ oz of walnuts, chopped (21 grams)
- 1 oz of blueberries, raw (28 grams)

Directions

1. First, put Greek yogurt into a bowl
2. Next, add a low-carb sweetener to taste
3. Then, top with nuts and berries
4. And lastly, mix it all up, if you want to

Macros

- 27 P
- 25 F
- 15 C
- ~385 kcals

Next, we have some keto dinner recipes:

KETO DINNER



Believe it or not, you can make a wide variety of soups on the keto diet. So, if you like to eat soup, then you can have a blast on keto! Feel free to get creative.

Okay, as you can see, our keto dinner meal is high in protein too. Once again, this is for good reason. Hear me out:

If you look through the recipes we've given you, then odds are you've had ~40-80 grams of protein so far. That is, if you've eaten all the recipes, as listed above.

But the thing is, ~40-80 grams of protein might be less than ideal. Since you should aim to eat [~1 gram of protein per pound of body weight](#) (~2.2 g/kg) to max out muscle growth. Which is, say, ~150 grams of protein for a 160-pound person.

Hence, 40-80 grams of protein isn't going to cut it for most of us. And you might need another 100 grams or so before the end of the day. At least, if you want to [make great gains on keto](#).

As such, our keto dinner options are high in protein too. And that should allow you to hit your daily [protein](#) goal. Which, as you now know, can help you [gain more strength and muscle](#) mass on the keto diet.

So, with all that said, here's our keto dinner recipes list:

KETO DINNER EXAMPLES: SESAME ENCRUSTED TUNA



Below we give our recipe for sesame encrusted tuna. A high-protein, but tasty keto meal.

Ingredients

- 4.5 oz of ahi tuna steak, raw (127 grams)
- 1 1/2 tbsp of sesame seeds, toasted and roasted (22.5 grams)
- 3/4 tbsp of sesame oil (10 grams)
- 3 oz of cauliflower rice, frozen (85 grams)

Directions

1. First, coat the tuna steak with sesame oil
2. Then, season it with keto-friendly seasonings, and encrust with sesame seeds
3. Next, prepare the steak to your desired temperature
4. In the meantime, heat up the cauliflower rice
5. And lastly, add keto seasonings and sauces as desired

Macros

- 36 P
- 22 F
- 10 C
- ~375 kcals

Now, here's for our second keto dinner example:

KETO DINNER EXAMPLES: BROCCOLI AND BACON SALAD



In case tuna isn't your thing, we've got your back with our broccoli and bacon salad recipe:

Ingredients

- 2.3 oz of broccoli, raw (65 grams)
- 2 strips of bacon (24 grams)
- 2 tbsp of mayonnaise (made from canola or olive oil)
- ½ oz of slivered almonds (15 grams)
- 5 oz of boneless, skinless chicken breast (143 grams)

Directions

1. First, cook the bacon and cut it into bite-sized pieces
2. Then, mix all the ingredients except chicken together
3. Now, prepare the chicken to your liking
4. And lastly, feel free to flavor it with keto sauces and seasonings

Macros

- 40 P
- 41 F
- 8 C
- ~565 kcals

But after dinner, even on keto, odds are you want dessert. Again, we've got you covered:

KETO DESSERT

Well, before you scroll down... Yes, we've slipped some protein powder into your dessert. So, you might be thinking: What gives?

Well, as we said above, you should [eat a high-protein](#) diet if you want to look good. And if you play it smart, then *even* dessert can help boost your protein intake. Much to the joy of your muscles [1,2,3].

But with that said, if you just want to eat a tasty keto dessert, then feel free to cut down on the protein. Since for some, that will help make the meal tastier. Just note that, with the right recipe, a high-protein keto dessert can taste *very* good.

So, here's our best shot at a protein-rich keto dessert recipe. That is, the chocolate avocado keto smoothie:

KETO DESSERT EXAMPLE: CHOCOLATE AVOCADO SMOOTHIE



Ingredients

- 1 oz of spinach, raw (30 grams)
- 1.2 oz of avocado (34 grams)
- 1.2 oz of chocolate whey protein powder (35 grams)
- 1 tbsp of almond butter (16 grams)
- 1/2 cup of almond milk, unsweetened (4 oz/113 grams)
- 1/4 cup of coconut milk, full fat (2 oz/57 grams)
- 1/4 cup of water (2 oz/57 grams)

Directions

1. First, you blend the ingredients together until you reach your desired texture
2. Next, if the shake is too thick, add more water
3. Or, if the liquid is too thin, then add ice cubes to thicken it

Macros

- 34 P
- 28 F
- 17 C
- ~445 kcals

And there you have your high-protein keto dessert. But come on, let's be real:

You won't always have the willpower to cook up healthy keto meals. And in some cases, you just need a snack food that you can eat on the go.

