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CHAPTER 1

INTRODUCTION: IMPORTANT MESSAGE

I recently did a massive survey (over 9,000 people completed it) to find out where people need more help on their keto and intermittent fasting plans. This booklet is designed to target those specific areas.

Before we get into things, I'm going to let you in on a little secret. It took me years to be consistent, to have the discipline to stick with the Healthy Keto® eating plan. I was a professional procrastinator. I had to hit rock bottom; I made every mistake in the book and suffered from numerous health problems. I want you to learn from my mistakes, so you don't have to waste your time and energy making them yourself.

This booklet captures the most vital parts of Healthy Keto without the trivial fluff. I hope this booklet helps you implement this eating plan quickly and efficiently so you can start achieving your health goals.

I want to make an agreement with you. I will continue to help you achieve your health goals through videos, live shows, and other educational content like this booklet in exchange for one thing: your success story. I want to hear about your successes on Healthy Keto®, so I can share them with the world on Drberg.com. Does this sound fair to you? I have a goal of publishing one million success stories in five years, and I need your help.

WHY THIS PLAN WILL WORK FOR YOU

You have access to the right knowledge—I have successfully tested this plan on tens of thousands of people around the world.

I've made keto easy for you with practical advice and easy meal plans.

The meals are delicious, nutrient-dense, satisfying, and full of variety.

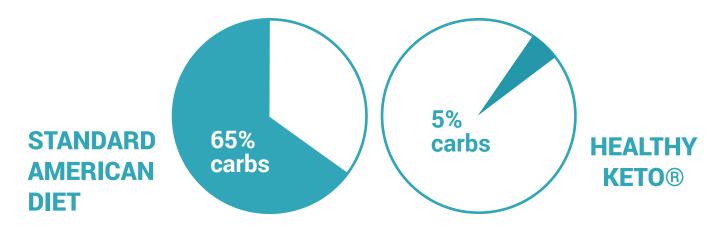
It is not expensive—you could save up to \$600 per month on your grocery bill.

Healthy Keto® is a no-brainer.

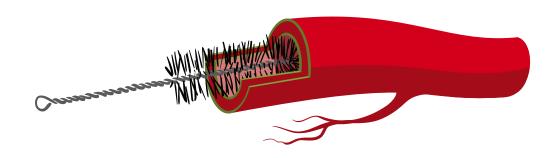
CHAPTER 2

WHAT IS KETO AND WHAT IS INTERMITTENT FASTING?

It's shocking how much sugar many people consume on a daily basis without even realizing it. Some experts talk about how added sugar is a big problem, but they fail to mention that most carbs are really added sugar too. Check this out:



It's mind-blowing when you see what people are putting in their bodies. The Standard American Diet comes out to one and a half cups of sugar flowing through your arteries daily. Sugar is like sandpaper to the inside of your arteries. It not only creates a lot of inflammation there, but also in your kidneys, eyes, nerves, and brain.

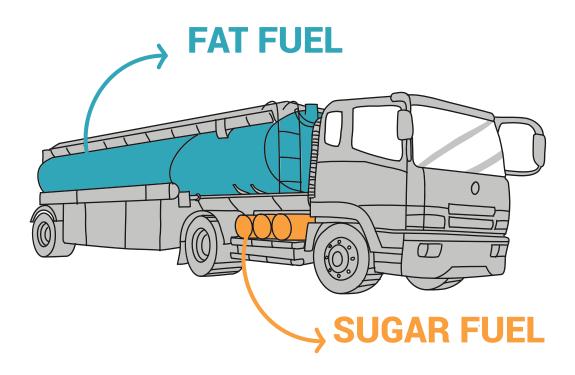


Keto

The body has two fuel choices—glucose and fats. Ketones are a fuel made when you burn fat. If you reduce your sugar and carbs, your body will burn fat and ketones. On a low-fat diet, your body will burn carbs, which won't allow you to tap into your fat reserves. But when you go on a low-carb diet, the body is forced to use body fat. The key is to focus on reducing carbohydrates—not fat. You can also trigger ketones with fasting. This is one reason why I like to combine keto with intermittent fasting, but there are some other important reasons too.

Keto is the type of eating that naturally allows your body to work like it was designed to work. Ketones are actually the body's preferred fuel. Very few people who try to lose weight are burning their fat and ketones.

Just the fact that your body has a very tiny glucose storage supply compared to a massive fat reserve will tell you that your body was designed to use fats and ketones as primary fuel. Use this fuel tanker as an example: Here's a truck with so much potential fuel, but it's unavailable to the truck. The truck is only relying on a small tank of gas. Keto allows you to tap into the huge fuel storage.



The version of keto I recommend is Healthy Keto. With Healthy Keto, we not only use the correct macros (percentages of carbs, proteins, and fats), but we also focus on high-quality ingredients and nutrient-dense foods.

Realize that just because something is keto doesn't mean it's healthy. Some keto plans are only about lowering carbs and don't emphasize quality and nutrients in foods.

HEALTHY KETO

OTHER VERSIONS OF KETO









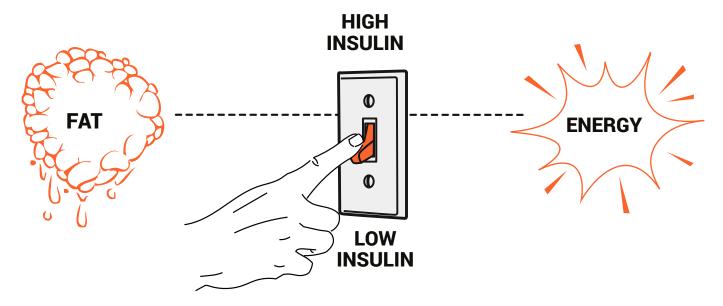




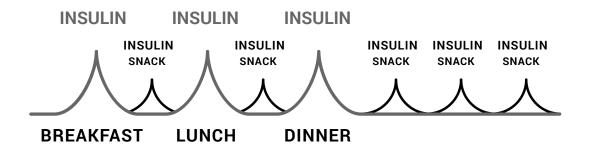
Intermittent fasting

Intermittent fasting is as simple as it sounds: fasting intermittently. Rather than having many small meals from the time you wake up until the time you go to sleep, the goal of intermittent fasting is to have fewer meals and to have them within a smaller window. If you have your first meal of the day at 1:00 p.m. and your next (and last) meal at 5:00 p.m., this gives your body 20 hours of fasting.

Why is this important? Because it's not only about reducing carbs. Every time you eat virtually anything, you trigger the release of insulin. Insulin turns your food into more stored fat. If you're always triggering insulin, then your body doesn't have enough time between meals to tap into your stored fat, just like the tanker we talked about earlier. The most important thing is to keep your insulin normalized.



This is how often most people eat:



Intermittent fasting also provides numerous health benefits. Along with keto, intermittent fasting will be the most powerful tool you can use to achieve your health goals.

CHAPTER 3

WHY DO KETO AND INTERMITTENT FASTING?

Combining Healthy Keto® with intermittent fasting is the fastest way to your weight loss and health goals. It's not hard; in fact it's rather pleasurable. Unlike other diets, keto and intermittent fasting can help you stop cravings and greatly reduce your appetite between meals—so you are not forced to snack all the time. The freedom to eat delicious and satisfying foods without cravings and hunger makes this a long-term healthy plan.

Top benefits of going keto

- · Cleaner fuel
- · More oxygen
- · Less carbon dioxide
- · Additional weight loss
- · Improved memory and cognitive function
- · Much improved mood
- Fewer cravings
- · Less hunger and appetite
- Improved metabolism
- Improved insulin sensitivity and less insulin resistance
- Improved cardiovascular function
- Improved brain function
- Less inflammation
- More efficient endocrine system

Benefits of fasting

- · Anti-aging
- Autophagy (recycling old and damaged proteins)
- · Increases growth hormone
- · Reduces inflammation
- Heals the digestive system
- · Removes cravings or hunger
- · Improves heart health
- Improves brain health
- · Increases antioxidants in the body
- · Reduces risk of cancer and tumors
- · Increases mitochondria
- · Increases stem cells
- Increases immune function
- Improves sleep
- Improves the hippocampus, the GPS of the body (memory vs. Alzheimer's, dementia)
- Increases insulin responsiveness, thus correcting insulin resistance
- Decreases blood pressure and cholesterol
- Reverses depression and anxiety
- Increases energy

Autophagy is a major benefit of fasting. Autophagy is a condition wherein the body recycles old and damaged proteins to build new cells.

A few of the major benefits of autophagy

- · Anti-aging
- Protects brain cells and nerve cells; it stimulates the re-growing of brain cells and reduces the risk of neurodegenerative diseases
- . Heart health and improved cardiac function
- · Rejuvenates the immune system

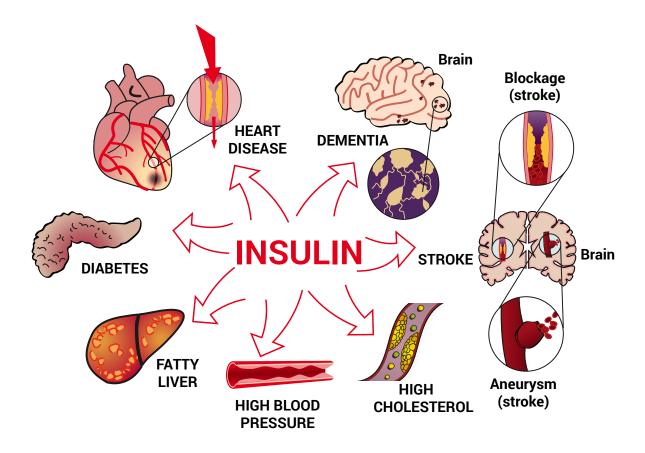
- 5. Helps to reduce pathogens in the body
- 6. Improves mitochondria function
- 7. Improves cognitive function
- 8. Protects DNA from damage and stress
- 9. Increases energy
- 10. Helps regulate Inflammation
- 11. Improves muscle performance
- 12. Improves skin health
- 13. Improves mood

The side effects of not doing keto and intermittent fasting

- 1. Weight gain
- 2. Digestion issues
- 3. Mood swings
- 4. Impaired memory and cognitive function
- 5. More cravings
- 6. Slow metabolism
- 7. Resistant and stubborn metabolism
- 8. Tired after eating
- **9.** Getting up at night to urinate frequently
- 10. Fatty liver
- 11. Brain fog
- 12. A constant need for food (snacks)
- 13. Out-of-control cravings
- 14. Lowered mood
- 15. Memory issues
- 16. Water retention
- 17. High blood pressure
- 18. Constant bloating when eating
- 19. Higher cholesterol and triglycerides

The benefits of Healthy Keto are huge and go way beyond weight loss. Looking great in your clothes is wonderful, but feeling healthy with lots of energy is the icing on the cake...sorry, couldn't help myself.

More severe problems can develop with chronic elevation of insulin:



Keto and intermittent fasting side effects and remedies

When you first start a ketogenic diet, you may experience certain side effects while your body makes the transition to fat burning. The important thing to remember is that these are temporary and can easily be resolved if you understand what is happening.

COMMON SIDE EFFECTS

Uric acid

Uric acid is a powerful antioxidant. Fasting can temporarily spike your uric acid levels and usually there is not any problem unless you have gout. The simple solution is to consume lemon juice or potassium citrate. These will change the pH and lower the pain.

Coldness in hands and feet

When you transition to keto, it is a major change in metabolism. If you have a history of insulin resistance, which takes months to reverse, there might be some temporary extra-cold hands and feet. Simply adding a little sea kelp to raise your iodine will help.

Moodiness

A change in mood may happen in the first few days if you are low on B vitamins. Nutritional yeast is a great source.

Nausea

This is usually related to a sluggish gallbladder. Your volume of bile could be on the low side. You can reduce the amounts of fats and also take purified biles salts (Gallbladder Formula) to help reduce this symptom.

Hair loss

If you are already nutrient-deficient in trace minerals, hair loss may occur-especially if you are doing intermittent fasting. When you fast, you draw from your reserves and if you have none, you end up deficient. The key is making sure you are taking supplements during your fast, which include: trace minerals, B vitamins (nutritional yeast),omega 3 fats (cod liver oil) and minerals (electrolytes).

Dry mouth

This could be due to a lack of fluid. Raise your intake to at least 2 liters per day.

Constipation

If you are not used to 7 to 10 cups of vegetables, and don't have the microbes to handle the fiber, you could get constipation, so adjust the volume to get perfect elimination.

Diarrhea

This could be due to too much MCT oil, which is a laxative. Consuming too many keto treats with sugar alcohols may give a laxative effect. Sometimes too many vegetables can create this effect too. On a rare occasion a food allergy could cause diarrhea. The key is trying to isolate what was a change just before this symptom occurred and then reverse it. To correct diarrhea, start taking a liquid non-dairy probiotic.

Insomnia

If you've just started keto and you can't sleep, there are several possible reasons: (1) It could be that you are consuming too much protein, which can act as a stimulant. Cut this down to 3 to 6 ounces per meal. (2) It could be that you're getting too much caffeine or stimulants from coffee, tea or chocolate. (3) You may not be consuming enough potassium and magnesium food—vegetables. If you are having a hard time, you may want to try my Sleep Aid-works great--and electrolyte powder.

Rash

This is usually a vitamin B2 deficiency, in which case you can take nutritional yeast as your source of B vitamins. The other possible cause could be some new food or food product (for example, a keto protein bar) which contains an ingredient you are sensitive to. Avoid any new so-called "keto snack"-type foods if this is the case.

Kidney stones

If you are prone to kidney stones and you also do intermittent fasting and keto, there may be a slight increase in risk of stones if you don't understand a few things. Common keto foods like almonds (and almond flour), spinach and chocolate all are high in oxalates. This is the compound that combines with calcium to form the most common type of kidney stones. So if you are a stone former, you want to limit these foods as well as ensure you are drinking at least 2.5 liters of fluid per day. This will limit the super-concentration that potentially could occur and will help prevent the stones. Lemon juice (1 ounce) in your water per day will also help to reduce the oxalates. A common symptom of kidney stones forming is lower abdominal pain, which could wrap around your back.

Heart rhythm issues (palpitations)

Increase intake of vegetables and electrolytes (potassium) to help counter any loss of electrolytes that may occur through fluid loss.

Hungry

It will help for us to clarify hunger. The hormone ghrelin is the hunger hormone and it acts like a wave going up and down through the day. If you ignore the hunger sensation, it usually will go away. When you truly need to eat, this hunger sensation will not go away; you will feel weaker and experience mood changes—meaning, EAT!

Dry eyes

This is due to a lack of omega 3 fats. Add more fish oil, cod liver oil or fatty fish like salmon.

Bad breath

Consume more vegetables. Some people, when they start keto, do not increase their greens. Instead they are consuming high amounts of protein and producing lots of extra waste products, resulting in some strange-smelling breath.

Dizzy

This is usually low blood pressure. If so, adding more sea salt would be recommended.

Not satisfied after eating

Realize that most people have insulin resistance which keeps the cells from taking in nutrients. It's the lack of nutrients that will keep someone from feeling satisfied despite being stuffed after eating. Nutrient-dense foods are recommended. Examples are shellfish, fish, beef and cruciferous vegetables.

Low back pain

This could be a vitamin D deficiency. Vitamin D is an anti-inflammatory nutrient.

Right shoulder pain

Consuming too much fat, or too many nuts, can irritate the gallbladder and its ducts. There is a nerve from your gallbladder area that travels to the shoulder and the irritation could be carried up this nerve as referred pain. The pain or irritation usually happens because there is not enough bile to handle the extra fat, or it could be caused by the anti-nutrients in nuts. Some people are more sensitive to them. Reduce the nuts and you should be okay; don't add extra fat beyond what is already in your foods.

