Let’s Meet the Keto Experts

Through my podcasts, I have had the privilege and honor of interviewing hundreds of the best and brightest experts on a number of important health-related topics. Therefore, when I decided to write this book, I knew exactly who to reach out to for the latest information about ketogenic diets and their effects on health. It gives me great pleasure to introduce these twenty-two experts from around the world. You will find their quotes throughout the book in sections labeled “Moment of Clarity.”

Zeeshan (“Zee”) Arain, MBBS, MPHTM, FRACGP

Dr. Arain received his medical degree from Monash University in Melbourne, Australia, and his Masters of Public Health and Tropical Medicine from James Cook University. Dr. Arain works as a general practitioner and is the team doctor for the Melbourne Football Club in the Australian Football League (AFL), one of the most elite professional sporting organizations in the world. He has a particular interest in the role of nutrition and exercise in the prevention and treatment of chronic disease and obesity. Dr. Arain has personally treated hundreds of patients using a well-formulated low-carbohydrate, high-fat, ketogenic diet to manage a variety of medical conditions, including diabetes, polycystic ovary syndrome, obesity, hypertension, epilepsy, gastroesophageal reflux disease, and irritable bowel syndrome. He has given several public lectures on nutritional ketosis and is in the process of developing a research study in this field. On a personal level, he has been in nutritional ketosis since 2012. Learn more about Dr. Arain at SouthYarra-Medical.com.au/doctors/5/dr-zeeshan-arain.
Bryan Barksdale

Bryan is pursuing his MD at the University of Texas Medical Branch and completing his PhD in neuroscience at the University of Texas at Austin. He is interested in the application of nutritional and lifestyle interventions, with a particular emphasis on ketogenic diets, in the treatment of neurologic diseases. He is the founder of the Austin Primal Living Group (Meetup.com/Austin-Primal-Living-Group). Learn more about Bryan at his blog, From Bench to Bedside: FromBenchToBedside.wordpress.com.

Dominic D’Agostino, PhD

Dr. D’Agostino is an assistant professor in the Department of Molecular Pharmacology and Physiology at the University of South Florida, where he teaches neuropharmacology, medical biochemistry, metabolism, and nutrition physiology. His research is focused on developing and testing ketogenic diets, calorie-restriction diets, and ketone supplements as metabolic therapies for neurological diseases and cancer. His laboratory uses in vivo and in vitro techniques to understand the physiological, cellular, and molecular mechanism of metabolic therapies, including radiotelemetry (EEG, EMG), electrophysiology, fluorescence microscopy, confocal laser scanning microscopy, atomic force microscopy (AFM), biochemical assays, in vivo bioluminescence imaging, behavioral testing, and motor performance. Learn more about Dr. D’Agostino at DominicDAgostino.com.

William Davis, MD

Dr. Davis is a cardiologist and author of the New York Times bestseller Wheat Belly: Lose the Wheat, Lose the Weight, and Find Your Path Back to Health, the book that first exposed the dangers of genetically altered, high-yield wheat. He is a graduate of St. Louis University School of Medicine, with internship and residency training in internal medicine at Ohio State University Hospitals, a fellowship in cardiovascular medicine at Ohio State University, and advanced angioplasty training at Metro Health Medical Center and Case Western Reserve University Hospitals, where he subsequently served
as director of the cardiovascular fellowship and assistant professor of medicine. He presently practices cardiology in suburban Milwaukee, Wisconsin. Learn more about Dr. Davis at WheatBellyBlog.com.

**Jacqueline Eberstein, RN**

Jacqueline was the Director of Medical Education at The Atkins Center for Complementary Medicine until Dr. Robert Atkins’ death in 2003. She began working with Dr. Atkins in 1974. Her experiences were wide-ranging and included educating physicians, physician assistants, nurse practitioners, and nutritionists on the principles and protocols of the Atkins Lifestyle and complementary medicine. She contributed to a number of Dr. Atkins’ books, newsletters, and other media outlets. In 2004 she coauthored the book *Atkins Diabetes Revolution*, and she continues to lecture, write, and consult on the Atkins philosophy both nationally and internationally. She is a regular attendee and lecturer on The Low-Carb Cruise and is currently a featured writer for Carb-Smart electronic magazine. Because of her extensive experience following the Atkins Lifestyle, she is one of the foremost authorities on low-carb, high-fat, ketogenic diets. Learn more about Jacqueline at ControlCarb.com.

