



KetoMom

Secrets

Keeping Keto Simple



KETO TIP DAY 1

REMOVE

ALL TEMPTATIONS



"Remove temptations from wherever you're at".



What does that mean? How often have you walked into the kitchen and you're not hungry, but something was sitting on the counter. Or you walked into the office employee lounge, teacher's lounge, or any lounge and there's been something on the counter and you naturally go and grab it. I watched my husband do this often... If there's something sitting on the counter and he's not hungry, but he grabs it. I'll say "Hey are you hungry?"...

I'm asking you this right now, it's two o'clock and about three o'clock is when most people hit the three o'clock wall. **Do not go look for snacks because you're bored, or because you need to get through the next couple hours of work, because you're emotional, or whatever the case may be.**

So here's the number one thing I tell people when we're working on their food. I'm going to say



"Whatever your biggest temptation is, I want you to get it out of your house".

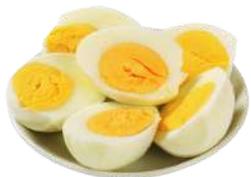
So, whatever it is that you find yourself naturally gravitating towards, get it out.

If you have a candy drawer at your office, remove the candy. If you can't handle the donuts in the employee lounge, don't walk in the employee lounge.

You have to remove all temptations

You might say "But my kids like it"...

Find a different snack that you want your kids to have



Your kids don't need the chocolate chip cookies or the ice cream in the house and neither do you. They'll get them from a birthday party - there's no shortage of it everywhere! Even the dentists' office has them, right? You don't need them in your home!

I told one girl last night when she was reaching out to me, she works overnights and she said "I'm constantly eating things to stay awake or I'm bored"... I hear a lot of people say "I'm bored and I eat".



I said "Go grab some sugar-free gum"... I have a water bottle with me at all times, either it has ketones or water in it. I don't mind chewing on gum or sucking on a mint.

Or my friend does this, she has one of those little oils. She takes peppermint oil and drops a teeny little drop of peppermint oil on her tongue and it takes cravings away. Or go eat a pickle that helps as well.

Remove temptation, get it off the counters and get it out of your office desk drawer. Because if it's in your sight, you're going to more apt to grab it.

Remember...

Out of sight,
Out of mind



KETO TIP DAY 2

FLIP

CHECK WHAT'S IN
YOUR DRINK

Flip those drinks , and be aware of what's in them



My first question is, "What are you drinking? I want to know what is in your cup, in your can, and in your shaker bottle. Because most people are drinking a ridiculous amount of sugar.

I'm going to say the tip is to **Flip** those drinks over and pay very close attention to what you're drinking. There are a lot of "healthy" drinks out there that seem good for you, but are packed full of sugar and you end up drinking your calories.

For those of you who say "Calories? But we don't count calories on a Keto diet"... Well you kind of do, because you can't just consume as many calories as you want, even if it's a healthy lifestyle.



What I mean by that is... Somebody brought these drinks over to our house the other day, and these drinks appear very healthy. I found this in a cooler and I was like "What is this?" My girls asked if they can have the drinks but I don't even know what it is.

So they look healthy but everybody has their own version of healthy. Let's just say I would look at this and think it was more like a vitamin water. Maybe it would have some natural flavorings. If you take a drink like this, some of you might have seen it on those naked drinks, there's a lot of healthy looking drinks.



But if you flip those drinks over, especially if you are regularly drinking them, then you should be very well aware that there is

27g of sugar in it

And do you want to know how many ounces this is? **It's one serving.**

*And it's so funny, it says no artificial sugars **but** then the first ingredient says cane sugar.*

**I want you to be
aware of what you're
drinking.**

If you're drinking coffee, let's try to switch it to fat coffee, either coconut oil or some butter in your coffee. Get some sugar-free creamer, put something in your coffee that's not full of sugar.

If you're drinking a healthy drink, like Gatorade, look for the Gatorade Zero, it's better than the normal Gatorade. There's a ton of sugar in those drinks, so just be aware.



Also some of you asked "Can I have sparkling water?"... I don't love it, but I will drink it. We do have some Sparkling La Croix water, there are some other waters that are sparkling.

But I would just say, on a Keto, Low carb lifestyle...

Drink more water!



