

# Ketogenic Diet for Beginners Build A 30 Day Ketogenic Diet Plan

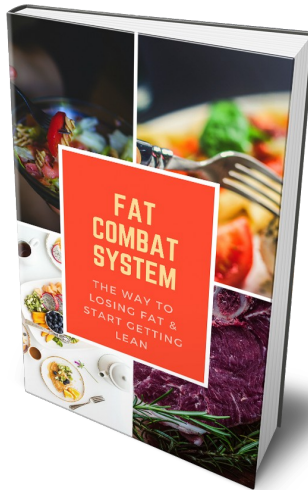
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*Easy-to-use Ketogenic Diet  
Meal Plan Designed to Make  
Staying Keto Delicious and  
Simple*

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## **Introduction**

Thank you for choosing this book.

I have never understood people's obsessions with crash diets. I get it! It's frustrating being unable to shed that excess fat off. After all, for how long can someone let their weight issues eat away their self-esteem? Are crash diets the only solution? Do you really have to resort to a diet plan that requires you to starve yourself to death in order to get instant results? Sure, you will get results, but how long will they last? What are the side effects of such a diet? Is it worth jeopardizing your health?

If you have never thought of these questions before you take up a diet plan, then you my friend are in some real trouble. But since you are reading this book, I can bet that you have stumbled upon the perfect solution, the ketogenic diet. This diet not only helps you lose weight the healthier way but also increases your immunity levels while you eat as much as you would like.

Our book focuses on offering you a 30-day ketogenic diet plan that is both easy and fun to follow. We have explained pretty much everything about what you should be eating in the next 4 weeks.

The book also contains some mouth-watering ketogenic diet recipes that are easy to make. Each recipe contains a step-by-step explanation of the preparation process in detail. The ingredients used for these recipes are simple and easily available at any store. The main purpose of writing this book is to make your journey easier throughout the diet plan. If you happen to fall off the track at any point in time, don't waste too much time feeling bad, just pick yourself up and continue with your diet plan.

If you give yourself 30 days to follow the ketogenic diet, we bet you will see the results for yourself. It's our sincere hope that each one of you reading this book will not only stick to the diet plan but also inspire others like you. If you are doing something good, don't forget to spread this positivity among others as well. So let's get on the ride without wasting any more time. Happy Reading!

## **Chapter 1: About Ketogenic Diet**

Ketogenic, the name may sound fancy to you, but the diet is really basic. It doesn't require you to over consume a specific food element or any of that stuff. This diet, in fact, promotes a low-carb, high-fat diet, which may sound unusual at the first go. Low-carb and high fat seems like two extremes, but it is the magic formula that can balance out the fat levels in your body and also help you lose weight.

So, what exactly is the meaning of the word "ketogenic?" When you up your fat intake while reducing the carbohydrates in your meals, your body switches into a state called, "ketosis," meaning instead of burning glucose, your body is burning fats. Now this is exactly what you need in order to shed off those excess pounds. The ketogenic diet has been used for about a century to treat seizures. Although it's unclear as to how the ketogenic diet exactly helps in curing the seizure, but it is known to work wonders for epilepsy patients.

### **3 major benefits of Ketogenic diet**

#### ***1. Helps in weight loss***

When our meals are rich in carbohydrates, our body releases insulin owing to elevated levels of glucose in the blood. Now the job of insulin is to signal the cells for storing as much energy as they can. The energy is first stored in the form of glycogen and then converted to fats. The ketogenic diet eliminates the carbohydrate from your meals, which helps in preventing excessive insulin from releasing in the body. When the body's insulin levels are low, it starts burning down the fats much faster, eventually resulting in a good amount of weight loss. Now this could mean that your body will also continue burning fat even while you are asleep. This way, the fat burning process can go on 24/7. Keep in mind that the type of fat you consume while on a ketogenic diet is extremely important. Consume food items that are higher in fatty acids but help to burn your fats faster as well.

Following are some of the recommended food items you can eat while on a ketogenic diet.

