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# LIVING KETO

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FOR BEGINNERS, BUSY PEOPLE, AND FOR THOSE WHO DON'T LIKE TO COOK (BUT LIKE TO EAT)



# HEY THERE!

Welcome to our keto quick guide. If you are reading this you will be starting your journey in keto so I hope this helps and encourages you. I am not a doctor or an expert, I have been very blessed to have had amazing guidance through diet with our neurologist Dr. Matthew Phillips when I was diagnosed with stage 4 cancer in 2017 (you can read more on saronameka.com). Prior to that, I had 37 years on a high sugar, highly processed diet. I loved everything sweet and my idea of 'healthy eating' was gluten-free or toasted muesli (both still full of sugar and carbs). For the last few years, our family have gone through a complete lifestyle change.

There are many misconceptions around keto. Despite it being a very traditional way of eating ('feast and famine' as opposed to 'feast and feast'), there is still a lack of support and understanding from many in the medical profession.

Don't buy into the rumours that surround keto diets (bad for cholesterol, high fat etc) – the **types** of fats you eat are very important; as is a variety of vegetables; as is common sense. I know first-hand how important food is to the body, and how many diseases can be managed and even reversed through keto.

When we first started keto we emptied our cupboards of all carbs, spent a lot of money on expensive food, bought every cookbook under the sun, and would spend copious hours cooking. But it was unsustainable and we needed to find a way to make it work for our family.

Finally, we have found our happy place. I am strict keto while my husband Vern may still have an odd carb meal. Our kids have carbs in the cupboard (but no sweets) and eat keto dinners with us – they just don't always know it. We limit the amount of processed foods we buy and are conscious of what we are putting into our bodies. This guide is for our family and friends with the hope you can understand the low-carb way of eating, and reach your own place of balance.

God bless

Sarona Rameka :-)



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# HOW DOES IT WORK?

For more detailed explanations of how the body works while in ketosis, please look up [wanderingsolace.com/archives](http://wanderingsolace.com/archives) - Dr. Matthew Phillips has completed some incredible research on ketosis, fasting, and much more. Our nutritionist Deborah Murtagh also has a lot of information on her website ([deborahmurtagh.com](http://deborahmurtagh.com)) and live feeds on her facebook page (@DeborahMurtaghTKS). I recommend joining the facebook group 'Reverse T2 Diabetes Taupo' for free advice and great videos around keto, diabetes and nutrition with my GP Dr Glen Davies who also runs Reversal NZ ([reversalnz.co.nz](http://reversalnz.co.nz)).

The following is my interpretation of how keto works...

Most human bodies use **glucose as fuel**. Glucose is a type of sugar that comes from foods we eat.

Carbohydrates are found in most foods and **our digestive system changes carbohydrates into glucose**. So you may not eat chocolate or lollies, but if you are on a high carb diet, your body will still be processing a lot of glucose.

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For example, one bowl of steamed white rice is the same as 13 - 15 teaspoons of white sugar to your body.

Being in ketosis is when your body makes a metabolic change. It stops using glucose as its main fuel source and instead, runs off fat! So eating 'keto' is to lower your carb intake so much that your body looks for another fuel source. That is why you need to consume a lot of healthy fats with the ketogenic lifestyle, as it becomes your body's fuel.

### TRADITIONAL DIET



*carbs and sugar  
turn into glucose*



*body burns  
glucose for fuel*

### LOW CARB DIET



*lower carbs mean  
lower glucose in  
the body*



*body makes ketones  
and burns fat for fuel*

When you are in ketosis, your glucose sits at lower levels - which is why so many people with type 2 diabetes are able to reverse their condition.

Type 2 diabetes is a disease of high blood sugar which can also be thought of as 'carbohydrate intolerance' or 'insulin resistance'. When a healthy body eats too many carbs, the body produces a hormone called 'insulin' which gets rid of the excess glucose in the bloodstream. When someone with type 2 diabetes eats too many carbs, this process doesn't work properly, resulting in blood sugar to rise above what is healthy. A ketogenic diet keeps carbs to a minimum, resulting in lower glucose.

It takes about eight weeks for your body to become fully 'fat adapted'. That means, that after eight weeks if you went out and had a pasta dinner and ice cream sundae, odds are that the next day you would bounce back into ketosis. But, if you went out and had that meal after TWO weeks of trying to get into ketosis, you are pretty much back at the start.

