



FAQ – Frequently Asked Questions?

www.KetoLifestyleForWomen.com

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. Some of the popular apps are:

- my fitness pal
- Carb Manager
- CRON- o- meter
- Keto diet tracker

What is the best way to figure out calories and macros?

#1 calculate your calories based on age, gender, activity level, current weight, and fitness goals by going to <https://www.iifym.com/iifym-calculator/> and complete section #1 & 2

#2 click on the performance (Same as TDEE) to calculate your calories

#3 Some good macros to start would be 30% protein, 15% carbs, 65% fats; Multiple 30% by the total calories to determine how many Protein calories then divide by 4 to give you the grams of protein; multiple 15 % by total calories to determine how many Carb calories then divide by 4 to give you the grams of carbs; multiple by 65% by total calories to determine how many Fat calories then divide by 9 to give you the grams of carbs

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

Do your best since we want to make sure you get enough vitamins and minerals to sustain and/or create a healthy body

What if I'm still hungry?

Eat more fat! Even if it's more than the allotted fat grams

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

Do the best you can to eat your fat, protein and carb for the day. This is very important in the beginning as we are training the body's metabolic system to recognize FAT as the major fuel source instead of sugar.

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 FAT macros for the day.

What if by the end of the day I still have eaten all my calories or met my macros?

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.

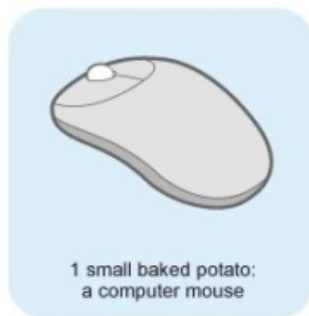
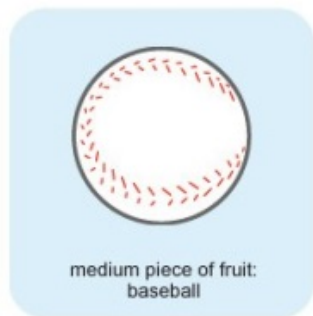
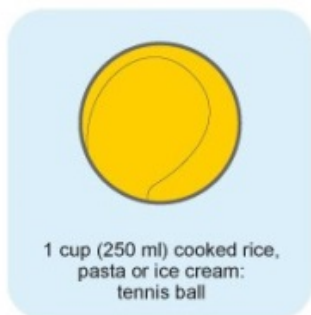
That is where meal planning in the beginning really helps as this becomes a lifestyle.

What if something I ate something not listed on the app to track my macros?

Read the labels and get the macros and guesstimate the amount 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 too 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 the macros. In my experience they are usually higher in sugar therefore carbs.

What about sweeteners during keto?

One of the benefits of going low carb is decrease to almost NO sugar cravings! In the beginning you may find you may want a sweetener. Some healthy natural options are Organic Stevia, monk fruit, 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 if I cook my food in fats, does that count as part of my FAT macros?

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 ½ FAT macro.

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 guidelines for fat, protein and carbs 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, 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).

How about vegetables during the keto eating plan for women?

There are many veggies especially the leafy greens that have minimal carbs, and generally don't count them as carbs