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Welcome to Keto for Beginners, my brand new series where I'm basically going to give you a free Keto meal plan, Keto diet or lifestyle, as we prefer to call it quickly becomes one of the most popular ways to eat, especially for weight loss. And for good reasons too, it has helped him many people lose weight, control their diabetes and improve their overall health. So I can see why so many people want to jump on the Keto bandwagon. But there is a lot of information online and I can understand how it can be intimidating and overwhelming as well for those who just want to start their journey and lose weight. That's why I started this series. What I'd like for you to do over the next two weeks is watch my entire Keto 101 series, where I explain everything you need to know about keto's diet. And while you do that you follow this meal plan for 7 days right before you go into my meal plan for Week 2. Over the next 4 weeks I'll give you 4 meal plans, use each meal plan for a week before switching. At the end of it you have to find yourself familiar with Keto and hopefully a few pounds lighter. It's important to remember that I'm not a doctor, nutritionist or nutritionist. I'm just a musician/YouTuber who did Keto, so please don't do any of this as a medical advice. If you have pre-existing conditions, please consult your doctor or qualified specialist before doing anything. It's just a resource for people who need it. So please treat this as a cautionary tale before proceeding. Enjoy the video below and then keep reading. Food Substitutes & Information Cooking fats although I use a lot of avocado oil for my cooking there are some alternatives available. For cooking, you can use butter, ghee, olive oil, coconut oil, lard, chicken fat, duck fat, lard and goose fat. You want to avoid all hydrogenated vegetable oils. Follow the list above for cooking meat options I eat almost anything that moves and is eddy. In most cases, you can replace the meat if you don't eat something in particular. Any animal/poultry meat is Keto. This means that cows, bulls, buffaloes, oxen, deer, common deer, pigs, wild boars, kangaroos, camels, horse, snake, crocodile, etc. birds like chicken, pigeon, duck, goose, quail, etc. all seafood is ok, so any kind of fish, squid, octopus, oysters, etc. I think you get the idea. What you want to keep in mind is the use of fatty cuts of meat and where possible to keep the skin on. You want not to go for lean meat, but if you don't have the option it's good to use. Most replacements will be based on the recipe itself. When it comes to cold slicing and sausages where you really need to be aware. You want to try to find the products with the least amount Avoid anything with sugar in it. If your sausage reads less than 80% meat, it's probably best to avoid it. So you have to start reading the ingredient and food labels from here out. Vegetable Vegetable Almost all green vegetables are good to consume. You can eat mushrooms, peppers, onions, tomatoes (and that's the fruit I know) and eggplant as well. What you want to avoid is starchy vegetables such as potatoes, yams, sweet potatoes, etc. now at least you will also avoid carrots, corn, peas and beetroot. Just FYI is not allowed lentils or legumes (I know they are not vegetables). Drink options Absolutely NO ALCOHOL. The idea is to lose weight and alcohol isn't your friend, so you're not going to drink any. What you can drink is water, black coffee or tea and green tea. No moths and absolutely NO SUGAR! If you feel the need for some dairy or dairy, then you can use heavy whipped cream, almond milk, coconut milk or soy milk. Don't forget to make sure they're sugar-free. If you need it sweetened, then stick to stevia or erythritol. For my friends who live in India, please check out my Keto shopping guide for Indians to find out what I recommend. The breakfast menu is eggs, bacon and guacamole. It's really pretty basic, but here are your options. Avocados can be replaced with spinach or broccoli. You can fry it in leftover bacon fat after cooking eggs or you can alternatively just fry it in butter. You can replace pork bacon with turkey bacon or chicken sausages. If you're vegetarian, you can eat paneer or haloumi instead of bacon. Lunch - Ground beef with broccoli & Zucchini - Beef can be replaced by any ground meat to choose from. The chicken will do, so will the crocodile. Any meat is ok! For vegetables, you can use Brussels sprouts, asparagus, spinach, mushrooms, etc. Any vegetables Keto will be ok. If you want to keep this dairy free you can use coconut cream instead of cheese and cream, which I use it will be fine. In the video, I mention not to throw the stem broccoli. There are 3 uses for it. You can make