Also during these eight weeks, remember that your body is changing – it is possible that you will experience something they call 'keto flu' (flu-like symptoms). If you start to feel a bit run-down, increasing your water intake will help your body to adapt.

Other changes your body may go through include:

- Constipation (if this happens I suggest pills from the health shop 'Lighthouse Bowel Cleanse').
- Fatty stools (when your gallbladder doesn't break down the increased fat from the food. You can get ox-bile supplements to help this).
- Flushing out gallstones that may be present. If you are prone to gallstones you should check before starting keto.

There is no cheating with keto. You should choose to either do it or not – and people quite easily (and often) bounce in and out of ketosis. You could also choose to have a low carb diet and that would give you great health benefits. But you can't cheat – if you eat high fat and still eat high carbs on a daily basis, you will put on weight.

In ketosis, I have found the following benefits:

- Lower glucose levels
- Stable, healthy weight
- Increased energy
- Reduced hunger – no need for three meals a day, you eat only when hungry
- Improved mental focus
- Improved sleep

I have also been able to manage my health issues with very little medication.



You will need:

- Healthy fats (remember, fat is your fuel)
- Lots of water
- Himalayan salt (daily)
- To organise your meals in advance

## TESTING KETONES

To check if you are in ketosis, you can purchase urine test strips from the chemist.

You can also source a blood monitor and testing strips online or through your GP.

I find the blood monitor to be the most accurate method, although more expensive.

## WHAT YOUR PLATE SHOULD LOOK LIKE

You could quite easily have a ketogenic diet based on meat and fat – but the goal is for health, which means you need vegetables and variety.



### Plate 1:

- 30% healthy fats (olive oil, animal fat from lasagne, cheese)
- 30% protein (lasagne, cheese)
- 40% low carb veggies (sauerkraut, lettuce, olives, peppers, cucumbers)



### Plate 2:

- 40% healthy fats (home-made hollandaise, avocado, bacon fat)
- 40% protein (egg, bacon)
- 30% low carb veggies (lettuce, alfalfa sprouts)



# UNDERSTANDING CARBS

## NUTRITIONAL INFORMATION

This section is about understanding carbohydrates and reading labels. I try and keep under 20 carbs per day on a very strict count. It doesn't mean that I count every meal, but I do have a pretty good idea now of what foods would kick me out of keto. I suggest if you are just starting keto you write your own chart out with foods and different brands (brands often vary in carbs) and give yourself a months grace to get your head around foods. I know that some people will aim for between 30-40 carbs a day to be in ketosis.

When shopping, I always look at the nutritional label and I look at per 100g. Then do a quick calculation on how I will be using that product. 100g is much easier to measure food by and you will just have to take a few weeks working stuff out.

The following pages have a few examples of meals, and how I would read labels to guess how much that meal has in carbs.

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# NUTRITIONAL LABEL

**NUTRITION INFORMATION**

Servings Per Package: 4    Serving Size: 250mL

	Avg. Qty. Per 250mL Serving	% DI* Per Serving	Avg. Qty. Per 100mL
Energy	215kJ (50 Cal)	2% (20 Cal)	86kJ (20 Cal)
Protein	1.8g	4%	0.7g
Gluten	0mg		0mg
Fat, total	4.5g	6%	1.8g
Saturated	0.5g	2%	0.2g
Trans	0g		0g
Polyunsaturated	1.3g		0.5g
Monounsaturated	2.8g		1.1g
Cholesterol	0mg		0mg
Carbohydrate, total	0.8g	0%	0.3g
Sugars	0.5g	0%	0.2g
Added sugar	0g		0g
Lactose	0g		0g
Galactose	0g		0g
Dietary fibre, total	0.8g	3%	0.3g
Sodium	90mg	4%	36mg
Calcium	300mg	38% RDI*	120mg
Vitamin E	2.3mg	23% RDI*	0.9mg

\*Percentage Daily Intakes are based on an average adult diet of 8700kJ.  
 \*Recommended Dietary Intake.  
 \*38% of your daily calcium needs in every serving.

