

Keto diet and an example of a week's menu

If you have been discussing diet or weight loss, you may have heard the word keto diet or keto diet.

And no wonder, as the keto diet has become one of the most popular ways to lose weight and promote health in the world, in 2018, according to Google statistics, it was the most sought after diet in the world.

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Studies have also shown that the use of this low-carbohydrate and high-fat diet can prevent and even halt the progression of certain diseases, such as type 2 diabetes or cognitive impairment.

In this article, we will tell you what to eat and what to avoid if you want to follow a keto diet. In addition, we've put together a one-week keto menu to get you started.

Basics of keto diet

The keto diet is generally very low in carbohydrates, high in fat and moderate in protein.

Fats should replace most of the reduced carbohydrates and produce about 75% of the total calories.

When a keto diet [رجيم الكيتو](#) is followed, carbohydrates are typically reduced to less than 50 grams per day, although stricter and looser versions of the diet exist.

The amount of protein should be about 20% of the energy requirement, while carbohydrates are usually limited to 5%.

Reducing carbs forces your body to take its main source of energy from fats instead of glucose - this state is called ketosis.

During ketosis, your body uses keto substances produced from fat in the liver as an alternative fuel.

Although fat is often avoided because of its caloric content, studies show that a keto diet is significantly more effective in promoting weight loss than a low-fat diet.

In addition, a keto diet reduces hunger and increases satiety, which can be especially helpful when trying to lose weight.



SUMMARY A keto diet is based on a very low intake of carbohydrates. Carbohydrates are typically limited to less than 50 grams per day and are mostly replaced with good fats and moderate amounts of protein.

Keto diet

Switching to a keto diet may seem overwhelming, but it doesn't have to be difficult.

You should focus on reducing carbs by increasing the fat and protein content of meals and snacks.

In order to achieve and stay in ketosis, carbohydrates simply need to be restricted.

For some, achieving ketosis may require limiting carbohydrates to 20 grams per day, while others may succeed with much higher carbohydrate intake.

The quality of carbohydrates is also important, especially their overall effect on blood sugar.

The lower your carbohydrate intake, the easier it is to reach and stay in ketosis.

Therefore, staying on keto-friendly foods and avoiding carbon is the best way to succeed in losing weight with a keto diet.

How do you know you have ketosis?

When trying a keto diet for the first time, it can be hard to tell because ketosis has been achieved. Fortunately, the levels of ketones in the body can be measured in a number of different ways .

Ketones are naturally present in the blood, but can also be detected in various forms with breathing and urine. Concentrations of ketones can be measured from all of these.

Keto-friendly dishes

When following a keto diet, meals and snacks should focus on the following foods:

- **Eggs:** Organic hen eggs are the best option
- **Poultry:** Chicken and turkey.
- **Fatty fish:** Wild caught salmon, herring and mackerel.
- **Organic meat:** Grass-fed beef, pork, offal.
- **Whole fat dairy products :** Yogurt, butter and cream.
- **Whole fat cheeses :** Cheddar, mozzarella, brie, goat cheese and cream cheese.
- **Nuts and seeds:** Macadamia nuts, almonds, walnuts, pumpkin seeds, peanuts and flax seeds.
- **Nut Butter:** Organic **peanut** , almond and cashew nuts.
- **Healthy fats:** coconut oil, olive oil, avocado oil, coconut butter and sesame oil.
- **Avocados:** **Avocados** can be added to almost any meal or snack.
- **Non-starchy vegetables:** Leafy greens, broccoli, tomatoes, mushrooms and peppers.

- **Spices:** Salt, pepper, apple cider vinegar, lemon juice, fresh herbs and spices

Foods to avoid

Avoid all high-carbohydrate foods when following a keto diet.

The following foods should be restricted:

- **Breads and pastries:** White bread, wholemeal bread, biscuits ,, donuts and buns, etc.
- **Confectionery and sugary foods:** sugar, ice cream, confectionery, maple syrup, agave syrup and coconut sugar.
- **Sweetened drinks:** lemonades, juices, sweetened teas and sports drinks.
- **Pasta:** Spaghetti and noodles.
- **Cereals and cereal products:** wheat, rice, oats, breakfast cereals and tortillas.
- **Starchy vegetables:** Potatoes, sweet potatoes, corn, peas and pumpkin.
- **Beans and legumes:** black beans, chickpeas, lentils and kidney beans.
- **Fruit :** Citrus fruits, grapes, bananas and pineapple.
- **Carbonaceous sauces:** bbq sauce, sugary salad dressings and sauce.
- **Certain alcoholic beverages:** Beer and sugary beverages.