my broccoli cheddar soup. You can slice the stem into cubes and boil it and use it like fake potatoes in my Keto poha recipe. And you can use it to thicken your sauces, boil it and then mix it in puree. As I did in my keto pot fried recipe. If you're vegetarians, you can use cheese instead of beef. You can also use crumbled tofu. Snack - I think instead of ham you can use chicken salami if you don't eat pork. Chicken & Turkey Ham is also the real thing that exists. As for cheese you can use whatever you like. Always try to get quality cheese with as few additional ingredients as possible. Vegetarians can replace ham with an omelette or boiled egg. If you don't want to use mustard, you can use a store bought by Keto mayo or you can make your own Keto mayo. Hot sauce is an alternative too, find one without sugar. - Chicken salad is quite simple. You can use beef steak instead of chicken if you like. Any seafood is also good. If you can't get curry powder, then any sugar free seasoning will do. I suggest sticking to paprika, cayenne peppers, tumers, cumin and spice spices these or dried herbs like oregano, etc. for vegetarians, paner and halloumi are good options or even fresh buffalo mozzarella. The salad is just a salad with baby spinach and cherry tomatoes and a little shredded cabbage. You can also make your own salad mix or just buy it in store. You can also replace soy sauce for more Keto friendly coconut amino sourcing. For more information Drink water Make sure you stay hydrated. Drink at least 2 litres of water during the day as your body doesn't hold water on Keto. It can also lead to very rapid weight loss during the first week. Don't worry, it's probably just the weight of the water. But keep the bottle with you at all times and keep drinking. Salt your food Given that you body does not store water you will also be short on electrolytes, it is sodium, potassium and magnesium. You can always take a supplement for them, but you still want to be generous with salt for food. Try to get good salt quality. Sea salt, pink salt, etc. are all good. You can also get low sodium salt, which is an excellent source of potassium. Prepare for keto flu Don't panic. It's nothing serious. You may just feel bleh for days as your body adapts to Keto. That's ok. After all this is new to your body as well whenever you try to lose weight it often leads to us not feeling optimal. What you can do for this is just take some supplements for it for your electrolytes, as I mentioned above or have enough salt in your food. Both low sodium salt and ordinary salt. Sometimes you can drink a glass of water with a squeeze of lemon juice and salt. This stuff helps. However, after a day or 2 of this you should be fine as your body slowly adapts to your new diet. So it's all human. If you have any questions, please feel free to leave a comment and I will be back to you as soon as possible. Shopping list Just edit the quantity based on your appetite. If you have left food, you can always freeze it for up to a full month. So it's more just a list, the number will vary depending on how much you eat. Eggs Bacon Avocado Red onion Cilantro Tomato Lime/Lemon Pink Salt Low Sodium Salt Pepper (or powder or pepper acorns for your grinder) Avocado oil (for cooking) Olive oil Extra Virgin (good material for salads) Garlic Paprika Red Chile Flakes Thyme (dried or fresh) Broccoli Zucchini Ground beef Cheddar Cheese/Gouda (Any of your fav hard cheese will make) Cheese Slices (Optionally you can just use cheddar) Parmesan cheese (Any of your fav hard cheese will make) Cheese slices (Optional you can just use cheddar) Parmesan cheese (good stuff, and it's optional) Heavy whipping cream full fat cream cheese Ham salad Dijon Mustard (or whole grain or even Mustard) Chicken Thighs Curry Powder Peant Butter (all natural without added sugar) Soy sauce or Coconut Aminos White Sesame Black sesame seeds Prepackaged salad mixes or lots of assorted lettuce and perhaps some baby spinach to mix, as well as Stevia or Erythritol, which should cover everything. Adjust quantity about how much you are going to eat. For example, if you eat 2 eggs a day, then that's the 14 eggs you need in total. If you eat say 3 slices of bacon a day and the packet has 12 slices, then buy 2 packets. You get the idea. And just a reminder for my Indian viewers to check out my shopping guide for Native Americans for the brands offered. Cooking for 7 days! At the same time, we don't want to limit the law on free breakfast. It's fast and you can do it on a daily basis. Guacamole makes about 2 servings, given it will eat about 1/2 of the avocado every day. So you only do that every alternate day. For lunch I think the recipe below will be 3 servings for me easily, if not 4, so you can double the recipe