I want you to drink more water. Most people are dehydrated and when your body's in Ketosis, it's actually flushing out all of your electrolytes. So eventually we're going to talk about that on the succeeding tips



Make sure you're drinking water.

If you think you're hungry, you might be thirsty. If you're snacking all day, drink some water, your body needs water.

And if you think "I think I drink enough", calculate how much you really drink. You should be drinking half your body weight in ounces of water or close. Drink on intervals all through out your day!



KETO TIP DAY 3

LISTEN

TO YOUR BODY
DON'T EAT WHEN NOT HUNGRY

"Listen to your body more and STOP overeating"



If you follow me or if you have followed me for a while, you will hear me say this often. But seriously until you get it up in your mind, and tell it to yourself every time you go to grab something to eat, you need to keep hearing it. The tip of the day is this

"Do not eat if you're not hungry".

I had somebody message me earlier today, and she said "Can you look at my food and look at my macros? I'm trying to do the best that I can. Everything that I eat, I track and I just can't get all my fats in. So I get to the end of the day, and I'm trying to eat some more fat"...

and I told her "Whoa! Are you hungry?" She said no, and I'm like "How do you feel?"... She said, "Well, I feel good. I'm eating some good food. I feel incredible". And so I said,

"You don't have to eat if you're not hungry"... When people track their food, they try to fill in all of their macros.

Do you track your food, like on My Fitness Pal or a carb counter? Because if you're tracking, that's awesome! It helps you visibly understand what you're eating, which is great.



But when you get to the end of the day, and you still have some protein left, or you didn't meet all your fat macros. You don't have to go to the kitchen and start shoving fat bombs in your mouth, just because you didn't fill in your macros.

You shouldn't be overeating. But when you fall into the trap of filling in those little circles or the macros, you end up overeating good food. You end up overeating too many calories.

Yes! You can eat too much good food. You can eat too much bacon and butter. Oftentimes, when people hit a plateau, they feel like the fat isn't coming off and they're not reaching their goals. I will say

How much food are you eating?

Are you eating if you're bored?

Are you eating out of emotions?

Are you eating because the clock says to eat?

You can't do that.

You truly have to ask yourself "Am I hungry or am I not?", "Am I bored or am I not?", "Am I eating because there's food in the employee lounge?", "Oh, it's okay. It's it's not a big deal. I just ate lunch, but in the employee lounge, there's some meat and crackers. I won't eat the crackers, but I'll eat the meat"...

Okay, then you go out to eat and you might not be hungry. But then you hang out with your friends and you're like "I really just want to munch on something. I'm not hungry, but I'm going to eat. I'll choose a Keto option, it's fine"...

And then you just keep eating the bacon in the mornings, and instead of a couple of pieces, you have five or six pieces. Instead of one fat bomb to curb that craving, you have four. You see a little bar that's sitting somewhere and it says keto bar, you're not hungry but you really want to munch on something.



All of that adds up

and, all of that still goes into your body and you just overeat.

You can track your food, yes, but don't eat to fill in your macros, and

"Do not eat if you're not hungry"

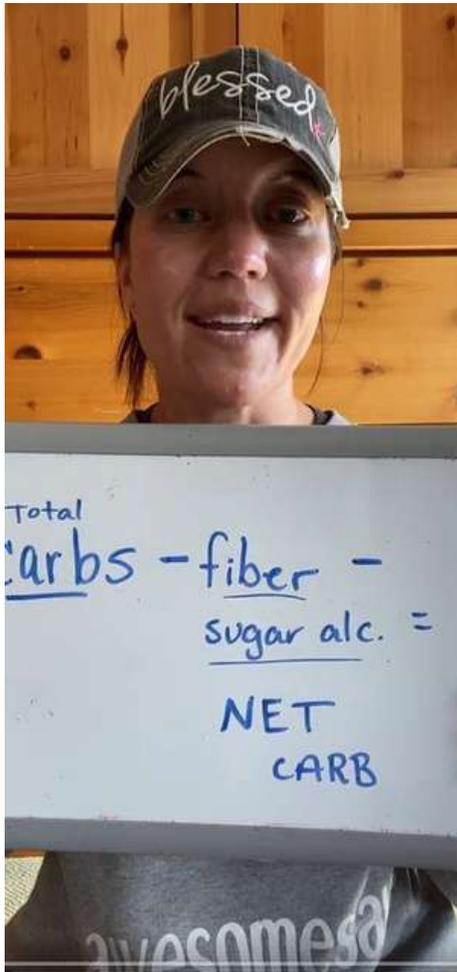
KETO TIP DAY 4

CARBS

TOTAL CARBS VS NET CARBS



"Total Carbs vs Net Carbs... What's the Difference?"