While carbohydrates should be limited, low glycemic fruits, such as berries, can be consumed to a limited extent as long as you stay within the carbon limits of a keto diet.

Be sure to choose healthy foods and avoid processed foods and unhealthy fats.

The following foods should be avoided:

- **Unhealthy fats:** Margarine, vegetable oils such as canola and corn oil.
- **Processed foods:** fast food, packaged foods and processed meat products
- **Diet Foods :** Foods that contain artificial colors, preservatives, and sweeteners such as sugar alcohols and aspartame.

Coconut water is well suited for a keto diet, it refreshes and hydrates the body and tastes good without harmful sugars.

Keto-friendly drinks

Sugar is found in a wide variety of beverages such as juice, mulled wine, iced tea and coffee beverages.

In a keto diet, it is essential to avoid high-carbon drinks just like high-carbohydrate foods.

Sugar beverages are also often associated with various health problems, such as obesity and an increased risk of diabetes (6 , 7 , 8).

Fortunately, there are many tasty, sugar-free options to suit your keto diet.

Keto-friendly drink choices include:

- **Water:** Water is the best choice for maintaining fluid balance and should be enjoyed throughout the day
- **Carbonated water:** If you are used to drinking slimy and energy drinks, carbonated water is an excellent substitute
- **Unsweetened coffee:** Try cream to bring more flavor to your coffee.
- **Unsweetened green tea:** Green tea tastes good and offers many health benefits.

If you want to add flavor to your water, try different keto-friendly flavor combinations.

For example, throwing fresh mint and lemon zest into a water bottle brings a nice variation in the taste of the water.

While alcohol should be limited, a low-carb beverage such as vodka with soda water or a glass of wine can sometimes be enjoyed.

SUMMARY A healthy keto diet should be high in fat, low carb foods, and limit processed products and unhealthy fats. Keto-friendly beverage options must be sugar-free. Prefer water, vichy, unsweetened green tea and coffee.

An example of a week's keto menu

The next menu is less than 50 grams of carbs a day, high in good fats and a reasonable amount of protein.

As mentioned above, some may need to further reduce carbohydrates to achieve ketosis.

This is an example of a weekly keto menu that can be modified to suit individual dietary needs.

If you want to combine a snack with a diet , you can skip breakfast altogether. Still, remember to drink fluids, tea and coffee do not interrupt fasting.

TIP : If a calorie-free morning feels difficult, try butter coffee . Although it contains calories, it doesn't completely cut off the benefits of fasting, but you still get enough energy until southwest.

Monday

- **Breakfast:** Two butter-fried eggs served with steamed vegetables.
- **Lunch:** Organic beef burger steak, topped with cheese, mushrooms and avocado, topped with leafy greens.
- **Dinner:** Pork chops and steamed green beans in coconut oil

Tuesday

- **Breakfast:** Mushroom melet .

- **Lunch:** Tuna salad with eggs, celery and tomato, served on a green salad bed
- **Dinner:** Chicken wings and creamy broccoli .

Wednesday

- **Breakfast:** Peppers stuffed with egg and cheese .
- **Lunch:** Arugula salad with boiled eggs, turkey, avocado and blue cheese.
- **Dinner:** Grilled salmon and steamed spinach with coconut oil

Thursday

- **Breakfast:** Full-fat organic yogurt with keto-granola.
- **Lunch :** Steak bowl with cauliflower rice, cheese, herbs, avocado and salsa.
- **Dinner:** Beef steak with broccoli cheese

Friday

- **Breakfast:** Oven-baked avocados with egg filling.
- **Lunch:** Caesar salad with chicken.
- **Dinner:** Pork chops and vegetables.

Saturday

- **Breakfast:** Cauliflower toast with cream cheese and avocado.
- **Lunch:** Bunless salmon Burgers topped with pesto.
- **Dinner:** Meatballs with zucchini, noodles and parmesan cheese.

