



*Welcome!*

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# WEEK 1: BREAKFAST

- **Resources**
- **Tips for Success**
- **Clean Keto vs Dirty Keto**





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# Keto Fat/Protein Ratios: the **KEY** to **SUCCESS**

1. To be in ketosis your food at **EACH** and **EVERY** meal (not a daily total) needs to have a **2:1** minimum fat to protein ratio and preferably a **3:1** ratio ideally.
  - This means that for every 10 grams of protein you need to have at least 20 grams of fat. This is a 2:1 ratio
  - A 3:1 ratio would mean you were eating 30 grams of fat for every 10 grams of protein.
  - Which ratio you use often depends on your health concerns, sensitivity to insulin/your blood sugar levels, and how much weight you have to lose.

# Keto Fat/Protein Ratios: the **KEY** to **SUCCESS!**

To be in ketosis your food at **EACH** and **EVERY** meal needs to have a **2:1** minimum fat to protein ratio and preferably a **3:1** ratio ideally.

## Situations where more fat is **REQUIRED**:

- If you are not sensitive to insulin or are faced with problems involving blood sugar.
- You have a lot of fat to lose.
- You or a child needs lots of brain, focus, and mental support
- Following your personal physician's advice, you need or want to follow a strict ketogenic lifestyle for a health concern.



# Keto Fat/Protein Ratios: the **KEY** to **SUCCESS!**

2. Your total carb count must be under 50 g a day & for many individuals at 25 g per day.

Situations where 25 g of Carbs per day is the best target:

- If you are not sensitive to insulin or are faced with problems involving blood sugar.
- You have a lot of fat to lose.
- You or a child needs lots of brain, focus, and mental support
- Following your personal physician's advice, you need or want to follow a strict ketogenic lifestyle for a health concern.



# Keto Fat/Protein Ratios: the KEY to SUCCESS!



Here are some handy tips for calculating Protein/Fat in Cheese:

Food	Amount	Fat	Protein
Cheddar	1 OZ.	9.4 g	7.1 g
Mozzarella	1 OZ.	4.5 g	6.9 g
Swiss Cheese	1 OZ.	7.9 g	7.6 g
Cottage Cheese	100 g	4.3 g	13 g
Cream Cheese	1 OZ.	7.9 g	2 g
Parmesan	1 OZ.	7.3 g	10.1 g
Blue Cheese	1 OZ	8.1 g	6.1 g

**Key Take Away:** Unless your specific cheese label says otherwise, consider cheese to generally be about equal amounts of fat and protein. Cream cheese is the exception to this rule.

Disclaimer: Brands and websites vary. Always consult your personal cheese package's nutritional panel for the most accurate information.

\*All nutritional data taken from the Keto Diet App



# Keto Fat/Protein Ratios: the KEY to SUCCESS!



Here are some handy tips for calculating Protein/Fat in Meats:

Food	Amount	Fat	Protein
Ground Beef 80/20	3 oz.	17 g	14.6 g
Beef Loin Steak	1 steak	12 g	47.7 g
Ground Pork 84/16	1 oz	6.1 g	7.7 g
Pork Chops	4 oz	10.2 g	23.2 g
Bacon Cooked	1 slice	3.5 g	2.9 g
Sausage gluten free, sugar free	1 medium sausage	8.9 g	8.3 g
Chicken Breast Skinless	3.5 oz.	0.8 g	7 g

**Key Take Away:** Unless your specific label says otherwise, consider hamburger, bacon, and sausage to generally be about equal amounts of fat and protein. Steak, Pork Chops, & Skinless Chicken are much higher in protein than fat. Ground pork is about 1:1.

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\*All nutritional data taken from the Keto Diet App







# Keto Fat/Protein Ratios: the KEY to SUCCESS!

## Chicken: Side by Side Comparisons with and without the Skin

(Both raw and cooked figures are based on a portion size of 3-1/2 oz.)

Nutrient	Values for cooked (roasted) product									
	Skinless, boneless breast	Skin-on, bone-in breast	Drumstick, skinless	Drumstick, skin-on	Thigh, skinless	Thigh, skin-on	Wing, skin-on	Wing, without skin	Whole Chicken, meat only	Whole Chicken, meat and skin
Calories	165	197	175	216	209	229	290	203	167	239
Protein (grams)	31	30	28	27	26	25	27	30	25	24
Total fat (grams)	3.6	7.8	5.7	11.2	10.9	15.5	19.5	8.1	6.6	13.4

Statements not evaluated by the FDA. Products are not intended to diagnose, treat, cure, or prevent any disease.

