



*Welcome!*

Carolee Koehn, Nutritionist and Health Coach



# WEEK 2: LUNCH & EATING OUT

- **Watched the Core Video**
- **Watched the Intro Video**
- **Listened to Week 1**
- **Have *Make It Keto***



# WEEK 2: LUNCH & EATING OUT

You can find the prior videos and all resources at:

[www.ketomadeez.com/resources](http://www.ketomadeez.com/resources)

OR

<https://livinghealthytoday.podbean.com/>



*momcanihaveitall.com*



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*The Mfinity Boost It Challenge is a comprehensive system promoting an active ketogenic lifestyle, which includes meal replacement products and nutritional supplements along with dietary and exercise guidance. The average weight loss expectation is approximately 1-2 lbs. per week, up to 15 lbs. total. Any weight loss in excess of these amounts, although not uncommon, should not be considered as typical, and would require exceptional circumstances and or efforts. Individual results can and will vary dependent upon many factors.*

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

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/how your blood sugar is doing, and how much weight you have to lose.



# 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, bone broth recipes, 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](http://KetoMadeEz.com) for food lists and suggestions.

# 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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# 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

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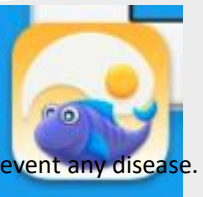
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## RESOURCES:

- *Make It Keto Cookbook*
- [www.ketomadeez.com/lunch](http://www.ketomadeez.com/lunch)
- <https://tinyurl.com/lunchandeatingout>  
(Read the 10 Tips for Eating Out)
- [Jennifer's Facebook Page](#)
- This video



# 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.
- **Getting too much protein is the hardest part of eating out. This will throw you out of ketosis.**

## CALCULATING YOUR PROTEIN INTAKE

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



Your Weight ÷ 2.2kg/lbs = Protein Intake

**188 lbs ÷ 2.2kg/lbs = 85 Kg**

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



# What's wrong with a salad for lunch?



- Very little protein
- Croutons! (high carb!)
- Minimal Fat depending on dressing
- Low calorie so hungry quickly



- Protein with bacon, chicken, tuna etc.
- High fat dressing
- Healthy amount of calories
- Can add a dessert or fat bomb too ;-)

## Ideas to try for salads:

- Creamy Broccoli Salad w/ Bacon (pictured)
- Poppy seed Salad
- Avocado Tuna Salad
- Chicken Spinach Salad



# Lunch: What's wrong with this meal?

Ingredient	Amount	Fat	Protein	Net Carbs
Chicken Caesar Salad (Target, Archer Farms)	3.5 oz.	7.9 g	11.9 g	2.3 g

**BEWARE of salad dressings as they are loaded with trans fat containing vegetable oils!**



- **High Protein**
- Need to add FAT! (top with avocado, MCT oil, guacamole, healthy ranch dip, or serve with dessert like ice cream or peanut butter cookies, chocolate fat bombs etc.)

\*All nutritional data taken from the Keto Diet App



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

## **AVOID all vegetable oils including olive oil**

Salad dressings are loaded with carbs, trans fats, other toxins; Primal Kitchen Salad dressing are the best store-bought option; oil free homemade is best <https://www.primalkitchen.com/collections/dressing-and-marinade> and <https://www.ketomadeeasy.com/condiments-dressings-sauces>



**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** <https://www.healthline.com/nutrition/are-vegetable-and-seed-oils-bad#trans-fats>



# Lunch: Top Keto Tips

## Other Lunch Ideas:

- Hamburger with a lettuce wrap for the bun and bring along your own keto ice cream, an avocado or fat bombs or have keto friendly veggies with a high fat veggie, full fat ranch, or cream cheese dip
- Get a non breaded or without the tortilla chicken or steak item (such as Rotisserie chicken or a lettuce wrapped fajita) and add your own source of fat or ask for extra guacamole, sour cream, for steak or fish ask for real butter and load it up!
- KetoFuel Ice Cream
- KetoFuel Shake
- Crockpot Meals & Soups (use a mini one at work)
- See the 10 Tips for Eating Out at <https://www.ketomadeasy.com/single-post/2018/10/24/week-2-lunch-eating-out-15-keto-options-you-will-love> or FAQ #12
- Nitrate/Nitrite Free Ham or Deli Meats with Cheese & 1 Whole Avocado or Fat Bomb/Dessert or put cream cheese on the meat and roll it up.

## RESOURCES:

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# extras

MAYONNAISE.....	150
TERIYAKI SAUCE.....	150
KETCHUP.....	151
BARBECUE SAUCE.....	152
HOLLANDAISE SAUCE.....	153
BUTTERMILK SYRUP.....	154
CRANBERRY SAUCE.....	155
STRAWBERRY JAM.....	155
SWEETENED CONDENSED MILK.....	156
COCONUT CONDENSED MILK.....	156
SWEETENED WHIPPED CREAM.....	157



# Lunch

- NUTS AND BERRIES SALAD . . . . .
- TACO SALAD . . . . .
- PESTO CHICKEN SALAD . . . . .
- CHICKEN SALAD . . . . .
- COBB SALAD . . . . .
- AVOCADO TUNA SALAD . . . . .
- EGG SALAD . . . . .
- HAM AND CHEESE ROLL . . . . .
- CHICKEN PESTO SANDWICH . . . . .
- SALAMI AND CREAM CHEESE ROLLUP . . . . .
- BUFFALO CHICKEN EPANADAS . . . . .
- CREAMY WHITE CHILI . . . . .
- BEEF ENCHILADA SOUP . . . . .
- BACON-WRAPPED ZUCCHINI . . . . .

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



- Butter vs. Margarine

Margarine is made from vegetable oils which contain trans fats.

**Trans fats are highly toxic and are associated with an increased risk of various diseases, like heart disease, cancer, diabetes and obesity.**

<https://www.healthline.com/nutrition/are-vegetable-and-seed-oils-bad#trans-fats>

# 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**







# Calcium Bentonite Clay to the Rescue!

Pure calcium bentonite clay  
can absorb up to  
39 times its weight  
in toxins



Qele available at  
[www.wellnessspringsinc.com](http://www.wellnessspringsinc.com)

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# 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



# 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**