Vivid or bad dreams

These are often caused by a vitamin B1 deficiency. Add some nutritional yeast, which is loaded with the natural B vitamins you need. Ensure that the yeast is not enriched with synthetics.

Bloating

If you are eating less-frequent meals, you usually add more food to your plate. It's a balance of eating enough to sustain you and not overdoing it. However, if you get bloating you need to add more stomach acid and potentially some bile salts. Betaine hydrochloride (4 to 5 per meal) and apple cider vinegar in your water will help. You also may want to add bile salts (1 capsule of Gallbladder Formula) just after the meal.

POTENTIAL FATIGUE REMEDIES

Top reasons why you might be tired when you are doing the ketogenic diet:

Low in vitamins B1 and B5

These two nutrients are crucial in your ability to make energy. You can get both of these and more from nutritional yeast.

Low in potassium

Potassium is essential in generating energy in the body; every cell needs it to make electrical energy. Potassium is found in larger quantities in vegetables, so be sure you are eating 7 to10 cups of vegetables per day. If needed you could add high-potassium electrolytes to increase your daily consumption of this nutrient.

Low salt

If you are low in salt, you may feel tired and may get muscle cramps or feel weak. Be sure you are adding about a teaspoon of sea salt to your foods throughout the day.

Low stomach acid

If you don't have enough stomach acid, you could have difficulty digesting protein. This can very easily create fatigue if your digestion is not 100 percent, and you can get sleepy especially after consuming meat. You may also notice indigestion and gas. Adding apple cider vinegar and sea salt to your diet will help create stomach acid, or hydrochloric acid, from hydrogen plus the chloride found in your salt. Another good remedy is betaine

Hidden carbohydrates

If you are doing keto and adding too many carbs or the wrong type of carbs (sugars) you will be out of ketosis. In fact, extra carbs, grains or fruit or something sweet will cause fatigue, even the day after. Ketosis only can exist IF you keep your carbs down to a certain level: below 50 grams per day.

Too little sleep

Make sure you are getting at least 7 hours a night of restful sleep. Lower your stress to improve the quality of your sleep. Also keto can make you more energetic and this can prevent your getting the full quantity of sleep. Add more potassium and magnesium to assist with this. Using accupressure will help, too, or you can use Sleep Aid.

KETO-FLU REMEDIES

Headaches

These may happen when the brain is adapting to not having glucose as fuel and switching over to using ketones. Make sure you do this process more gradually. Add more sea salt and potassium to your diet.

Muscle or calf cramps

This is an electrolyte deficiency, usually a deficiency of potassium, but sometimes magnesium too. Taking all the electrolytes (potassium, magnesium, chloride, calcium and sodium) should handle this. The other possibility is that your pH is too alkaline, in which case taking apple cider vinegar could help acidify the body to absorb more minerals/ electrolytes. Lastly, you may need more salt, so take more sea salt as sodium and chloride are also electrolytes.

Cravings

If you are doing keto correctly (low carbs), the cravings will go away within 3 days. If you still have cravings, add more potassium foods (veggies) and ensure that there are no hidden carbs in your diet.

Brain fog

This is also when I would recommend supplementing with B vitamins and electrolytes. This will give the body a lot of extra support so it can make the transition to ketosis more easily.

Fatigue

This usually means you need more sea salt. Low sodium could cause this symptom. When you are on a lower-carb diet, you do need more sea salt than you do on a high-carb diet. Take 1 teaspoon per day.

CHAPTER 4

WHAT TO EAT AND NOT EAT

Good and bad foods

FAT

⊘ GOOD

Avocado Cream cheese Duck fat Avocado oil Blue cheese Egg yolks Brie cheese Ghee Half and half Butter Cocoa butter Lard Coconut butter Macadamia oil MCT oil Coconut oil

Olive oil
Red palm oil
Sesame oil
Sour cream (organic)

Tallow Walnut oil Whole cream

PROTEIN

⊘ GOOD

Elk Quail Bacon Beef Rabbit Goat Beef jerky Salami Goose Bison Hot dogs Sausage Cheese Lamb Sheep Chicken Moose Turkey Cottage cheese Pepperoni Veal Pheasant Wild boar Deer Pork Wild turkey Duck Pork rinds Eggs

ORGAN MEATS

⊘ GOOD

Bone marrow Kidney Tongue Heart Liver Tripe

NUTS AND SEEDS

⊘ GOOD

Almonds Brazil nuts Chia seeds Hazelnuts Hemp seeds Macadamia nuts Nut butters (unsweetened)
Peanuts
Pecans
Pine nuts
Pistachios
Pumpkin seeds

Seed butters (unsweetened) Sesame seeds Sunflower seeds Tahini (sesame butter)

Walnuts

FISH

⊘ GOOD

Anchovies Bass Cod Eel Flounder Grouper Haddock Halibut Herring Mackerel Mahi-mahi Orange roughy Perch

Red snapper Rockfish Salmon Sardines Sole Tilapia Trout

Tuna (including albacore)

Turbot

SEAFOOD

⊘ GOOD

Abalone Caviar Clams Crab Lobster Mussels Octopus Oysters Scallops Shrimp Squid

HERBS

⊘ GOOD

Allspice
Basil
Cardamom
Cayenne pepper
Chili powder
Cilantro/coriander
Cinnamon

Cloves
Cumin
Curry powder
Dill
Ginger
Italian seasoning
Nutmeg

Oregano
Paprika
Parsley
Rosemary
Sage
Thyme
Turmeric

VEGETABLES

⊘ GOOD

Artichoke Endive Pumpkin
Arugula Fennel Radicchio
Asparagus Garlic Radishes
Bean sprouts Green beans Rhubarb
Root groops

Beet greensJicamaRomaine lettuceBok choyKaleSauerkrautBroccoliKimchiScallions

Brussels sprouts Kohlrabi Seaweed (all sea Butterhead lettuce Leafy greens vegetables)
Cabbage Leeks Shallots

Carrots Microgreens Spaghetti squash
Cauliflower Mushrooms (all kinds) Spinach

Cauliflower Mushrooms (all kinds) Spinach
Celery Mustard greens Swiss chard

ChardOkraTomatoes (moderateChivesOliveamount)CucumberOnionTurnip greensDandelion greensParsleyWatercress

Eggplant Peppers (all kinds) Watercress

Zucchini

BERRIES AND FRUIT (berries in small quantities)

⊘ GOOD

Blackberries Cultivated European gooseberry Red currant
Black currant Lemon Sea-buckthorn
Blueberries Lime Strawberries
Chokeberries Raspberries Tart cherries

LIQUIDS

⊘ GOOD

Almond milk Coffee, unsweetened Seltzer water

Broth (chicken, beef, bone) Herbal teas Sparkling mineral water Club soda Kombucha (2g of sugar) Tea, unsweetened

Coconut milk Lemon and lime juice Water

Lemon and lime juice Wat (small amounts)

ADDITIONALS

⊘ GOOD

Almond flour/meal Cacao nibs Cacao powder Coconut aminos Coconut flour Cod liver oil (fish oil) Dark chocolate 100%

Fermented vegetables
Fish sauce
Gelatin
Gluten-free tamari sauce
Hot sauce (no sugar)
Mayonnaise (made with
good oils—see list of fats)

Monk fruit
Mustard (no sugar)
Pickles (no sugar)
Shredded coconut
Stevia
Vanilla extract
Vinegar

VEGAN PROTEIN

⊘ GOOD

Hummus Mushrooms Nut butters Nutritional yeast Protein powder (pea, hemp, brown rice) Seed butters Seeds (sunflower, sesame, pumpkin) Spirulina Sprouted beans Tofu/tempe (organic)

PROTEIN



ALMOND MILK (sweetened)

BARBECUE (with sugar)

CASHEWS (in excess)

COCONUT MILK (sweetened)

HOT DOGS (unless organic / grass-fed)

KEFIR (unless plain and full-fat)

MEAT PRODUCTS WITH SUGAR/GRAINS

(meatballs, breaded meat, meats with sweet sauce, etc.)

MILK (commercial)

Processed cheese

PROCESSED DELI MEAT (nitrates or dextrose)

SAUSAGE (unless organic / grass-fed)

SOY MILK (even regular, because it's GMO)

MILK PRODUCTS (yogurt and kefir) due to higher sugar amounts

VEGETABLES



CORN (and popcorn)

FRUITS AND BERRIES



APPLES DRIED FRUIT (like raisins) ORANGES
APRICOTS GRAPEFRUIT PEACHES
BANANAS GRAPES PINEAPPLE
CANTALOUPE KIWI PLANTAIN
CHERRIES MANGOS PLUMS

DATES

STARCHES



POTATO SWEET POTATO YAM

GRAINS

⊗ AVOID

OATS (oatmeal) WHEAT

RICE OTHER GRAINS

LEGUMES

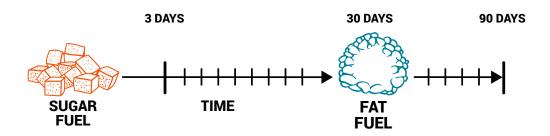


BEANS (all varieties) CHICKPEAS (hummus is okay as there is mixed oil) EDAMAME

CHAPTER 5

HOW TO GET INTO KETOSIS

When you first start Healthy Keto® and intermittent fasting, your body will go through a keto adaptation phase. This transition from burning sugar to burning fat takes time. Your cells are making new machinery, and new enzymes are being made. The new enzymes start to support your body's ability to burn fat fuel within just three days. However, it can take a person 4 to 12 weeks to become fully fat adapted--a complete fat-burning machine.

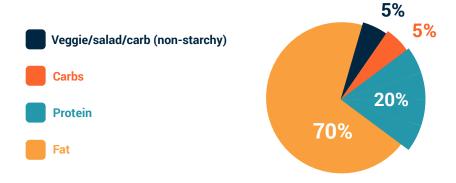


There are two ways to make your body burn ketones: lower your carbs and don't eat as frequently (called intermittent fasting).

There are three types of foods, called macronutrients or macros for short:

- CARBS
- PROTEIN
- FATS

Keto means low carbs, moderate protein, and high fat. Healthy Keto has these ratios of



Non-starchy vegetables / salad carbs

Your non-starchy leafy green vegetables should be five percent of your calories. You should eat at least 7 to 10 cups of leafy green vegetables every day.



If you eat other more dense vegetables like broccoli or Brussels sprouts, then consuming 4 cups in one day would be fine.



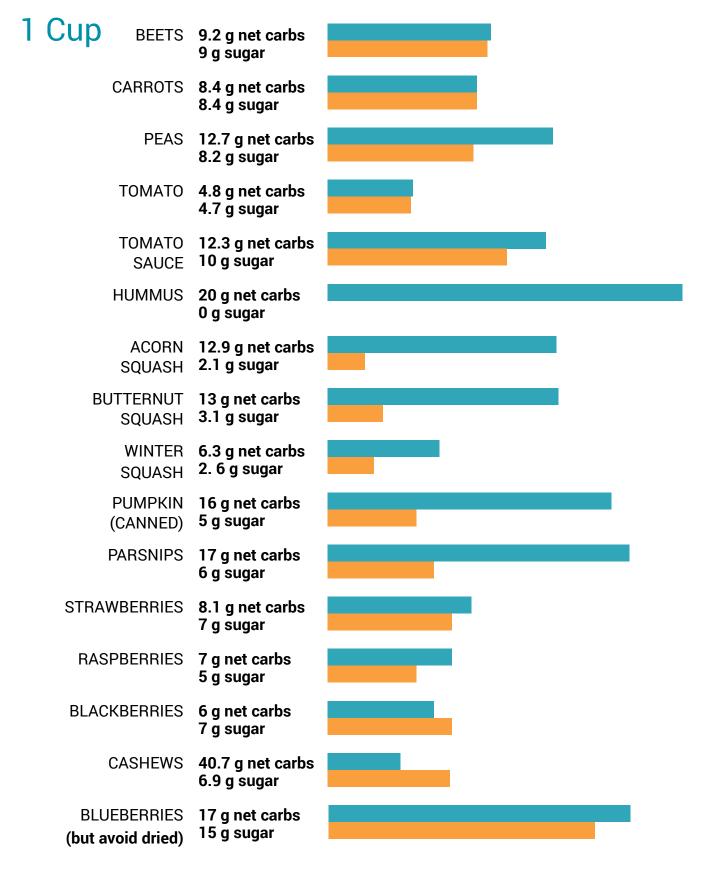
Carbs

It's extremely important to make sure you don't go over 50 grams of net carbs per day. It would be best if you could even work your way down to 20 to 30 grams of net carbs per day. Your foods should still be as low as possible in carbs, sugar, and starch. I will give you a complete list of these foods shortly.

To calculate net carbs, take the total carbs and subtract the fiber (total carbs - fiber = net carbs). Our bodies can't digest fiber. So, even though fiber is a carb, it doesn't have any calories or influence on insulin. Our good bacteria digest fiber for us, so we can let them count their own calories.

Nutri Serving Size 1 Servings Per (cup (228g)	cts
Amount Per Se	rvina		
Calories 260	•	ories from	Fat 120
Calories 200	Oak		Daily Value*
			Daily Value
Total Fat		13g	
Satura	ated Fat	5g	
Trans	Fat	2g	
Cholesterol		30m	g
Sodium		660r	
Total Carbol	nvdrate	31m	
	y Fiber	0g	<u> </u>
Sugar		5g	
Protein			
Protein		5g	
Vitamin A 4%	•	Vitami	n C 2%
Calcium 15%	•	Iron 2	%
*Percent Daily Values are based on a 2,000 calorie diet. Your Daily Values may be higher or lower depending on your calorie needs:			
T. 15.	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat Cholesterol	Less than Less than	20g 300mg	25g 300mg
	Less than		
Sodium			
Sodium Total Carbohydra		300g	375g

Here are a few examples of carbs and sugars that need to be watched more closely if your metabolism is slow and you want to lose weight fast.



Protein

On keto, you need to consume a moderate amount of protein—between 3 and 6 ounces per meal. The amounts can vary depending on a few different factors. Some people may even need 8 to 9 ounces of protein per meal. The younger you are, the faster your metabolism is, and the more you work out, the more protein you'll need.

It's not only important to look at how much protein you're consuming but also the quality of the protein. Whenever possible, consume organic grass-fed meats, wild-caught fish and seafood, and pasture-raised eggs.

chicken	eggs	hamburger	lamb	
				3 oz
				6 oz
				8 oz
_				
salmon	shrimp	steak	turkey	
salmon	shrimp	steak	turkey	3 oz
salmon	shrimp	steak	turkey	3 oz 6 oz

Fat

Seventy percent of all of your calories should be from fat. This might seem like a lot of fat, but a given weight of fat has more than double the calories compared to protein or carbohydrates, so if you compare them by weight in grams or ounces, the fat looks much less.

If you look at it as a fat-to-protein ratio, the correct ratio should be 1.5 grams or ounces of fats to 1 gram or ounce of protein. This means eating a little more fat compared to protein. I will show you some examples below of foods that have this ratio, but realize that if you just eat proteins that come with their original fat, you'll be fine. So many foods are "lean" this and "lowfat" that.

Some proteins have less fat, some have a lot more. As long as the combination overall is a little more fat than protein, you're good. I will give you lots of examples later. Cooking with butter, lard, tallow, olive oil, and ghee is another great way to get the healthy fats you need. You can also drizzle a good amount of olive oil over your salads. You can even have little desserts,

Fat-to-protein ratios

Fa	ac.	. 1	•1	
Ly	yo.			