So, to wrap up our foods list, we've got some easy keto snacks...

KETO SNACKS

First off, note this: if you plan to use [keto for weight loss](#), then you might want to avoid some of these snack foods.

Not that they're always bad for you in every context. But in general, they are still processed, high-calorie foods. Which [have been shown to promote weight gain](#) when eaten regularly.

So, fear not. You can enjoy many tasty snack foods on the keto diet. Yet, if you plan to lose weight, you still have to [eat less than your TDEE](#). That is, even if you go keto.

And with that said, here are some good keto snacks:

KETO SNACKS LIST

- Beef jerky
- Nuts
- Berries
- Certain protein bars (e.g. Atkins)
- Pork rinds
- Coconut wraps
- Low-sugar candy (e.g. sweet fish)
- Cheese chips
- Roasted seaweed
- Meat bars

TAKEAWAY

So, now you know *exactly* how to eat keto. With all of the right keto diet foods and your ideal keto carb intake. But, that was a lot of reading. And so, we'll briefly re-hash the main points below:

To set up the ideal keto diet, you should...

- Above all, eat many of the listed keto foods, and avoid eating any food that's high in carbs
- Next, you can use your favorite keto diet foods to whip up some tasty keto meals
- And if it helps, work in some of the keto recipes that we gave you
- Then, make sure your keto diet plan will keep you under the keto carb limit
- Lastly, try to work in a large variety of proteins and plant foods, as to avoid nutrient deficiency

And that's really it. You just eat all of your favorite diet foods, make keto meals that you can enjoy, and try to keep up a varied diet. That is, so long as you can get into ketosis, by staying under the keto carb limit.

But, that's much easier said than done. So you might want to know:

How can I set up my ideal keto diet plan?

Thus, our next section will help you with that:

CRAFTING YOUR KETO DIET PLAN

When setting up your keto diet menu, you want to make sure you eat few enough carbs. Or else, you won't get into ketosis. But at the same time, you want to make sure that you eat lots of vitamins and minerals. As to avoid deficiency and reduce your risk of disease.

You see, it can be hard to set up a keto diet that does both those things. And so this section helps you craft the "ideal" keto diet plan. Using a quick, step-by-step method:

Step 1: Decide how many carbs a day you want to eat on keto

To start, your carb intake can range anywhere from 30-100 carbs per day. And eating 30 grams of carbs per day will almost always get you into ketosis. While eating 100 grams might not. But at the same time, you are more likely to run into a nutrient deficiency on the lower carb intake.

So, as a decent middle ground, you can start at ~30 grams of carbs per day. Then, slowly over time, you can up your carb intake to see just how many carbs you can get away with.

As a general rule, the more calories you burn, the more carbs you can eat on keto. For example, athletes and tall people can often get into ketosis on slightly higher carb intakes.

Step 2: Pick 3-5 of your favorite foods from each subgroup

WHAT FOODS ARE KETO?

A LIST OF THE BEST KETO DIET FOODS

PROTEINS	FATS+OILS	FRUITS+VEGGIES	CONDIMENTS
<ul style="list-style-type: none"> • Protein powder • Collagen/gelatin • Eggs • Egg whites • Pork • Chicken • Deer • Turkey • Bacon • Beef • Lamb • Duck • Bison • Veal • Salami • Deli meats • Salmon • Sardines • Mackerel • Herring • Tuna • Shrimp • Trout • Flounder • Tilapia • Sea bass • Calamari • Clams • Mussels • Crab • Lobster • Scallops • Greek yogurt • Cottage cheese 	<ul style="list-style-type: none"> • Avocados • Fatty meats • Coconut oil • Olive oil • Butter • Canola oil • MCT oil • Sesame oil • Most cheeses • Brie cheese • Swiss cheese • Goat cheese • Feta cheese • Cream cheese • Sour cream • Heavy cream • Peanut butter • Almond butter • Cashew butter • Coconut butter • Almonds • Pecans • Walnuts • Peanuts • Pistachios • Brazil nuts • Pecans • Almond meal • Dark chocolate • Flaxseed • Hemp seeds • Chia seeds • Pumpkin seeds • Sesame seeds 	<ul style="list-style-type: none"> • Spinach • Lettuce • Tomato • Cabbage • Lemon • Lime • Broccoli • Blueberries • Strawberries • Raspberries • Blackberries • Pumpkin • Zucchini • Eggplant • Cucumber • Spaghetti squash • Kale • Mushrooms • Cauliflower • Beetroot • Seaweed • Pickles • Asparagus • Green beans • Onions • Carrots • Peppers • Garlic <p style="text-align: center; color: #4CAF50; margin-top: 10px;">SNACKS</p> <ul style="list-style-type: none"> • Pork rinds • Cheese chips • Beef jerky • Low-carb bars 	<ul style="list-style-type: none"> • Mustard • Low-carb ketchup • Low-carb BBQ sauce • Low-carb steak sauce • Ranch dressing • Italian vinaigrette • Marinara sauce • Hot sauce • Pesto • Soy sauce • Worcestershire sauce <p style="text-align: center; color: #4CAF50; margin-top: 10px;">SWEETENERS</p> <ul style="list-style-type: none"> • Vanilla extract • Stevia • Sucralose • Aspartame • Erythritol • Maltitol • Xylitol • Monkfruit sweetener • Cinnamon <p style="text-align: center; color: #4CAF50; margin-top: 10px;">DRINKS+MISC.</p> <ul style="list-style-type: none"> • Almond milk • Coconut milk • Soy milk • Bone broth • Xanthan gum • Cream of tartar • Psyllium husk • Baking powder • Baking chocolate

