

BASICS TO BOOST YOUR HEALTH STEPS & TIPS

KETO STARTER GUIDE

Leanne Vogel

Healthful Pursuit Inc.

ROCK A HEALTHFUL LIFE

When health is easy and happiness is flowing, feeling great comes naturally.

Whether you are ready to free yourself from your emotional connection to food, liberate your food restrictions, celebrate your food allergies, or get introduced to some healthy recipes, I've got something special for you.

Throughout our journey together, please, please remind yourself that subtle transformation is the best kind of change.

Take your time.

Be kind to yourself.

And smile. You'll live longer and digest better.

Okay, let's go!

THE BASICS

ALL OF THE RESOURCES YOU NEED
TO GET STARTED.

[Video: How to Quit Sugar](#)

[Complete Guide to Eating Healthy](#)

[Get the Life You Want](#)

[10 Reasons Not to Be Scared of Fat](#)

[Creating Goals with Soul](#)

[How to Make Nut Butter](#)

[How to Make Nut and Seed Milk](#)

[Audio: How to Break the Binge Cycle](#)

[How to Open a Coconut](#)

[7-day Cleanse Program](#)

[Soak Your Nuts](#)

[Supplements Not Worth Your Time](#)

[The Ultimate Healthy Holiday Menu](#)

[Video: Coconut Sugar 101](#)

[24 Low-Carb Recipes](#)

[If You're Allergic to Peanuts...](#)

[1 Step to Clear Skin](#)

[Why I Stopped Being Vegan](#)

[The Ultimate Guide to Everything Coconut](#)

[No Period?](#)

WHERE TO GET THE GOODS

You don't have to hit up the expensive health food stores, specialty shops or boutiques to live a healthy life. There are loads of alternatives out there.

LOCAL FARMS

What products grow naturally in your area? Google it, contact local farms and buy in bulk for the best savings.

CSA

Short for community shared agriculture. How does it work? You pay a farmer a set amount of money at the beginning of the farming season. He uses this money to plant and take care of his crops, then organizes meet-ups around 2-4 times a month and gives you a share of his crop.

MOM AND POP SHOPS

Some of the smallest of shops can have beautiful surprises hidden inside. Don't discount the shop just because of its size.

LARGE CHAIN STORES

Look for stores that have organics sections and natural food isles. Loblaws (also known as Superstore) is my grocery store of choice.

WHOLESALE

Stores like Costco require a membership, but if you're purchasing the majority of your groceries bulk you have the potential to save a bunch of money. Plus? Costco is getting really good at stocking some of the healthiest, gluten-free products on the market.

ONLINE FAVORITES

Visit [my Amazon Store](#) for a selection of Healthful Pursuit approved goods. (Ships to USA only)

Check out [Upaya Naturals](#) for a selection of vegan, raw, organic and non GMO products. (Ships to USA and Canada)

Order supplements, food, and beauty products from [iHerb](#). New customers receive \$10.00 off their first purchase when using the coupon code: VOG556 (Ships to over 150 countries)



FUN ACTIVITY

Stop by an ethnic store and pick up a couple of new, unfamiliar ingredients. Take note of their names. Then, jump on Google to find recipes!


SAVE CASH

You don't have to spend a ton of money on healthy eating. In fact, I urge you not to! For our little household of two, we've become very good at setting a budget of \$100 per week on groceries and pride ourselves in making that \$100 stretch as far as possible, without sacrificing our health.

How? The less processed foods we buy, the less expensive everything is. If it comes out of a box, we don't want it. Here are some other tricks that you can use to save them dolla, dolla bills, y'all.




Try buying 1 new spice every time you're at the grocery store. Picking away at it will decrease your up-front costs and add variety to your pantry each and every week!




Buy in bulk. Pick one new ingredient each week, and buy it in bulk. It will diversify your pantry and save you loads of money to boot!



Make a grocery list and stick to it! Walking into the grocery store without a list is a budget disaster!



Keep yourself on the perimeter of the store. The boxed products in the middle isles will put your health and budget at risk.



Chat with your butcher. They're really friendly and can order in items that you don't see on the shelf.



