

The Keto Lifestyle for Women



Understanding Carbs, Proteins & Fats

Carbs are a fuel source of glucose

Primarily from:

Grains - gluten (Wheat, oats, rye, barley)

- Pasta
- Cereals
- Breads
- Crackers
- Beer
- Cookies
- Candy

Grains – non-gluten (Amaranth, Buckwheat, Quinoa, Teff, Millet, Sorghum, Brown Rice)

Legumes (beans and peanuts)

Vegetables

Fruit

Proteins are required for the building blocks of amino acids

Primarily From:

Animal sources

- Beef
- Chicken
- Turkey
- Bison

- Ostrich
- Pork
- Duck
- Eggs

Legumes (Beans)

Nuts & Seeds

Plant based powders

Eggs

Grass fed Dairy (cheese)

Fats are necessary to protect the organs, best fuel source for the brain & also best fuel source we run off

Primarily From:

Animal sources

- Beef
- Chicken
- Turkey
- Bison
- Ostrich
- Pork
- Duck
- Eggs
- Grass fed Dairy (ghee, butter, cheese)

Non animal sources

- Avocados (and avocado oil)
- Organic Olives (and oil)
- Organic Coconut (butter, oil, MCT oil, cream)
- Nuts (and oils from macadamia, almond, pecan preferred)
- Sunflower liquid lecithin oil

Traditional Ketogenic Diet

CARBS 5-10% of calories

HARD CORE KETO

- KETOGENIC IS 0-20 CARBS – this is great after a few weeks
- MODERATE LOW CARB IS 20-50 CARBS – this is a great range to be comfortable
- LIBERAL LOW CARB 50-100 GRAMS – this is the best place to start especially if you consume lots of carb and slowly move into the moderate low carb range and then the ketogenic range

PROTEIN 20-25% SOME SAY AS LOW AS 15-25 % of calories

FAT 70-80% of calories

Ketogenic Lifestyle for Women

If you want to calculate your macros go to <https://ketodietapp.com/Blog/page/KetoDiet-Buddy>

Put in your weight, age, activity level and body fat % .

If you don't know your body fat % you can purchase a caliper, buy a scale or even guess if you don't know. It's safe to say most women will fall in between 20-40% body fat. If you have great definition in your arms, legs, abs and are fairly fit you are probably around 18%. It would be best to purchase your personal scale for body fat. As I mentioned if you need to shed some weight you are probably closer to 30-40% fat. Yes I know it's disheartening.

You will understand how many calories, fats, protein, carbohydrates you will need based on your current physical activity. But hold on! These numbers may seem too low, so we will show you how to calculate your macros the Lady way, where we can add a few more carbohydrates, start at a slower rate for permanent lifestyle changes without feeling like we are missing out! Or you can begin at the liberal low carb range as noted above at 50-100 grams of carbohydrates and titrate down from there in 3 weeks.