A Ketogenic Diet For Beginners Starting Guide

I wanted to come up a ketogenic diet for beginners starting guide. I know how hard it can be to get your head around trying to figure out how to make a keto diet work. Trying to calculate the macronutrient percentages can also be confusing. A ketogenic diet or keto diet is a very low-carb diet, which turns the body into a fat-burning machine. It has many potential benefits for weight loss, health and performance.

There is an incredible amount of science behind how a ketogenic diet actually works and what is going on in your body to help you lose body fat. I will go into a little bit of that and I will post links to articles for those that want to dive into the science of a keto diet a bit more.

What is A Ketogenic Diet?

On a Standard American Diet (SAD) carbohydrate intake is high (about 40-60% of calories) while fat intake, and especially saturated fat, is limited. Diets high in carbohydrate have the effect of elevating blood sugar and a hormone called insulin over time.

This way of eating has been rammed down our throats (pun intended) for many years now as being the "healthy" way to eat. It isn't working for a lot of people.

When you eat this way blood sugar and insulin levels get all out of what and most people develop a host of different debilitating health conditions such as:

- Type 2 diabetes
- Insulin resistance
- Metabolic syndrome

A Ketogenic diet is pretty much the polar opposite of the SAD and actually helps to improve those conditions. I have also noticed more energy, more mental clarity and less joint pain.

With a keto diet plan you are going to keep carbohydrate intake to about 25g or less per day. Protein intake in moderate, at about 20% of total calories and fat is very high. Dietary fat will make up 70-75% of your total calories.

- Carbs- 4-5% of daily calories
- Protein- 20% of daily calories
- Fats- 75% of daily calories

How Does A Ketogenic Diet Work?

"How the hell can I eat so much fat and lose weight??!!" This is a common question. Following a ketogenic diet as a way of eating has some powerful and beneficial metabolic effects on the human body, in part because it lowers blood sugar and insulin levels.
When you reduce carbohydrate intake and instead eat more fat and protein, it results in a switch in metabolic pathways from using sugar as a primary fuel to burning fat as fuel instead. It turns your body into a fat burning machine.

How do I know a keto diet eating plan works? From September 2016 to January 1, 2017 I have lost 40+ pounds by following a ketogenic diet.

Read about it here: How I Have Lost 40 Pounds in 4 Months Using a Ketogenic Diet

There is a crazy amount of science about insulin and how it works in your body. Here is a good article if you want an explanation of this very important hormone and why we get fat.

"I Need Help Figuring Out My Macronutrient Percentages!"

Trying to figure out your macronutrient (carbs, protein and fats) percentages can be overwhelming. There are so many numbers coming at you and you just want to get started.

I will give you my numbers and explain what they mean and then send you to some ketogenic calculators that will help you get started.

Here are my numbers.

I am aiming for around 2100 calories per day.

**Carbs** are 5% which equals 105 calories which = 26g of carbs

**Protein** is 20% which equals 420 calories which = 105g of protein

**Fat** is 75% which equals 1575 calories which = 175g of fat

*One gram of carb has 4 calories. One gram of protein has 4 calories and one gram of fat has 9 calories.*

Here are 3 very good ketogenic calculators. Just plug in your health information and the calculators will pretty do the rest for you. If you have any problems with figuring any of this stuff out just send me a message in the comments or via Facebook.

- KetoDietBuddy
- KetoCalculator
- RuledMe

What Do You Eat on a Ketogenic Diet?

Wow, you have made it this far with the ketogenic diet plan for beginners. Good for you. And you have even managed to come up with how many grams of fat, protein and carbohydrates you need to be eating. Well done!
Now comes the fun part. Eating!

What do you eat on a ketogenic diet and how do you know how many grams of each macro you are consuming?

The "easiest" way to do this is to set up a free account with MyFitnessPal. This app is both web based and/or you can use it with your phone. I cannot stress the importance of tracking what you eat. Doing this has made all the difference in the world for me. Once you get your account set up you just enter the food you eat and the app calculates your total consumption for each macro and your total calories. There is also a "bar code scanner" as part of the app. You use your phone to "scan" the bar code of the food you are eating and it enters it into your daily eating plan. Genius!

A KetoGrocery List

Here is a keto grocery list of foods to choose from to get started on the ketogenic diet plan for beginners.

**MEAT/PROTEIN**

- Bacon
- Steak
- Ground beef
- Eggs
- Ribs (Pork or Beef)
- Roasts (Pork or Beef)
- Pork Loin, Chops, or Steaks
- Chicken (breasts, thighs, wings)
- Ham
- Sausage
- Deli cold cuts
- Pepperoni
- Salami
- Prosciutto

**SEAFOOD/FISH**

- Shrimp
- Cod
- Scallops
- Crab
- Tuna
- Albacore
- Salmon
- Oysters
DAIRY
• Cheese
• Heavy cream
• Sour cream
• Butter
• Cream cheese

VEGETABLES/FRUIT
• Avocado
• Bell peppers
• Mushrooms
• Cucumbers
• Cabbage
• Cauliflower
• Romaine lettuce
• Broccoli
• Artichoke hearts
• Kale
• Asparagus
• Spinach
• Bok Choy
• Garlic
• Onion
• Blueberries
• Raspberries
• Blackberries
• Strawberries
• Cranberries

*fruits in strict moderation as they are very high in sugar

NUTS AND SEEDS
• Almonds
• Hazelnuts
• Macadamias
• Pistachios
• Walnuts
• Pecans
• Sesame
• Sunflower
• Pumpkin
• Flax

CONDIMENTS/DRESSINGS
• Mayo
• Mustard
• Soy sauce
• Hot sauce
• Ranch
• Salsa
• Lemon juice
• Lime juice

OTHER/MISC
• Unsweetened cocoa powder
• Unsweetened almond milk
• nut butters
• Flax Meal
• Almond Meal/Almond Flour
• Olives
• Herbs
• Spices
• Coconut oil
• Olive oil
• Pork rinds
• Beef jerky

Is a Ketogenic Diet Safe? That’s A Lot of Fat
It seems like a lot of fat but it is healthy fats that your body actually needs to function properly. What you are not doing is consuming a lot of unhealthy fat in combination with huge amounts of high sugar/high carbohydrate foods. Think pizza, ice cream, Kentucky Fried Chicken and other fast foods. Here is a scientific study that helps show ketogenic diet is healthier AND more effective than low fat dieting.

And here is another one.

In Summary
Hopefully this ketogenic diet plan for beginners starters guide will help a few people in getting started. Again, if you get confused send me a message in the comments or on Facebook and will try to help you.

For the first time in my life I have actually had some serious weight loss success and it has been a ketogenic diet that has done it for me. I am convinced it can help you as well.
Did you enjoy this post? Please share it on social media. Thank you.