Data provided by <http://www.nationalchickencouncil.org/chicken-the-preferred-protein-for-your-health-and-budget/the-nutritional-value-of-chicken/>

# Keto Fat/Protein Ratios: the KEY to SUCCESS!

Here are some handy tips for calculating the amounts of fats in foods:



Food	Amount	Fat	Protein
Butter	1 tbsp.	12 g	0 g
Coconut Oil	1 tbsp.	14 g	0 g
MCT Oil (unsweetened, high quality)	1 tbsp.	14 g	0 g
Lard (organic, grass-fed, non hydrogenated)	1 tbsp.	15 g	0 g
Cream Cheese	1 oz.	7.9 g	2 g
Heavy Whipping Cream Full Fat	1 tbsp.	5.7 g	.3 g/ .4 Net Carbs
Coconut Cream (Kara has fewest carbs)	100 g (5-6 tbsp.)	4 g	0 g/ carbs vary by brand
Avocados	1 whole Florida	30.6 g	6.8 g - 7.4 net carbs
Egg Yolks	1 large egg yolk	4.5 g	2.7 g
Macadamia Nuts	1 oz.	21.6 g	2.2 g - 1.4 net carbs
Olives	1 oz	4.3 g	> 1 g
Fat Bombs & Desserts	*Varies by recipe	*	*

## Key Take Away:

- Butter, Coconut Oil, MCT, & Lard are all 12-14 g of fat per tbsp.
- Cream Cheese, Heavy Whipping Cream are almost all fat
- Avocado is one of the highest natural fat sources

Disclaimer: Brands and websites vary. Always consult your personal cheese package's nutritional panel for the most accurate information.


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# Keto Fat/Protein Ratios: the KEY to SUCCESS!

We Used to Eat Much Closer to Keto without Thinking about It! Our ancestors SAVED, COOKED, and ATE ALL FATS such as:

- Bacon fat
  - Lard – look for organic, grass fed, non-hydrogenated, shouldn't smell rancid
  - Butter
  - Ghee
  - Skin – chicken, duck etc.
  - Cream – everyone had as much as they liked or was available
- 
- In addition, sugar was a treat and fruit was generally available only in season or sparingly throughout the winter.
  - Today we are told to look for fat free, reduced free (loaded with sugar) everything, & consume enormous amounts of sugar and fruit.



# Keto Fat/Protein Ratios: the KEY to SUCCESS!

- The Ketogenic Lifestyle should be MODERATE protein, not high protein. Diet Plans such as the Atkins Diet are high protein & Keto should be high FAT with moderate protein. While in ketosis our bodies actually use & need less protein. For athletes or if you are working out heavily you may need more protein even while in ketosis to offset your workouts.
- Follow this simple formula for calculating your protein needs.
- Remember, as your weight decreases, so does the amount of protein you need!
- Consider this formula a guide, not an absolute.

## CALCULATING YOUR PROTEIN INTAKE

1 gram of protein a day per Kg of body weight:



Your Weight ÷ 2.2kg/lbs = Protein Intake

$$188 \text{ lbs} \div 2.2\text{kg/lbs} = 85 \text{ Kg}$$

So in this example, you would eat approximately 85 grams of protein if you weighed 188 lbs

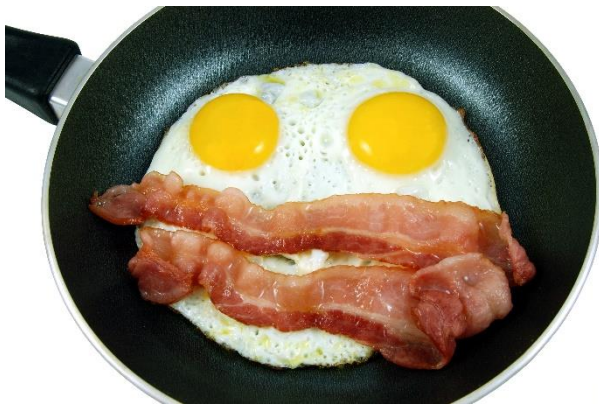
# Keto Fat/Protein Ratios: the KEY to SUCCESS!



## 2 Keto Breakfast Staples that ARE NOT high fat!

Food	Amount	Fat	Protein
Eggs	1 large egg	4.8 g	6.3 g
Bacon	1 large slice	4.5 g	3.5 g

**Key Take Away:** Bacon and eggs have almost equal amounts of protein and fat. Increasing egg YOLKS is a way to increase the fat as these don't contain protein. With bacon, remember that much of the fat cooks out into the pan when you fry it.