**Maria Emmerich**

Maria is a wellness expert in nutrition and exercise physiology who has a passion for helping others reach their optimal health. She struggled with her weight throughout childhood and decided to study health and wellness so she could help others stop wasting their time being discouraged with their outward appearance and not feeling their best mentally. Maria understands the connection between food and how it makes us all feel on the inside and out. Her specialty is neurotransmitters and how they are affected by the foods we eat. She has authored eight books, including her 2013 release, *Keto-Adapted*. Weight loss is often a side effect of using diet to treat any number of health problems, including metabolic syndrome, alopecia, Hashimoto’s thyroiditis, autoimmune diseases, gastrointestinal issues, and many other conditions. Learn more about Maria at mariamindbodyhealth.com.
Richard Feinman, PhD

Dr. Feinman is a professor of cell biology (biochemistry) at the State University of New York (SUNY) Downstate Medical Center in Brooklyn. He is a graduate of the University of Rochester and holds a PhD in chemistry from the University of Oregon. Dr. Feinman’s original area of research was protein chemistry and enzyme mechanism and their applications to blood coagulation and hemostasis. His current interest in nutrition and metabolism, specifically in the area of diet composition and energy balance, is stimulated by, and continues to influence, his teaching in the medical school; he has been a pioneer in incorporating nutrition into the biochemistry curriculum. Dr. Feinman is the founder of the Nutrition and Metabolism Society (NMSociety.org) and former co-editor-in-chief of the journal Nutrition & Metabolism. Learn more about Dr. Feinman at FeinmanTheOther.com.

Nora Gedgaudas

Nora is a widely recognized expert on what is popularly referred to as the “Paleo diet.” She is the author of the international bestseller Primal Body, Primal Mind: Beyond the Paleo Diet for Total Health and a Longer Life. She is also a highly successful and experienced nutritional consultant, speaker, and educator who has been widely interviewed on national and international radio, popular podcasts, television, and film. Her own podcasts are popular on iTunes, and numerous free articles on her website receive a wide readership. She maintains a private practice in Portland, Oregon, as a board-certified nutritional consultant and a board-certified clinical neurofeedback specialist. Learn more about Nora at PrimalBody-PrimalMind.com.

Ben Greenfield

Ben is a coach, author, speaker, ex-bodybuilder, and Ironman triathlete. He holds a master’s degree in exercise physiology and biomechanics from the University of Idaho, and is a certified sports nutritionist (C-ISSN) and a certified strength and conditioning coach (CSCS). He has more than a decade of experience teaching professional, collegiate, and recreational athletes from all
sports how to be healthy, inside and out. Ben is a consultant for WellnessFX, the host of the Get-Fit Guy and Ben Greenfield Fitness podcasts on iTunes, and the author of more than a dozen programs and books for optimizing health and performance, including his 2014 release, *Beyond Training: Mastering Endurance, Health, & Life*. He also trains and mentors physicians, personal trainers, and physical therapists from around the globe via his Superhuman Coach Network (SuperhumanCoach.com). Learn more about Ben at BenGreenfieldFitness.com.

**John Kiefer**

John is a physicist turned nutrition and performance scientist. He’s been researching, testing, and verifying ideas about nutrition and physical performance that are often accepted unquestioningly for over two decades, and he helps others—record-holding Olympic gold medalists, power lifters, top-ranking aesthetic athletes, MMA fighters, and even Fortune 500 CEOs—apply his results for top performance. He’s the author of two dietary manuals, *The Carb Nite Solution* and *Carb Back-Loading*; the free exercise manual *Shockwave Protocol*; and an ultra low-carb recipe book, *Transforming Recipes*. He’s considered one of the industry’s leading experts on human metabolism and macronutrient cycling and manipulation. Learn more about John at Body.io.