**NOT SUITABLE AS A COMPLETE MILK FOOD**

**INGREDIENTS: STANDARDISED MILK.**

**ANCHOR BLUE NUTRITION INFORMATION**

SERVINGS PER PACK: 8    SERVING SIZE: 250 mL (1 glass)

AVERAGE QUANTITY	PER SERVING	PER 100 mL
ENERGY	658 kJ (157 cal)	263 kJ (63 cal)
PROTEIN	8.3 g	3.3 g
FAT, total	8.5 g	3.4 g
- saturated	2.9 g	1.2 g
- trans	0.0 g	0.0 g
- polyunsaturated	2.9 g	1.2 g
- monounsaturated	5.6 g	2.2 g
CARBOHYDRATE	11.9 g	4.8 g
- sugars	11.9 g	4.8 g
SODIUM	100 mg	40 mg
CALCIUM	292 mg (37% RDI*)	117 mg
VITAMIN A	107 µg (14% RDI*)	43 µg
RIBOFLAVIN (B <sub>2</sub> )	0.6 mg (36% RDI*)	0.2 mg

\* RDI: Recommended Dietary Intake per Serving (NZ Adults)

**NUTRITION INFORMATION**

Servings Per Package: 28    Serving Size: 14g

	Quantity Per Serving	Quantity Per 100g
Energy	414kJ (99Cal)	2960kJ (708Cal)
Protein	0.2g	1.1g
Fat, Total	11.0g	78.9g
- Saturated	0.8g	5.7g
- Unsaturated	10.2g	73.2g
Carbohydrate	0.2g	1.3g
- Sugars	0.1g	1.0g
Sodium	85mg	608mg
Potassium	1mg	10mg

All specified values are averages

**CONTAINS EGG**

**INGREDIENTS**

Wheat Flour, Rye Flour, Rice Flour, Milk Solids, Salt, Sugar, Contains: Wheat, Rye (Gluten) and Milk Products. Produced in a factory handling Soybean Products, Sesame Seeds, Peanuts and Tree Nuts.

**INGRÉDIENTS**

Farine de froment, farine de seigle, farine de riz, extrait sec de lait, sel, sucre. Contient du blé, du seigle (gluten) et des produits laitiers. Fabriqué dans une usine où sont manipulés des produits à base de soja, des graines de sésame, des arachides et des noix.

**NUTRITION INFORMATION**

SERVINGS PER PACKAGE: APPROX. 20    SERVING SIZE: 1 PIECE APPROX. 6.3g

	QUANTITY PER SERVING	QUANTITY PER 100g
ENERGY	100kJ (24Cal)	1560kJ (373Cal)
PROTEIN	Less than 1g	11.5g
FAT, TOTAL	Less than 0.1g	1.5g
- SATURATED	Less than 0.1g	0.3g
- TRANS	Less than 0.1g	0.1g
- POLYUNSATURATED	Less than 0.1g	0.9g
- MONOUNSATURATED	Less than 0.1g	0.3g
CHOLESTEROL	Less than 0.1g	0.1mg
CARBOHYDRATE, TOTAL	4.7g	75.0g
- SUGARS	Less than 1g	6.3g
DIETARY FIBRE	Less than 1g	3.9g
SODIUM	40mg	690mg

ALL VALUES ARE CONSIDERED AVERAGES UNLESS OTHERWISE INDICATED.

STORE IN A COOL, DRY PLACE. ONCE OPENED STORE IN AN AIRTIGHT CONTAINER.

Made in New Zealand from Imported and Local Ingredients

## QUANTITY

It's important to think about how much of an ingredient you will be using when considering the carbs.

For example, freeze-dried cherries are 40 carbs per 100g (which is really high). But they are so light in weight, that when I use 1/4 cup of them in a whole plate of brownies, they only add 1/2 carb per slice.

In another example of quantity and weight, baking powder is 14carbs per 100g, but when you only use 1 teaspoon (5g) in a whole cake, the carbs are minuscule.

In contrast (as a reminder to think of weight and quantity in what you are consuming) a low-sugar drink may read 4 carbs per 100mls - but a small bottle is 300ml - so that drink in total, would be 12 carbs.

I suggest you give yourself a few weeks grace to start going through your favourite or most frequently used foods and make your own diary to keep track of everything.