I want you to know something.

Everybody's goals and everybody's keto, low carb lifestyle is different.

You're not going to physically take how I eat and make it exactly how you eat. You're not going to eat the exact same way that your coworker, your best friend or your spouse does.

Everybody's body is different, and so it's important that you figure out what works for you, the things that you feel good eating, and you don't feel great eating...

I want to give you a very quick understanding...

A Total Carb is simply looking at something, like this treat,

Clean Ingredients
Perfect Macros

Nutrition Facts
2 Serving per container
Serving size 1/2 package (32g)

Amount Per Serving	% Daily Value*
Calories 170	
Total Fat 13g	17%
Saturated Fat 4g	20%
Trans Fat 0g	
Cholesterol 20mg	7%
Sodium 80mg	3%
Total Carbohydrate 12g	4%
Dietary Fiber 5g	18%
Total Sugars less than 1g	
Includes 0g Added Sugars	0%
Protein 3g	
Vitamin D 0.1mcg	0%
Calcium 30mg	2%
Iron 0.1mg	0%
Potassium 50mg	0%

Ingredients: Almonds (Pasteurized Cream [Milk, Flavors), Allulose, Soluble Tapioca Fiber, Eggs, Natural Vanilla Flavor, Salt, Guar Gum, Xanthan Gum, Baking Soda, Medium Chain Triglycerides (Coconut, Palm Kernel Oil), Monk Fruit Extract.

Contains: Milk, Eggs, Tree Nuts (Almonds And Coconut).

3g Net Carbs
per serving

12g - 5g - 4g = 3g
Total Carbs Dietary Fiber Allulose Net Carbs

Allulose has no impact on blood glucose. While some allulose is absorbed, it is not metabolized.

I would say the tip is to flip.

So flip it over, and then look at the servings. A serving size is half a pack and if you look at the Total Carbs, there are 12 grams.

So, the Total Carb for half of this bag is 12 grams, which means 24 grams if I ate the whole thing. That's a Total Carb...

Now, your question would be..."How in the world do we calculate Net Carbs and what does that mean?"

First of all, I'm not a doctor or a scientist. I am a mom that has learned from a lot of other people over the last six and a half years.

A net carb is when you take a look at the back, look at the total carbs... Total carbs is twelve, you then can subtract fiber and sugar alcohol.

NET CARBS = TOTAL CARBS - FIBER - SUGAR ALCOHOLS

Why? What I have learned from the experts is it does not spike your insulin. It will not wreck your low carb or keto lifestyle.

Everybody's different, some people are super sensitive. So if you were to be tracking your glucose or your Ketones, and you were to eat something like this Keto Treat. It might knock you out of Ketosis, but for most people it will not.

I'm just giving you a brief overview of the average person... So you take the Total Carbs, and there's 5g dietary fibers in here. That brings it down to 7g Total Carbs. It also says less than 1g of sugar, So that would give you 7g of carbs

It also says sweetened with 4g of allulose. **Allulose is considered a sugar replacement**, which would give you 3g net carbs. So this Keto treat would give you approximately **3g Net Carbs per half a bag**. So 6g Net Carbs for the total bag, if you were going crazy and eat these things..

So your question would be

"Should I do Total Carbs or Net Carbs?"

Again, everybody is different. It depends on how strict or not strict you want to be, what your goals are, and how more of a diet or lifestyle you want to have.

So if you have more fat to lose, want to be in ketosis faster - you may want to go for total carbs, if you are just eating better, healthier, close to your goals, or want to maintain, go for net carbs - depends on where you are at right now in your journey.

Either way, it's completely fine. The biggest thing is, I want you to not feel like your lifestyle is going to look like your co-workers or your neighbors.

I often have people say "Hey, can you tell me how many calories I'm supposed to eat?", "Hey, can you tell me how many carbs I'm supposed to eat?", "Hey, my husband is this or I am this", "Can you tell me what my macros should look like?"...

And I always say No! I cannot.

