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# 7 DAY BALANCED KETO MEAL PLAN

## Fuel & Heal Your Body With Healthy Fats

	Breakfast	Lunch	Dinner	Snack
Day 1	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 2	2 Veggie Frittata	2 Vanilla Creme Gummies	2 Slaw with Chicken & Bacon	2 Tropical Coconut Balls
Day 3	3 Eggplant & Bacon Sauté	3 Sardine Salad	3 Chorizo Bowl	3 Jicama Fries
Day 4	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 5	2 Eggplant & Bacon Sauté	2 Vanilla Creme Gummies	2 Slaw with Chicken & Bacon	2 Jicama Fries
Day 6	3 Veggie Frittata	3 Sardine Salad	3 Chorizo Bowl	3 Tropical Coconut Balls
Day 7	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water

Full Meal Plan + Shopping List + Recipes at KetoVale.com



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Full Meal Plan + Shopping List + Recipes at KetoVale.com

# PRINTABLE MEAL PLANNER

ketofy.me		meal planner		
monday	date:	/	/	goals for this week
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
tuesday	date:	/	/	
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
wednesday	date:	/	/	
BREAKFAST				
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SNACKS				
thursday	date:	/	/	
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
friday	date:	/	/	
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
saturday	date:	/	/	
BREAKFAST				
LUNCH				
DINNER				
SNACKS				
sunday	date:	/	/	
BREAKFAST				
LUNCH				
DINNER				
SNACKS				

Revised by Michael W. Smith, MD on September 1, 2021 the ketogistic diet, or abbreviated keto, is a high diet in fats and proteins and low carbohydrates that has gained a lot Weight in recent years. But does it really work? If you are thinking of trying the keto diet, there is a look at what to wait if you are a beginner. The keto diet may sound fashionable, but it has existed for a while. He emerged for the first time in the day of 1920. Originally, the world recommended it to help with conditions such as epilepsy and diabetes. But today, some people use the keto diet to lose weight. For many Americans, carbohydrates such as breads, pasta or potatoes represent more than 50% of their daily diet. His body breaks down the glucose (AzúCares) found in carbohydrates to feed his body with energy. In the keto diet, the goal is to change the heat of glucose with fat. In a typical keto diet, its nutrition is focused on fatty foods. They will represent between 60% and 80% of their daily heat. Proteins represent 15% to 20%. Carbohydrates are restricted to no more than 50 grams. This makes it a fairly restrictive diet. The studies show that those who follow the low carbohydrate keto diet have more likely to lose weight within the first 3 to 6 months of what they would do if they followed a more balanced diet. But because the keto diet requires drum changes in your daily diet, it is better to ask your music or a nutritionist if it is suitable for you before starting. When in the keto diet, you are eating very few carbohydrates to support your body's energy needs. As a result, your body uses to burn your body fat stores to feed your energy. When your body burns body fat for fuel, it produces ketones, made in his liver. His body enters a metabolic state called "cetosis." If you follow the diet strictly, your body will reach ketosis in about 4 days. It's likely that you will even see several pounds of weight loss the first week. 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Continue with your music or a nutritionist about what will work better for you. This is especially important if you have other dietary restrictions, such as vegan, vegetarian or having certain food allergies. Experts can help find alternatives or substitutes and come up with a meal plan that best suits your needs. Before you start changing your meals, here are some questions you should consider or ask your doctor: Will the keto diet help manage certain health conditions? Do you need to lose weight? What are some of the side effects? Should you take or continue vitamins or supplements during the diet? How long should you stay on the keto diet? Should you exercise? If so, how much? Some keto-friendly foods are: Nuts Seeds Full-fat dairy products Greek yogurt Non-starchy and fibrous vegetables Fatty oils Meat Fish Eggs Cottage cheese Coconut For the 20 to 50 grams of carbs per day, choose non-starchy veggies like: Broccoli Cauliflower Peppers Mushrooms Leafy greens Asparagus Green beans Foods to avoid or limit include starchy and high-carb foods like: Bread Baked goods Sugary sweets Pasta Rice Breakfast cereals Starchy vegetables like potatoes, sweet potatoes, corn, peas, and beans Fruits high in sugars Wine Beer, unless it's low-carb In terms of acceptable drinks on the keto diet, you can opt for unsweetened coffee or tea. Cut down on how much alcohol you drink. If you drink alcohol, choose low-carb liquors like tequila or vodka and use soda water as a mixer. Keto-friendly snacks are a good balance of healthy fats and moderate protein with low carb content. You can make some at home or use store-bought versions. This includes snacks such as: Brazil nuts Walnuts Hazelnuts Peanuts Coconut yogurt Guacamole Cheese Canned tuna Meat jerky Olives Pork rinds Seaweed snacks Hard-boiled eggs Jicama (low-carb root vegetable). These snacks can help you manage your hunger between meals and stick to staying in ketosis in the long term. While research shows that the keto diet helps some people lose weight or manage health conditions, the restrictive diet isn't a good idea for everyone. It may be harmful if you follow the diet incorrectly or without proper supervision. The keto diet also affects each person differently. Some people may experience side effects like constipation, fatigue, and difficulty concentrating. It's important to consult with a healthcare professional before starting a keto diet, especially if you have any underlying health conditions.

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