Fat - 1

Protein - 1

Hamburger: 2:1

Fat - 2

Protein - 1

Steak: 1:2

Fat -1

Protein – 2

Chicken: 1:1 (with skin)

1:2 (without skin)

Fat - 1

Protein – 1 to 2

Bacon: 1:1

Fat - 1

Protein - 1

Pecans: 7:1

Fat -7

Protein – 1

Peanuts: 2:1

Fat - 2

Protein - 1

Cod liver: 5:1

Fat - 5

Protein - 1

Summer sausage: 2:1

Fat - 2

Protein – 1

Macadamia nuts: 11:1

Fat - 11.5

Protein - 1

Sardines: 1:1

Fat - 1

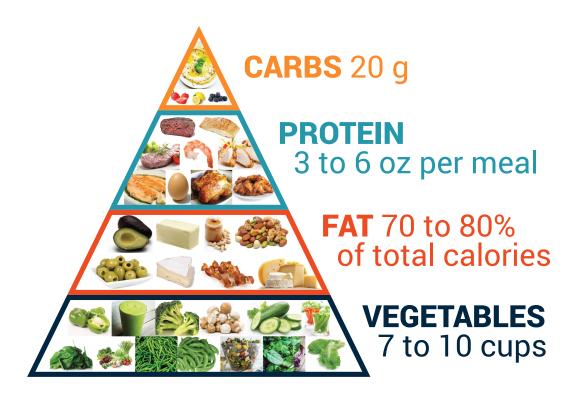
Protein - 1

Salmon: 1.5:1

Fat - 1.5

Protein - 1

Here's another example to help you visualize comparable amounts.

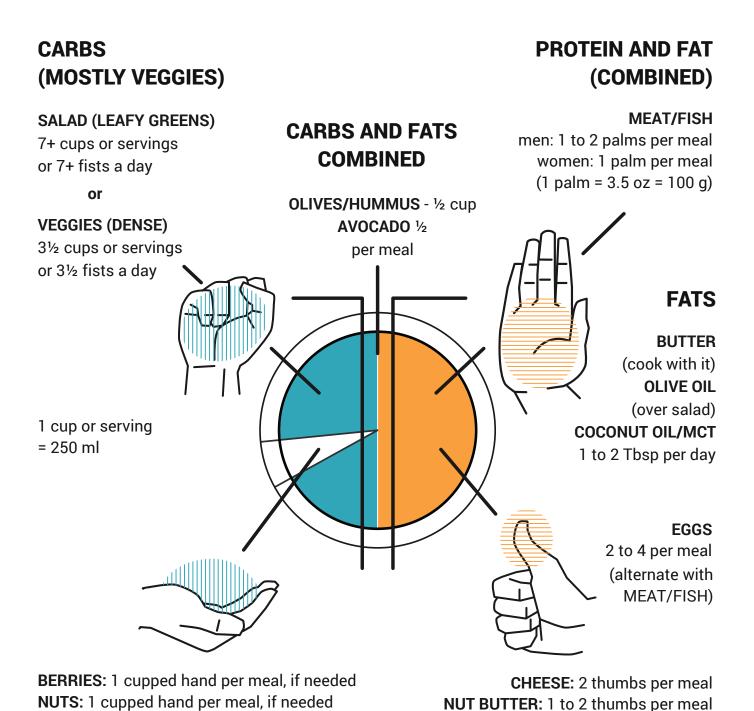


Percentages can get confusing because they're talking about calories and most people don't say, "Give me 300 calories of steak," do they?

To make it simple, let's convert this to what your plate might look like.



An even better way to picture calories, ounces, and grams is to use your hands, like this:



Planning

When you're unprepared and hungry, it's easy to fall back into old eating habits. Planning out your meals not only saves time, but it also helps you stick to Healthy Keto®. Make sure you have a plan set in stone for the upcoming week to maximize your chance at success.

Step one

Work backward and determine what your meal plan will look like for the week. Make sure you decide on meals you'll enjoy. Unless you like to cook every day, stick to meals that are quick and easy to throw together. A good starting point is to combine meat with a vegetable. Then, add some more healthy fats to the end of your meal, like nuts or keto bombs.

Step two

After you have your meals planned for the week, gather your ingredients. Make a list of everything you need from the store or place an order online. Look through the "Three weeks of meals" section to get some ideas on what ingredients to buy.

Step three

After you have the foods and ingredients, you can choose to prepare a few meals ahead of time or go meal by meal. I like to make a few meals each week that are very simple and easy. Then, I'll throw in some more complex and time-consuming meals here and there. When my wife and I make a complex meal, we make enough to warm up during the next couple of days.

How to plan a week of meals

You'll find it much easier to stick to your Healthy Keto diet when you plan meals in advance. Not having a plan for the week opens the door to eating the wrong foods.

1. Take advantage of leftovers

If you've never planned out meals before, think about what meals you can cook for the week and which ingredients or meals you can reuse. The salmon you eat on Monday night can also be part of your lunch on Tuesday. Steamed broccoli or Brussels sprouts can accompany your grass-fed steak tonight and top your salad tomorrow.

2. Keep it simple

You don't have to follow a long list of recipe ingredients with complicated instructions. You can use basic foods that take minutes to prepare. Keep things simple and easy. If you do want to try more complicated meals, try limiting them to just one or two in the week. Plan on making more than you'll eat in one sitting so you can have it again as an easy meal the next day.

3. Plan out the correct ratios

Each meal should include lots of salad or vegetables, a protein (usually meat, fish or eggs) and a fat (usually comes with the protein). Low carbs, moderate protein and high fats, with the addition of lots of veggies, is the pattern.

4. Add fasting

I recommend that you first get your meals worked out, then introduce fasting. The low carbs will start the process and make it easier to do fasting because cravings and hunger diminish.

5. Plan the week of meals

Write out your week of meals and post it on the fridge so you have your grocery store general list.

6. Use helpful tools

I also recommend using my **Meal Maker**, which allows you to select the foods you like and, within minutes, create menus and lists for your entire week of eating. Post it on the fridge, and it's done!

How to read a label

When you're on the ketogenic diet, one of the most important things is to read and understand labels. Products can have hidden sugars and certain things that can compromise your health and weight loss. Even so-called "keto-friendly products" should be checked to be sure they really are healthy and keto-friendly.

The most important things to look at on the label:

1. What is the first ingredient?

When it comes to the ingredient list on the label, the first ingredient is typically the majority of the product. So, if the first ingredient is soy, the product is mostly soy. The ingredients are listed in order of the quantity of each ingredient in the product, most to least.

2. How much sugar is in the product?

You want the sugar to be as close to zero as possible. Be sure to look for sugars that go by tricky names like maltitol and maltodextrin—and sugars that sound healthy but really aren't, like beet sugar and sugar in the raw.

3. What are the net carbs?

You have to subtract the fiber from the total carbs to get the net carbs (total carbs - fiber = net carbs). Fiber doesn't spike insulin. When you do keto, you want to keep your net carbs between 20 and 50 g per day. But it's also important to consider the type of carbohydrates you consume. You don't want to get your carbs from something that is high on the glycemic index. You want low-glycemic carbohydrates, like vegetables.

4. How many servings are in the container?

On the label, you'll see the serving size and servings per container or unit. The label is based on the size of one serving, not on the entire container. If you eat more than the serving size, you have to multiply the number of servings you eat by the amount of sugar or carbs on the label to get the real amount of sugar or carbs you have consumed.

5. Are there any GMO ingredients, MSG, soy, seed oils, or hydrogenated oils?

Be sure to keep a close eye out for hidden ingredients and anything that looks like it could be misleading. For example, modified food starch contains MSG, which should be avoided. If the label says "olive oil (or soy, canola, coconut, cottonseed oil)," they now have the option to use whatever oil they want. If you're not sure what an ingredient is, look it up!

4 servings per container Serving size 1 cu	p (227g
Amount per serving Calories	280
%	Daily Value
Total Fat 9g	12%
Saturated Fat 4.5g	23%
Trans Fat 0g	
Cholesterol 35mg	12%
Sodium 850mg	37%
Total Carbohydrate 34g	12%
Dietary Fiber 4g	14%
Total Sugars 6g	
Includes 0g Added Sugars	0%
Protein 15g	
Vitamin D 0mcg	0%
Calcium 320mg	25%
Iron 1.6mg	8%
Potassium 510mg	10%

Saving money

Intermittent fasting

With fewer meals, you'll save a ton. Think about all the snacks people eat--it adds up. If your meals cost \$10 per meal, you could save around \$600 per month--not bad.

Plan your meals and grocery lists

Planning your meals and grocery lists can help you save money by making sure you're not spending too much on eating out and that you're not buying more ingredients than you need. Working leftovers into your meal plan will also help you reduce food waste.

Fewer-ingredient meals

Keep your meals and ingredients simple. You can even stock up on less-expensive ingredients to use multiple times throughout the week. For example, eggs are a fantastic source of protein that is inexpensive and can be used in a variety of recipes. Have eggs and bacon for one meal and throw a few hard-boiled eggs into a salad for your next meal.

Buy in bulk

Getting certain things like nuts, seeds, and coconut oil in bulk from health food stores can help you save money. If you choose to do this, be sure to choose the foods you buy in bulk wisely. You don't want to open yourself up to food waste. However, this can be helpful for certain things you know you use often. Joining a meat share is also a great way to get deals on grassfed meats in bulk.

Three weeks of meals

In the beginning of Healthy Keto, you're doing keto meals with no snacks. This happens before intermittent fasting. Here are some examples.

Week 1

Monday

Breakfast: Hard-boiled eggs and bacon

Lunch: Chicken Caesar salad

Dinner: Asian pork slaw

Tuesday

Breakfast: Steak, avocado and eggs

Lunch: Leafy green salad topped with chicken and keto lemon vinaigrette

Dinner: Chicken tortilla soup

Dessert (with a meal): Keto peanut butter cups

Wednesday

Breakfast: Bacon and cheese fat bomb and kale shake

Lunch: Salad topped with salmon

Dinner: Keto shrimp and grits

Thursday

Breakfast: Keto-friendly quiche

Lunch: Taco salad

Dinner: Salmon cabbage bowl

Dessert (with a meal): Coconut pecan fat bomb

Friday

Breakfast: Cabbage and onion omelet

Lunch: Keto avocado BLT wrap with side salad

Dinner: Hamburger Stroganoff with zucchini noodles

Saturday

Breakfast: Asparagus and bacon frittata

Lunch: Pepperoni and cheese fat bomb with side salad

Dinner: Bacon cheeseburger wrap

Dessert (with a meal): Keto chocolate mousse

Sunday

Breakfast: Keto-friendly pancakes and bacon **Lunch**: Chicken salad wrap with side salad

Dinner: White fish in lemon sauce with asparagus

Week 2

Monday

Breakfast: Two eggs and keto açaí berry bowl

Lunch: Chicken Cobb salad

Dinner: Pan tuna cakes with keto coleslaw

Tuesday

Breakfast: Shredded beef and scrambled eggs **Lunch**: Keto Greek salad with salmon or beef

Dinner: Keto zucchini, eggplant and bacon casserole **Dessert (with a meal)**: Keto-friendly fudge brownie

Wednesday

Breakfast: Two fried eggs and Kale shake

Lunch: Shredded beef salad

Dinner: Meatballs and "zoodles"

Thursday

Breakfast: Collard greens and bacon omelet

Lunch: Keto broccoli and cheddar soup with side salad

Dinner: Steak and mashed cauliflower

Dessert (with a meal): Keto chocolate chia pudding

Friday

Breakfast: Pepper and onion omelet

Lunch: Keto steak salad

Dinner: Cauliflower fried rice with chicken

Saturday

Breakfast: Bacon, kale and eggs

Lunch: Tuna salad wrap

Dinner: Cauliflower crust pizza with side salad

Dessert (with a meal): Keto chocolate lava cake bites

Sunday

Breakfast: French toast with keto bread and bacon

Lunch: Leafy green salad with beef or chicken, keto dressing and nuts

Dinner: Keto beef curry and cauliflower rice

Week 3

Monday

Breakfast: Cheese and onion omelet

Lunch: Keto buffalo chicken wrap with side salad

Dinner: Keto shrimp stir-fry

Tuesday

Breakfast: Egg sandwich on a 1-minute keto biscuit

Lunch: Leafy green salad topped with chicken and keto

Dinner: Keto chili (no beans)

Dessert (with a meal): Keto vanilla chia pudding

Wednesday

Breakfast: Ham, cheese and kale egg bites **Lunch**: Keto grilled cheese and side salad

Dinner: Keto beef and broccoli

Thursday

Breakfast: Eggs, bacon and leafy greens

Lunch: Cheesy keto cauliflower bites

Dinner: Leafy green salad with balsamic vinaigrette and hard-boiled eggs

Dessert (with a meal): Keto coffee drink

Friday

Breakfast: Bacon and egg fat bomb

Lunch: Grilled vegetables with chicken

Dinner: Keto ribs and mashed cauliflower

Saturday

Breakfast: Keto eggs Benedict

Lunch: Feta and golden beet salad with chicken

Dinner: Keto Tuscan chicken

Dessert (with a meal): Chocolate chip cookies

Sunday

Breakfast: Keto waffles

Lunch: Keto cheese and broccoli salad

Dinner: Keto jerk catfish with roasted vegetables

One week of two-meal examples

Second meal First meal Second meal First meal

Meal prep tips

Keep it simple

Focus on simple recipes made with common ingredients, so you don't have to buy a little bit of everything and so you don't spend all of your day in the kitchen.

Some desserts don't even require cooking. For example, 2 oz goat cheese covered with keto vanilla syrup (or mixed with a handful of low-carb berries and monk fruit) is a perfect "fat bomb" with 20 seconds prep time.

You don't have to stick to very specific ingredients. Let's say you need more fat in your meal and you want to add macadamia or pecans but you have run out. Instead, you can eat some cheddar, or goat cheese, or avocado, or simply butter. If you want something sweet, have a tablespoon of almond/peanut/coconut butter.

Maybe you wanted to make a salad with arugula and kale, but you don't have those at hand. Well, you don't even have to cut up a salad: just eat a cucumber, a bell pepper and a bunch of cilantro or parsley.

You can almost always find something in your fridge or in a store that will work both for your macros and your taste buds. Keto is simple.

Keep it tasty

Play with the recipes you already know. For example, you can saute beef and add low-carb marinara sauce. Next time, saute onions, then add marinara and pulled chicken (already cooked). Next time you can blend bell peppers and use those instead of marinara. Using different herbs can change the flavor, too.

Even if you eat the same protein and salad every day, you can get a new taste every time just by playing with dressings and sauces. A slice of roast beef with ranch dressing and the same roast beef with a thin layer of horseradish dressing taste like two completely different things.

Can't eat very much salad? Put your veggies in a blender bowl, add an ounce of strawberries or raspberries, a tablespoon of almond butter and some water or unsweetened almond milk. Blend and drink up. You can even add electrolytes, wheatgrass juice powder or MCT oil to it.

Use your freezer a lot

You can freeze soups, fat bombs or low-carb chili and then just heat up a portion. You can prep and freeze raw meat for meatballs / stuffed peppers / patties, etc., so you just defrost and cook. (Examples: beef+onions+cilantro, bison+cauliflower+oregano, pork+garlic+rosemary.)

Freezing stock or broth in portion-size containers is great; many recipes use this ingredient.

Make lots of fat bombs and keep them in a freezer. Take one out to thaw 30 to 60 min before the meal.

Plan your meals

If you want to plan meals, for a few days observe how much protein you and your family members eat per meal. Then decide how many days you're going to cook for, and calculate the amount of the ingredients based on protein.

Example:

You want to solve dinner for the next three days. You eat 4 oz protein at dinner, your spouse eats 6 oz, and your child eats 3 oz. Total: 13 oz.

Let's say you want to cook dinner for three days. That's about 40 oz of protein.