This part is pretty simple. Just go through the sections in the list above, and pick a few of your favorite options from each.

For instance, pick your 5 favorite protein sources. Then, pick 5 fat sources, and 5 fruits/veggies. Lastly, find a few good condiments, sweeteners, snacks, and/or drinks to eat here and there.

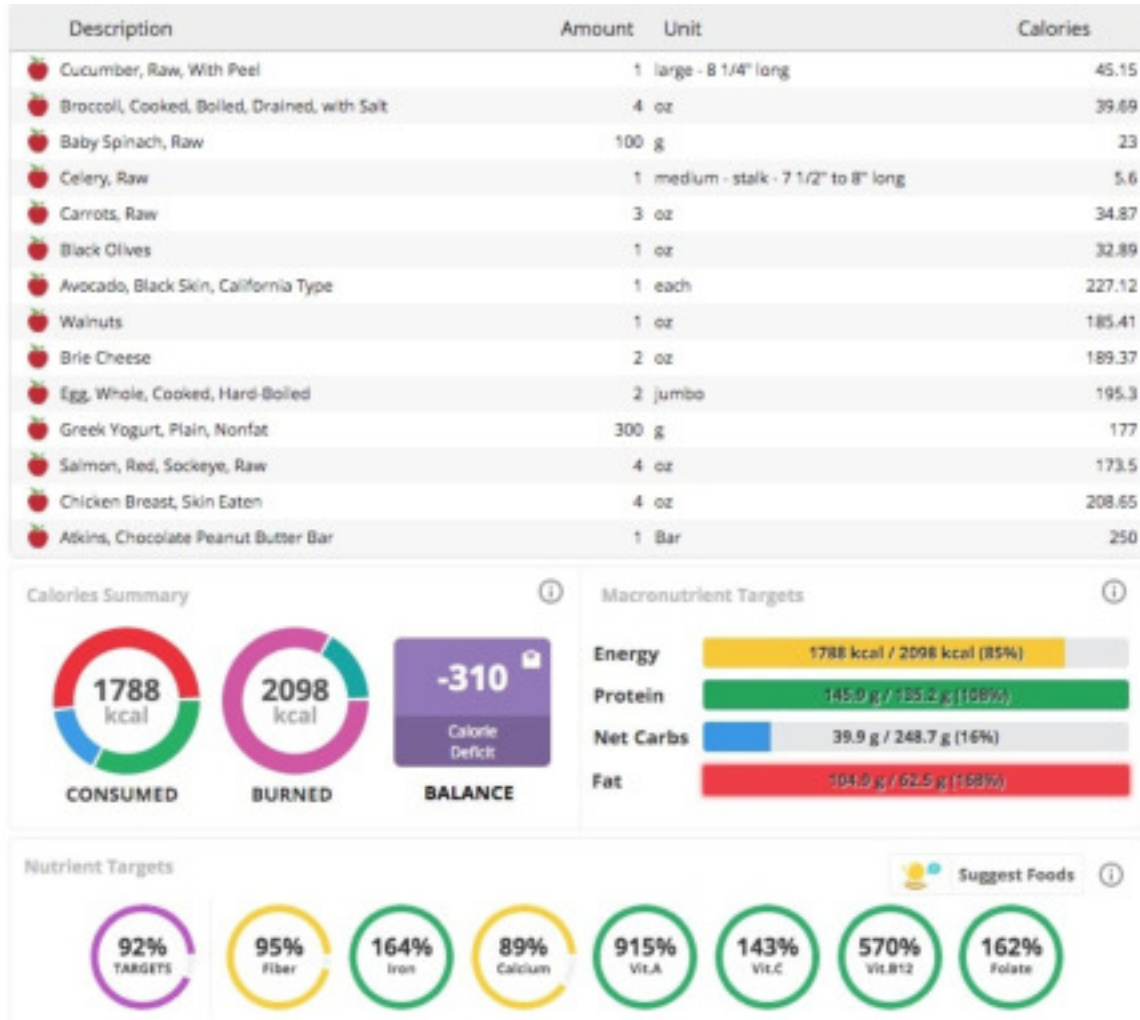
Now, once you've picked all your favorite foods, try to come up with some quick recipe ideas. These will serve as the "staples" in your diet. That is, quick meals which you can whip up at almost any time.