Make your own nut or seed milks with the nut or seed that's on sale that week!



FUN ACTIVITY

Select 1 week per month where you don't go grocery shopping. Instead, use random items from the pantry, freezer and fridge, and get creative. (The extra cash looks nice sitting in a vacation fund).

BUILD YOUR LIST

The key to staying on track at the store is to enter with a plan of attack. Make your shopping list, check it twice, get in, get out and move on!

If collecting recipes, making a meal plan and then creating a shopping list just sounds too overwhelming, check out my [Balanced Keto Weekly Meal Plans](#).

VEGGIES

Artichoke hearts
Asparagus
Bean sprouts
Bell pepper
Cabbage
Celery
Chard
Cucumbers
Field greens
Fresh herbs
Kale
Lemon and lime
Mushrooms
Okra
Olives
Onions
Pumpkin
Spaghetti Squash
Spinach
Zucchini

PROTEINS

Beef brisket
Eggs
Free-range chicken legs
Free-range chicken thighs
Grass-fed bison
Grass-fed regular ground beef
Regular ground pork
Salmon filets
Sardines
Uncured bacon
Whole turkey

NUTS & SEEDS

Almonds
Brazil nuts
Cashews
Chia seeds
Coconut
Flax seeds
Hazelnuts
Hemp seeds
Pecans
Pistachios
Pumpkin seeds
Sesame seeds
Sunflower seeds
Walnuts

FATS

Avocado
Cacao butter/oil
Coconut oil
Cold-pressed olive oil
Duck fat
Egg yolks
Flax seed oil
Full-fat coconut milk
Macadamia nut oil
MCT oil
Red palm oil
Rendered animal fat like tallow, suet, lard or shortening

BAKING SUPPLIES

Almond flour
Arrowroot starch
Baking powder
Baking soda
Cacao powder
Coconut flour
Coconut nectar
Coconut sugar
Dairy-free milks
Liquid stevia (non-bitter!)
Unpasteurized honey
Vanilla bean powder
Vanilla extract
Xylitol

CONDIMENTS

Apple cider vinegar
Balsamic vinegar
Coconut aminos
Fresh-made bone broths
Nutritional yeast
Red curry paste
Spices and mixtures
White wine vinegar

MAGIC GADGETS

The right gadget can mean the difference between major success and absolute dismay. We want to go with major success and warm fuzzy feelings on this one.

These are the gadgets that I use on a daily basis and fully stand behind for their reliability, versatility, value and quality.

SPICE GRINDER

Having a spice grinder handy makes grinding spices, chia seeds and flax a breeze! Many of the recipes on my blog call for ground items but, if you buy them pre-ground from the store, they are a bit more expensive. I've had my **KRUPS Coffee Grinder** for 5 years and it's faired really well. I've pushed it to its max!

NUT MILK BAG

Guaranteed, you'll be curious to try your hand at making your very own nut milk. I can pretty much bet on it! When you do, you can get nut milk bags at a pretty decent cost. I bought **this nut milk bag** over 2 years ago and it has held up very, very well!

SPIRALIZER

This gadget is a must have in my kitchen and for anyone else that gets bored of plain old veggies. **This spiralizer** allows you to make noodles out of just about anything... zucchini, carrots, cucumber. It's fun.

VITAMIX BLENDER

Yes, it's expensive... but it lasts a long time. I've had my **Vitamix blender** for over 7 years and have never had an issue with it. I use it multiple times a day and don't regret paying the price one little, itty, bitty bit.

RECIPES TO GET YOU EXCITED

I bet you're pretty excited to get into the kitchen and make things. Here are a couple of awfully popular recipes to get you started. Clickity click on the pictures below, strap on your apron and begin!



Cream of Mushroom Soup
(dairy-free + grain-free)



Chia Seed Croutons
(grain-free)



Pumpkin Pie Patties



Rocket Fuel Cafe Mocha



Bacon Shepherd's Pie
(potato-free)



Mind-blowing Sour Cream
(dairy-free)

YOU'RE NOT ALONE

Healthful Pursuit readers (just like you!) have a couple of words of wisdom... lessons they've learned on their journey to health.