- Grass fed meat
- Seafood and wild caught fish
- Pastured poultry and pork
- Gelatin, ghee and butter
- Monosaturated fats (olive oil and avocados), polysaturated, and saturated fats
- Non-starchy veggies like spinach, broccoli, kale, chives, chard, bok choy etc.
- Beverages such as black coffee, tea.

- Condiments like mayonnaise, mustard sauce, sauerkraut, Kombucha, pickles and fermented foods.
- All kinds of spices and herbs
- All veggies that are non-starchy, mushrooms and all fruits.
- Macadamia nuts, almonds, walnuts, pecans, pumpkin seeds, flaxseeds, chia seeds etc.
- Fermented soy products

## ***2. Treats Alzheimer's and seizures***

There has been a lot of evidence showing how ketogenic diet helps in treating Alzheimer's disease in people. The ketogenic diet is made up of about 70% of healthy fats, which are essential for a healthy brain. And Alzheimer's treatment requires you to support the nerve system of your brain. This is exactly where the ketogenic diet proves to be helpful in treating a disease like the Alzheimer's. As mentioned earlier, this diet is also useful in treating people who suffer from seizures.

## ***3. Helps people suffering from type 2 diabetes***

Since this diet requires you to consume high level of fats, it is only recommended for people who suffer from type 2 diabetes. If you were someone who requires an insulin dosage, we would recommend you to contact your GP before you take up the ketogenic diet. Others, who are not on insulin, can actually benefit from this diet to a large extent, as it helps in maintaining a balance of your blood sugar levels.

## **Chapter 2: 30 Day Meal Plan**

### **Week 1**

Remember to buy all the food ingredients for the week ahead before you start off the diet plan. During the first week, our aim will be to stay simple. You don't want this transition to be too difficult on your body and mind, so go slow. Focus more on eliminating cravings while slowly trying to incorporate ketogenic food into your meals. Start with a good breakfast that consists of oats, eggs, quinoa, fruits and lots of water.

Make sure to drink plenty of water at least 2 hours before you eat your breakfast. Also remember not to drink water for at least an hour after eating. This should be followed before and after all your meals. Since the ketogenic diet acts as a natural diuretic, you will find yourself taking a leak frequently. Don't worry, this is normal, just keep your salt and water intake high to allow a balance of electrolytes in the body. Here is a list of dishes you can try in week 1.

#### ***Day 1***

Breakfast – Chocolate Chip French toast

Lunch – Tomato and Chicken salad

Dinner – Kale and Onion Salad

Dessert – Lemon Cheesecake

#### ***Day 2***

Breakfast – Breakfast Quinoa

Lunch – Thai Beef Stew

Dinner – Italian Zucchini Meatloaf

Dessert – Easy Caramel Rolls

#### ***Day 3***

Breakfast – Chocolate Chip Waffles

Lunch – Sweet and Sour Chicken

Dinner – Creamy Chicken Salad

Dessert – Crème Brule

#### ***Day 4***

Breakfast – Pancakes and Honey

Lunch – Turkey Madeira



Dinner – Autumn Vegetable Beef Stew  
Dessert – Caramel chocolate chip muffin

### ***Day 5***

Breakfast – French Toast  
Lunch – Slow cooked Ribs  
Dinner – Chicken Chili  
Dessert – Coconut Cream Cookies

### ***Day 6***

Breakfast – Scrambled Eggs  
Lunch – Egg Salad  
Dinner – Pork Chops  
Dessert – Citrus Pudding

### ***Day 7***

Breakfast – Pumpkin Pancakes  
Lunch – Bacon and Italian Sausage Salad  
Dinner – Lamb, cheese and cream Salad  
Dessert – Blueberry Cheesecake

**P.S: Avoid any type of desserts for the first two weeks for best results.**

## **Week 2**

Ok, so the week 1 went by easily. Now let's keep week 2 a little simpler too. During week 2 all you have to do is be on track, slow and steady. Start off your days with some bulletproof coffee. Sounds weird? Well, it isn't! This coffee is a combination of coffee along with some butter, whole cream, and coconut oil. It may sound repulsive to you, but it tastes delicious in reality. This concoction can be had early in the mornings or during the evening time. If not, here is a list of breakfast items and other dishes for you to try in week 2.