and that should be enough for all 7 days. Snacking is something you can do on a daily basis if you are hungry and feel the need for it. We could have mashed all the chicken on the first day and portioned it. The same for refueling you can just multiply the recipe by 7 and you have enough dressings a week. I didn't make it a huge party because it's so quick to do that I really would like to do it on the day itself. But now you get an idea of how to cook everything and portion it. Cut the avocado in half by running a knife around it. Then remove the seeds with a knife (watch the video). Cut out the softness horizontally and vertically to create the cubes and then prick it with a spoon. Season the avocado with salt, add to the onions, tomato, lime juice and cilantro and let it mix well and puree. Guacamole is now ready. Fry the bacon, starting it in a cold saucepan over a medium heat and cook to your liking. Bacon fat should be given out, and once the bacon is made the cooking is removed from the pan. In the same pan, crack 2 eggs and cook to your liking. You can scrape your eggs, you can whip them up to make an omelette or you can just fry them. I love to cover it with both for 2 minutes and cook it and I have perfect fried eggs. Don't forget to season the eggs with salt and pepper. Enjoy eggs with bacon and guacamole. Guacamole should make 2 portions. So you effectively only eat 1/2 of the avocado for breakfast. Cut the broccoli flowers out of the stem and set them aside. Also chop zucchini into small cubes or slices, no matter how much you like them. Heat the avocado oil in a frying pan or without a stick and once smoke to add the beef to the ground. Season with salt and pepper, then cook for a minute or two before adding to the onions and garlic. Once the onions are translucent and the garlic starts to brown add to the paprika, chili flakes and thyme and give everything a good combination. Cook for a minute before adding zucchini and broccoli, season with salt and give it a good mix. Cover and cook for 3-4 minutes, then rub cheddar cheese over the mixture and add in heavy cream and cover and cook for a few more minutes until the cheese has melted. Give everything a good combination and then, there is too much liquid in the pan to cook until this decreases. Decreases, add to the cream cheese and mix everything well. Serve with fresh parmesan grated on top and a sprinkling of paprika. About 1 well-stocked bowl should be enough. Spread the mustard on the salad as you would on a piece of bread. You can also replace mustard with hot sauce (no sugar), barbecue sauce (keto friendly) or keto mayo. Then put on a slice of ham, a piece of cheese, and then just roll it. Enjoy the wrap. You can also use turkey slices, chicken ham, roasts, etc. use any cheese you like. Put some cling film/plastic wraps over the chicken thighs and whip them up with a flat side meat hammer until they are nice and even. Season on both sides with salt, pepper and curry powder. Heat the avocado oil in the workshop and after a hot smoking add the chicken and fry for about 3 minutes on each side until golden brown and fully cooked. Then set it aside on a plate to rest. To make a microwave dressing, peanut butter and water for 30 seconds, then whisk until you get a nice runny mix. Add to the soy sauce, lemon juice, olive oil, stevia and salt and pepper and mix well. Also add chicken juices to holidaymakers. Now note that all stevias have a different level of sweetness, so you want to add about 1/2 h. . n. equals sugar. So with erythritol it's usually a ratio of 1:1 as sugar, so you could use 1/2 tsp erithol if you use that instead of stevia. To assemble the salad, simply open your mixed salad bag. You can also just chop salad, cabbage, baby spinach and a few cherry tomatoes to make your own mix. Pour over the dressing, followed by black and white sesame seeds. Chop the chicken and add that on the salad and finish with some coriander. Breakfast - Recipe eggs and bacon - 1 serving per 1 meal. Guacamole should make 2 full portions, it can be 3 if your appetite is less. Lunch - The recipe above makes 4 servings. So once you cook it divide it into 4 equal portions and eat 1 every day. If you're a much bigger person than me, then you can have more than 1 serving for lunch snack - This recipe is two servings. Once again, eat only with hunger. You can eat 1 serving and if you still feel hungry eating another. A good idea is to have a cup of coffee/tea as well with it. Dinner - Recipe above for 1 serving. It's a pretty large serving so once again if you feel that two chicken thighs are too much for you to make only 1, but eat the same amount of lettuce and dressing. KETO 101KETO BASICESQUETO FOR BEGINNERS

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