You have a recipe that requires 1 lb of beef. 40 oz = 2.5 lb. So you multiply all the ingredients by 2.5 and cook your dinner for three days.

For batch cooking, make two different meals for three days each (total 6 servings per family member), and keep them in airtight containers in the fridge. Make a soup (or several soups) and store most in the freezer, in portion-size containers. Have veggies in the fridge and fat bombs in the freezer. Now your family members won't be bored by eating the same food every day!

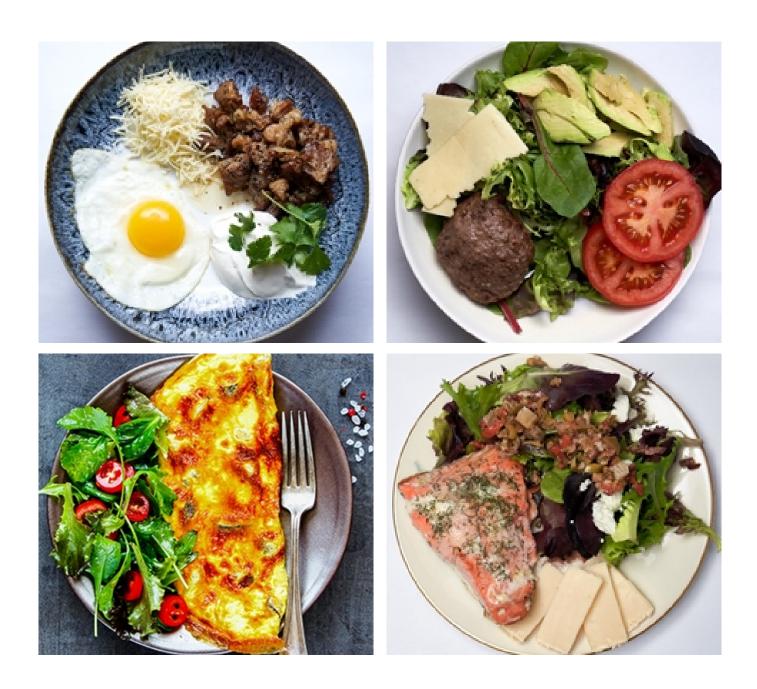
Don't prep veggie salads in advance. Chicken/beef/tuna salads are fine, just don't use dressings until you're ready to eat. (Mayo is okay, but balsamic, lemon juice, and olive oil are better if you add before eating.) Don't add avocado until ready to eat.

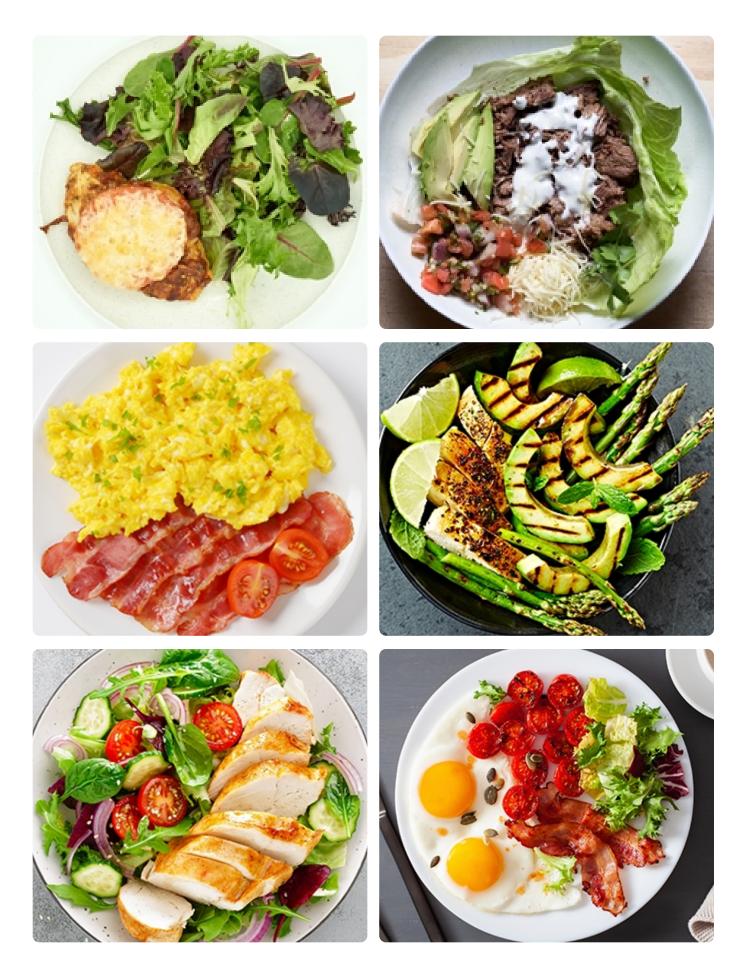
You can cook several portions of fish/steak and keep it in the fridge. Then before each meal, throw together a simple veggie salad, add the protein (cold or heated up, to taste) and a dressing. Finish the meal with a fat bomb.

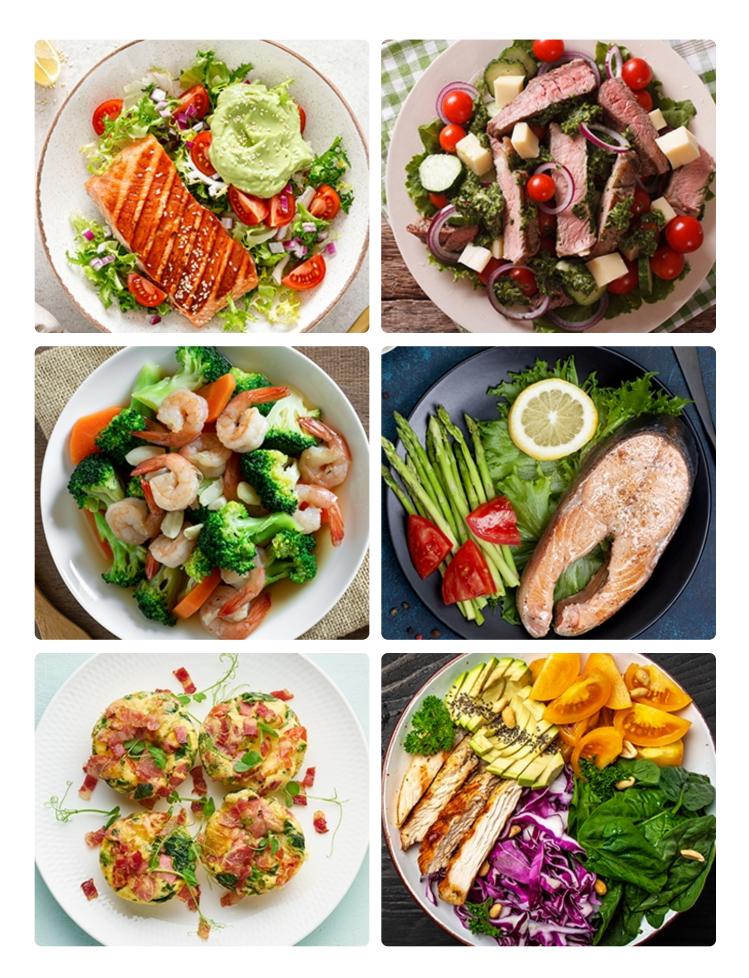
A lot of recipes require fresh lemon juice, so squeeze a pound of lemons and keep the juice in the fridge.

CHAPTER 6

WHAT THE MEALS LOOK LIKE







CHAPTER 7

KETO-FRIENDLY SUBSTITUTE FOODS

The more you focus on not having certain foods, the more you're going to want them. However, you can make keto-friendly substitutes to help satisfy your cravings. You might even find that you enjoy the replacement more than the original—especially when you don't have to experience the unpleasant after-effects of unhealthy foods.

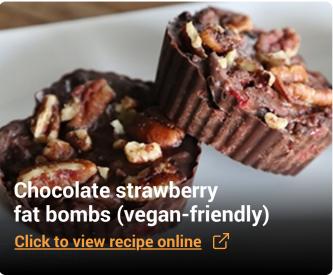
There are some incredible keto-friendly substitutes for desserts, bread, pasta, and more. Throw out the junk food and use these substitutes to help transition into keto without having to forgo some of your favorite pleasure foods.

Start with replacements that directly relate to your cravings.



Some keto-friendly pleasure food substitutes













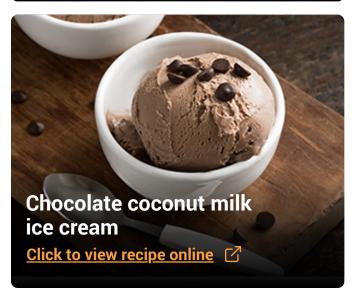










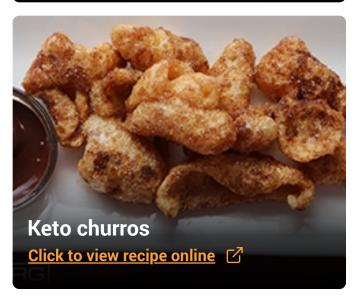














CHAPTER 8

DR. BERG-APPROVED FOODS AT THE GROCERY STORE





Naturalissima Uncured Hard Salami Panino



Oven-baked Parm Crisps



Primal Kitchen Caesar dressing



Zevia - Zero Calorie Drinks



Suja Lemon Love keto lemonade



Primal Kitchen Tomato Basil Marinara Sauce



NuttZo Keto Butter



Cypress Grove Purple Haze goat cheese



Thrive Market Organic Coconut Wraps



Creminelli Felino salami with Manchego cheese



Cali'flour Lasagna



HighKey Granola



Seaweed chips



Mauk Family Farms Crusts



Rebel ice cream



Cali'flour flatbreads



Stryve beef jerky



HighKey Mini Cookies



Primal Kitchen ketchup



Base Culture Original Keto Bread



Primal Kitchen mayo



Outer Aisle Plantpower Sandwich Thins



NuNaturals Vanilla Syrup



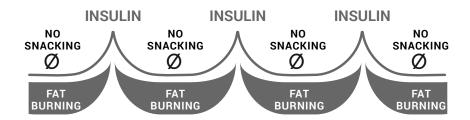
The Good Chocolate

CHAPTER 9

COMBINING KETO AND FASTING

The best way to get started on Healthy Keto® and intermittent fasting is to keep your meals simple. Stick to meals with four ingredients or less.

Start with three meals a day and zero snacks.



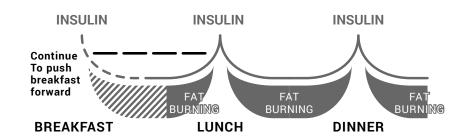
Adding more fat to your meal can help you fast longer. Fat is the most satisfying macronutrient —and it triggers insulin the least. In fact, if only fat is eaten, without carbs or protein, insulin is not triggered at all. Adjust your fats up or down depending on how hungry you get after a meal. If you overdo it with fats, you might overwhelm the gallbladder and develop bloating, burping, and right shoulder pain. Make adjustments as you go.

As you lower your carbs, you'll notice your body starts switching to fat-burning mode, and your hunger decreases. Realize that when you are fasting and adapted you are eating something—YOUR FAT. This is why you may not feel hungry at all while fasting.

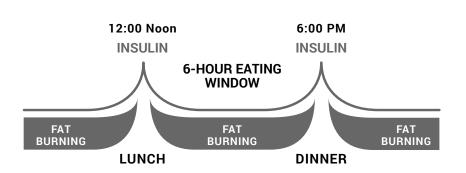
DON'T EAT IF YOU'RE NOT HUNGRY.

If you don't feel hungry for breakfast, don't have breakfast.

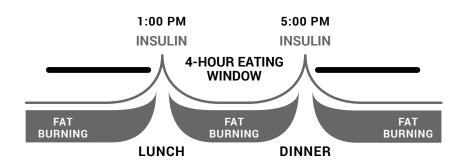
This transition to avoiding breakfast is important. It is completely false information that breakfast is the most important meal of the day. It was invented by the food manufacturing companies. You fasted all night, so why screw it up and break your fast? Realize that if you eat anything in the morning, it will start your hunger cycle through the day. So don't eat breakfast if you're not hungry and go as long as you can, until noon if possible. As long as you didn't have too many carbs the day before, you shouldn't be hungry. However, in the transition you may feel a few temporary stomach hunger sensations as you are still in the conversion-to-fat phase.



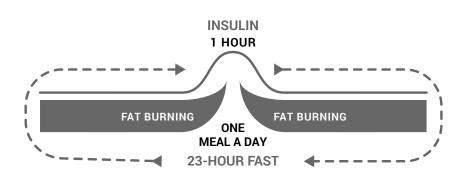
At this point, you will be transitioned to two meals a day. Depending on your eating window, this will give you 16 to 20 hours of fasting.



If you want to see more results, shorten your eating window to four hours. It can help to start with a larger meal, then have a smaller meal made up of mostly vegetables and a small amount of fat. What I mean by a smaller meal could look like a large salad (7+ cups), with nuts, olive oil and vinaigrette. It's a small meal based on smaller amounts of calories, not necessarily size.



For even faster progress—or if you have a slow metabolism—you can cut back to one meal a day. This is called OMAD (One Meal A Day).



OMAD isn't just for people who want to lose weight—many bodybuilders are on this plan. I like OMAD because of the cognitive benefits. If I need to focus and concentrate for long hours, I'll use OMAD to boost my creativity and overall cognitive function.

CHAPTER 10

RULES / TIPS / MISTAKES

Biggest mistakes

Giving up when the plan is actually working

If you don't see results right away, this doesn't mean that keto and IF aren't working for you. Give them time and you'll see the results.

Not taking electrolytes when fasting

Electrolytes are vital to healthy body function and repairing insulin resistance. If you notice keto flu symptoms, cramps, heart flutters, fatigue or lightheadedness, make sure you replenish your electrolytes (including sodium).

Stopping the plan if your cholesterol goes up

Your cholesterol level may initially increase on keto. Don't worry—when your body adapts, so will your cholesterol.

Not having enough fat at the end of the meal to fast longer

Dietary fat helps you stay satisfied and full. Make sure you have plenty of healthy fat at the end of your meal.

Not combining and doing keto with intermittent fasting

Keto and intermittent fasting work much better together. If you want to see results, you need to do them both together.

Not sleeping enough

Sleep is crucial for recovery, reducing stress, and losing weight. Make sure you get 7 to 8 hours of quality sleep each night.

Overtraining

Exercise is great, but overtraining is not. In fact, overtraining can slow down weight loss. Give your body plenty of time to recover between workouts.

Doing "sort of keto"

Keto is an all-or-nothing plan. If you don't stick to keto, you won't see the results you're after.

Cheat days

Cheat days will instantly knock you out of ketosis and stop all the benefits for several days. If you're eating the right foods, you won't need a cheat day.

Doing too much dirty keto and not enough Healthy Keto®

The quality of your nutrients matters. If you're filling your body with GMOs, unhealthy fats, and other dirty keto foods, you won't see the results you want.

Allowing junk food in your home

Junk foods, like refined carbs, will instantly knock your body out of ketosis. If they are in your home, you're likely to be tempted by them. Make sure you get rid of all your junk food before you start keto.

Allowing yourself to be tempted by the wrong foods

Don't put yourself in situations where you're likely to be tempted by unhealthy foods. This will make it much easier to stick to your plan.

Not realizing that just a small amount of the wrong carbs can knock you out of keto for 48+ hours

That's right, even a small amount of refined carbs can stop ketosis for days because they spike your insulin levels. Stay away from non-keto-friendly carbs.

Healthy Keto® rules

Rule #1: Cut your carbohydrates to 5% of total calories (exception is leafy greens and non-starchy veggies).

Rule #2: Do not eat low-fat or lean proteins (70% of total calories should be fat).