You have to physically go to a tracker, you have to enter all of your information. You have to enter your weight, height, gender, and your activity level. And then it's going to say "Hey! Here's how many calories you should be eating", "Here's what your macros will look like"...

Everybody's different, it's just a broad overview.

So, if you're doing a Keto diet, you should stick to 20g of carbs or under in a day. That is a very strict keto diet when you're doing approximately 80% fat 15% protein and 5% carbs. That is a true Keto diet,

However, most people are doing Low Carb. So if it's Low Carb, I would say it's 40g or 50g of carbs or under.

They're being mindful, like buns off burgers, croutons off the salad and if they're going to grab a snack, they're going to grab a Keto bar versus a Snickers bar, drinking more water and eating less sugar.

Most doctors, when somebody is just starting a Low Carb or Keto Diet, would tell them not to eat a lot of Keto processed treats until they get their food under control. These are a better option, not an always, every single day option. But they do follow along the lines of a Low Carb treat.

So, which is best? Total Carbs or Net Carb?

it's not one or the other, it's really whatever works for you.

KETO TIP DAY 5

PLAN

YOUR MEALS



"If you have a plan, you will succeed"



Let's put this as simple as possible

**PLAN
YOUR
MEALS!**

If you plan your meals if you plan what you're going to have for your meals, what you're going to bring to work in your lunches, what you're going to have for snacks, what you're going to make for dinners for your family, like breakfast, lunch, and dinner. If you plan your meals out, you will have a better week.

You might not have to say "I have to restart", "I have to start over", "Oh, I'm so mad", or "I feel like garbage". If you plan your meals, what does that look like?

The tip is simply, I want you to decide this week if you are going to intermittent fast in the morning or eat breakfast. If you eat breakfast, I want it to be something like a protein and a fat.

BREAKFAST



DO YOU INTERMITTENT FAST OR EAT BREAKFAST?

The reason that you want an avocado or even a little bit of butter, some of you put heavy cream in your coffee. You don't want to have a cup of heavy cream with this little coffee. We're not going to talk about overdoing dairy today, but most women do. What I want you to understand is, that I want your breakfast not to be full of carbs and sugar. So your morning needs to be bacon, eggs, sausage, an omelet or avocado.

There are lots of things like Keto pancakes and some things take a little bit more time. If I eat breakfast, it's usually just some bacon or sausage and egg,

For lunch, I want you to think to yourself "What am I going to have for lunch this week?"... Buns off the burgers, croutons off the salad, grab a lettuce wrap. Go to the store, and grab some low-carb wraps or lettuce wraps. Make up a whole bunch of chicken and you can preheat it. You could do some deli meats and cheeses, veggies and dip, or salads.

LUNCH



Do you have your lunch prepared if you're going to work? Do you have something to take with you? Do you have a refrigerator where you can make up a whole bunch of egg salad or tuna salad, and just put it in there? Keep your wraps and that's your option. If you have a plan, you will succeed.

For dinners, make it a crockpot week, if you're super busy. That means you have to be prepared because if not, you're going to be hitting the drive-thru.

Bring snacks, pack lunches, have dinner prepped and ready to go, and that is the plan.

My tip for you is take thirty minutes today, go through your refrigerator, your freezer, I want you to look at what you have, and then plan your meals.



If you have to go to the grocery store, make a list so that you don't forget. Go to the grocery store and plan your meals, because it will help you have a successful week.



You'll get up in the morning, you won't have to think about it because your meals are already written down. You will not go through the drive-thru, you're going to get up on your first alarm, and you're going to go do your movements.

You're going to go read, you're going to tune into the KetoMom page every morning so that you can get your mindset right so you can make the best choices and feel great, and you would not have to think about what you're eating because you've already planned it today. You're going to have an incredible day because you've chosen great choices and you will feel great. You will say "Yes! I can do this!"...

You will then get to the end of the week and feel accomplished. If you want to feel accomplished, you need to put a little preparation and a little work into your week.

S U C C E S S

I hope that tip was helpful. I'd like to know do any of you plan your meals? And if you do, do you have any tips? What is one tip for planning or prepping?

I have included in this chapter a simple Weekly Menu Planner (next page) where you can easily write down your entire week's meals and help you stay on track

We're honestly pretty **SIMPLE**, and every day we share recipes on the Keto Mom Facebook page.

You can also head over to ketomomsecrets.com for a ton of recipes. ENJOY!