### ***Day 1***

Breakfast – Boiled Eggs with Toast  
Lunch – Vegetable Curry and Rice  
Dinner – Hawaiian Pork  
Dessert – Cream custard

## ***Day 2***

Breakfast – Tater Tot Egg Bake

Lunch – Juicy Beef Salad

Dinner – Herb Baked Salmon

Dessert – Dark Chocolate Cake

## ***Day 3***

Breakfast – Zucchini Pancakes

Lunch – Chicken and egg Salad

Dinner – Mixed Veggies with Rice

Dessert – Coconut Rice Pudding

## ***Day 4***

Breakfast – Apple Pie

Lunch – Bacon burritos

Dinner – Decadent Keto Meatloaf Recipe

Dessert – Tiramisu

## ***Day 5***

Breakfast – Pumpkin Pie Breakfast Sorghum

Lunch – Stuffed Bell Peppers

Dinner – Cheesy Tortellini

Dessert – Blackberry muffin

## ***Day 6***

Breakfast – Quinoa Breakfast Casserole

Lunch – Seafood Gumbo

Dinner – Meatloaf and Cheese

Dessert – Chocolate and Caramel Custard

## ***Day 7***

Breakfast – Apple Cherry Breakfast Risotto

Lunch – Leftover Meatloaf

Dinner – Shrimp Marinara

Dessert – Strawberry Cheesecake

## **Week 3**

Week 3 could be the time to go a little faster with our diet plan. Since you have lasted for the first 2 weeks, pat yourself on the back for staying focused. In week 3, we suggest consuming your breakfast as early as 7 am, lunch by 1 pm and dinner by 7 pm. This ensures that there is a 6-hour gap between every meal. This 6-hour fast helps our body in breaking down the extra fats at an accelerated rate. This kind of intermittent fasting can have several health benefits including longevity, balanced sugar levels and helps to achieve mental clarity.

### ***Day 1***

Breakfast – Apple-Oatmeal  
Lunch – Chicken Teriyaki Salad  
Dinner – Pork & Mushrooms  
Dessert – Coconut Cream Macaroon

### ***Day 2***

Breakfast – Bread Pudding  
Lunch – Turkey Tetrazzini  
Dinner – Sesame Ginger Turkey Wraps  
Dessert – Chocolate Brownies

### ***Day 3***

Breakfast – Korean Eggs  
Lunch – Chicken Tortillas  
Dinner – Beef and Onion Gravy with Noodles  
Dessert – Classic Cheesecake

### ***Day 4***

Breakfast – Breakfast Pie  
Lunch – Kingfish fillets  
Dinner – Beef Teriyaki with Pineapple  
Dessert –Caramel Fondue

### ***Day 5***

Breakfast – Crockpot sausage cheddar casserole  
Lunch – Slow Cooked Greens and Vegetables with Rice  
Dinner – Lamb Curry and Rice  
Dessert – Chocolate Chip Cookies

## ***Day 6***

Breakfast – Three Cheese Shrimp and Grits

Lunch – Cheesy Tortellini

Dinner – Chickpeas Salad

Dessert – Fruit and Nut Muffin

## ***Day 7***

Breakfast – Breakfast Hash browns

Lunch – Chicken Taco Salad

Dinner – Turkey and Pasta Primavera

Dessert – Pear and Caramel Pudding

## **Week 4**

Congratulations, you have successfully completed 3 weeks of the ketogenic diet plan. During the last week of this diet, we are going to go slightly stricter with our meal plan. We are going to try as much as possible to skip breakfast and lunch. (If you can't, there is a dish mentioned for you) but we are going to fill our body with lots and lots of water. You can feel free to consume as much tea, coffee or fruit infused water, as you would like. Just use honey instead of refined sugar in your beverages. Dinners are going to be sumptuous and you can have ketogenic desserts too. Don't worry, this isn't as hard as it seems. Since your body is used to the discipline, week 4 will go by more easily than you think.