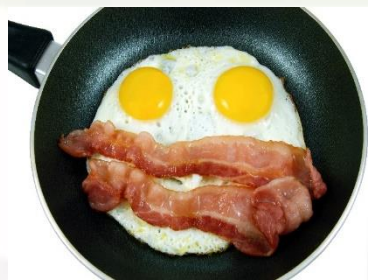
## Menu

2 Boiled Eggs

2 Slices Bacon

# Breakfast: What's wrong with this meal?

Ingredient	Amount	Fat	Protein	Net Carbs
Eggs	2 medium	8.4 g	11 g	0 g
Bacon	2 slices	8 g	7.8 g	0 g
Totals		16.4 g	18.8 g	0 g



- **Fat to Protein 1:1**
- Need to add FAT!  
(Keto Kofi, cream cheese, extra butter, avocado etc)

\*All nutritional data taken from the Keto Diet App



# Breakfast: What's wrong with this meal?

Ingredient	Amount	Fat	Protein	Net Carbs
Blueberries	3 oz.	0 g	>1 g	6 g
Raspberries	3 oz.	0 g	>1 g	6 g
Totals		0 g	>1 g	12 g



- **All Carbs**
- Need to add FAT! (top with lots of whipped cream, Keto Kofi, avocado, fat bomb etc)

\*All nutritional data taken from the Keto Diet App



# Breakfast: What's wrong with this meal?

Ingredient	Amount	Fat	Protein	Net Carbs
Coconut Flour	1/3 c	6 g	7 g	4.3 g
Butter	4 ½ tbsp.	46 g	>1 g	0 g
Full Fat Sour Cream	2 tbsp.	4.8 g	>1 g	0 g
Eggs	4 large	25.2 g	19.2 g	>1 g
Cheddar Cheese	1 1/3 c	49.44 g	37.16 g	0 g
Bacon	1 slice	3.5 g	2.9 g	>1 g
Totals		134.94 g /12 11.25 g	66.26 g / 12 5.52 g	4.3 / 12 <1 g

## Menu:

- 1 Slice Bacon
- 1 Keto Biscuit

## Fat Ratios per serving

Fat: 11.25 grams  
 Protein 5.52 grams  
 Carbs >1 grams

\*All nutritional data taken from the Keto Diet App





# Breakfast: What's wrong with this meal?

## Macros per serving

Fat: 11.25 grams

Protein 5.52 grams

Carbs >1 grams

Ingredient	Amount	Fat	Protein	Net Carbs
Coconut Flour	1/3 c	6 g	7 g	4.3 g
Butter	4 1/2 tbsp.	46 g	>1 g	0 g
Full Fat Sour Cream	2 tbsp.	4.8 g	>1 g	0 g
Eggs	4 large	25.2 g	19.2 g	>1 g
Cheddar Cheese	1 1/3 c	49.44 g	37.16 g	0 g
Bacon	1 slice	3.5 g	2.9 g	>1 g
Totals		134.94 g /12 11.25 g	66.26 g / 12 5.52 g	4.3 / 12 <1 g



- Perfect keto ratios!
- Very low calorie, low fat, and low protein = hungry very quickly!
- Body has no fuel/energy & doesn't feel safe to burn fat

\*All nutritional data taken from the Keto Diet App





# Breakfast: Top Keto Tips from Keto Chef Jennifer Winder

Eggs, Bacon, & Cheese are approx. 1:1 Fat to Protein – enjoy but remember to add extra fat such as:

- Cream cheese in the eggs
- ½-1 avocado or Guacamole or Sour Cream
- Extra Butter/Coconut Oil towards the end of cooking your eggs (some of the cooking fat is lost during cooking)
- Lemon Sour Cream Muffins
- Heavy Whipping Cream in your coffee or Keto Kofi
- Enjoy Keto Pizza, pancakes, waffles, crepes etc.

Remember that you need to follow the macro ratios for each meal, so don't eat say keto approved berries only for breakfast and use that as your carbs for the day. They must be balanced with FAT!

# Keto Fat/Protein/Carb Ratios: the **KEY** to **SUCCESS!**

The Carbs! Your total carb count must be under 50 g a day & for many individuals at 25 g per day.