Weekly Menu Planner

KETO//MOM

MONDAY

BREAKFAST

LUNCH

SNACKS

DINNER

TUESDAY

BREAKFAST

LUNCH

SNACKS

DINNER

WEEK OF:

WEEK GOALS

1.

2.

3.

WEDNESDAY

BREAKFAST

LUNCH

SNACKS

DINNER

THURSDAY

BREAKFAST

LUNCH

SNACKS

DINNER

FRIDAY

BREAKFAST

LUNCH

SNACKS

DINNER

SATURDAY

BREAKFAST

LUNCH

SNACKS

DINNER

SUNDAY

BREAKFAST

LUNCH

SNACKS

DINNER

Grocery Lists



KETO TIP DAY 6

ELECTROLYTES

AND WHY IT'S VERY
IMPORTANT



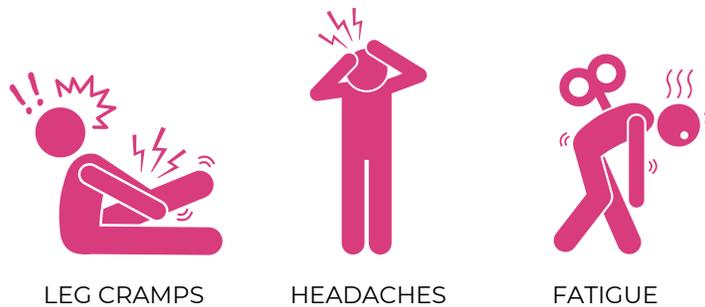
Why are Electrolytes important?



If your body's in Ketosis, or if your body's making Ketones or you're drinking them. Your body's actually flushing out Sodium, Magnesium, and Potassium. Your body's flushing out those electrolytes... So oftentimes people ask "Why do you have so much salt when Ketones are a salt solution?", or "Why do some Keto foods have so much salt?"... It's because your body's flushing it out.

When you're in Ketosis, and you will know that if you have leg cramps, like if your legs get cramped up. If you have a slight headache, or if you just kind of feel off, and you know you've been doing the Keto diet. Or maybe you've been really low carb and drinking Ketones for a while, you might just kind of feel off or you had terrible leg cramps.

Every time we travel, I don't keep up on my water intake (I need to get better at that). I also do not always drink my electrolytes and I will then get up in the middle of the night, screaming because I have leg cramps or Charlie horses. Because I am dehydrated and I need electrolytes. So when you're in Ketosis, or you're on the Keto diet or lifestyle, even low carb, make sure to drink your electrolytes.



Here are some options for you... Along with this Keto Nat Ketones, which I drink every day, we also have an Electrolyte called MITO PLEX.



They are incredible and there are different flavors. I sometimes mix the electrolytes with my Ketones or I mix them in my water throughout the day.

So that is what I drink for electrolytes. But if you don't have any MITO PLEX, you can use Himalayan salt. You can put a little bit of salt in your water and drink it throughout the day!



There have been times when I am walking around the house screaming because my legs have cramps and I will put salt in my hand and lick it right off. However you want to do it, get some Himalayan salt or get some pickle juice. Pickle juice works as an electrolyte.

Whatever you need to do to get them in, even if you're not feeling a slight headache, or even if you don't feel cramps. I drink at least one MITO PLEX every day. I throw it in my water and I usually do it in the evenings, so I don't get cramps at night.

That is why you would want to have electrolytes, because your body's flushing out all of them, and you have to replenish them along with water.

Most people find themselves snacking in the afternoons, forgetting to drink water, so most people are actually dehydrated too.

QUICK TIP: If you go potty, take a little sneak peek when you're done. If it's quite yellow, then you should get your booty back to the kitchen sink and drink some more water. (Exception if you're taking vitamins or meds that affect urine color) It should be very light yellow or no yellow. You just need to make sure that you're hydrated.



image credit: researchgate.net

Electrolytes are **ESSENTIAL** however you get them in, put the salt in your hand and lick it off, put it in your water, drink some pickle juice. It doesn't really matter how, just remember, **it is SUPER IMPORTANT to have them** when you're doing keto/low carb!

KETO TIP DAY 7

GET OFF

THE SCALE



"This scale can bring great joy or it can bring a lot of tears"



Today's tip is going to be all around fat loss and how to measure that.