## ***Day 1***

Breakfast – Spinach and Mushroom Quiche

Lunch – Enchilada Orzo

Dinner – Plum pork Tenderloin

Dessert – Strawberry Brownies

## ***Day 2***

Breakfast – Tomato and Basil Sandwiches

Lunch – Vegetarian Buffalo Cauliflower Chili

Dinner – Fisherman Stew

Dessert – Big Philly Cheesecake

## ***Day 3***

Breakfast – Broiled Spanish Mackerel

Lunch – Baked Carp

Dinner – Herbed Chicken with Olives

Dessert – Dark chocolate Cupcakes

#### ***Day 4***

Breakfast – Goat Cheese and Zucchini Frittata

Lunch – Chicken bake

Dinner – Toasted Herb Rice

Dessert – Unbaked Chocolate Cake

#### ***Day 5***

Breakfast – Cream Cheese Omelet

Lunch – Korean Beef

Dinner – Cajun Shrimp and Rice

Dessert – Cheddar Pepper Biscuits

#### ***Day 6***

Breakfast – Onion and Kale Frittata

Lunch – Parmesan Risotto

Dinner – Greek Salad with a Lemon and Vinegar Dressing

Dessert – Coffee muffin

#### ***Day 7***

Breakfast – Omelet with Feta and Spinach

Lunch – Chicken Guadalajara

Dinner – Vegan Chili

Dessert – Cinnamon and coffee Cookies

### **Week 5**

Last two days on the diet, and here are the things you can try!

#### ***Day 1***

Breakfast – Bacon and Eggs

Lunch – Mediterranean Style Halibut

Dinner – Red Beans with Rice

Dessert – Coffee Cake

## ***Day 2***

Breakfast – Strawberry and Roasted Oats

Lunch – Vegetable burritos

Dinner – Cheese and onion Quiche

Dessert –Chocolate Cheesecake

## **Chapter 3: Recipes**

### **1. Chicken and bacon balls with green onion and sage**

Serves: about 16

#### **Ingredients**

- 1 pound chicken, ground
- About 3 bacon slices (1/4 pound approx.)
- 1/2 cup finely chopped green onion
- 1/2 teaspoon garlic powder
- 1/2 teaspoon ground black pepper
- 1/2 teaspoon salt
- Some chopped coriander
- 1/2 teaspoon onion powder

#### **Method**

1. Pre heat the oven to 180 degree C.
2. Using a sharp knife, roughly chop the bacon into small slices. Add them to the food processor and grind them into a paste like form.
3. Transfer the ground bacon to a large bowl. To this, add ground chicken, salt, chopped green onion, garlic powder, onion powder, ground black pepper, some chopped coriander and mix properly using your hands. You can also add this mixture to the food processor and give it a slight whisk.
4. Now make small meatballs out of the mixture and place them on a greased baking tray.
5. Place it inside the oven and bake the chicken balls for about 20 minutes until they are properly browned. Wait for 5 more minutes for them to cool off.
6. Serve along with your favorite sauce.

## **2. Easy Mediterranean Chicken**

Serves: 4

### **Ingredients**

- 1 pound chicken breasts, skin removed
- 1 tablespoon dried oregano
- 1 teaspoon smoked paprika
- 1 teaspoon kosher salt
- 1 teaspoon freshly ground black pepper
- 6 small bell peppers (green, yellow and red)
- 2 medium tomatoes, diced
- 2 medium jalapeno peppers, sliced
- 1/2 cup chopped green onions
- 2 tablespoons lime juice
- Some chopped parsley

### **Method**

1. Pre heat the oven to 200 degree C.
2. In a bowl, combine paprika with some oregano, ground black pepper, salt, and mix well.
3. Now trim the excess fat off the chicken breasts and coat them generously with the spice mixture.
4. Grease a baking tray with some cooking spray and place the chicken breasts over it. Place the chopped vegetables all around it and sprinkle some lemon juice on top.
5. Cover the tray with an aluminum foil and bake for 35 minutes.
6. Now remove the foil and cook for 5 more minutes under the broiler.
7. Once the chicken cools down, slice it up using a sharp knife and serve along with some chopped parsley on top.