Remember too, that different brands have different carb contents. For example, some almonds are 4.6 carbs per 100g while others are 20 carbs per 100g. Now I don't know why, but that says to me that I can eat four times as much of the 4.6 carb almonds :- ) so always check the label, and never assume that the same types of food / products have the same carb content!

## MEAL 1) CHICKEN CAESAR SALAD

<b>Ingredient</b>	<b>Carbs per 100g</b>	<b>Amount used</b>	<b>Total carbs</b>
Cos lettuce	Free	-	-
Avocado	2	1 avo	2g
Eggs	-	2	-
Bacon	1.9	2 slices	<1
Chicken	-	-	-
Walnuts	7g	1/4 cup	2g
Pumpkin seeds	16g	1 tablespoon	2g
Olive oil	-	2 tablespoons	-
Mayo	2.1	2 tablespoons	<1

You can see that this type of meal is a perfect keto meal. The whole meal would be around 6 carbs.

## MEAL 2) SPAGHETTI AND MEATBALLS (FOR A FAMILY)

Ingredient	Carbs per 100g	Amount used	Total carbs
Mince	-	1 kg	-
Spices	-	2 teaspoons	-
Olive oil / butter (to cook)	-	3 tablespoons	-
Onion	7	1 whole	7
Beef stock	2.3	1 cup	2.5
1 egg	-	1	-
Courgettes (spiralized noodles)	3	3 cups	13
Passata	4	400ml	12
Tasty cheese	-	1/2 cup	-
Parmesan cheese	-	1/2 cup	-
Baby spinach	free	4 cups	-
Olive oil	-	to dress	-

The above meal would be roughly 34.5 carbs total. If I took one fifth of that portion for my dinner it would make my dinner 6.9 carbs. It's important to be conscious of the nutritional label on the back of food for the following reasons:

In the above recipe, I used passata which was only 4 carbs per 100g making the total meal 34.5 carbs (and my portion 6.9 carbs, under half of my daily allowance).

If I used a pre-made sauce where the nutrition was 28 carbs per 100g, the entire meal would be 106.5 carbs (making my portion 21.3 carbs). That's my whole daily allowance gone in one meal.

### MEAL 3) MUSHROOM, FETA, TOMATO OMELETTE

<b>Ingredient</b>	<b>Carbs per 100g</b>	<b>Amount used</b>	<b>Total carbs</b>
Olive oil / butter (to cook)	-	3 tablespoons	-
Onion	7	a few slices	<1
Cream	3	2 tablespoons	<1
Mushrooms	2.3	2 slices	1
Egg	-	2	-
Baby spinach	free	4 cups	-
Cheese	-	1/4 cup	-
Olive oil (to dress)	-	2 tablespoons	-

The above meal would be under 2 carbs. This kind of meal is really great as it is quick to cook up and includes a bit of fat and lots of vegetables. It's also great for using leftovers.



# FOOD LISTS

While naturally fed meats and seafood etc are preferred they are not always affordable. So use this section as a guide. See other pages in this book for information on how to cook with different fats and on using alternative sweeteners.

Always opt for 'whole foods'. - Whole foods describe natural foods that are not heavily processed. Whole, unrefined (or minimally refined ingredients) as close to their natural form as possible.

## EAT FREELY

### Healthy fats:

- Olive oil
- Coconut oil
- Butter
- Animal fats

See page 22 for information on fats.

### Nuts and seeds

- Macadamia nuts
  - Coconut
-



### **Meat and fish:**

- All unprocessed, grass-fed meats
- All unprocessed wild seafood ESPECIALLY salmon and sardines
- All unprocessed, organically fed poultry
- Eggs

### **Vegetables and fruit**

- Green leafy vegetables
- Spinach
- Watercress
- Bok choy
- Lettuce
- Kale
- Silverbeet
- Avocados
- Olives
- Celery

### **Dairy**

Cheese (most cheeses are extremely low carb but you will still need to watch the protein, and check carb content. Look for cheddar, mozzarella, feta, parmesan).

### **Good for you**

- Himalayan salt
- Bone broth
- Apple cider vinegar
- Sauerkraut and kimchi (good gut health foods, some are very low carb)

## EAT NORMALLY / OCCASIONALLY

### **Meat and fish:**

- Grain-fed animal sources
- Factory farmed fish
- Processed meats (sausages, bacon)

Note: Always check carb content. Sausages, for example, can vary depending on what fillers are used.