**William Lagakos, PhD**

Dr. Lagakos received a PhD in nutritional biochemistry and physiology from Rutgers, the State University of New Jersey, where his research focused on fat metabolism and energy expenditure. His postdoctoral research at the University of California, San Diego, centered on obesity, inflammation, and insulin resistance. Dr. Lagakos has authored numerous manuscripts that have been published in peer-reviewed journals, as well as a nonfiction book entitled *The Poor, Misunderstood Calorie*. He currently serves as a nutritional sciences researcher, consultant, and blogger. Learn more about Dr. Lagakos at CaloriesProper.com.
Charles Mobbs, PhD

Dr. Mobbs is a professor of neuroscience, endocrinology, and geriatrics at Mount Sinai Hospital in New York. He earned his Bachelor of Science degree in life sciences at the Massachusetts Institute of Technology and his PhD in cellular and molecular science at the University of Southern California with Dr. Caleb Finch, and he carried out his postdoctoral research with Dr. Donald Pfaff at Rockefeller University. His recent awards include 2010 Outstanding Mentorship at Mount Sinai, the Glenn Award for Basic Research in Aging in 2012, and Delegate, China Strategic Alliance of Prevention and Treatment Technology for Diabetes, Consortium of Chinese Central Government, University, Research, Institute, and Government in 2013. His research, which focuses on neuroendocrine and metabolic mechanisms of aging and age-related diseases, is described in more detail in a 2011 PBS documentary called *A Life-Saving Diet?* (http://video.pbs.org/video/2146699556). Learn more about Dr. Mobbs at Neuroscience.MSSM.edu/Mobbs.

Mary Newport, MD, FAAP

Dr. Newport graduated from the University of Cincinnati College of Medicine in 1978. She trained in pediatrics at Children’s Hospital Medical Center in Cincinnati and in neonatology, the care of sick and premature newborns, at the Medical University Hospital in Charleston, South Carolina. She has provided care to newborns in Florida since 1983. She is currently taking leave to focus on writing; caring for her husband, Steve, who has early-onset Alzheimer’s disease; and spreading the message about ketones as an alternative fuel for the brain. In 2008 she wrote an article that went viral on the Internet, “What If There Was a Cure for Alzheimer’s Disease and No One Knew?” That article led to the publication of her 2011 book *Alzheimer's Disease: What If There Was a Cure? The Story of Ketones*, which conveys the story of a dietary intervention that has helped her husband and many other people with Alzheimer’s and certain other neurodegenerative diseases, as well as the science of ketones as an alternative fuel for the brain and how to incorporate medium-chain fatty acids into the diet. Dr. Newport is a highly sought-after international speaker on the therapeutic use of ketones. Learn more about Dr. Newport at CoconutKetones.com.
**David Perlmutter, MD, FACN, ABIHM**

Dr. Perlmutter is the #1 *New York Times* bestselling author of *Grain Brain: The Surprising Truth About Wheat, Carbs, and Sugar—Your Brain’s Silent Killers*. He is a board-certified neurologist and fellow of the American College of Nutrition who received his MD from the University of Miami School of Medicine, where he was awarded the Leonard G. Rowntree Research Award. He is a frequent lecturer at medical institutions and has contributed extensively to the world of medical literature. He has been interviewed on many national television programs, including 20/20, *Larry King Live*, CNN, Fox News, *Fox and Friends*, *The Today Show*, *Oprah*, *The Dr. Oz Show*, and *The CBS Early Show*. He is the recipient of the Linus Pauling Award for his innovative approaches to neurological disorders and was awarded the Denham Harmon Award for his pioneering work in the application of free radical science to clinical medicine. He is the recipient of the 2006 National Nutritional Foods Association Clinician of the Year Award and was awarded Humanitarian of the Year by the American College of Nutrition in 2010. Dr. Perlmutter serves as medical director for the Dr. Oz Show. Learn more about Dr. Perlmutter at DrPerlmutter.com.