### **3. Easy shrimp chow mein**

Serves: 4

#### **Ingredients**

- 1 medium spaghetti squash
- 1 large cup shrimp, deveined & peeled
- 4 small cups slaw mix
- 2 green onions, thinly sliced
- 2 minced garlic cloves
- 2 dried red peppers
- 1/2 teaspoon minced ginger
- 1 teaspoon whole pepper corns
- 1 tablespoon sesame oil
- 3 tablespoon coconut aminos
- 3/4 teaspoon salt
- 1 tablespoon palm sugar

#### **Method**

1. Preheat the oven to 180 degree C.
2. Slice the squash into two halves and bake for about 40 minutes. Once it cools down, add it to a spiralizer and make thin noodles out of it.
3. Heat some sesame oil in a saucepan over medium heat.
4. Add minced garlic, green onion, ginger, red peppers, peppercorn and fry for about 2 minutes until the ingredients start releasing their fragrance.
5. Now add the shrimp, some salt, sugar and cook for about 4-5 minutes until it the shrimp turns tender.
6. Slide in the slaw mix and cook for another 2 minutes until turns soft.
7. Now add the spaghetti noodles and toss well. Remove from flame and transfer on to a large plate.
8. Sprinkle the coconut aminos on top and serve hot.

## **4. Ginger pork with broccoli**

Serves: 4

### **Ingredients**

- 2 tablespoons butter
- 1 pound pork chops, sliced into small chunks
- 1 teaspoon kosher salt
- 1 teaspoon garlic powder
- 1 teaspoon ginger powder
- 1 teaspoon onion powder
- 2 tablespoons lemon juice
- 1/2 teaspoon fish sauce
- 1/2 teaspoon ground pepper
- 4 cups broccoli florets
- 1 cup coconut aminos
- Some freshly chopped cilantro leaves
- 1 teaspoon red pepper flakes
- Slices of two lemon for garnish

### **Method**

1. Melt some butter in a pan over low heat.
2. Combine garlic powder, ginger powder, onion powder, salt and pepper in a bowl.
3. Add the pork chunks to the pan and sprinkle the spice mix on top. Cook the pork for about 3-4 minutes on high flame until it is browned form both sides. Transfer into another bowl.
4. Turn the heat to low and add the coconut aminos to the pan along with some lemon juice and fish sauce. Let this sauce simmer for about 8-9 minutes on medium heat until it is thickened.
5. Steam the broccoli florets in batches over a steamer for about 5minutes. Ensure that you do not over steam the broccoli.
6. Now place the steamed broccoli florets on a large plate. Add the cooked pork chunks over the florets.
7. Now pour the sauce on top.
8. Garnish with some fresh cilantro and lemon slices on top.
9. Serve hot.

## **5. Cream of celery soup**

Serves: 4

### **Ingredients**

- 6 large celery stalks
- 1 medium yellow onion, sliced
- 1 cup fresh coconut milk
- 1 teaspoon canola oil
- 2 cups water
- 1 teaspoon dried dill
- 1 teaspoon salt
- 1/2 teaspoon ground black pepper
- 1 tablespoon lime juice

### **Method**

1. Using a sharp kitchen knife, roughly chop the celery stalk and set aside.
2. Heat about a teaspoon of oil over medium heat in a large saucepan.
3. Add the onion slices to it and sauté for 3 to 4 minutes until they start turning brown.
4. Slide in the chopped celery and cook for 3 minutes on medium flame until it starts tenderizing.
5. Now pour about 2 cups of water, followed by some salt. Let the mixture simmer for 30 minutes on medium heat. If you are using an instant pot, set the pot to “soup” setting and cook for 25 minutes.
6. Allow the mixture to sit for 10 minutes to cool off. Now add it to a blender and blend it until smooth. Ensure there are no lumps in the mixture.
7. Transfer the mixture back to the saucepan and simmer for another 5 minutes.
8. Sprinkle some lemon juice, dill leaves, ground pepper and serve hot.