“ Trust my gut and nothing else.
Only do exercise that feels good. Happiness and health go hand-in-hand.”

Keep it simple.”

Listen to my body in terms of what it wants to eat, instead of what I think it should want to eat. To rest my body/ get enough sleep and take time to be on my own and really value the quiet time with my own thoughts.”

It will take time to transition out of foods that I am sensitive/intolerant/ allergic to and it's okay to do it in baby steps.”

“ Exercise is important not only for your physical wellbeing, but also your emotional/ mental health.”

“ Embrace the changes and value the new chapter(s).”

Healthy doesn't have to be boring or tasteless! And it's fun to convert an unhealthy recipe to a healthy one. Don't be afraid to try new things – it will either be a do-over or not!”

Sleep is a must for me.”
And trying out foods from other countries has helped me in my journey to health by diversifying my choices.”

“ Don't be afraid of protein. Listen to your body. A little exercise regularly goes a long way. You can do it! Your health is worth it!”

Taking care of myself does not equate to being selfish.”

I think the most important thing is finding out what works for YOU. Listening to our body is essential. At one point, I didn't know where to turn and felt hopeless. I started to trust myself more and experiment with self-care practices. It takes time, but I wasn't able to really heal until I figured out what helps me feel my best and prioritized them. Sleep, exercise, and healthy eating are my most valued self-care tools. It makes a world of difference if I pay attention to those 3 things.”

Food is delicious, easy & costs me less in the long run.”
If I'd known that living a healthy life would help me lose weight, reverse my health issues, and grow my spirituality in many ways, I would have done it a long time ago.”

“ I'm a better cook than I thought I was. I trust my gut! And I wish I had paid better attention to my body over the years. I've learned that it is never too late.”

“ Take it slow. I don't have to give up everything at once.”

I've learned to do exercise I love, to say no to processed foods, and to take time for myself. I wish I had known all the ins and outs of healthy baking; it's taken me a while to figure it all out. And I wish I had known to make things a lifestyle change and not look at it as a program of a fad. Once I figured that out, things got a lot easier.”

Meals don't have to be “traditional” (meat, potato, side dish).

Don't be afraid to ask questions about your health.

You're worth it.”

ABOUT LEANNE VOGEL

I want to live in a world where everyone is able to nourish themselves based on the intuitive cues their body provides. Where struggles, restrictions and deprivations are replaced with kindness, radiance and pleasure.

I live a life of balance - I laugh a lot, cry a lot and I dream a lot. I order large plates of fries, make a mean mega salad and sun bathe every once in awhile. I practice yoga and treat myself to Sunday pajama days cuddled up on the couch watching reruns of Felicity.

I have good days and bad. Just like you.

I'm a holistic nutritionist - because I vibrate with love when I help others.

I've spent over a decade creating a life of abundance, joy and celebration with the goal of revolutionizing my perception of food and wellness and I want to share it with you.



HUNGRY FOR MORE?

If you loved the outrageously healthy nuggets of goodness I shared in this guide, there is plenty more where that came from.

Four things you can do next:

HEAD TO THE WEB

Slide over to [MY WEBSITE](#) & explore all of my tantalizingly simple allergen-free recipes, easy to follow health guides and inner musings about life, goal setting, self-acceptance and self-love.

GET THE RESULTS YOU CRAVE

When what you're doing isn't working, [THE KETO BEGINNING](#) is the rocket fuel for achieving flawless health and effortless weight loss through sound nutrition practices and vibrant food preparation in ways you've never seen before.

UNCOVER YOUR BEST SELF

Grab a copy of my [FAT FUELED PROGRAM](#) - Slide into fat-burning mode, without needing to go strict low-carb. Liberate your ketogenic life from restriction, macronutrient manipulation, exercise abuse... and feel hot-damn sexy doin' it.

MEAL PLANNING

Register for [BALANCED KETO MEAL PLANS](#) - Weekly whole food keto meal plans to take the stress and guesswork out of your low-carb, high-fat eating style.

THANKS!

For visiting my little corner of cyberspace and joining me in this crazily rewarding ride.

xo
Leanne