**Stephanie Person**

Stephanie is a self-taught expert on low-carb, high-fat, ketogenic diets. She began learning about the therapeutic effects of ketosis when her mother, who suffered from a terminal brain tumor, was given only six months to live. Stephanie’s mom turned to a ketogenic diet, and not only did she beat that cancer, she’s been thriving since 2007 because of those nutritional changes. Today, Stephanie is an active proponent and personal user of a ketogenic lifestyle. She recommends it with her personal training clients of all ages and shares encouraging YouTube videos about the benefits of ketosis (YouTube.com/FitSk8Chick). Learn more about Stephanie at StephaniePerson.com.
Ron Rosedale, MD

Dr. Rosedale is an internationally known expert in nutritional and metabolic medicine and founded the first metabolic medicine center in the U.S. in 1996 in Asheville, North Carolina. His interest in metabolic medicine began when he was a student at the Feinberg School of Medicine, Northwestern University, where he worked with one of the world’s experts in the epidemiology of diet, cholesterol, and heart disease. Dr. Rosedale is a pioneer in applying concepts based on the biology of aging to reversing diabetes and heart disease through a nutritional approach that he developed to improve the cellular response to insulin, leptin, and mTOR. He has published a highly acclaimed book, *The Rosedale Diet*, and has been featured in many magazine and newspaper articles and dozens of radio and television interviews. For the last two decades he has lectured worldwide, including keynote presentations in Russia, Belgium, Brazil, Germany, and India. One lecture in particular, “Insulin and Its Metabolic Effects,” has achieved worldwide acclaim. Learn more about Dr. Rosedale at DrRosedale.com.

Dr. Keith Runyan, MD

Dr. Runyan is a physician in private practice in St. Petersburg, Florida, who specializes in internal medicine, nephrology, and obesity medicine. He practiced emergency medicine for ten years before starting his private practice in 2001. In 1998, he developed type 1 diabetes at the age of thirty-eight. Although, his diabetes was fairly well controlled with intensive insulin therapy, he was plagued with frequent hypoglycemic episodes. In 2011, while training for an Ironman-distance triathlon, Dr. Runyan was looking for a better way to treat his diabetes and perform endurance exercise, and he decided to give the low-carb, high-fat, ketogenic diet a try. In February 2012, he began the diet for the treatment of his diabetes and learned that this diet was also effective for the treatment of numerous other conditions, including obesity. He added obesity medicine to his practice and became board-certified in obesity medicine in December 2012. Dr. Runyan completed an Ironman-distance triathlon on October 20, 2012, in a state of nutritional ketosis and feeling great. Learn more about Dr. Runyan at DrKRunyan.com.
Dr. Seyfried received his PhD in genetics and biochemistry from the University of Illinois, Urbana, in 1976. He did his undergraduate work at the University of New England and also holds a master’s degree in genetics from Illinois State University. Dr. Seyfried was a post-doctoral fellow in the Department of Neurology at the Yale University School of Medicine and then served on the faculty as an assistant professor of neurology. Other awards and honors have come from such diverse organizations as the American Oil Chemists Society, the National Institutes of Health, the American Society for Neurochemistry, and the Ketogenic Diet Special Interest Group of the American Epilepsy Society. Dr. Seyfried is the author of *Cancer as a Metabolic Disease: On the Origin, Management, and Prevention of Cancer* (John Wiley & Sons). Dr. Seyfried’s research focuses on gene and environment interactions related to complex diseases such as epilepsy, autism, brain cancer, and neurodegenerative diseases. Learn more about Dr. Seyfried at BC.edu/schools/cas/biology/facadmin/seyfried.html.

Franziska Spritzler, RD

Franziska is a registered dietitian and certified diabetes educator who strongly supports the use of carbohydrate-restricted diets for people struggling with diabetes, insulin resistance, obesity, and other endocrine issues. She personally follows a very low-carbohydrate, ketogenic diet for blood sugar control and has seen improvements in her health as a result. At the end of 2013, she left her position as an outpatient dietitian at a large veteran’s hospital in order to go into private practice, where she uses a low-carbohydrate, whole-foods approach. She is also a freelance writer whose articles have been published online and in diabetes journals and magazines. Learn more about Franziska at LowCarbDietitian.com.
Terry Wahls, MD