Step 3: Log your food intake

As a final step, you'll want to track your food intake on [Cronometer](#). Since Cronometer will show you all the [calories](#), carbs, and nutrients that you get from your diet.

In essence, if you eat a food, log it in Cronometer, and see what your totals are by the end of the day. Or better yet, log your keto meal plan into Cronometer the day before. That way you can adjust on-the-spot if you want to.

And in the image below, you'll see why Cronometer can help so much. Because it shows exactly what vitamins and minerals you get from your diet. Which means that you'll know what you have to supplement. Or if you'd need to change your diet:



Here's an example of a keto diet menu. As you can see, it includes a variety of nutrient-rich foods, but still a low carb count. And Cronometer allows you to track the diet's nutrient profile. Such that you'll know if you need to supplement, or work more variety into your diet. [Source](#)

Step 4: Moving forward

So, those 3 steps should be all you need to set up your ideal keto diet. First, you set a carb intake goal. Next, you eat a variety of foods that will help you hit that carb goal. And lastly, you log it on Cronometer to make sure you won't run into a nutrient deficiency. Then you're done.

But, with all that said, you should ask yourself: **why do I want to go keto in the first place?**

Or better yet: **should I go keto after all?**

You see, this is a serious question. Because, while the ketogenic diet *can* work, it may not be *the best diet* for you...

IS KETO RIGHT FOR YOU?

Believe it or not, the keto diet can be hard to stick to. As most people only last for ~14 weeks on keto [2]. And further, odds are you'll see some side effects when you try keto. Since there are many common side effects on the ketogenic diet.

Now, if you just came up with a keto diet plan that you'd love, then all good. The keto diet can work very well.

But, if you think keto would be hard to stick with, then the diet might not work well for you.

As such, it makes sense to ask:

Why should I go keto?

For example, will the keto diet help you lose more fat? Or, will keto make it easier to build muscle? And most of all: **are the benefits of keto worth all the costs?**

Well, in the last email, we sent an in-depth article on the pros and cons of keto for fat loss, muscle gain, health, and performance. Which goes over all the science on keto, and helps you decide if keto is right for you. So all told, if you have any doubts about keto, then you should go back and read that first email.

And now, we'll send you off with a key-point summary:

KEY POINTS:

- A keto diet is a very low-carb diet that gets your body to burn fat for fuel.
- You can go keto within a week, but you'll need to be strict. You can't eat any high-carb foods. Which means no desserts, grains, juices, or sodas, and more.
- In general, <50 grams of carbs per day is deemed "keto." But really, anywhere from ~20-80 grams can work well. And your carb needs on keto are unique.
- The keto carb *limit*, is really more like a *range*. And whether you track carbs or net carbs, you'll have to play around to find *your* ideal keto carb intake.
- Protein shouldn't really kick you out of ketosis. And there are many benefits to eating lots of protein. So if you want to look your best, then you should eat a high-protein keto diet.
- Next, your high-protein keto diet should include many plant foods. Since this will help you avoid nutrient deficiency, and keep up better health.
- Now, use our keto diet foods list and recipes to set up your own keto diet plan. Which you should log on Cronometer. As to make sure your diet gives you *all* the nutrients you need.
- Lastly, your calorie intake will determine how much weight you gain or lose on keto. Hence why the right diet program can make or break your results...

TAKE YOUR GAINS ONE STEP FURTHER...

Check out scienceandiron.net, and subscribe to our free email newsletter!



ABOUT VINCENT

FOUNDER, AUTHOR, AND ONLINE TRAINER

Most known for his writing research, Vincent has published dozens of research articles for credible fitness websites.

When he is not writing, researching or lifting weights, he enjoys reading and exploring the outdoors.

He currently runs his own website, scienceandiron.net, where you can find many research-based articles on diet and lifting. Mostly about how to lose weight and build muscle.

Or, in other words, Vincent writes about the simple science of fitness. In an effort to help others build their dream bodies, with less effort.

If you want to read more from Vincent, you can follow him on [Facebook](#), [Instagram](#), [Twitter](#), or [LinkedIn](#). And if you have any questions, you can [send him an email](#).

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