

# BEGINNING KETO GUIDE

Live Abundantly with Pam

Keto Fuel Zone

| MORNING   | AFTERNOON  | EVENING   | SNACKS   | USE FOR RECIPES  |
|---|--|---|--|--|
| <b>Keto Coffee</b> - email me for options<br><b>Egg</b> (cooked in butter or coconut oil)<br><b>Bacon/Sausage</b> | <b>Meat</b><br><b>*HF</b><br><b>Something Green</b><br><i>*add in keto recipes after a couple of weeks</i> | <b>Meat</b><br><b>*HF</b><br><b>Something Green</b> | Acocados *HF<br>Cheese<br>Macadamia Nuts *HF<br>Fat Bombs *HF<br>KNOW Food<br>Lily's Chocolate<br>Green Veggies<br>Sugar Free Jello<br>Guacamole *HF<br>Pork Rinds *HF<br>Grass-Fed Beef Sticks<br>(email me for link) | Cream Cheese<br>Heavy Whipping Cream *HF<br>Almond Flour<br>Coconut Flour<br>Xanthan Gum<br>Swerve/Monkfruit/Erythritol<br>Hemp Seeds<br>GHEE *HF<br>Coconut Oil<br>Grass-Fed Butter |

**Recipes:** [liveabundantlywithpam.blogspot.com](http://liveabundantlywithpam.blogspot.com)

**Meal Planner Printable:**

[liveabundantlywithpam.com](http://liveabundantlywithpam.com)

**Email:**

[pam@liveabundantlywithpam.com](mailto:pam@liveabundantlywithpam.com)

**Facebook Group:**

## TIPS

75% Healthy Fats, 20% Protein, 5% Carbs

\*HF - Healthy Fat - make sure you get the 75% of HF or you will feel the keto flu and not have energy

Use regular salad dressing - fat free is full of sugar

Smart Buns for a bread substitute

Cook with grass-fed butter and coconut oil as much as possible - healthy fat gives you energy

Grate your cheese because packaged grated cheese has starch to keep it from sticking together

Electrolytes are very helpful for the ketogenic lifestyle

Pink Himalayan Salt

Potassium and Magnesium

tsp of Apple Cidar Vinegar helps with hunger pains

Very Important - Drink 1/2 your body weight in ounces of water

Riced Cauliflour is a great substitute for rice

Eat only when you are hungry

Probiotics will help with gut health so nutrients are absorbed better