

How to lose weight on keto: Taking the first step, a beginners guide to fat burning success

Your Quest for Ketois begins now!

Hey Guys! Rodney G here, I just want give a brief intro on how to get started on your ketogenic, fat burning journey

Maybe by now you've done a little research, you know the [ketogenic diet](#) has a ton of benefits and now you want to try it. I will admit it took me a long time fully buy in to the fact that 70%+ of my caloric intake would be from FAT! But 6 months later here we are!

First you must know, that initially it is not super easy to transition into ketosis- the first few days are a little taxing - The term that is used for it is called "the keto flu." Essentially you are reversing the physiology of how your body operates,

Think about it, you have been using carbs as your primary energy source for your entire life. Revamping your body's fuel source can take some getting used to.

When you start your quest for ketosis, you will be drastically dropping your carb consumption as you work to reprogram your body.. To give you a brief idea of the process, your body goes in a like pseudo starvation mode. When no carbs are present for the body to utilize, it will start breaking down fat for fuel and start producing what are known as ketones- **This is a good thing!** In doing this you are becoming what they call "fat adapted" Essentially your body starts burning FAT for fuel instead of carbs. Got it?

Cool Rod, great story, just tell me what I need to eat to drop some pounds!

As I mentioned above your goal is consume about **70% of your calories from fats.**

As a side note I do recommend using some sort of food/calorie counting app at least when initially starting out-It basically just helps keep you accountable and so you are not way off track with your eating.

I personally like the free app- MyFitnessPal Which you can get [Here](#) or at the app store

This also walks you though a quick questionnaire where the app helps you figure out your macros and total calorie intake-- This is key!

****Important****

If you are not going to use an app I still recommend figuring out your macros (this is your daily allotment of fat, protein and carbs you need to ingest in order to loose weight) you will be at what they calloric defiset which basically means your body will be burning slightly more calories than you consume.

I've use this keto calculator in the past to figure out where I need to be with food consumption. Doing in manually is not complicated but the internet just makes things so much easier.

==>[click here for free keto calculator](#)

The last thing you'll need to know about is Net Carbs

I have heard a variety of keto enthusiasts recommend staying any where between 20 net carbs a day and 50 net carbs a day to maintain ketosis. I personally shoot to stay between 30 and 40 net carbs but i also train in the gym fairly often so I don't mind the fluctuations as much.

To figure out what your net carbs are, all you do is subtract your **Fiber** and **sugar alcohol** from the **total amount of carbohydrates.**

So in this example you would subtract **5 grams of Dietary Fiber** and **13 grams of Sugar Alcohol** from the **Total Carbohydrates** in the product which is **21 grams** this gives you a **Net Carb Count of 3g of carbs.**

Food I Eat!

Staples in my grocery list are as follows

- Coconut Oil
- Grass Fed Butter
- Avacado (I eat 1 to 2 a day)
- Whole Eggs
- Nuts- Walnuts, Almonds, Pecans, Macadamia
- Flax Seeds (MUST HAVE- Tons of fiber High in fat)
- Fatty Cut Steak- New York Strip, Flank, Eye of Round
- Chicken- Thighs, Legs, Pre-made Rotisserie
- Fish- Salmon, Cod, Halibet (most are fine)
- Brats
- Sausage
- Bacon
- Heavy amounts of Dark Green Vegies-Kale, Spinach, Bok Choy, Collard Greens
- Broccoli
- Asparagus
- Black Berries
- Pork Grinds
- Cheese
- Ranch Dressing (organic if possible) and any other high fat sauce or spread

What NOT to Eat- (everything listed below is a carbohydrate)

and carbs are bad on a ketogenic diet- even though some of these things are rather good for you from a nutritional stand point you do not want to consume them if you are trying to reach ketosis and eventually burn fat

The Art Of Keto - some carbs (in small amounts) in the food list **above** but the bulk of carbs in them are fiber and **Fiber is absolutely essential** to have in this diet.
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You have to make sure you are getting enough fiber or you will have a handful of problems trying to go to the bathroom (I learned the hard way and it sucked)

- Grains
- Quinoa
- Breads
- Oatmeal
- Rice
- Beans/Legumes
- Potatoes
- Processed foods (cereals, crackers, chips)
- Sugar
- Junk Food

Obviously there are TONS of other things on both of these list hopefully you are starting to get an idea of what to eat.

Pro Tip- How much of each macro-nutrient should you consume?

in case you don't know what macro-nutrients are- they basically the components that make up your food- Protein, Carbohydrates and Fats. So to answer the question above of how much of each to eat- Here you go!

70% fat, 20% Protein and 10% Carbohydrate.

Protein is a must on the keto diet but it can be a bit touchy subject when you consume too much. If your protein intake is too high you can kick you your body of ketosis.

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~~From my experience if you are training with weights you can bump up your protein slightly higher to about 25% give or take and still remain in ketosis.~~

MEASURING YOUR KETONE LEVELS

some people are very anal about this, they'll tell you that You MUST consistently track your ketone levels to really know how the keto diet is working for you. I will say I don't every day as I hate pricking my finger but a couple times a week... I personally use a good old fashion mirror to see how i am progressing if weight loss in my goal... but there are a few way test this.

1. [Blood Testing](#)