### **Vegetables and fruit**

- Asparagus
- Cruciferous vegetables (red and green cabbage, cauliflower, broccoli)
- Zucchini
- Kamokamo
- Celery
- Eggplant
- Peppers
- Onion
- Mushrooms
- Berries
- Taro leaves (not the taro)

### **Nuts and seeds**

- Almonds
- Walnuts
- Hazelnuts
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Pecans

## **Other**

- Sweeteners (see separate section for recommended sweeteners)
- Cacao or Cocoa (90% dark)

## **Condiments**

- Tamari soy sauce
- Pesto (some are really low carb. Look for basil pesto with olive oil, macadamia nuts and parmesan. This type of pesto you can eat freely. Still check the carbs with pesto purchased in-store)
- Mayo (check carb content)
- Aioli (check carb content)

## **Dairy**

- Cream
- Unsweetened coconut yogurt
- Unsweetened greek yogurt
- Cream cheese and soft cheeses

Note: Always opt for full-fat products and check carb content as products vary.

## **Now and then...**

- Lower carb fruit (watermelon, apples, pear, kiwifruit, pineapple, peaches, tomatoes). It is recommended to only have up to one a day and only once you are fully fat adapted. It may pay to test your ketones a few hours after eating, to see how your body responds to the different fruit
- Carrots
- Pumpkin
- Beetroot
- Parsnip
- Pistachios
- Cashew nuts

## TRY TO AVOID COMPLETELY

- Processed foods, grains, wheat
- Anything made with wheat flour, white flour (biscuits, crackers, pastries)
- Cereals like weetbix, cornflakes, rice bubbles
- Pasta
- Store bought bread. As an alternative to high carb bread, you could make your own keto bread, or buy Keto Bread available at most supermarkets. There is also Freya's Lower-Carb Bread and Burgen Linseed Bread that you may be able to eat once you are fully fat-adapted (I wouldn't advise more than two pieces a day)
- Sugar
- Chocolate and lollies with high carbs and artificial sweeteners
- Rice

### **Dairy**

- Milk

### **Vegetables and fruit**

- Starchy vegetables
- Beans
- Potatoes
- Kumara
- Corn

### **Condiments**

- Tomato sauce
- BBQ sauce
- Jams

Note: Homemade sugar-free sauces are fine as you know what the ingredients are and can control the carb content.

# DRINKS

It is vital you have eight glasses of water a day! And if you start the day with a tablespoon of apple cider vinegar in a glass of water you will help alkaline the body and improves gut health. Avoid all sugary drinks (fizzy, shakes, fruit juice), milk and most alcohol.

Some great options other than water are the following:

- Almond milk (I recommend So Good Unsweetened, and Blue Diamond Almond Breeze Unsweetened Vanilla)
- Herbal teas
- Tea (if having milk just have a top, but cream is better. And don't go 'skim'). Ever.
- Coffee - Black. Or americano with a top of runny cream.
- Kombucha (check carbs on nutritional label. Look for <1)

## ALCOHOL

- Low carb beer (Speights Summit Ultra Low Carb Lager, Pure Blonde, DB Export 33 - these are all relatively low carb)
- Red wine
- Gin
- Whiskey
- Vodka

Note: Mixers will have to be zero sugar. Opt for soda water and still check the nutritional label.



# FATS

We have been misled over the years to believe that a high-fat diet leads to heart disease and increases cholesterol, but it's all about what fats are consumed.

The cheaper oils which have been marketed as being 'better for our health' are actually the worst oils for us. Produced cheaply, they have huge profit margins for food manufacturers. Canola oil, for example, undergoes extensive processing treatments using many chemicals before it is deemed safe for human consumption. Butter, on the other hand, is churned from milk in one process.

Healthy fats are vital to your diet as they are your body's new 'fuel' - if you don't get enough fat in your daily food you will find yourself tired and hungry. You should aim for ten tablespoons of fat a day.

But fats have different uses and you can't cook with all. Oils have different smoke points (which is when an oil begins to degrade - releasing free radicals and triggering inflammation in the body). For this reason, we would fry with 'pure' olive oil for example, but not with 'extra virgin' olive oil.

