

FAQ's by Women

What exactly is the Keto Diet?

A keto diet is when you restrict carb intake and it forces the body to use an alternative fuel for energy. Most people use sugar as fuel, sugar burners, when going low carb and high fat, the body switches the fuel source to fat!

What are macros?

Macros is short for macronutrients which are what the body uses to create energy. The macros used are primarily fat, protein and carbs (short for carbohydrates).

How am I going to count my macros?

There are different apps to count macros but the keto points system simplifies this that you don't necessarily have to input it into an app. You will get more familiar with this system and see how easy it can be.

What is the best way to count the keto points when I make a recipe or eat out?

We are not going to be perfect so guesstimate. You will get better as you adapt this new way of eating. The keto point list is to give you an overview on how to count and make adjustments in your eating plan and counting macros in the beginning. Choose more fats and vegetables and do your best.

What if I don't eat my entire meal or eat more?

Do your best to calculate.

What if I'm still hungry?

Eat more fat! Even if it's more than the Keto Fat points per day.

What if I'm full by the end of the day?

Do the best you can to eat the Keto points for fats, proteins, carbs so that you can get enough nutrients for the day. At least try to eat all the keto fat points for the day and the majority of the keto protein and keto carb points.

One of my secrets and what I hear a lot of ladies do is make tea with lemon and MCT oil or coconut oil. Some like to add collagen or gelatin to their coffee with MCT oil and butter in the morning. Eating a lot of fat in the morning helps with reaching your keto points for the day.

What if by the end of the day I still have keto points to use?

As I mentioned above try some of those hacks. Making fat bombs help too. A green smoothie with veggies, coconut milk, berries, greens and collagen is always a good option.

That is where meal planning in the beginning really helps as this becomes a lifestyle.

What if something I ate something not listed on the Keto point list?

Read the labels and get the macros and guesstimate the amount of keto points you think you ate.

Should we measure all of our food or eyeball it?

In the beginning I would measure just to give you an idea or you can just eyeball it. (e.g. 1 Tbsp of butter, 1 Tbsp of oil, 3 ounces of meat, 4 ounces of fish) This can be a general guide. I want this to be simple and don't want you to become obsessed with measurements. See guide here:



What about Kombucha, Kevita and almond milk?

There is a varied range for these types of products. You can read the labels and calculate keto points. In my experience they are usually higher in sugar therefore carb points

What about sweeteners during keto?

One of the benefits of going low carb is decrease to almost on sugar cravings! In the beginning you may find you may want a sweetener. Some healthy natural options are Organic Stevia, raw honey or grade B maple syrup, with stevia as the first option. I would not use any of the artificial calorie free sweeteners like sweet n low, aspartame or maltodextrin. I would stay away from coconut sugar at this time too as we are trying to break the love relationship with sugar. Yes I had it too.

What's great about the keto point system is that you can use the keto carb points however you want. If that means you want to add honey in your morning java or tea then you can, just make sure you check it off as a carb point.

What if I cook my food in fats, does that count as a Keto Fat Point?

I love answering this question. NO!!!! Most of the cooking fats stay in the cookware. Most people think they are eating more fat than they really are. If you are using fat to cook with, you can count it as 0.5 Keto Fat Point.

A good habit is to drizzle fat on cooked food even if you cooked in fat e.g. pan fried salmon, fried chicken, and of course add them to your steamed vegetables. Always add fat to your vegetables in order to maximize the absorption of fat soluble vitamins.

Are the keto points the same for everyone? What about the height and weight of each lady?

The purpose of this project is to simplify it with Keto points. The beauty of this is that women adapt so well because for years they have gone low fat for fear of getting fat! Remember you are eating a high fat diet that the body will default to using FAT as fuel when sugar is not available. The body will also tap into the stored fat we have available. This is a big transition for women because they have gone low fat for years and it's in their subconscious mind that fats are bad. That has been pounded in our heads for years!! This keto Point system will liberate you from counting calories once you get adapted. Following the Keto point system will allow you to have enough food to become a fat burner, decrease pain, contribute to hormone harmony and feel amazing. That is what fat adapted is all about!

What if I am already eating Paleo and/or Keto?

In all the years I have worked with women who thought they were eating "clean", healthy, Paleo or keto I have found that they were not doing as well as they thought. By following the recommended Keto point system you will find that your body will adapt better. Even if you are only doing 20 carbs now by increasing them for a short time as we all begin together you may discover your body does better at a higher carb level or it can be used as carb cycling. What's important is journaling during this time as you may discover something new about your body. Your body is like a bank account and the amount of money available to draw upon is higher some days than others. Just roll with us and we will adapt as needed per your health bank account (Fats, Proteins, Carbs).

I noticed that some vegetables do not count as any points?

There are many veggies especially the leafy greens that have minimal carbs, we don't include in the keto point list.