

# The Keto Lifestyle for Women



## How to create a meal plan, how much and what to eat

A simple method I have used for women to transition into using fat as fuel instead of sugar is fuel without counting calories and somewhat guessing is to follow the following generic guidelines for the first 3 weeks and slowly decrease protein and carbs.

Week 1-3: 10 keto Fat Points, 6-8 Keto Protein Points, 4 Keto Carb Points

Week 4-6: 10-12 Keto Fat Points, 4-6 Keto Protein Points, 1-2 Keto Carb Points

### **Veggies (0 to 1 Keto Carb Point as noted below)**

-Alfalfa sprouts	-Onions
-Artichokes	-Parsley
-Asparagus	-Peas
-Avocado	-Peppers (all)
-Bamboo shoots	-Pickles (w/out sugar)
-Beans	-Radishes
-Beets	-Salsa (w/out sugar)
-Bok choy	-Sauerkraut
-Broccoli	-Seaweed
-Brussels sprouts	-Spinach
-Cabbage	+Squash, 1/2
-Carrots	-String beans
-Cauliflower	-Sugar snap peas
-Celery	-Swiss chard
-Cilantro	-Tomatoes
-Collard Greens	-Turnip greens
-Cucumbers	-Turnips
-Dill	-Water Chestnuts
-Eggplant	-Zucchini
-Escarole	
-Garlic	
-Ginger root	
-Kale	
-Leeks	
-Lettuce	
-Mushrooms	
-Okra	

*-Almost no points( 0 -0.5)*

*+Limit vegetables underground that are higher carb count (1/2 Keto Carb Point)*

### **Fruits (1/2 to 1 Keto Carb Point as noted below)**

\*\*\*Apples  
 \*Apricots 1  
 \*Berries, ½ cup (all)  
 \*\*\*Cherries, 1 cup (tart red)  
 \*\*Grapefruit, ½ medium  
 \*\*Grapes, 10  
 \*\*\*Kiwis, 1  
 \*Lemons/limes  
 \*\*Melons, 1 cup  
 \*\*Nectarines, 1 small  
 \*\*Orange, 1 small  
 \*\*Peaches, 1 medium  
 \*Pear, 1 medium  
 \*\*\*Pineapple cut, ¾ cup  
 \*\*Plums, 1 small  
 \*Tangerine, 1 medium  
 \*Tomatoes

\*Very low carb ½ Keto Carb Point  
 \*\*Medium carb ¾ Keto Carb Point  
 \*\*\*Higher carb 1 Keto Carb Point

**Protein 3 ounces meat, 4 ounces fish (Keto Protein Point (KPP) as noted and Keto Fat Point (KFP))**

- Paradise Protein & Greens (plant based) 1 scoop, 1 KPP
- Hormone Free-range Chicken, 2.5 KPP, ¼ KFP
- Hormone Free-range Turkey, 2.5 KPP, ¾ KFP
- Grass Fed Beef 1 KPP, 2 KFP
- Wild Caught Fish salmon, sardines, trout 1KPP, ½ KFP
- Lamb 1 KPP, 4 KFP
- Bison, 5 oz 2.5 KPP, 2 KFP
- Bone broth, 1 cup, ½ KPP
- 2 eggs, 1 KPP, ½ KFP
- 2 slices of bacon, ¾ KPP, ¾ KFP
- 2 turkey links, 1 KPP, 1 KFP
- 2 slices turkey lunch meat, 1KPP

**Milk, Juices & Beverages free points**

- Canned coconut milk
- Spring Water
- Apple Cider Vinegar
- Lemon Juice
- Organic Coffee

**Preferred nuts and seeds (1 Keto Fat Point)**

- Pecans, 15 halves
- Brazil, 5 nuts
- Macadamia, 8
- Walnuts, 12 halves
- Cashews, 15 (+1/2 KCP)
- Almond, 20 (1/2 KCP)

**Higher Starches/Fiber (1 Keto Carb Point or as noted)**

- Sweet potato, ½ medium
- Chia seeds, 2 Tbsp, ½ KPP, ¾ KFP, 1/3 KCP
- Flax seeds, 2 Tbsp, ½ KPP, 3/4/ KFP, ¾ KCP