What does that look like? I will be real honest with you. I hear about this pesky little scale every single day.

I do know, and I'm very well aware that this scale can bring great joy or it can bring a lot of tears. But this is not the only way that I want you to measure your success.

Can this be helpful? 100%! Can this be harmful? 100%! Your keto tip today is going to be different ways to have measurable success or to measure your health success.

The goal is "Getting Off the Scale"...

What do I mean by that? I want to make sure that when you dive into this journey, you're paying attention to inches lost, how your clothes are fitting, how you're feeling, and how your brain feels, as far as being alert and focused.

Stepping on the scale is fine, but try to do it only once a week or every other week. You might not see the scale move for awhile, but that doesn't mean you're not losing fat.



I've had countless people say, "I've lost six inches here and four inches there", "I can walk further", "I feel better", and "I'm sleeping better", "But I'm so frustrated because the scale is not moving so it feels like it's not working".

The scale should NOT be the only measurement for fat loss. If you're making better decisions, better choices, started drinking more water and you're being conscious of what you eat, then you are getting there. I also need you to pay attention to your measurements, and things like sleeping better, lifting heavier weights, walking farther, playing with your kids, and not running out of breath.

"Inches lost is actually still fat loss"



You will see the scale move. It might not be at the exact time that you want it to, but you will still notice inches lost and your clothes fitting differently.

So if you've been making better decisions, moving your body, and drinking more water, then don't get frustrated. You just have to really put in the work consistently, over time. Remember, you did not gain the fifty pounds overnight, hence you're not going to see it gone overnight.

Just be aware of the certain choices you have made that got you to where you are today. In that way, you will be able to make better choices to get to where you want to go tomorrow. Eventually, it will work if you just keep going.

"The scale is not the defining factor"



Tell yourself, "Food is Fuel and the scale is not the defining factor of what's going on", "I've got inches lost, which means there's fat loss", "I'm going to consistently keep going", and "I'm going to give this a good amount of time because I did not get here overnight"...



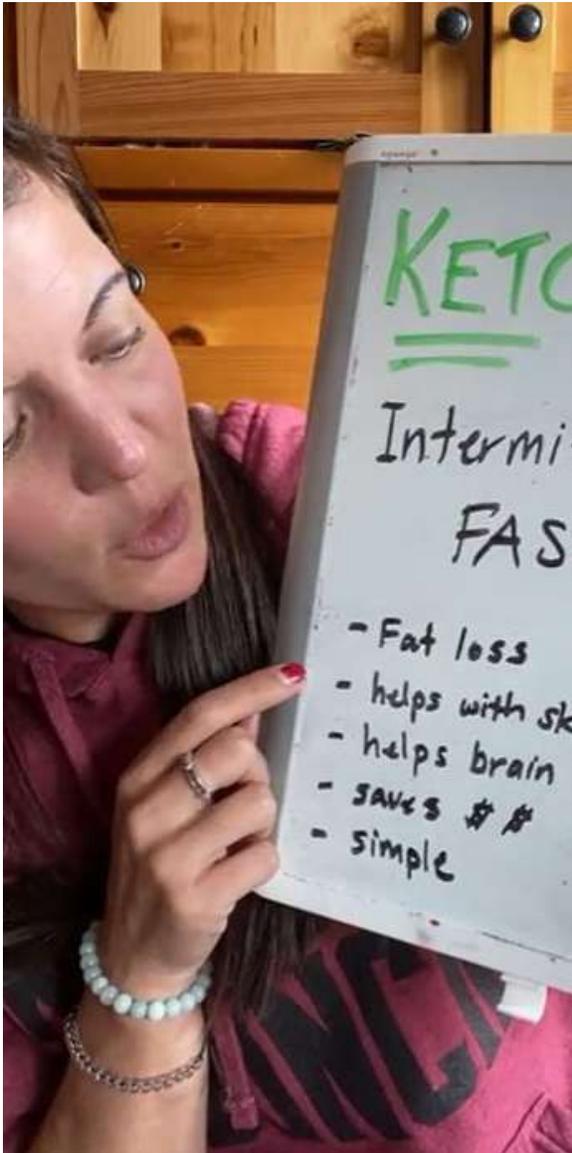
KETO TIP DAY 8

INTERMITTENT

FASTING



"What is Intermittent Fasting?"