Dr. Wahls is a clinical professor of medicine at the University of Iowa and a staff physician at the Iowa City Veterans Affairs Hospital, where she teaches medical students and resident physicians, sees patients in traumatic brain injury and therapeutic lifestyle clinics with complex chronic health problems that often include multiple autoimmune disorders, and conducts clinical trials. She is also a patient with a chronic progressive neurological disorder: secondary progressive multiple sclerosis, which confined her to a tilt-recline wheelchair for four years. She credits the Wahls Protocol, which is based on functional medicine, with restoring her health, enabling her to now ride her bike five miles to work every day. She released a book in 2014 about her experience called *The Wahls Protocol: How I Beat Progressive MS Using Paleo Principles and Functional Medicine*. Learn more about Dr. Wahls at Terry-Wahls.com.

William Wilson, MD

Dr. Wilson is an experienced family physician with a passion for helping his patients attain optimal brain function. He graduated from Macalester College in 1970 and received his MD from the University of Minnesota in 1974. He completed his residency at Regions Hospital in St. Paul in 1977 and spent over thirty years as a frontline family physician on the Iron Range in northern Minnesota, where he developed his approach to helping patients simultaneously improve their metabolic and brain health by using simple dietary changes. In 2008 he moved to the Boston area, where he now works as a hospitalist and lectures, publishes, and blogs about health. Dr. Wilson was one of the world’s first medical professionals to demonstrate that our modern diet loaded with processed food can adversely affect brain function through a revolutionary new disease model he calls Carbohydrate-Associated Reversible Brain syndrome, or CARB syndrome. Using the CARB syndrome disease model as a guide, Dr. Wilson has helped thousands of individuals improve their health and brain function by following his simple and safe treatment protocols. Learn more about Dr. Wilson at CarbSyndrome.com.
Dr. Wortman obtained a Bachelor of Science in chemistry and biology from the University of Alberta and an MD from the University of Calgary, and completed his residency in family medicine at the University of British Columbia. His interest in diet research led to a position at the UBC Faculty of Medicine, where he studied the effectiveness of a traditional diet for treating obesity, metabolic syndrome, and type 2 diabetes in the Namgis First Nation. The study was the subject of the CBC documentary *My Big Fat Diet*. Dr. Wortman is a recognized authority on low-carbohydrate, ketogenic diets for the treatment of obesity, metabolic syndrome, and type 2 diabetes. He was the recipient of Nutrition and Metabolism Society Award for Excellence in 2010 and the National Aboriginal Achievement Award for Medicine in 2002. Dr. Wortman currently practices in West Vancouver, where he lives with his wife and young children. Learn more about Dr. Wortman at DrJayWortman.com.

These really are twenty-two of the top-of-the-line experts on the subject of low-carb, moderate-protein, high-fat, ketogenic diets for therapeutic uses. Additionally, my coauthor, Dr. Eric Westman, is a bona fide expert on this and will once again be sharing his thoughts and experience on this subject throughout the book in the “Doctor’s Note” entries scattered throughout the book. Here’s his first!

**DOCTOR’S NOTE FROM DR. ERIC WESTMAN:** It’s a pleasure to assist Jimmy Moore in translating the science about ketogenic diets into plain language that anyone can understand.

The “Moment of Clarity” quotes, since they’re from doctors and experts, can use complex language, but don’t let that scare you off. The purpose of this book is to provide a basic explanation of what ketones are, how ketosis works, and what you can do to follow a ketogenic diet. I want to make these ideas so crystal clear that you will want to learn even more about ketosis. To that end, there’s a glossary of terms at the back of this book to explain any word or phrase that might trip you up.

Are you ready to gain some keto clarity? Oh yeah—let’s do this.
Ketone bodies provide an alternative fuel for the brain, heart, and most other organs when serum glucose and insulin levels are low—i.e., on a very low-carbohydrate diet. Ketone bodies are preferred over glucose by the heart and can be used as efficiently as glucose by most portions of the brain. There is a growing body of research supporting their beneficial effects on aging, inflammation, metabolism, cognition, and athletic performance.