Sunday

- **Breakfast:** Coconut milk Chia pudding with coconut chips and walnuts
- **Lunch:** Cobb salad made with greens, hard-boiled eggs, avocado, cheese and turkey.
- **Dinner:** Coconut curry with chicken.

As you can see, keto meals can be varied and tasty.

While many keto meals are based on meat or fish, there are also a wide variety of vegetarian options.

If you follow a more liberal keto diet, adding a cup of berries for breakfast or a small portion of starchy vegetables for dinner can increase your carbs.

SUMMARY A keto diet, like any healthy eating, should consist primarily of quality local food and include high-fiber, low-carbohydrate vegetables. Choose healthy fats such as coconut oil, avocado, olive oil and organic butter to raise the fat content of your food.

Healthy keto snacks

A snack between meals can help curb hunger and keep you on track as you follow a keto diet.

Because the keto diet is so satisfying, you hardly need more than one or two snacks a day depending on your activity level.

Here are some great, keto-friendly snack options:

- Assortment of cheese
- Half an avocado stuffed with seasoned chicken or fish
- Low carb vegetables dipped in guacamole or cream cheese
- Boiled egg
- Coconut chips
- Crispy fried kale
- Olives and salami
- Various nuts and seeds
- Low carb green smoothies

While these snacks can keep hunger at bay between meals, they can also increase weight gain if total calories rise too high.

It is important to eat the right amount of calories based on your activity level, weight loss goal, age and gender.

If you are not sure how many calories you should eat, check out this article and learn how to calculate your energy needs.

SUMMARY Keto-friendly snacks should be high in fat, moderate in protein, and low in carbohydrates. Increase fiber intake with a snack of sliced, low-carb vegetables. Add a sauce or dip high in good fats to the side.

A simple keto shopping list

A varied keto diet is rich in fresh produce, healthy fats and proteins.

The blend of both fresh and frozen products ensures that you always have keto-friendly vegetables and fruits to add to your dishes.

Here's a simple keto shopping list to help you find the right ingredients on supermarket shelves.

- **Meat and poultry:** Beef, chicken, turkey and pork (choose organic and grazed if possible) Fish:
- **Fatty fish:** Salmon, sardines, mackerel and herring are best.
- **Other Seafood:** Oysters, shrimps and scallops.
- **Eggs:** Buy omega-3-containing outdoor chicken eggs whenever possible.
- **Full-fat dairy products:** Natural yogurt, greek yogurt, organic butter, cream and sour cream.
- **Oils:** coconut and avocado oils .
- **Avocados:** Buy a blend of ripe and unripe avocados to make the supply last longer.
- **Cheeses:** Brie, cream cheeses, cheddar and goat cheese.

- **Frozen or fresh berries:** blueberries, raspberries, blackberries.
- **Nuts:** Macadamia nuts, almonds, pecans, pistachios.
- **Seeds:** pumpkin seeds, sunflower seeds, chia seeds.
- **Peanut butter:** Almond butter, peanut butter.
- **Fresh or frozen low-vegetable vegetables:** Mushrooms, cauliflower, broccoli, leafy greens, peppers, onions and tomatoes.
- **Spices and side dishes:** sea salt, pepper, salsa, herbs, garlic, vinegar, mustard, olives, turmeric, cayenne pepper.

You should always plan your meals in advance and fill the shopping cart even for the whole week ahead.

Staying on a well-planned shopping list will help you avoid tempting, unhealthy foods.

TIP Shopping list planning helps you choose the right ingredients and makes it easier to plan your week's meals. Fill your shopping cart with organic meat, poultry, eggs, low-carbon vegetables, whole-fat dairy products and healthy fats.

Summary

A healthy keto diet should contain about 75% fat, 20% protein and only 5% or less than 50 grams of carbohydrates per day.

Focus on fatty, low-carbohydrate foods such as eggs, meat, dairy and low-carbon vegetables, and sugar-free beverages. Avoid high processed products and unhealthy fats.

Due to the great popularity of the keto diet, there are many different recipes and ideas for healthy foods online.

This article is a good guide for a beginner with a keto diet, you will soon find that the transition to a high-fat and low-carb diet is not as difficult as you imagined.