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The following is how we use our oils:

## COOKING

- Pure olive oil
- Coconut oil
- Ghee
- Butter
- Animal fat (grass-fed, organic is best)

## HAVE RAW

- Extra virgin olive oil
- Macadamia oil
- Avocado oil

## USE SPARINGLY

- Almond oil
- Fish oil
- Flaxseed oil
- Peanut oil
- Sesame oil

## AVOID

- Canola oil (an oil extracted from rapeseeds – originally used for industrial purposes but genetically modified for human consumption as it was cheap to produce)
- Vegetable oils (usually highly processed with additives, pesticides, chemicals and contain artificial antioxidants to keep food from spoiling)
- Margarine
- Any fake butter substitutes







# SWEETENERS

Firstly, try and stay off sweet things for TWO WEEKS. Your tastebuds reset after about twelve days, so if you can detox during this time you'll find you don't need as much sweetener in your food.

My preferred alternative sweetener is stevia (a sugar substitute from a plant, with no calories). You will find a product like Natvia is a mix of erythritol and stevia with a 1-1 ratio of sugar with zero carbs. But you still need to read and check the back with the nutritional information. Some sweeteners advertise 'with stevia', but have 96 carbs per 100g!

My go-to sweeteners are the following:

- Natvia (from all NZ supermarkets)
- Stevia drops - I use 'Betta Stevia' and I buy off iherb.com. Vern finds this doesn't have the bitter aftertaste some stevia products do. You can buy different brands of stevia drops from Bin Inn. The ratio is 1 teaspoon = 1 cup of sugar
- Stevia powder - available from Bin Inn
- Monk fruit sweetener
- Erythritol - a sugar alcohol with about 6% of the calories found in sugar. Available from supermarkets, Bin Inn and health stores
- Yacon syrup (do not use for baking) - available from Bin Inn and some health stores
- Xylitol - a sugar alcohol that occurs naturally in some plants with 40% less calories than sugar. Keep out of reach of household pets as it can cause hypoglycemia in dogs

Everything else I avoid.

(Note, occasionally I have had chocolate with Matitol - a sugar alcohol with low carbs but can affect blood glucose levels. I find a limited amount has never kicked me out of ketosis.)



# OUT AND ABOUT

## PREPARATION IS KEY

It's a good idea to have some of the following items stashed in your car or at work when you are unprepared:

- Olive oil (add this to any meal you might pick up)
- Macadamia nuts
- Almonds
- Pork crackle
- Dried meat (biltong, chorizo sticks)
- Himalayan salt
- Powdered bone broth
- Tinned sardines (in olive oil)
- Tinned salmon (in olive oil)

Things you can pick up from the service station:

- Sparkling water
  - Americano (buy small cream from dairy fridge)
  - Mixed nuts or almonds
  - Pork crackle
  - Protein cookie
-

## SUPERMARKET STOP

Supermarket grabs for the quick bite:

- Rotisserie chicken, brocollislaw (this is a low-carb coleslaw - look for the packet in the pre-made lettuce mix area)
- Shaved salmon, baby spinach, feta, tomatoes, avocado, pesto.
- Tinned sardines, salad
- Hansells All Natural Laksa Soup - it's low carb, and available from most supermarkets
- Tinned sardines / salmon (in olive oil)
- Unsweetened coconut yogurt
- Cos lettuce (use like wraps and fill with chicken, mayo etc)

## SNACKS:

Snacking is habitual - and when you are on keto, you shouldn't be hungry if you are getting in enough healthy fats. If you want to snack though, here are some good options!

- Cheeseboard (assorted cheeses, olives, pesto, ham, avocado, salami, cherry tomatoes, gherkins, peppers, ham)
- NZ dip (onion dip, reduced cream) with raw veggies instead of chips (ie celery, cauliflower, asparagus, carrots)
- Smoothie - SoGood unsweetened almond milk, frozen berries, greek yogurt
- Greek yogurt (unsweetened) with walnuts, coconut chips, yacon syrup, frozen berries

## FAST-FOOD LUNCH

Forgotten lunch? Or out for lunch? Here are some great go-to ideas that will keep you satisfied and in keto!