— Franziska Spritzler

What Schwatka discovered, before the technology even existed to measure it, was that his body was increasing its production of ketone bodies, which appear in the blood primarily as beta-hydroxybutyrate (BHB). (We’ll talk more about the various technologies for measuring the presence of ketones in chapter 8.) BHB is synthesized in the liver and can be used as an energy source by just about every cell in the body, including brain cells. So think of ketones the same way we currently look at glucose, as an energy source. In fact, look at how amazingly similar the molecular formulas for ketone bodies and glucose are. (This is a bit geeky, but it is important for you to see with your own eyes why ketones are used by the body as another fuel source when glucose is not present.)

**Acetoacetate (urine ketone)**

\[
\begin{align*}
\text{O} & \quad \text{O} \\
\text{C} - \text{C} - \text{C} - \text{C} - \text{CoA}
\end{align*}
\]

**Beta-hydroxybutyrate (blood ketone)**

\[
\begin{align*}
\text{OH} & \quad \text{O} \\
\text{C} - \text{C} - \text{C} - \text{C} - \text{OH}
\end{align*}
\]

**Acetone (breath ketone)**

\[
\begin{align*}
\text{O} & \\
\text{C} - \text{C} - \text{C}
\end{align*}
\]

**Acetyl-CoA (basic unit of energy in the Krebs cycle, the process by which cells generate energy)**

\[
\begin{align*}
\text{H} & \quad \text{O} \\
\text{H} - \text{C} - \text{C} - \text{CoA} \\
\text{H}
\end{align*}
\]

**Glucose**

\[
\begin{align*}
\text{H} & \quad \text{OH} \quad \text{OH} \quad \text{OH} \\
\text{H} - \text{C} - \text{C} - \text{C} - \text{C} - \text{C} = \text{O} \\
\text{H} \quad \text{H} \quad \text{H} \quad \text{H} \quad \text{H} \quad \text{H}
\end{align*}
\]
I tell people to increase their fat intake by, for instance, eating the fat on pork and beef, seeking out fatty cuts, eating the dark meat and skin on poultry, consuming bone marrow, and boiling bones for soup without skimming off the fat or gelatin when it cools. I ask them to add more coconut oil, extra virgin olive oil, and organic ghee or butter to their foods. If ketosis is still not achieved, it is then time to count carbohydrates.

– Dr. William Davis

Although it’s a real challenge to create a universal food shopping list for creating ketosis, I believe seeing a list of foods to buy in the store can help you begin thinking about what it takes to produce more ketones. At the very least, you will be moving in the right direction in your grocery shopping habits to make ketosis become a reality.

Let’s take a look at each of the three major macronutrients (carbohydrates, proteins, and fats) to help you find the best foods in each category. Keep in mind that although many of these foods contain a mix of macronutrients, they are categorized according to which macronutrient is predominant. Are you ready to see what you can eat on a ketogenic diet? Check out all these delicious foods!

**Carbohydrates**

Ketosis is primarily induced by carbohydrate restriction. The level of dietary carbohydrates that is conducive to ketosis is generally dependent on energy balance.

– Dr. Bill Lagakos

This list of carbohydrate-based foods is rather lengthy, but that doesn’t mean you will be able to consume all of these as part of your ketogenic diet. While it is possible that some people will be able to reach ketosis eating plenty of the foods you see on this list, many others must limit their consumption to the green, leafy vegetables on this list or even omit carbs entirely. Again, figure out what your carbohydrate tolerance is first and then choose wisely.
If ketosis is needed for its therapeutic effects, some protein limitation may be needed if carbohydrate restriction alone does not achieve the target ketone levels.