## **6. Bacon chuck roast stew**

Serves: 4 to 5

### **Ingredients**

- 1 cup bacon strips
- 3 pounds chuck roast, fat trimmed
- 2 large red onions, sliced
- 2 minced garlic cloves
- 1 ½ teaspoon sea salt
- 1 teaspoon freshly ground black pepper
- 5 cups beef broth
- 1 teaspoon thyme
- 1 tablespoon olive oil
- Some chopped parsley for garnish

### **Method**

1. Using a sharp knife, slice up the roast into thin pieces or small 2-inch chunks.
2. Heat 1 tablespoon of olive oil over medium heat in a large saucepan.
3. Add the onion slices to it and sauté for 3 to 4 minutes until they start releasing water.
4. Now add the minced garlic and cook for another minute.
5. Pour some beef broth into the pan and sprinkle some salt, thyme and pepper on top. Stir all the ingredients well using a large wooden spoon.
6. Slide in the chuck roast chunks, bacon slices and cover the pan with a lid. Cook the stew for about 90 minutes on high flame and then let it simmer for another 15-20 minutes. If you are using a slow cooker, cook on low heat for 7 hours until the roast is completely cooked.
7. Transfer in a large plate and garnish with some chopped parsley on top
8. Serve hot.

## **7. Easy chocolate keto gelatin pudding**

Serves: 2

### **Ingredients**

- 1 cup coconut milk
- 2 tablespoons cocoa powder
- 1 tablespoons stevia extract or 2 tablespoons maple syrup
- ¼ teaspoon cinnamon powder
- 1 tablespoon gelatin
- 2 tablespoons water
- 5-6 chopped almonds

### **Method**

1. Heat a saucepan over medium flame. Add the chopped almonds to it and dry roast them for 3 minutes until they are slightly browned. Remove from flame and transfer to a bowl.
2. In a bowl, combine some coconut milk with coco powder, stevia and whisk using a spoon. Mix all the ingredients well without leaving any lumps.
3. Transfer the mixture to the saucepan and heat it over medium flame. Make sure you are continuously stirring the mixture all along to avoid lump formations.
4. While the mixture is cooking, add 1-tablespoon gelatin to two tablespoons of water and mix well.
5. Pour this mixture into the saucepan and switch off the flame. Give it a stir.
6. Transfer the mixture into small ramekins. Sprinkle some chopped almonds on top.
7. Refrigerate these ramekins for about 30 to 45 minutes.
8. Serve chilled.

## Conclusion

Thank you once again for purchasing this book. No matter which diet plan you follow, it's important to be gentle with yourself while doing so. Don't beat yourself up about giving in to occasional cravings. As long as you keep these cravings to the minimum, you should be able to stick to the ketogenic diet plan easily.

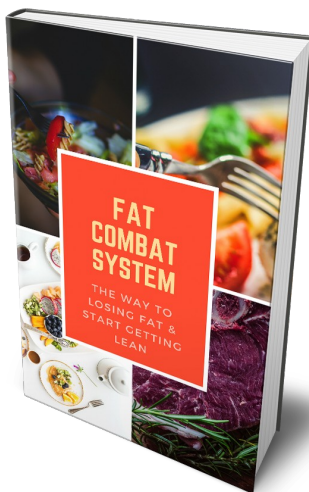
The 30-day diet plan might look easy at the start, and it isn't too difficult either. But as you move on to the second week, it could get a little hard to stick to the plan since your eating habits would have undergone a lot of change. If this happens to you, just divert your mind through other activities, listen to some good music, take a spa and just relax.

The best part of the ketogenic diet plan is that there is no restriction on portion quantity. However, remember to not over-stuff yourself at any cost. Over-eating slows down the digestion process and makes it even harder for you to lose weight. Hope you had a great time reading this book and we were able to provide you with a perfect diet plan.

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