- Most of your carbs should come from veggies.
- Be wary of recipes that combine many types of veggies as the carbs can add up quickly (veggie soups, salads with lots of veggies etc.)
- Stay with veggies that grow above ground generally speaking (radishes, onions are fine)
- Review the information in the **Getting Started** Section of [KetoMadeEz.com](https://www.ketomadeez.com) for food lists and suggestions

# Keto Fat/Protein/Carb Ratios: the **KEY** to **SUCCESS!**

**General guidelines for following a ketogenic eating plan:**

**Fat:** a MINIMUM 2:1 Fat to Protein Ratio, ideally closer to 3:1

**Protein:** Use this formula to calculate your protein needs – Divide your body weight by 2.2.

**Carbs:** A MAXIMUM of 50 carbs is allowed for being in ketosis - and for many people, closer to 25 g is ideal for the best fat loss and health benefits.



# Keto Fat/Protein/Carb Ratios: To Track or Not to Track?

Find the way that works best for YOU!

- Use an App – I like the \$6.99 Keto Diet App
- Use Excel or Pen and Paper
- Track your favorite recipes once, save the info, and you are set!
- Look for cookbooks or recipes where the fat/protein/carb macro ratios are already done for you (*Make it Keto!*, *Sweet and Savory Fat Bombs*, *The Keto Diet*, some of the recipes on [Ketomadeez.com](http://Ketomadeez.com), some other websites)
- Track your carbs until you are comfortable.
- **DON'T track calories EVER!**
- If in doubt eat **MORE FAT ALWAYS.....**



# Clean Keto vs Dirty Keto: Don't trade one disease causing toxin for another!

- Bacon, Sausage, Pepperoni, Ham, Summer Sausage, Hot Dogs, Deli Meats, Canadian Bacon

**Get NITRITE and NITRATE free versions (uncured)**

- Meat: Look for hormone free, no antibiotics, & grass-fed or organic

- **Nitrates and nitrites contribute to severe kidney damage, promote the growth of certain types of cancer, & are recognized by the World Health Organization as carcinogenic**



# Clean Keto vs Dirty Keto: Don't trade one disease causing toxin for another!

- Eggs– look for organic or grass-fed
- Coconut oil – organic cold pressed



Butter – grass-fed or organic – much higher in CLA, Kerrygold, Organic Valley

**Toxins (antibiotics, growth hormones, chemicals in their food) found in conventionally raised cows, chickens store in fat (butter) and eggs.**

# Clean Keto vs Dirty Keto: Don't trade one disease causing toxin for another!

- **AVOID all vegetable oils including olive oil** – use butter, coconut oil, and healthy sources of non hydrogenated lard.



- **Vegetable Oils Are Loaded With Trans Fats. These fats are highly toxic and are associated with an increased risk of various diseases, like heart disease, cancer, diabetes and obesity (10, 11, 12). Aug 12, 2013**  
[www.healthline.com](http://www.healthline.com)





## RESOURCES:

- [www.WellnessSpringsInc.com](http://www.WellnessSpringsInc.com) – *Keto Made Easy Cookbook & Is Keto Right for Me?*
- [www.ketomadeez.com/breakfast](http://www.ketomadeez.com/breakfast) – Keto breakfast recipes
- <https://tinyurl.com/breakfast23> – all of the keto breakfast and KetoFuel recipes in one place
- Core Nutrition and Keto Products
- My Contact Info – [info@WellnessSpringsInc.com](mailto:info@WellnessSpringsInc.com)
- Living Healthy Today Podcast – <https://livinghealthytoday.podbean.com/>



# Tools For Success: Core Nutrition

## Core Pack

- Inflammation
- Detox
- Digestion
- Energy & Stress
- Superfoods & Antioxidants
- Immune Support
- Thyroid & Kidney Support
- Cardiovascular & Circulation Support
- Support Healthy Blood Sugar Levels



# Tools For Success: Keto Products

## Boost It Keto Products

- **KetoFuel** – meal replacement shake or used in cooking
- **Burn** – will-power in a bottle
- **Kofi** – breakfast replacement or intermittent fasting
- **Mfinity Oil** – fat blocker
- **Kick** (if desired) – exogenous ketones



# Tools For Success: Intermittent Fasting

- **Kofi** – breakfast replacement or intermittent fasting
- **Mfinity Oil** – fat blocker

<https://www.podbean.com/ew/pb-7m98u-cf95dc>



# 4 Weeks to Keto Program Outline

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**Week 1: Breakfast**

**Week 2: Lunch & Eating Out**

**Week 3: Snacking and Fat Bombs**

**Week 4: Dinner, FAQs, & Maximizing Results**