Dr. Keith Runyan

As we discussed in chapter 6, moderating your protein intake to your personal threshold is critically important for producing ketones. And since dietary fat is crucial for ketosis, look for the fattiest cuts of proteins to make the most of your food. Needless to say, chicken breasts that are 99 percent fat-free are probably not a very good option (particularly if you are sensitive to carbohydrates, which means you’ll also need to be careful about the absolute amount of protein you eat). Ideally, the fat-to-protein ratio of a food should be one-to-one or higher. If you look at the nutritional facts label and

- Arugula
- Artichokes
- Asparagus
- Blackberries
- Blueberries
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Chicory greens
- Cranberries
- Cucumbers
- Eggplant
- Garlic
- Green beans
- Jicama
- Kale
- Leeks
- Lemon
- Lettuce
- Lime
- Mushrooms
- Okra
- Onions
- Parsley
- Peppers
- Pumpkin
- Radicchio
- Radishes
- Raspberries
- Rhubarb
- Scallions
- Shallots
- Snow peas
- Spaghetti squash
- Spinach
- Strawberries
- Summer squash
- Tomatoes
- Watercress
- Wax beans
- Zucchini
see that a product has 7 grams of fat and 7 grams of protein, you’re good to go. The higher the percentage of fat in a food, though, the better.

- Bacon (not turkey bacon)
- Beef jerky (watch out for added sugars)
- Beef ribs
- Beef roast
- Bratwurst
- Chicken (choose the darkest cuts, skin on)
- Duck
- Eggs (whole)
- Fish (salmon, bass, carp, flounder, halibut, mackerel, sardines, trout)
- Ground beef (not lean)
- Goose
- Ham
- Hot dog (Nathan’s brand is the best)
- Kielbasa
- Pepperoni
- Pheasant
- Pork chops
- Pork ribs
- Pork rinds
- Pork roast
- Quail
- Salami
- Sausage
- Shellfish (scallops, shrimp, crab meat, mussels, oysters)
- Steak (the fattier the better)
- Tuna
- Turkey (darker pieces are best)
- Veal

**Fats**

The benefit of ketosis is that it utilizes our fat stores and dietary fat as they were meant to be used—for energy. We all have plenty of stored energy that can meet our needs rather than processed, nutrient-empty, high-carb foods.

— Jackie Eberstein

And finally we come to what is arguably the best part of being on a ketogenic diet—the abundance of delicious, satisfying, and nutritious fats
you can eat! I don’t care what anyone else says about fat, it’s where the flavor comes from, and that makes this way of eating so enjoyable and, more important, sustainable for the rest of your life. (How many people can honestly say that about a low-fat diet?) I encourage you to fill up on fat in your meals to zap your hunger completely. Fat is where it’s at, and these are the best ones for your ketogenic kitchen.

- Almonds
- Almond butter
- Almond milk, unsweetened
- Almond oil
- Avocado
- Avocado oil
- Beef tallow
- Blue cheese
- Brazil nuts
- Butter (Kerrygold is a high-quality brand)
- Cheese (cheddar, Colby, feta, mozzarella, provolone, ricotta, Swiss, and others)
- Chia seeds
- Chicken fat
- Coconut
- Coconut cream
- Coconut milk, unsweetened
- Coconut oil
- Cream cheese
- Dark chocolate (80 percent or higher)
- Fish oil (Carlson brand is a fabulous cod liver oil)
- Flax seeds and oil (men should probably not consume this because of possible prostate cancer risks)
- Ghee
- Greek yogurt
- Heavy whipping cream
- Lard
- Macadamia nut oil
- Macadamia nuts
- Mayonnaise (see recipe in chapter 20)
- Olive oil
- Pecans
- Pili nuts
- Pistachios
- Sour cream
- Sunflower seeds
- Walnuts
Chapter 20
Low-Carb, High-Fat Recipes for Nutritional Ketosis

The lower the carbohydrate and higher the fat in the diet, the higher one can expect the beta-hydroxybutyrate level to be.
— Dr. Mary Newport

While I do enjoy cooking low-carb, moderate-protein, high-fat meals in my own kitchen (and my wife says I do a pretty good job at it), and I will share a few of my favorite ketogenic dishes with you in the pages that follow, there are many other amazing recipe creators in the Paleo and low-carb health communities whom I am privileged to call my friends, and I’m thrilled to present their keto culinary delights in this chapter.