Rule #3: Consume a moderate amount of protein (20% of daily calories from protein, or 3 to 8oz per meal).

Rule #4: Have 7 to 10 cups of vegetables daily (don't count non-starchy vegetable carbs).

Rule #5: Avoid fruit, except for low-carb berries.

Rule #6: Avoid all refined carbohydrates (including sugars, grains, and starches).

Rule #7: Choose full-fat over low-fat foods.

Rule #8: Replace soy, corn, and canola oil with butter, coconut oil, and olive oil.

Rule #9: Always go with non-GMO, organic, wild-caught, grass-fed, and pasture-raised foods.

Rule #10: Avoid all alcohol.

Rule #11: Replenish your electrolytes.

Rule #12: Read labels with special emphasis on sugars, net carbs and ingredients.

Intermittent fasting rules

Rule #1: Don't eat if you're not hungry.

Rule #2: Go as long as you can without eating in the morning.

Rule #3: No snacks between meals—even if they're keto-friendly!

Rule #4: Choose large, infrequent meals over small frequent meals.

Rule #5: Don't consume calories during your fasting window.

Rule #6: Increase fat consumption to stay satisfied between meals.

Rule #7: Use lemon water, coffee, and unsweetened tea to fight cravings while fasting.

Rule #8: Replenish vitamins and minerals (especially B vitamins, sea salt,

and other electrolytes).

Rule #9: If you really need to eat, then try to eat within your eating window, not inside the fasting window.

Rule #10: Start slow and increase your fasting window over time.

Rule #11: Plan the start time and end time of your fast so there aren't any surprises.

Eating tips

Do:

- Consume your vegetables first (This will make sure they get consumedvegetables are the least liked and don't always get eaten.)
- Watch out for hidden carbohydrates (like in yogurt, juice, and even in ketofriendly snacks)
- · Plan out meals ahead of time
- · Stick with simple recipes (4 ingredients or fewer)
- · Find keto substitutes for your favorite foods
- · Consume a meal that fully satisfies you (usually one with more fat)
- · Focus on consuming clean keto-friendly foods
- Try keto-friendly meal replacement shakes when you are in a rush
- Make keto-friendly desserts to have with your meal (occasionally)

Don't:

- · Fill up on protein and fat before you can get to your vegetables
- · Go to a grocery store or even a restaurant when you are extremely hungry
- · Buy foods assuming they are keto-friendly without reading the label
- · Wait until the last minute to decide what to eat
- · Create an unrealistic meal plan that involves too much time and energy to stick to
- Cheat with unhealthy sugar and carb-loaded foods
- · Leave yourself hungry after a meal
- Stuff yourself to the point of feeling bloated
- Focus on counting calories
- Use conventional sugary protein powders

Fasting tips

Do:

- Enjoy calorie-free beverages during your fast to help with cravings
- Drink enough water to stay hydrated (but drink when you're thirsty!)
- Use MCT oil during your fasting window to have more cognitive benefits. (MCT oil is pure fat and despite having calories, it is the one exception to the "eating calories triggers insulin" concept.)
- · Replenish potassium, magnesium, and B vitamins frequently
- · Start your intermittent fasting plan gradually
- · Consume plenty of nutrient-dense foods during your eating window
- · Get plenty of sleep and take naps if you need to
- Use high-intensity interval training 1 to 3 times per week to enhance your results
- · Keep yourself busy, so you're not focused on your fast
- · Give yourself time to adjust to intermittent fasting
- Ignore cravings and transient hunger (these are hormone fluctuations)

Don't:

- · Drink sugary beverages or consume any food
- Drink more water than you need (it can deplete your electrolytes)
- Consume protein shakes (full of sugar and GMOs!) or bone broth while fasting
- Ignore signs of nutrient deficiencies
- Continue your fast if you start to feel light-headed or dizzy
- · Focus on reducing your calories (you need nutrients to stay healthy)
- Deprive yourself of sleep and relaxation
- · Overwork your body without plenty of recovery time
- · Go to restaurants or areas that have tempting food smells (like a shopping mall)
- · Give up before you have a chance to experience the benefits of fasting

Foods, drinks, and supplements while fasting

You can use these while you're fasting without breaking your fast!

- · Water with lemon
- · Sparkling mineral water
- · Unsweetened tea
- Coffee (in moderation—don't go overboard)
- Sea salt (preferably pink Himalayan)
- Electrolyte powders (sugar-free)
- · Wheatgrass juice powders
- · Vitamin and mineral supplements
- · Nutritional yeast
- · Cod liver oil
- MCT oil
- · Keto amino acids
- Probiotics
- Apple cider vinegar
- · Hoodia gordonii (an appetite suppressant)
- Calorie-free sweeteners: erythritol, stevia, and monk fruit

From dirty keto to Healthy Keto

Dirty keto is when you focus only on staying in ketosis and not on the quality of the nutrients you're putting into your body. For example, someone on dirty keto might regularly eat at fast-food restaurants and not care about choosing organic foods.

Those doing a dirty version of keto often have high levels of omega-6 fatty acids and low levels of omega-3 fatty acids because they are consuming many low-quality fats. While dirty keto can help with weight loss, it's not enough to fully support a healthy body and mind.

Healthy Keto® focuses not only on staying in ketosis but also on the quality of food you consume. Someone on Healthy Keto avoids poor-quality foods like vegetable oils, GMOs, and non-organic dairy products.

Healthy Keto helps you avoid toxins found in many conventional foods. Chemicals and other toxins can disrupt your hormone balance and contribute to serious health problems over time, so it's important not to have these in your diet.

Transitioning from dirty keto to Healthy Keto is well worth the extra effort. It provides many health benefits and helps you build up a health reserve over time. Give these tips a try, and your body will thank you.

Tips for transitioning to Healthy Keto:

- Always pay attention to food labels
- · Choose fresh foods over processed and canned foods whenever possible
- Avoid GMOs, MSG, pesticides, herbicides, and other harmful additives
- · Always go with non-GMO, organic, wild-caught, grass-fed, and pasture-raised foods
- · Replace soy, corn, and canola oil with butter, coconut oil, olive oil, and animal fats
- · Avoid fast food (even if it's technically keto-friendly)
- Don't consume refined carbohydrates
- Consume 7 to 10 cups of vegetables daily
- · Don't do cheat days or cheat meals
- · Introduce intermittent fasting

Strategies to help you stick to it and stay consistent

Without a strategy for your Healthy Keto and intermittent fasting plan, the results will be hit or miss. I recently chatted with someone who said they did not see results on keto. When they explained their meal plan, I realized they weren't sticking to a Healthy Keto and intermittent fasting plan at all because they didn't have a plan. Consistency and planning are key to your success on keto.

The goal of keto and intermittent fasting is to normalize insulin, which regulates your metabolism. High insulin is at the root of most common health problems, including obesity. You also want to use high-quality, nutrient-dense foods to help you look and feel healthy—which is why I named this plan Healthy Keto.

Intermittent fasting is not only a weight-loss strategy--it's also a serious health improvement. It will help repair, rejuvenate, and grow new brain cells and immune cells.

Curbing hunger and cravings and having a huge variety of delicious foods will keep you sticking to this plan. Healthy Keto is the ultimate way to work smarter, not harder, at improving your health.

How to handle stress eating and boredom

At the first sign of stress, do you search out ice cream or chocolate? This is stress eating. What about when you're bored? Do you find yourself snacking on a bag of chips—or even finishing the bag without realizing it?

Stress eating and eating out of boredom will get in the way of your success on keto if you let them. The more you eat when you're bored or stressed, the more your body releases cortisol—known as the stress hormone.

When a person is bored or stressed, they might not be thinking logically. They want food, and they want it now. (And they don't care what it is.) The foods people grab when they're stressed or bored are typically refined carbohydrates.

There are many ways to de-stress. In one of my recent YouTube videos, I describe a very powerful relaxation technique that you can be doing throughout the day. Check it out here.

Three rules for stress eaters and bored eaters

- 1. It's crucial for a stress eater or a bored eater to become an aware eater. Be aware of what you're eating and think about the consequences.
- 2. Replace the junk foods in the house with healthy foods so that reacting quickly and grabbing bad foods without thinking isn't even an option.
- 3. Address the root cause of eating out of stress or boredom—being stressed or bored! Go on long walks, find a healthy hobby, get plenty of space, get enough quality sleep, use acupressure, or try a stress-relief supplement like my Adrenal Stress Advanced Formula.

Try these tips to overcome eating while you're stressed or bored

- · Never ask yourself what you're in the mood to eat
- Ignore the body when it demands refined carbs and sugar
- Ask yourself if you're actually hungry (if you're not hungry, don't eat)
- Stay active and productive
- · Stick to consuming low-carb foods
- Take vitamin B1 (nutritional yeast)
- Take MCT oil or tallow capsules to curb hunger

Try these tips for stress relief

- Take vitamin B1 or nutritional yeast (without synthetic vitamins)
- Take magnesium
- Drink lemon balm tea
- Take L-theanine
- · Take an adaptogen like ashwagandha
- Start keeping your body fully relaxed in everything you do (see here)

How to prevent snacking

Many people snack out of habit rather than out of hunger. Every time you eat, you increase insulin. One of the most important things you can do for your health is to keep your insulin at a normal level.

When someone starts snacking, they can get into a cycle of raising their blood sugar and insulin, and then dropping their blood sugar. Eating causes hunger about an hour and a half later, especially when they are consuming carbohydrates. Then, the process repeats. If someone is stuck in this snacking cycle, they will eventually develop high insulin, leading to insulin resistance.

If you do fasting correctly, you can put your body into a condition where you don't have any hunger or cravings. This is because your body is essentially eating your own fat throughout the day. Fat generates ketones, which are a clean fuel. You'll feel good, you'll have more focus and

Tips for avoiding snacking

- 1. Don't eat breakfast. Eating causes hunger. If you fast when you wake up, you can tap into your fat fuel and run on that. If you eat and stimulate insulin, you'll block your ability to burn fat.
- 2. Make sure your carbs are low. If you consume a high-carb meal, you'll crave carbohydrates the next day. You'll also have a harder time fasting.
- **3.** Don't eat late at night. This will increase hunger the next morning. Try to have your last meal no later than 7:00 p.m.
- **4.** Don't ask yourself what you're in the mood for. Tell yourself that you're fasting, and you will eat when it's time. You have to be in charge of your body.
- **5.** Don't make junk foods available. If it's there, you're going to eat it. Clean all of the junk food out of the house and don't bring any more into it.
- **6.** Stay as active as you can. Exercise and get out of the house.

Eating at restaurants

You can still enjoy an occasional meal out without falling out of ketosis. See these quick do's and don'ts to make eating at restaurants easy.

Do:

- Ask questions about menu ingredients
- Look out for hidden carbs and sugar (processed cheese, sauces, soups, and dressings)
- Order full-fat meats and dairy products
- Order grilled instead of fried (fried has soy or corn oil)
- Ask about organic, pasture-raised, and wild-caught options
- Order a large salad to start (asking for olive oil and vinegar instead of salad dressing)
- Substitute to replace refined carbs with steamed vegetables
- · Ask for extra butter
- Order a lettuce wrap instead of bread
- Ask for water or club soda with lemon
- Add heavy cream to your coffee or tea

- Don't: Go to restaurants that don't have keto-friendly choices
 - Ask for bread or chips as an appetizer
 - Order low-fat menu options
 - Choose deep-fried or breaded foods
 - Order pasta, potatoes or rice
 - Top your salad with croutons, tortilla chips or vegetable oils
 - Order sides like cornbread, mac and cheese, or fries
 - · Ask for a dessert menu
 - Order sandwiches with bread or a bun
 - Order drinks with sugar, artificial sweeteners or alcohol
 - Add sugar to your coffee or tea

Examples of keto-friendly restaurant options

Breakfast

Bacon, eggs, half an avocado, and a cup of coffee with cream

Lunch

Chicken and bacon lettuce wrap with cheese, a side salad (with olive oil, vinegar, sea salt and pepper) and a glass of unsweetened iced tea

Dinner:

Grilled steak with extra butter, a side of steamed vegetables, and a glass of iced water with lemon

Keto-friendly restaurant foods

When starting keto sometimes people need to crawl before they walk and run. Dirty keto is a start: focusing on the macros (low carb, moderate protein and high fat) and not nutrients or quality. Here is a list of meals or menu items from restaurants that offer these types of food.

Chipotle

- Salad Bowl (with lettuce, barbacoa, tomato salsa, green chili salsa, sour cream, guac and cheese)
- Salad Bowl (with lettuce, chicken, tomatillo red-chili salsa, cheese and guacamole)
- Cilantro-lime cauliflower rice, chicken, tomatillo red-chili salsa, freshly shredded cheese and guac--also available as a super-greens salad with steak or chicken
- DIY: any combo of meat, cheese, salsas, guac, sautéed veggies and lettuce

Panera

- Sausage, Egg & Cheese Sandwich (no bread)
- Steak and Egg Sandwich (no bread)
- Greek Salad (whole salad, no modifications needed)

Olive Garden

- Herb-Grilled Salmon (as-is, including Parmesan garlic broccoli, dinner portion)
- Chicken Piccata (as-is, dinner portion)
- Famous House Salad (no croutons, Italian dressing)

Five Guys

- Lettuce-Wrapped Bacon Cheeseburger (with pickles, mayo, mustard and grilled mushrooms)
- Bunless Bacon Dog (with mustard and onions)
- Peanuts (in moderation)

Freshii

- Green Eggs & Kale
- Fiesta Salad (no beans or corn)
- Mediterranean Bowl (no quinoa, extra greens)
- Hard-Boiled Eggs

McDonald's

- Sausage, Egg and Cheese McMuffin Breakfast Sandwiches (no English muffin)
- Bacon, Egg and Cheese Biscuit (no biscuit)
- Pico Guacamole with Artisan Grilled Chicken Sandwich
- Big Mac (without the bun, no ketchup or sauce)
- · Quarter Pounder with Cheese

Taco Bell

- Mini Skillet Bowl (no potatoes, add beef, guacamole, sour cream and creamy chipotle sauce)
- Fiesta Taco Salad with Chicken (no shell, no rice and beans or tortilla strips, add guacamole)
- Power Menu Bowl (no rice or beans, add lettuce and bacon)

Chick-fil-A

- Grilled Chicken Sandwich (no bun, pickles are fine)
- · Grilled Nuggets (eight count, no sauces)
- Side Salad with Avocado Ranch Dressing

McDonald's

- · Breakfast Baconator (no bun)
- Dave's Single (no bun, no ketchup)
- Peppercorn Mushroom Melt (no bun or onions)
- Son of Baconator (no bun or ketchup)
- Caesar Salad (no croutons)

Carl's Jr/ Hardees

- · The Monster Biscuit
- · The Guacamole Bacon Thickburger
- · The Charbroiled Chicken Club

Burger King

- Bacon King (no bun, no ketchup)
- Sausage Egg and Cheese (No croissant)
- Whopper (no bun, no ketchup)

Kentucky Fried Chicken

- · 2-piece white chicken combo
- · Kentucky Grilled Bucket

Subway

- Chicken Bacon Ranch Chopped Salad
- · Steak and Cheese Chopped Salad
- Oven Roasted Chicken Chopped Salad

ARBY'S

- Lettuce-Wrapped Reuben
- · Bunless Loaded Italian
- Chopped Side Salad

CULVER'S

- · Lettuce-Wrapped Wisconsin Swiss Melt
- Lettuce-Wrapped Grilled Reuben Melt
- Cranberry Bacon Bleu Salad with Grilled Chicken (no cranberries)
- · Steamed Broccoli

IN-N-OUT

- · Protein Style Double Double
- · Bunless Hamburger

JACK IN THE BOX

- Bunless Double Jack Cheeseburger with a Side Salad
- Bunless Extreme Sausage Sandwich
- Chicken Club Salad with Grilled Chicken

STARBUCKS

- Bacon Gruyere Sous Vide Egg Bites
- · Salami & Monterey Jack Snack Tray

ZAXBY'S

- Chicken Salad Sandwich (no bun)
- 5 Traditional Wings (Plain) with side of Celery and Ranch
- 5 Traditional Wings (Tongue Torch) with side of Celery and Ranch
- Grilled House Zalad with Ranch, Caesar, or Blue Cheese Dressing (no fried onions or Texas toast)

How to cope in social situations and at holidays, birthdays

In some social situations and gatherings like weddings, holidays, and birthdays, it can feel like things are out of your control when it comes time to eat. But there are ways to enjoy these special gatherings while you enjoy the keto lifestyle.