- Fish & chip shop – Most will do burgers without the bun (wrapped in lettuce instead)
- Burgerfuel – Will do a carbless burger (change any burger to lettuce as the bun for an extra dollar)
- McDonalds – Chicken salad or loaded lettuce burger (no bun)
- KFC – Original chicken (4.2 carbs per piece)
- Pita Pit – just order your usual but in a salad. When choosing toppings, avoid bbq sauce and opt for low sugar, full-fat dressings (avocado, aioli)
- Subway – Salad. Avoid things like meatballs if they are covered in tomato sauce
- Kebabs / Turkish – Salad. No chickpeas, or hummus. Avoid satay and sugary sauces. Opt for yogurt, hot chilli, aioli, mayo

## DINNER

If you are fat adapted (have been in ketosis for a few months) you don't need to worry if your fish comes out with a little batter. If it lowers your ketones you will bounce back relatively quickly! The key to eating out is to ask what can be swapped. For example, most places are more than happy to swap out your fries for a salad.

- European restaurants – you can order chicken meals, salads, cooked salmon, lamb, steak, etc. Swap out the mash potato or fries for veggies or salad. Ask first what the kitchen is serving for the vegetables – if it is potatoes and kumara you will have to go the salad as the winter vegetables are generally higher in carbs. Some restaurants may give the option of grilled fish instead of battered. And pastas and pizzas are out. Stay clear of tomato sauces and pork ribs cooked in bbq sauce
- Indian restaurants – Avoid mango and butter chicken. Curries like madras, vindaloo, and tikka masala are great as they are high fat and traditionally, not sweet. Try saagwala – spinach, and paneer. No rice or chickpeas or naan bread
- Mexican – No beans or corn but you can order fajitas (without the tortilla) or naked burritos
- Thai – Larb salad. Or opt for the coconut cream fish meals (be wary of Thai meals though, lots of sugar)





# FLOUR

## ALMOND FLOUR / ALMOND MEAL

My favourite flour replacement. You will need to add eggs or psyllium husk when baking, or it crumbles. **Almond flour** is ground very finely without the skin. **Almond meal** has flecks of brown which is the almond skin left on.

## COCONUT FLOUR

Great source of fibre. Soaks up a lot of moisture in recipes so if you swap out in a recipe the ratio will not be 1/1 (more like 1/3).

## GROUND SUNFLOWER SEEDS

Great for baking, and is cheap to make your own. I like to mix with some almond flour.

## GROUND FLAX MEAL OR LINSEED

Great for bread and crackers. A mix of ground and whole linseeds work well in crackers. Linseed once ground doesn't keep long in the cupboard before turning bitter. You can store in the fridge or freezer.

## PSYLLIUM HUSK

Acts as a binder (can use instead of eggs) and adds fibre.



# SWAPSIES

Our hardest transition into keto was to think of what to replace our traditional staple foods with (ie bread, rice, and potatoes). It's quite easy (and way more delicious) to keep costs down by choosing seasonal veggies and preparing well. I used to think the only way to eat cauliflower was to boil it, but now we use it as rice and my favourite is roasted with oil and turmeric. Cauliflower can also be grated and frozen.

Below are our recommendations for replacing the high carb staple foods:

- Cauliflower
    - Rice (grate, food processor)
    - Roast (season, lots of oil - high heat)
    - Mash
  - Kamokamo
  - Zucchini
    - Bake
    - Noodle (raw or quickly fry)
  - Cabbage
    - Raw (coleslaw)
    - Bake whole (stock at bottom of tray)
    - Saute / fry in butter or oil
  - Spinach
  - Konjac noodles and rice
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<b>Instead of</b>	<b>Have</b>
Flat white	Americano with a top of pouring cream
Chips and dip	Raw celery and cauliflower and dip
Ice-cream	Zilch ice-cream. Isocream protein ice-cream. Cream cheese pudding (google recipe). Make your own (google keto ice-cream - cream and eggs)
Lemonade or fizzy drinks	Sparkling water, kombucha, Oh! Lemonade Soda, (or zero-sugar / diet fizzys)
Bread	Make it or buy keto bread at supermarket - Low-carb Gerrys (best tasting), Dovedale, Vogels, Bakeworks
Cake	Keto cake (lots of recipes on the internet)
Biscuits	Keto cookies (bake your own or buy protein cookies)
Cheesecake	Keto cheesecake (google)
Potatoes	Cauliflower or kamokamo
Milk	Almond milk (I like So Good Unsweetened and AlmondBreeze Vanilla Unsweetened). Cream. Coconut milk. Coconut cream.
Chocolate	Make your own (coconut oil, sweetener, cocoa etc), Sugarless brand chocolate, Healtheries baking drops, Healtheries No Added Sugar chocolate, Ketostore.nz
White rice	Cauliflower rice. Konjac rice
Pasta	Zucchini noodles. Konjac noodles (supermarket)
Grain flours	See page 31
Cereal	Home-made granola. Chia pudding. Pure Delish Raspberry & Maple Nut Nograins (supermarket)
Lollies (sugar)	Double D lollies. Sugarless Confectionery lollies

