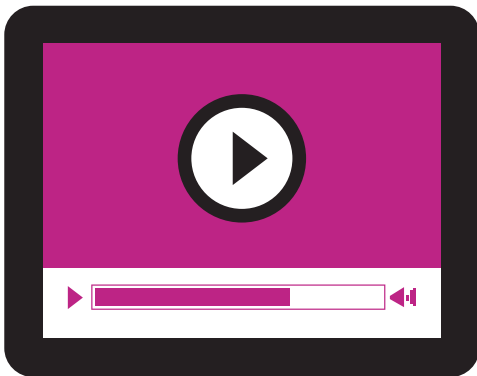


# HOW TO START EATING KETO

## Resources...



Watch the video

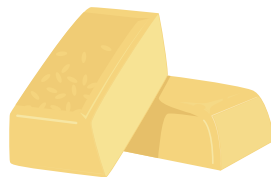
How To Start  
Eating Keto



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Watch: What 12 months  
of eating keto did for me



Enjoy a batch of  
keto cookie bars



Treat yourself to  
whipped coconut milk

Transcript:

## HOW TO START EATING KETO

Hello there. How are you doing? Maybe you're tired. Maybe you're bloated, struggling with cravings, feeling like what or how you're eating isn't working for you anymore, having a hard time regulating your weight, frustrated with acne, imbalanced moods, or always battling with food obsessions and restricting calories. If you're not any of these things, good for you. Virtual high five. That is awesome.

If you are, I'd like to introduce you to keto. What's keto? It's an eating style where we're eating minimal carbohydrates, moderate protein, and a ton of fat. My version, what I like to call fat fueled, is where we focus on an abundance of whole food and sprinkle in a practice of a couple of carb-ups in the evening to balance our hormones, regulate our weight, and boost our metabolism. Maybe you've heard of keto, ketogenic, low carb-high fat, high fat-low carb, and you're interested in seeing what it can do for you. Here's a video where I talk about [my 12-month update on eating keto](#). Psst, it changed my life in all the right ways.

If you're interested in eating ketogenic, there are two ways to go about it. One is the slow way. The slow and steady way is great for people that perhaps have a blistered relationship with food or are healing from something hormonal or stress-related, or their thyroid is a little bit wonky. Then there's option two, which is like the fast lane. The fast lane is ideal for people who are not affected by food rules psychologically. I like to call these two different options fat fueled profiles, which are two of the three profiles that I share in my program, [Fat Fueled](#). Fat Fueled is one of the two programs in my kit, the Keto Bundle. This kit was created to show you how to reach your perfect weight without obsessing or going crazy over calorie counting, macro manipulation, and all the things that come with trying a new eating style. It will also help you gain the power to fuel with fats and end your crazy carb mentality of wanting carbs all the time.

If you're interested in giving keto a try, I am going to share four steps with you that you can get started on right now. Then at the end of the video I've put together a little freebie for you. I'll share

that with you in just a couple of minutes. Step number one: you need a shopping list. Start small, just a couple of things. You don't need to get everything or go crazy. I would recommend focusing on four different pieces. The first is vegetables. Choose three of your favorite low carb vegetables. For me, these are cauliflower, broccoli, cabbage, and kale. Okay, there's four. Fats: Choose your favorite fats. Perhaps it's [coconut oil](#). Perhaps the sound of [beef tallow](#) doesn't seem all that appealing and kind of scary to you. You could go with coconut oil.

Then it's for your proteins. My favorite protein is [grass-fed ground regular beef](#). It's super versatile. You can do almost everything with it, and it's not a lot of stress. It's easy to prepare. The fourth item is treats. My two favorite treats and go-to for people that are transitioning to a high fat, low carb eating style are my [keto cookie bars](#) and [whipped coconut milk](#). By focusing on fats, proteins, veggies and treats, you're good. You don't need to get overwhelmed with any of that.

Now the second thing you need is recipes. Find some great content, some fabulous blogs posts, or maybe some cookbooks, and dig deep into what they have to offer. My favorite keto resources are [Keto Diet App](#), [Healthful Pursuit](#) obviously, and [ruled.me](#). The third thing you need to be successful in your first couple of days of keto is to remember that you need electrolytes. Electrolytes are crucial! Otherwise, you're going to feel like poo. Electrolytes are responsible for our muscle contractions and brain function. They're like the electricity running through your body. Without the electrolytes, you get fatigued and blah. The best way to make sure that you are getting enough electrolytes is to make an electrolyte drink. The recipe is super simple. You just put water in a jar or a cup. I like to put it in my water bottle. In fact, I have keto lemonade in my bottle right now, which is what I call it. It's just water, lemon juice from a fresh lemon, and salt. I started putting a little bit of unsweetened aloe vera juice in there, too. Foods that have a lot of electrolytes are things like spinach, avocado, and coconut.

The fourth thing you should prepare before you go keto, and in your keto transition, is having support. Finding a community that's supportive and understands why you're doing this and why it's important to you will be the key to continuing this eating style and allowing it to work for you. I created a private Facebook group for everyone who purchases either my Keto Bundle, the Keto Beginning, or Fat Fueled. It has over 2,600 members who are all there to be

supportive and loving of one another. If you don't have support in your day to day life and your friends and family aren't on your side, it's imperative to have people in your corner that would like to support you on your journey.

Okay. There are other awesome things that you can do next, like right now. The first is, you can [rock your high-fat life with my kit, the Keto Bundle](#), where I show you step by step how to adapt to this awesome eating style. It will help you slide into fat burning mode without having to go crazy low carb, boost your body's natural ability to heal and bust through plateaus to create a life you love. The second neat thing you can do right now is [subscribe to my channel](#) so you won't ever miss a video. I come out with new videos every single Wednesday with recipes and information similar to this one. Bye.

## ENCORE FOR MORE

If you enjoyed this goodness, there's plenty more where that came from.

1



### CONSUME CONTENT

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

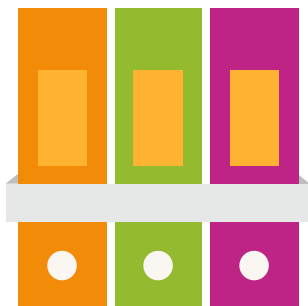
2



### SIMPLIFY YOUR LIFE

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.

3



### BOOST YOUR BODY

Achieve flawless health and effortless weight loss with [THE KETO BUNDLE](#). 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.