Try these tips:

1. Eliminate options you shouldn't have, from the very beginning

When going out to eat, the first thing you'll want to tell the waitress or waiter is, "Skip the bread, and we won't be having the dessert!" In social situations, people get caught up in the moment, and it's easy to have a group say "YES, bring the dessert menu." Eliminate the option.

2. Have your vegetables first

Whether you're out at a restaurant or you're having a holiday meal, be sure to eat your salad or steamed vegetables first. This will help you feel satisfied more quickly, so you're less tempted by other foods. The nutrients and fiber in the vegetables can also help protect you from any damage if you make a mistake and eat something you shouldn't.

3. Be aware

Remind yourself that if you do go off of the keto diet for even one meal, you'll likely feel it the next day. You may experience intense brain fog, indigestion, and other symptoms. Also, continue checking in with yourself to identify whether you're actually hungry and should keep eating or you're about to eat purely out of pleasure or tradition.

4. Know how to handle stress

Social events can be stressful, especially holidays. When people are stressed, they often go straight for refined carbs. While this can give a temporary, false sense of pleasure, it can actually worsen stress. If you're really stressed and craving carbs, try having a little bit of protein instead.

5. Enjoy keto-friendly substitutes

There are plenty of tasty keto-friendly alternatives that you can have to satisfy your cravings. For example, instead of mashed potatoes, make some tasty mashed cauliflower with sea salt and butter.

Here's what you can do if you do deviate from the keto plan

- Get right back on track
- Take a few key nutrients for damage control, including potassium, magnesium, vitamin B1, and vitamin D
- Take MCT oil to help prevent brain fog
- Fast to help your body recover from the damage
- Get any foods that aren't keto-friendly out of the house
- · Be even cleaner than before

How to boost your discipline

Discipline is self-control. It's restraint of impulses, emotions, and desires that can counter your progress. I know from my own experience that it's possible to go from having terrible discipline to being very disciplined.

Try these tips to help you become more disciplined with keto and exercise:

1. Keep in mind that people are not naturally lazy

If you feel lazy, you just need more energy. Start with the keto diet first to help boost your energy.

2. Raise your emotion

Your emotion controls your behavior. Try music, exercising with friends, or being around upbeat people to raise your emotion.

3. Find a trainer or work with a keto coach

A trainer can help push you further than you would otherwise push yourself. A keto coach can give you the information you're missing to take your health to the next level.

4. Keep your word

Every time you keep your word, you build up your willpower. If you say you're going to do something, do it.

5. Make it easy

Make simple meals. Make them easy. Something is better than nothing.

Keep food delicious and tasting good. Conventional food is becoming more bland over time; for example, chicken now has, as one of its ingredients, "flavoring" so it can taste more like chicken. We won't even talk about conventional tomatoes and how tasteless they are. But natural, unprocessed foods are incredibly tasty.

In nature, flavor chemicals are made from essential nutrients. So flavor is nature's way of saying, "nutrition is here, eat me." Healthy Keto is about eating quality, nutrient-dense foods and these always come with flavor.

Tasty junk foods are high in added flavors yet low in nutrients. And nutrients are what truly satisfy us. Without nutrients we keep eating and eating more junk food—a never-ending cycle.

Remind yourself of these motivators to stay disciplined and lose weight

- 1. I will look better in clothes.
- 2. I will be around longer for the grandkids.
- 3. I will prevent health problems down the road.
- 4. I will have the potential to reduce the effects of a health problem.
- 5. I will be able to move around more (and avoid joint pain).
- 6. My doctor can potentially reduce my medication doses so I have fewer side effects.
- 7. I will have lots of energy.

Overcoming keto plateau

Lower stress:

- · Take long walks
- · Stay busy with hobbies
- · Add lots of music
- · Stop watching the news
- Use acupressure (Dr. Berg's videos)

Check for hidden carbs:

- So-called keto-friendly foods (keto shakes, bars, cookies, granola, candy)
- · Yogurt, dried berries, wine, juice, dressings

Correct your macros:

- Bring carbs down (<10 g per day)
- Keep protein moderate (3 to 6 oz per
- meal)
 Decrease fat to 75 g per day in protein

Increase sleep (extra 1 hour per day or nap)

Avoid artificial sweeteners

Search on YouTube: "Dr. Berg Keto on Steroids Updated Plan"

TIPS: Fix digestion:

- Increase or decrease salad to avoid bloating or constipation
- Add bile salts and betaine hydrochloride for bloating / indigestion / acid reflux

To improve insulin resistance, add:

- Potassium
- Vitamin B1
- Chromium
- Vitamin D
- Magnesium

Fast longer (48 to 72 hours):

- · Do OMAD every other day
- While fasting, take electrolytes,
 B vitamins, sea salt

Exercise during fasting period:

- Twice a week: intense full body
- Long walks daily (45 min)

Help fatty liver:

- Choline
- · Bile salts
- Milk thistle

Check medications with your doctor; some medications block weight loss. (But don't change anything without your doctor.)

You might be in ketosis and not on plateau. Remember.

Your first priority is health, then weight loss
The best indicator that it's working is reduced appetite
If you need smaller clothes, it's working
The appearance of fat might be atrophy
Simply allow more time

Key points

It's not "lose weight to get healthy," it's "get healthy to lose weight"!

The best signal that it's working is when your appetite goes away.

Sometimes the body shrinks in size before actual weight loss.

Your fatty tissue may really be a loss of muscle (atrophy) so let your body heal first before being concerned about weight loss.

It takes at least 4 weeks to start being fat-adapted, so give it time!

Repurposing common keto foods

Eggs:

- · scrambles, omelets, soft-boiled eggs
- egg bites (eggs + milk + cheese + ham or any veggies, mix and steam/bake in silicone molds)
- egg fluff (3 eggs + cottage cheese + cacao + erythritol, whip and steam/bake)

Avocado:

- cut, add olive oil, oregano and black pepper
- use in salads instead of boiled potatoes
- · make quacamole
- make avocado ice cream
- · add to smoothies
- use in baking (example: some brownie recipes use avocado instead of butter)
- cover with eggs and almond flour and fry in deep fryer

Hamburger:

- burger patties
- low-carb chili
- · with low-carb tomato sauce, added to cooked cruciferous
- low-carb meatballs
- low-carb casseroles (example: cauliflower + ground beef + tomato sauce + cheese)
- stuffed bell peppers (mix ground beef with onions and herbs)

Cauliflower:

- · cauliflower mash
- · cauliflower casserole
- cauliflower steak
- · cauliflower rice
- cauliflower pieces instead of potato (in soups)

- **Peanut butter:** eat with a spoon
 - mix with cocoa and erythritol and eat as fudge
 - make fat bombs
 - add to green smoothies to make them more filling

- Salad options: arugula, pine nuts, goat cheese, dressing of your choice
 - spinach, a few strawberries, feta, dressing of your choice
 - spring mix, cucumbers, shredded carrots, jicama, olives, Parmesan
 - · cabbage, cucumbers, dill, cilantro, sour cream
 - Greek salad
 - cucumbers, bell peppers, tomatoes, parsley, sour cream

Reorganize your life to get into ketosis

Throw away all junk and high-carb foods.

Don't buy junk / high-carb foods.

Buy or make keto desserts or keto breads and keep those in the fridge or freezer, so you always have something to satisfy cravings.

Prep meals for several days at a time.

Don't go grocery shopping when hungry.

By experimenting, find several keto recipes that you really like that are simple and fast.

If you cook for your family, find replacements for carby components—for example, use riced cauliflower instead of rice, or diced cauliflower instead of potatoes in a soup.

If you have kids, go for keto pancakes, keto waffles, keto cheesecakes. They would love to have a cheesecake for breakfast, and you won't be tempted to eat carbs with them.

Make sure you always have these must-haves: greens, some protein (meat, fish, eggs, organic ham), some fat (bacon, cheese, avocado, nut butter).

When going to parties or family gatherings, offer to bring a dessert and make it keto.

When going out, pick a restaurant with healthier options. (Don't go to a sandwich place, or a pizza-and-pasta place.) Ask the waiter not to bring you any bread. Here are things a restaurant can usually accommodate: burger without bun, salad without dressing (or with olive oil / balsamic only), replacing potatoes/rice/pasta with veggies/salad/mushrooms.



KETO CHEESECAKE FLUFF

PREP TIME: 7 MIN.

6 INGREDIENTS

CHILL TIME: 15 MIN



INGREDIENTS LIST

Servings:

2

- ½ cup (120 ml) heavy cream
- 4 oz (110 g) cream cheese at room temperature
- ¼ cup (4 Tbsp) powdered erythritol or monk fruit
- ½ tsp vanilla extract
- 4 raspberries for decoration
- 2 blackberries for decoration

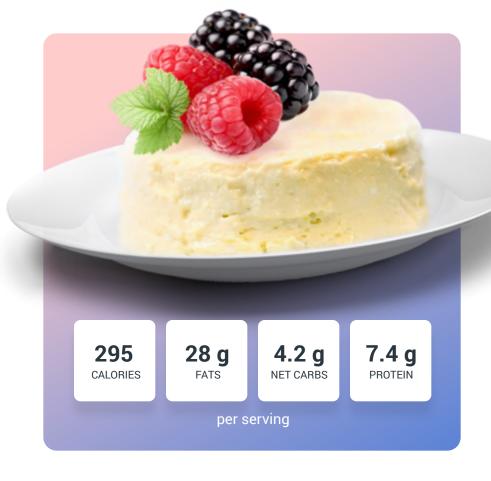
- Whip the heavy cream.
 - In a separate bowl, whip cream cheese, sweetener, and vanilla extract until fluffy.
 - Add half of whipped cream to the cream cheese and mix well.
 - Gently fold in the other half of the whipped cream.
 - Cover with a lid or plastic wrap and put in the fridge for 15 minutes.
 - Divide mixture into two small bowls and decorate with berries.

KETO MUG CHEESECAKE

PREP TIME: 20 MIN.

9 INGREDIENTS

CHILL TIME: 1 HOUR



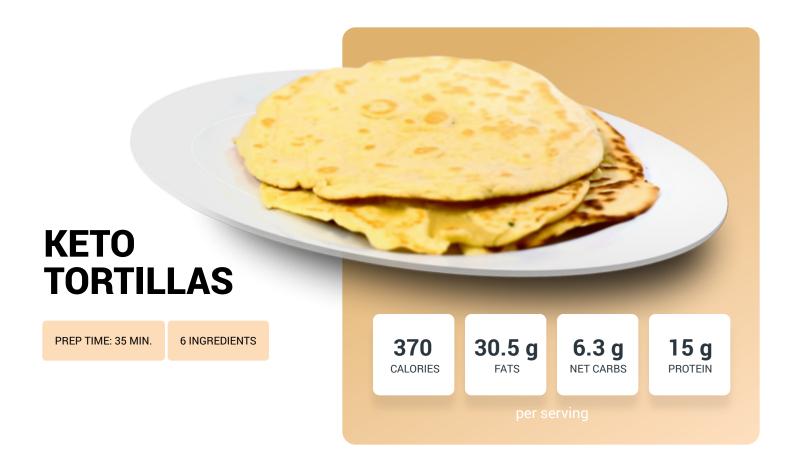
INGREDIENTS LIST

Servings:

2

- 1 large egg
- 5 oz (140 g) cream cheese at room temperature
- 2 Tbsp powdered erythritol
- ½ tsp vanilla extract
- ½ tsp lemon juice
- 1 tsp lemon zest
- $\frac{1}{2}$ tsp butter or coconut oil at room temperature
- 4 blackberries for decoration
- 4 raspberries for decoration

- Mix egg, cream cheese, erythritol, vanilla, lemon juice and lemon zest until there are no lumps.
- Lightly grease 2 ramekins or mugs with butter or coconut oil.
- Divide batter between the forms. Microwave one for 1 minute on High.
- Microwave the other one for 1 minute on High.
- Then microwave each for 20 seconds more.
- Let both rest for 10 minutes on the counter.
- Decorate with berries.
- Eat warm, or cool in the fridge for 1 hour.



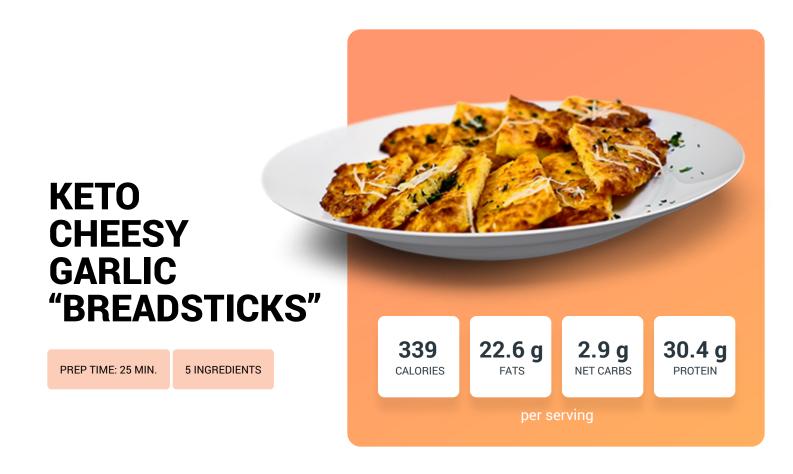
Servings:



2 tortillas per serving

- 1 cup (112 g) almond flour
- 1 Tbsp xanthan gum
- ½ tsp baking powder (or cream of tartar)
- 1 tsp sea salt
- 1 large egg
- 1 Tbsp water

- Mix all ingredients in a food processor or with a hand mixer.
- After a ball of dough forms, knead it for a minute.
- Cover with plastic wrap or a kitchen towel and let it rest for 15 minutes.
- Split into 4 parts. Form them into 4 balls and roll each one out with a rolling pin between two sheets of parchment paper or plastic wrap. Each tortilla should be 7 inches (18 cm) in diameter.
- Heat a non-stick pan over medium-high heat.
- When the pan is hot, place one tortilla on it and cook until whitish.
- Flip, cook for 5 more seconds, and remove from the pan right away. If you overcook them even for a few seconds, they won't be pliable.
- Repeat steps 6 and 7 for remaining tortillas.



Servings:

2

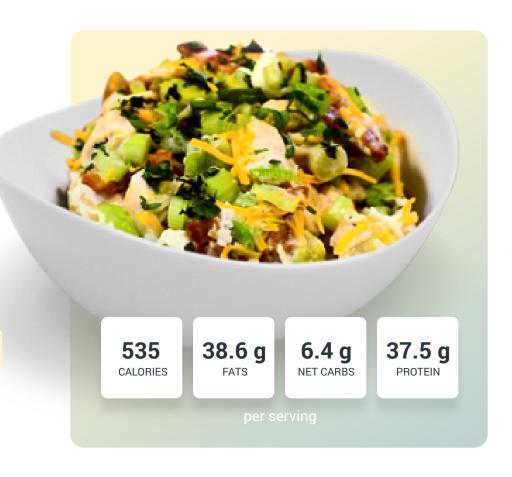
- 1 large egg
- 1 cup (85 g) shredded mozzarella
- 1 cup (85 g) shredded Parmesan cheese
- 1 tsp garlic powder
- herbs to taste (oregano, basil, pepper, etc.)