I want to talk about Intermittent Fasting, but first of all, I'm not a doctor. So if you want to learn more from an actual doctor's perspective, you can consult your health care provider or you can search for the benefits of Intermittent Fasting.

The easiest concept about it though would be switching from eating and fasting, usually sixteen hours to the next day.

For example, at around seven o'clock in the evening, I'll stop eating. And then I'll wait fourteen to sixteen hours before I start eating again. That should bring me to about lunchtime the following day of not eating.

It helps you with your fat loss, and it also helps your brain focus throughout the mornings. It also saves you money, time, and it helps with your skin.

"What would somebody drink during their intermittent fasting period?"



A doctor once told me that people who need to lose a hundred pounds, even sixty, seventy, or eighty pounds, can only drink water and Ketones during that intermittent fasting period.

For those asking if they can have coffee or cream with their coffee? As per the physician, everybody is different, and everybody's goals are different. If somebody has already reached their fat loss goal and they wanted to add cream to their coffee, then they can because it sustains them longer, and it can help them get through that whole morning till they reach that sixteen hours. People actually have different answers for different people's bodies.

"Remember, a Ketogenic diet or a Keto diet isn't a one size fits all"



The most basic answer that I've seen people say is if it has calories, you can't drink it.

Some ask if they can have both? If you feel like it will help you reach that sixteen-hour mark, then go ahead. But if your goal is a large amount of fat loss, then you're going to have to be a bit more strict and stick with just water.

Do not go and eat the same amount of food that you missed. You can't eat more or double your meals just because you didn't eat breakfast.



Intermittent Fasting doesn't give you an excuse to eat more snacks.

You can also do some more research on the benefits of fasting. There are a lot of things that you can read and learn about, it's very helpful.



KETO TIP DAY 9

PORTION

CONTROL



"What Are Your Favorite Keto Snacks?"



If your days fall into one of those busy days, and everything is on the go. You're hungry, but you don't have a snack in your car, "What should you do?"

It's super easy to go through the drive-thru, eat garbage, and then regret it afterwards.

That is why we always keep low-carb Keto snacks in my car. I'll put a cooler in the car, especially on our really busy days.

"Two of my favorite Keto snacks are Almonds and Macadamia nuts".



But if we throw the entire bag in the car, it would be very easy to grab the entire bag and eat it while you're driving. Even if I were to just grab a handful, it would fill up my hand and that's already bigger than the portion on the container.

1 serving size = 1/4 cup.

So what I do is to make sure that I pre-portion these babies out. I put them in little snack baggies to avoid over eating. Check the back of the bag to see the serving size.

So you can pre-package them in small baggies and put them in your car for the kids. It's very important because you can easily overeat these delicious little nuts.



These snacks are most helpful when my kids are crabby. One time, one of my daughters said that she was starving, even though she just ate a taco salad.

So I told her to grab a handful of almonds, and to tell me after, if she was still hungry or not.

"Food is Fuel, and you really shouldn't be eating when you're really not hungry".

KETO TIP DAY 10

DAIRY

IN WOMEN



"Can I Eat As Much Dairy As I Want?"



Some people think it's okay to eat as much dairy as you want. But in the very beginning in my low-car / keto journey I was eating a ton of cream cheese and using heavy whip cream and I was having a lot of bloating.

All in all I just felt heavy and that's because dairy is heavy. So if you continuously eat dairy and feel bloated, try to cut back on it and see if you feel better.

If you've gotten to a point where you feel you've reached a plateau, the first question I'm going to ask you is "How much dairy are you eating?"



Some of you put heavy cream in your coffee, and you might feel that it's great for you because it's full of fat. Yes, that's true! But if you overdo coffee with heavy cream, not only are you eating a ton of dairy but you're also drinking your calories in a day.

"Wait! I thought we weren't counting calories?".

Yes! But if all you're drinking is fat coffee, which could be two thousand calories after four cups, and you're still eating your meals. Then that's probably why you're not seeing the progress that you want. It can cause you to get stuck right there.



So it's not that you can never have dairy, but everybody is different and you need to listen to your body. Some can eat as much dairy as they want and don't feel bloated and others, not so much.

But when they cut out some cream cheese and cut out the heavy cream, they feel way better.

You're just going to have to pay attention to how you feel, figure it out, and don't overdo it.