**Other Fats/Protein/Carbs**

- Black beans, ½ cup, 1 KPP, 1 ½ KCP, 0.25 KFP
- Lentil beans ½ cup, 1 KPP, 1 KCP
- Pinto beans ½ cup, 1 KPP, 1 ½ KCP
- Kidney beans ½ cup, ½ KPP, 1 KCP

**Fats/Oils 1Tbsp (1 Keto Fat Point)**

- Coconut Oil
- Coconut Cream
- Grapeseed
- Flaxseed Oil
- Extra Virgin Olive
- MCT Oil
- Kerry Gold Grass Fed Butter
- Coconut Butter
- Sunflower Lecithin Oil
- Organic Ghee
- Macadamia Oil & Hemp Seed Oil
- Primal Kitchen Mayo
- Organic Tallow & Lard
- Olives,11 small (1/2 KFP)

**Spices/Herbs**

- Caraway seeds
- Paprika
- Cayenne
- Parsley-
- Cinnamon
- Ground Pepper
- Dill
- Sea Salt
- Ground Pepper
- Turmeric
- Mint
- Vanilla
- Nutmeg
- Oregano

**Keto Fat Point (10)**

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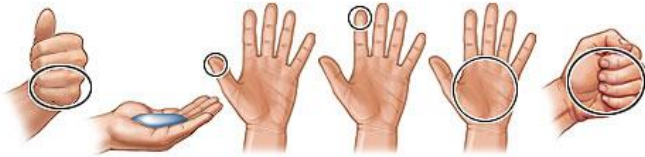
**Keto Protein Point (6-8)**

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**Keto Carb Point (4)**

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# Portion Sizes Samples



1/2 cup	1 oz	1 Tbsp	1 tsp	3 oz	1 cup
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 3 oz (75 g) cooked chicken or meat (4 oz raw); deck of cards	 1 cup (250 ml) cooked rice, pasta or ice cream; tennis ball	 1 oz (30 g) cheese; 4 dice or 1 domino
 medium piece of fruit; baseball	 1 tsp (5 ml) butter or margarine; one die	 1 small baked potato; a computer mouse
 average woman's fist; 1 cup (250 ml)	 2 tsp (30 ml) peanut butter, jam, salad dressing; golf ball	 1 oz (30 g) of chocolate; a packet of dental floss

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## SIZE IT RIGHT

A guide (based on standards that most nutritionists follow) to what one serving should look like.

 =  steak      iPod Classic	 =  cheese      matchbox	 =  pancake      DVD
 =  pasta      ice cream scoop	 =  potato      mouse	 =  fish      checkbook
 =  butter      postage stamp	 =  salad dressing      1-oz shot glass	 =  brown rice      baseball
 =  peanut butter      golf ball	 =  beans      lightbulb	 =  dark chocolate      dental floss

# Bonus Superfoods & Green Drink

## **Super foods to include**

Asparagus  
Bone Broth  
Sauerkraut or fermented foods  
Sea Salt

## **Make a green drink daily**

Blend the following:

1-2 scoop of protein powder Paradise Protein & Greens or other plant based protein powder  
8 ounces of coconut milk or almond milk  
1-3 cups of organic greens like kale or spinach  
1 celery stalk  
1/2 cup of organic berries  
1 tablespoon of olive oil, coconut oil, MCT oil  
dash of sea salt  
½ to 1 cup of ice cubes  
Other goodies to add-vanilla, cinnamon, stevia, unsweetened coconut flakes, cocoa powder

## **Sample Meal Plan**

### Breakfast

Bone Broth 1 cup  
2-3 Scrambled eggs  
½ avocado  
2-4 strips of Bacon  
1 cup berries  
Black Coffee or Coffee blended with 1 Tbsp butter, 1 Tbsp MCT Oil, dash of stevia if need sweetened – check out our website for our skinny coffee [recipe](#)

### Lunch

Large green salad with 2 Tbsp. of oil, ½ avocado, pecans  
3 ounces Chicken breast cooked in oil

### Dinner

Large green salad with 2 Tbsp of oil, lemon, vinegar  
3 ounces of beef or 4 ounces of fish  
½ sweet potato with 2 Tbsp of butter and cinnamon  
Steamed broccoli with 1-2 Tbsp butter

# What Does Keto Food Look Like?