- Preheat oven to 350° F (175° C).
 - Whisk the egg.
 - Add mozzarella, Parmesan and garlic powder. Combine until well incorporated.
- Place the mixture on parchment paper or silicone mat and flatten it out.
- Sprinkle with herbs.
- Bake for about 15 minutes until golden brown.
- For extra flavor, sprinkle with more Parmesan and broil for 1 to 2 minutes.



PREP TIME: 10 MIN.

10 INGREDIENTS



INGREDIENTS LIST

Servings:

- 2
- 5 oz (150 g) cooked chicken
- 6 slices cooked bacon
- 1 large avocado
- 2 oz (55 g) scallions
- 3 oz (85 g) celery
- 1 oz (30 g) cilantro
- 1 Tbsp lemon or lime juice
- ¾ cup (80 g) shredded cheddar cheese
- ¼ cup (4 Tbsp) low-carb Caesar or ranch dressing
- salt and pepper to taste

INSTRUCTIONS

- Chop chicken and bacon.
- Chop avocado.
- Dice scallions and celery, chop cilantro.
- Toss together all ingredients and add the dressing.
- Add salt and pepper to taste.
- Serve right away.

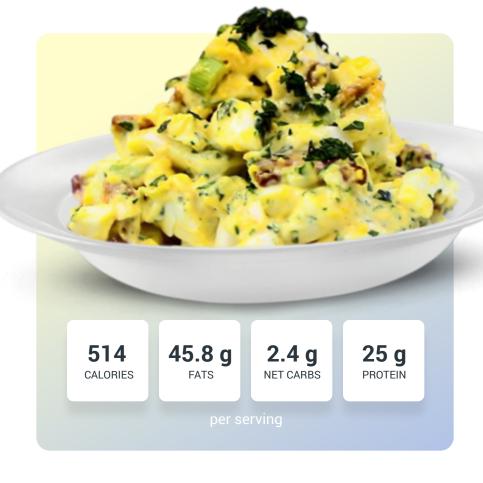
TIP

If you want to prepare this in advance, add avocado, lemon/lime juice and the dressing only when ready to serve.

KETO EGG BACON SALAD

PREP TIME: 10 MIN. + 20 MINUTES IF NECESSARY TO COOK EGGS AND BACON

8 INGREDIENTS



INGREDIENTS LIST

Servings:

2

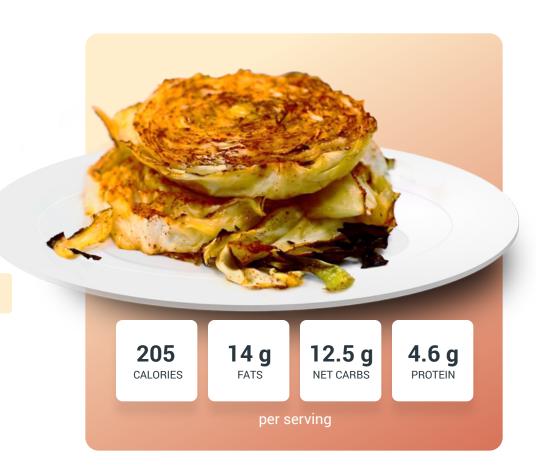
- 6 hard-boiled eggs
- 4 slices cooked bacon, sugar-free
- ¼ cup (20 g) parsley
- $\frac{1}{4}$ cup (4 Tbsp) low-carb mayo
- 1½ tsp mustard, sugar-free
- ¼ tsp sea salt
- Pepper to taste
- 2 Tbsp (10 g) diced green onions

- Chop eggs and bacon.
 - Mince parsley.
- Mix mayo, mustard, salt and pepper.
- Toss together all ingredients and serve.

CABBAGE STEAKS (VEGAN)

PREP TIME: 35 MIN.

6 INGREDIENTS



INGREDIENTS LIST

Servings:

2

- 1 small cabbage (about 700 g)
- 2 Tbsp olive oil
- salt and pepper to taste
- 2 tsp garlic powder
- 1 tsp oregano
- 1 tsp paprika

- Preheat oven to 400° F (205° C).
- Cut off cabbage stem.
- Cut cabbage head into 4 disks.
- Place disks on baking tray lined with silicone mat or parchment paper.
- Brush cabbage with olive oil and sprinkle with salt, pepper, garlic, oregano and paprika.
- Repeat on other side.
- Bake for about 25 minutes, until brown and tender.
 Serve hot.



Servings: 22 1 Tbsp per serving

- 1 large egg

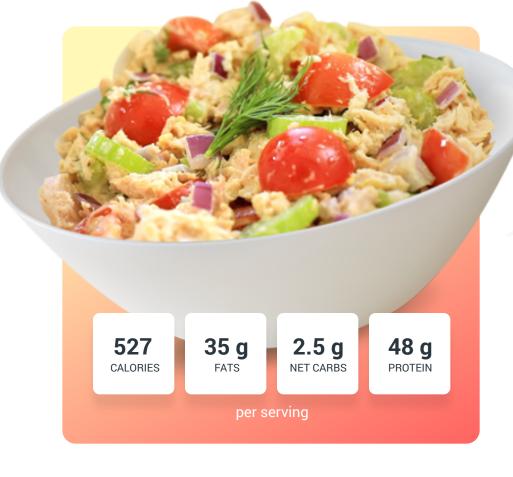
KETO

PREP TIME: 10 MIN.

- 1 cup (240 ml) olive oil
- ½ tsp sea salt
- ½ tsp Dijon mustard
- ½ tsp black pepper
- 1 Tbsp lemon juice
- ½ tsp apple cider vinegar

- With a hand mixer or immersion blender, whisk the egg.
 - Add rest of ingredients and mix until the mixture thickens up.
- If it's too runny, add 1 tablespoon of olive oil at a time and keep mixing until the desired thickness is achieved.
- Store in the fridge in an airtight container for up to 5 days.



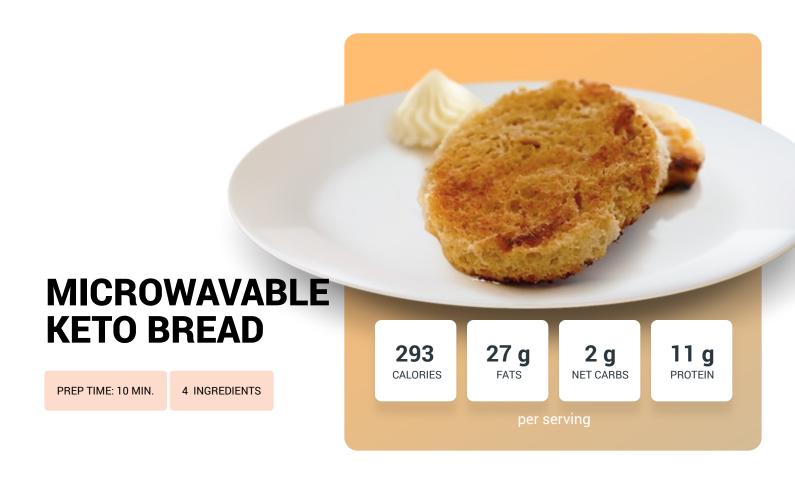


Servings:

2

- 12 oz (335 g) canned tuna in water
- 9 oz (252 g) canned tuna in olive oil
- ½ small red onion
- 3 stalks of celery
- ½ cup (8 Tbsp) low-carb mayonnaise
- 4 tsp lemon juice
- 2 oz (56 g) cherry tomatoes
- 1 Tbsp (5 g) fresh dill
- 5 tsp sugar-free Dijon mustard
- 1 tsp black pepper

- Open tuna cans and drain liquid.
 - Dice onion and celery.
- Put tuna, onion and celery into a bowl.
- Add mayonnaise and lemon juice.
- Cut up tomatoes and add to the bowl.
- Add cut-up dill, mustard and black pepper.
- Mix everything with a fork.



Servings:



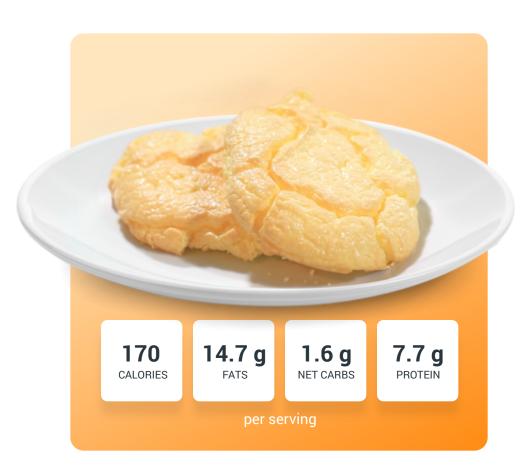
- 1 Tbsp butter
- ½ tsp baking powder or cream of tartar
- 1 large egg
- 3 Tbsp almond flour

- Put butter in a ramekin. Microwave until melted.
 - Add baking powder or cream of tartar.
- Add egg and almond flour.
- Mix until no lumps.
- Microwave on High for 90 seconds.
- Using a knife, carefully take the bread out of the form.
- Cut in half and toast until light brown.

KETO CLOUD BREAD

PREP TIME: 45 MIN.

4 INGREDIENTS



INGREDIENTS LIST

Servings:

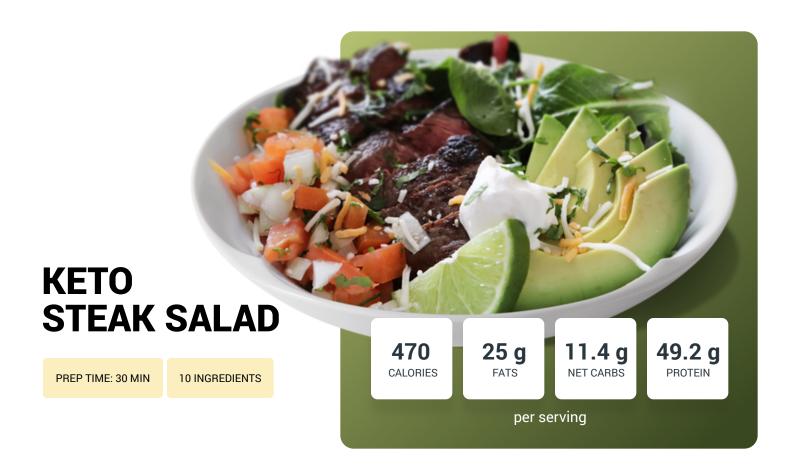


2 rolls per serving

- 3 large eggs
- ½ tsp cream of tartar or a few drops of lemon juice
- ½ tsp salt
- 3 oz (85 g) cream cheese at room temperature

- Preheat oven to 300° F (150° C).
 - Separate egg whites from egg yolks.
 - Put egg whites in a dry bowl. Add cream of tartar or lemon juice.
- With a hand mixer, beat egg whites until stiff.

 Make sure beaters are completely dry, and ideally cold. (You can put them in a freezer for a minute.)
 - In a separate bowl, mix egg yolks, salt and cream cheese.
 - Add the egg whites to the egg yolk mixture and gently fold in with a silicone or wooden spatula.
- With a spoon, place 6 mounds of the batter on tray lined with parchment paper or silicone mat. Flatten slightly.
- Bake for 25 to 30 minutes.
- Let tray of rolls rest on the counter for a few minutes.
- Store rolls in the fridge in a zipper bag.

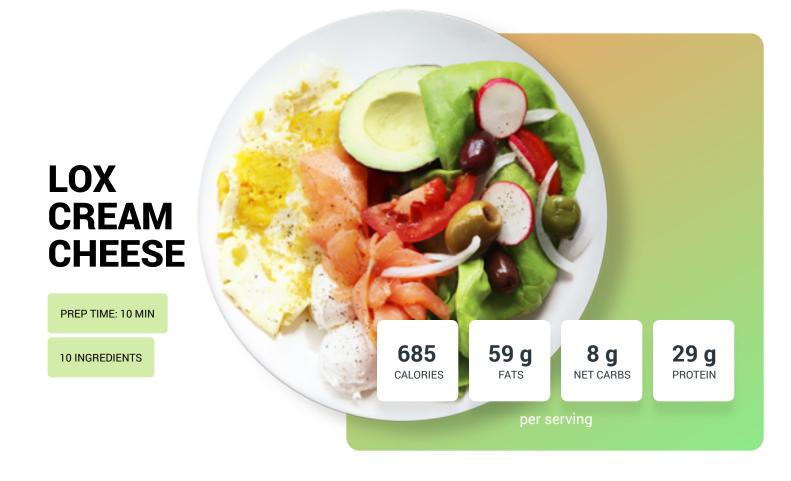


Servings:



- 1 Tbsp avocado oil
- 5 oz (140 g) steak at room temperature
- salt, pepper to taste
- 5 cups (180 g) lettuce
- ½ medium tomato (60 g)
- ½ medium onion (60 g)
- cilantro for garnish
- ½ lime
- ½ avocado
- 2 Tbsp (15 g) shredded cheddar

- Pour avocado oil into frying pan. Heat it up over medium-high heat.
- Season the steak on both sides with salt and pepper.
- Gently place the steak in the pan and let it cook for 3 minutes without touching it.
- Turn the steak and cook for another 3 to 4 minutes. Use meat thermometer. For medium steak, the internal temperature should be 135° F.
- Let the steak rest on a plate for 10 minutes.
- Place lettuce in a bowl.
- Chop tomato, onion and cilantro and add to the bowl.
- Squeeze lime juice and add a pinch of salt.
- Cut steak into strips and lay them on top of salad.
- Slice avocado and add to the bowl.
- Garnish with cheese.

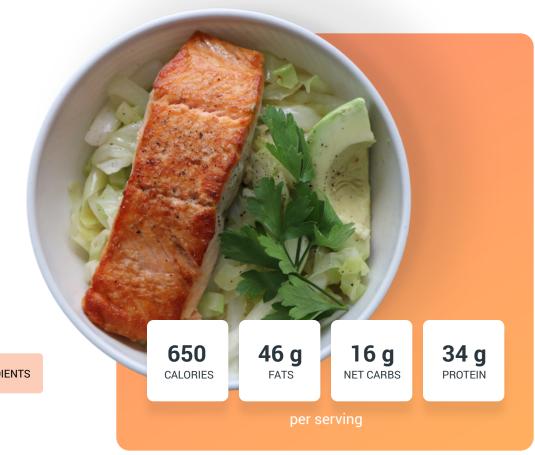


Servings:



- 1 Tbsp avocado oil
- 2 large eggs
- 2 cups (70 g) lettuce
- 5 olives
- 2 radishes
- ½ medium tomato (60 g)
- 2 oz (56 g) lox
- 2 oz (56 g) cream cheese at room temperature
- ½ medium avocado, sliced
- salt, pepper to taste

- Place avocado oil in a frying pan and heat it over medium heat.
- Fry two eggs with a pinch of salt.
- Build salad with lettuce, olives, radishes and tomato.
- Add lox and fried eggs.
- Use a melon scoop to place two scoops of cream cheese on the salad.
- Add sliced avocado.
 - Season to taste.