Note: Some of the above have artificial sweeteners and/or matitol (which may not suit diabetics). 'Clean' keto is recommended, but I've listed anyway as they're still better alternatives to sugar products :-D



# FEEL INSPIRED

Sometimes it's not the lack of recipes but the lack of ideas for keto meals. Most of our meals just needed quick adjustments to become suitable for keto. So this section is just to inspire - you should be able to google the recipes, or use ones you already know while making the necessary adjustments. I also have some recipes on my YouTube channel (the keto bread and the cheesecake are good!)

## MEAL IDEAS

- Taco's. Replace the taco shell with cos or iceberg lettuce.
  - Boil up. Replace potatoes and kumara with kamokamo, spinach, courgettes and cauliflower. No doughboys but you can have heaps of butter and keto buns.
  - Keto bread recipe - Is so versatile. You can have burgers, toasties, or bread rolls. Roll it before cooking for wraps and pizza dough.
  - Meatloaf.
  - Sausages, eggs, salad.
  - Greek salad.
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- Bacon and egg pie – omit the pastry for spinach lining. Or you can line your tin with bacon.
- Quiche – chicken, mushroom, feta, spinach, tomatoes.
- Lasagne – replace lasagne sheets for konjac lasagne sheets, cabbage, or eggplant.
- Veggie bake (instead of the traditional potato bake, use cauliflower, onion and broccoli instead. Make your cheese sauce with tasty, mozzarella, mustard, cream cheese or sour cream. Xanthan gum will make the cheese sauce fluffy.
- Loaded vegetables – high heat bake cauliflower, broccoli and cabbage. Add olive oil, paprika, onion, cheese and bacon. Serve with sour cream.
- Fried fish – Egg dip and coat with a mix made of salt, pepper, herbs and spices, psyllium husk and almond meal. Serve with coleslaw.
- Cooked salmon with asparagus and rocket salad.
- Stir fry. Pork strips, fresh veges, and tamari sauce.
- Corned beef with vegetables and cheese sauce.
- Meatballs and spaghetti (for spaghetti use konjac noodles or zucchini noodles).
- Chicken soup with keto buns.
- Toasties.
- All day brekkie (bacon, avocado, eggs). Hollandaise sauce is a great way to use up egg yolks from the bread and is also great for extra fat.
- Mince on toast.
- Frittata.
- Seafood chowder.
- Indian (with cauliflower rice or konjac rice).
- Pizza – Buy keto pizza bases from Bakeworks at the supermarket, or make 'fathead' dough (google recipe).
- Stir fry with cauliflower rice, Asian greens and konjac noodles.
- Raw fish.
- Crockpot stews.



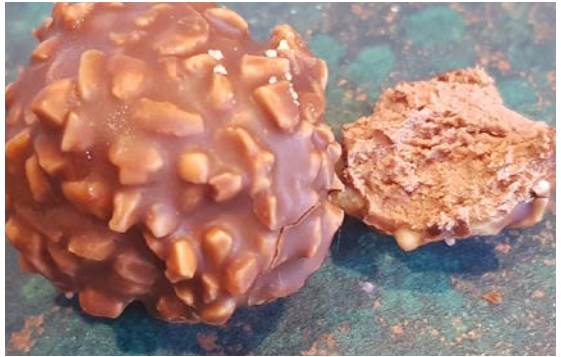














Artwork: Takashima Chiharu, Kubo Shunman, Teisai Hokuba, Ryuryu Kyo Shinsai  
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