SALMON CABBAGE BOWL

PREP TIME: 25 MIN

7 INGREDIENTS

INGREDIENTS LIST

Servings:



- 1 Tbsp coconut/avocado oil
- 4 oz salmon
- 2 cups (265 g) cabbage
- ½ large onion (75 g)
- 1 Tbsp ghee
- ½ medium avocado
- salt, pepper to taste

- Over medium heat, pan-fry salmon in 1 tsp of the avocado or refined coconut oil.
- Chop cabbage and onions.
- Place 2 tsp of the oil in a second frying pan over medium heat.
- Add cabbage and onions.
 - Cook for 5 minutes over medium heat. Add ghee.
 - Cook over low heat for a couple more minutes.
 - Season to taste.
- Slice avocado.
- Build a bowl: cabbage/onion mix, salmon, avocado slices.

CHAPTER 12

FREQUENTLY ASKED QUESTIONS

Do I need to count calories?

Keto is not a low-calorie diet. There is no need to count calories with the goal of restricting your calorie intake. However, you do need to pay attention to calorie percentages. You want to keep your calories from carbohydrates below 5% of your total calorie intake. Proteins should make up around 20% of your total calories, and fats should make up 70%. The last 5% of your calories should come from vegetable carbohydrates. Vegetables are low in net carbohydrates, so this ends up being about 7 to 10 cups of vegetables daily. Keep in mind that while you're on keto, you're going to burn your body fat. This means that your body will use your own fat as a source of calories too. If your carbs are too high, you will not be able to use up your own fat calories.

Can I do keto without doing intermittent fasting?

I don't recommend it unless you're pregnant or breastfeeding. Keto and intermittent fasting work seamlessly together to help normalize your insulin levels. Doing one without the other will reduce your results and significantly extend the keto-adaptation phase.

Can I have a cheat day on Healthy Keto®?

Cheat days will immediately stop your keto results. It takes between three days and two weeks to transition into ketosis. If you have a cheat day, your body has to start this process over. Even after one cheat meal, it can take 47 to 72 hours to get back into fat-burning mode. So if you have a cheat day/meal each week, you won't be in ketosis long enough to see any significant results. Don't do cheat days—instead, find keto-friendly foods you enjoy. As you build up a health reserve on keto, you can be a little more lenient and allow yourself time off of the plan. For example, let's say it's a holiday and you go off the plan for the day—you want to get right back on keto instead of spending November and December eating all of the wrong foods and canceling out several months of progress.

Isn't all that saturated fat bad for me?

Saturated fats are not harmful if you keep your carbs low. It is the carbs and sugars that are harmful. Saturated fats provide the body with fat-soluble vitamins and other vital nutrients. You also need saturated fats to maintain a healthy hormone balance.

Will my cholesterol go up on Healthy Keto?

Sugar and carbs are the real cause of high cholesterol levels. Your cholesterol should normalize on this program. You may find that your cholesterol does temporarily go higher during the first phase of a Healthy Keto plan because cholesterol is released as you first start burning fat. See the four-part cholesterol series on my YouTube channel to learn more.

What if I stop losing weight?

If you do any form of exercise while on keto, you may build enough muscle to cancel out the weight you lose due to burning fat—which is a good thing. Even if you are not losing weight, you will be losing body fat. Other reasons why you might hit a plateau include excess consumption of fats, proteins, or hidden carbs. See the "Overcoming keto plateau" section.

What's the difference between Paleo and Healthy Keto?

Paleo allows more carbs, including fruit, potatoes, and yams. If you have insulin resistance, the added carbs could prevent you from getting into ketosis. Keto keeps your carbs under 50 grams per day, which helps restore insulin sensitivity.

Can children do Healthy Keto?

Healthy Keto involves lots of vegetables and healthy fats while avoiding refined carbohydrates and sugars. There's no reason why a child should be loaded up with sugary foods and drinks—it can even lead to blood sugar problems later in life. Healthy Keto can be a great support for a healthy child if done correctly. Before putting your child on keto, consult a qualified medical practitioner.

Can children do intermittent fasting?

It depends on how young they are. Typically, younger children will do great on three meals a day and no snacks. Doing intermittent fasting and going to two meals a day may be beneficial if the child is obese. Before putting your child on intermittent fasting, consult a qualified medical practitioner. Make sure your child is closely supervised to ensure nutrient deficiencies do not develop.

What if my ketones no longer show up in my urine?

Having ketones in your urine means that you are wasting ketones. As your system becomes more efficient, your body will use up those ketones. No longer having ketones in your urine does not mean you are not in ketosis; it means that you're efficiently using up all of your ketones for fuel. Ketones may not show up in the urine at all when your body is fully optimized for Healthy Keto.

Can I have coffee on keto? How much is too much?

Yes, you can have coffee on keto. However, too much coffee can increase stress hormones. In turn, these stress hormones can cause unwanted side effects like sleeplessness and an inability to fully get into ketosis. Try to stick to one 8 oz cup of coffee per day or go decaf (or try Teeccino). For an extra boost of flavor, try adding xylitol and 100% cocoa powder.

Can I have bulletproof coffee on Healthy Keto?

Bulletproof can help you stay full longer between meals. However, because bulletproof coffee adds extra fat to your diet, your body will need to burn that extra fat before it can start using your stored fat as fuel. So if bulletproof coffee stops your weight loss, cut back on it.

What if I do not want to lose weight?

The benefits of Healthy Keto and intermittent fasting go far beyond weight loss. Keto helps promote longevity and vitality by lowering inflammation, providing neuroprotection, supporting cardiovascular health, and reducing signs of inflammation. The primary goal of Healthy Keto is to promote a healthy body—not to lose weight. Weight loss is just a pleasant bonus for those who are overweight.

Should I take supplements?

While your body is in ketosis, it uses more B vitamins and minerals. At the very least, I recommend that you take a my Nutritional Yeast product and my Electrolyte Powder. Both can be found at drberg/com. I do not recommend taking synthetic vitamins. Stick to whole-food vitamins.

Can I have cheese on keto?

Yes, most people can have cheese on keto. If you are allergic to cheese or have lactose intolerance, then you should continue to avoid cheese. Keep in mind that some people also experience constipation after eating cheese, and if you have an enlarged prostate or a fibroid, you should avoid all cheeses. Generally, organic, grass-fed cheese can be a great source of protein, healthy fats, and vitamin K2. I like sheep and goat cheese, and I usually buy European cheese from Switzerland or France. I also enjoy raw-milk cheeses.

Do I have to eat organic food?

I recommend that you always go with organic products. There are about 30% more nutrients in organic foods than in non-organic foods. Non-organic products also contain pesticides, insecticides, herbicides (like glyphosate), and GMOs. These compounds may disrupt normal and healthy body function.

Can you do intermittent fasting while pregnant or breastfeeding?

No. If there are preexisting subclinical nutritional deficiencies in the mother's body, they will be magnified because she is eating for two. You want to make sure the mother has everything she needs. A pregnant mother will have cravings; those are simply nutritional deficiencies. I absolutely recommend Healthy Keto®, though, because the food the mother eats during pregnancy will determine the future health of the child.

Can you do keto while pregnant or breastfeeding?

Healthy Keto is a very nutrient-dense diet—it contains plenty of healthy vitamins, minerals, proteins, and fats. By avoiding sugars and refined carbs, you can help support a balanced and healthy body, which is great for you and for your child's health too.

Will bone broth knock me out of ketosis?

Bone broth is typically a liquid solution with amino acids. Consuming this during your fasting period is likely to stop ketosis for a short period of time. Play it safe and only consume bone broth during your eating window.

Will stevia knock me out of ketosis?

No, stevia should not affect ketosis. We tested this with a group of people, and the majority noticed insignificant changes in blood sugar and ketones after consuming stevia. Make sure the stevia you consume does not contain dextrose, maltodextrin, or other sweeteners.

Do I need to exercise on keto?

Exercise makes up about 15% of your weight loss results. I recommend that you exercise regularly to enhance your results on Healthy Keto—not to mention the incredible benefits for your cardiovascular health. Try going on long walks to help keep your stress levels down and HIIT (high-intensity interval training) to boost weight loss.

Should I exercise while on a keto and intermittent fasting plan?

Unless your physician has instructed otherwise, you should exercise regularly. If you have not exercised in a while, start with walking and work up to more intense exercise. Make sure you do not overtrain and give yourself plenty of time to rest and recover between workouts. If exercise makes you sore for days, interferes with your sleep, or causes too much post-exercise fatigue, then lower the intensity, duration, and frequency of your workouts. Overall, adding exercise to your Healthy Keto and intermittent fasting plan is a great way to support a healthy body and boost your results.

Can I have alcohol on keto?

I do not recommend alcohol on keto. Alcohol is a solvent that can destroy liver cells, so it's best to stay away from it. Alcohol can also stop weight-loss progress—even if it's a low-carb alcoholic beverage. If you've built up a substantial health reserve, you may be fine having an occasional alcoholic beverage; just keep in mind that it can take several days to get back into ketosis.

How can I fit more vegetables into my diet if I don't like them?

Vegetables are crucial to a healthy diet, so it's important to find ones you like. Try experimenting with different types of vegetables and ways to prepare them. You can dip snap peas, bell peppers, and other vegetables in hummus, or try preparing a keto-friendly stir fry. You can also mask the flavor of your vegetables by adding cheese and keto-friendly sauces. If that doesn't work, try blending all of your vegetables with berries and water and drink them all at once.

Should I test ketosis with keto strips?

You can use keto urine strips to see how far you are into ketosis. Many people do this in the beginning. They are also useful for testing to see if various foods throw you out of ketosis. When your system is 100% adapted and efficient, you may not find any ketones in your urine because your body is utilizing all of them.

I don't have a gallbladder—will this interfere with Healthy Keto®?

Your gallbladder stores and concentrates bile to help you break down fats and absorb fatsoluble nutrients. Without a gallbladder, your liver still makes bile, but you will not concentrate or store bile as you did before. This can lead to incomplete digestion of fats, bloating, and a deficiency of vitamins A, D, E, and K. Purified bile salts can help promote normal bile levels after a cholecystectomy. I recommend taking my Gallbladder Formula, which can be found at drberg.com.

How can eating fat help me burn fat?

Dietary fat does not make you fat—carbs do. You cannot burn body fat until you've used up your reserve of glucose (carbs). If you are regularly consuming carbohydrates and replenishing your glucose reserve, weight loss will be next to impossible. Consuming fat doesn't make you lose fat directly—but it does help you avoid carbs, stay nourished, and maintain normal insulin levels, all of which help you burn fat.

What is a keto bomb?

A keto bomb is a cookie-like dessert made mostly of dietary fats, like coconut butter and butter. It is often flavored with unsweetened chocolate, sugar alcohols, nuts, or nut butter. Keto bombs can help you stay satisfied for a longer time between meals.

Will lemon water kick me out of ketosis?

As long as you don't add sugar, you can have as much lemon water as you want. You can also add stevia to sweeten it up and make it taste like lemonade.

Can I have healthy snacks?

No. Avoid having any food between your meals. Even if a snack is made up of keto-friendly foods, it will still spike your insulin level and stop your ability to burn fat. It is not natural for our bodies to digest food constantly throughout the day—allow your body time to recover between meals.

What about diet drinks?

Some diet drinks are safe on keto. Sugar alcohols like xylitol, erythritol, stevia, and monk fruit are fine. Avoid diet drinks with aspartame or saccharin (Sweet 'n Low).

Can I have oatmeal on Healthy Keto?

No. As a grain, oatmeal contains too many carbs and not enough nutrients. Keep in mind that the goal is to fill your plate with nutrient-dense, low-carb foods.

Will I ever be able to eat bread again?

There are many alternative bread recipes that do not contain grains. Grain flour is bad in many ways that go far beyond being high on the glycemic index—gluten harms the colon lining, antinutrients like phytic acid block mineral absorption, and the reduction of nutrients in the milling process leaves you with a low-quality, high-carb product. The list of downsides to grains could go on and on.

Will chewing gum kick me out of ketosis?

Not at all, but I recommend having gum made with xylitol.

Can you use salad dressing on keto?

Yes, you can have salad dressing on keto, but only if it contains keto-friendly ingredients. Watch out for added sugars, GMOs, and carbohydrates in salad dressings. Most store-bought dressings contain too many unhealthy ingredients that can knock you out of ketosis. Try making your own dressing at home with oil, vinegar and spices. Avoid vegetable oils like corn, soy and canola oils.

What are the best and worst nuts for staying in ketosis?

In moderation, nuts are a great addition to a Healthy Keto diet. Stick with pecans, Brazil nuts, walnuts, macadamia nuts, pine nuts and almonds. Avoid or limit almond butter, pistachios, peanut butter and cashews.

When do I need to eat?

You should eat when you're hungry. However, it's important to differentiate between hunger and cravings. Many people crave food right after they wake up in the morning. This is the result of increased cortisol levels. If you wait a little while, you will often find that you're not actually hungry. If you weren't hungry until you smelled a mouth-watering burger, then you probably aren't actually hungry. If the feeling of hunger passes, then you know it was just a craving or change in hormones. Keep in mind that you shouldn't snack at all on keto.

I fell off the keto wagon; how can I get back on?

Unless you have superhuman willpower, you're probably going to fall off the wagon a time or two on your keto journey. When this happens, it's important not to beat yourself up about it—things happen! Get right back into Healthy Keto. Try kickstarting back into keto with a fast. During your fast, have some apple cider vinegar and replenish your vitamins and minerals with nutritional yeast, sea salt, and a good electrolyte powder. After 24 hours, continue keto as normal.

Can you consume too much protein on keto?

Healthy Keto involves a moderate amount of protein: 3 to 6 oz of protein per meal is enough for most people. Consuming too much protein may increase your insulin levels, which may lower your ketones. Avoid low-fat proteins. If you have symptoms like bloating, ammonia body odors, or indigestion, try lowering your protein and see if they resolve.

How do I know if I'm consuming too much or too little fat?

Around 70% of your calories should come from fat. If you aren't consuming enough fat, you'll notice more cravings between meals. If you are consuming too much fat, you may experience bloating or indigestion. Adjust your fat intake until you can make it from meal to meal without feeling hungry and you don't have any digestive problems.

Can I consume dairy on keto?

Yes, many dairy products are keto-friendly. Avoid low-fat dairy products such as reduced-fat cheeses, low-fat milk, and low-fat yogurt. Always choose full-fat dairy products like heavy cream, butter, full-fat cheese, and kefir. Avoid all processed cheeses (like American cheese) and make sure you always choose organic, grass-fed dairy products.

What are the best oils to use for cooking?

Coconut oil, palm oil, tallow, ghee, olive oil and avocado oil are all great to use for cooking. Avoid soy, canola, corn, cottonseed, sunflower seed, safflower seed and peanut oils.

Is prolonged fasting safe?

Prolonged fasting can be highly beneficial if done correctly. However, you have to be careful. It's important that you ease into a prolonged fast with shorter fasts. Not having enough vitamins, minerals, and electrolytes can lead to lightheadedness, dizziness, and other complications. If you're not sure whether you should try a prolonged fast, consult your doctor.

How can I avoid hidden carbs?

Carbohydrates can be found in many places you wouldn't expect. Drinks, sauces, deli meats, "sugar-free" products, and cough syrups can all have enough carbs to slow down or stop ketosis. The best ways to avoid hidden carbs are to prepare your own foods, so you know what goes into them, and to read every label before you make a purchase. If you see an ingredient that you don't recognize, look it up.

Why do I have cravings?

Cravings can happen for many reasons. These are the most common causes:

- 1. Your carbs are too high (you should consume 20 g to 50 g of carbs per day)
- 2. You're not doing intermittent fasting consistently
- 3. You're snacking between meals
- 4. You're consuming too much protein
- 5. You're eating too late (try to have your last meal before 7 p.m.)
- 6. You're eating too much
- 7. You're stressed
- 8. You're not sleeping
- 9. You're eating too many keto desserts
- 10. You're consuming hidden sugars



EASY KETO AND INTERMITTENT FASTING

ERIC BERG, DC