These recipes are all very low in carbohydrates, moderate in protein, and very high in dietary fat. If you are able to tolerate more carbs and protein in your diet and still get into ketosis, then feel free to add them to your meals. At the same time, if a recipe contains more carbohydrates or protein than your body can handle, then adjust the ingredients to fit your personal situation. Only you can determine what is best for you. And when in doubt, add more fat!
Jimmy Moore’s Keto Eggs

Serves: 1 to 2 ◆ Prep time: 5 minutes ◆ Cook time: 15 minutes

This is one of my absolute favorite dishes, and it helps me rock the ketones. It’s extremely easy to make and quite tasty, even if I do say so myself. Keep in mind that it’s very important to get the high-fat versions of these meats (no turkey bacon or sausage!) for maximum ketogenic effect. The brand of sausage I use, Swaggerty’s Farm from Sam’s Club, contains 13 grams of fat and 5 grams of protein per patty—a spectacularly high amount of fat (117 of the 140 total calories) compared to the protein (just 20 calories). This is something to look for when making your food choices.

### Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 thick slices bacon or 2 sausage patties</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ to ⅓ cup grass-fed butter or coconut oil</td>
<td></td>
<td></td>
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<tr>
<td>4 to 5 pastured eggs</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Sea salt</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Parsley (or your favorite seasoning)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>¼ cup grated full-fat cheese (optional)</td>
<td></td>
<td></td>
</tr>
<tr>
<td>3 tablespoons sour cream, to serve</td>
<td></td>
<td></td>
</tr>
<tr>
<td>½ avocado, to serve</td>
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<td></td>
</tr>
</tbody>
</table>

1. In a medium skillet or sauté pan, fry the bacon or sausage patties over medium heat until cooked through. Use a slotted spoon to remove the bacon or sausage and set aside, leaving the grease in the pan.

2. Add the butter, then once it’s melted, crack the eggs directly into the pan. Add the salt, parsley, and cheese. Scramble all the ingredients together with a spatula until fully mixed and cooked to your liking.

3. Serve the eggs and meat together with the sour cream and avocado.
Keto Pizza Frittata
by Diane Sanfilippo (BalancedBites.com)


Who doesn’t like pizza, right? You might think that on a ketogenic diet, it would be off-limits. But this mouthwatering recipe from one of my favorite cookbook authors fits the bill perfectly, without the wheat-bomb crust that is typical of most pizzas. When you choose food that’s made from quality ingredients, that won’t have a negative metabolic impact on your body, and that will nourish your body well, then you have discovered the mindset that it takes to successfully manage your weight and health. Congratulations!

Italian Sausage Spice Blend

1 teaspoon sea salt
1 tablespoon fennel seeds, ground
1 tablespoon ground sage
1 tablespoon onion powder
¼ teaspoon white pepper or 1 teaspoon black pepper
2 teaspoons dried parsley

½ pound ground pork
8 eggs
1¼ teaspoon sea salt, divided
½ teaspoon freshly ground black pepper
½ cup tomato sauce
½ teaspoon dried basil
½ teaspoon dried oregano
½ teaspoon granulated garlic
1 tablespoon coconut oil or butter
1 bell pepper, seeded and sliced
5 white mushrooms, sliced
3 green onions (scallions), sliced
½ cup sliced olives

1. Preheat the oven to 400°F.
2. In a small bowl, combine all the spice blend ingredients and set aside. Only 1 tablespoon will be used in this recipe; the rest can be stored in an airtight container for up to 6 months.
3. Heat a large, oven-safe skillet over medium heat. While the skillet is heating up, combine the ground pork and 1 teaspoon of the spice blend in a medium mixing bowl and mix them together until the spices are evenly distributed. Add the meat to the skillet and cook until just a little pink is visible, about 10 minutes, breaking up the meat with a heat-safe spatula or wooden spoon. Remove the pork from the pan and set aside. (Do not wash the pan; you will use it again.)
4. In a small bowl, whisk together the eggs, 1 teaspoon of the salt, and the pepper. In another small bowl, stir together the tomato sauce, basil, oregano, granulated garlic, and the remaining ¼ teaspoon of salt. Set both bowls aside.

5. Melt the coconut oil over medium heat in the same pan you used to cook the pork, then add the bell pepper and cook until it starts to soften, about 5 minutes. Add the mushrooms and cook for 2 minutes, or until they soften slightly. Put the meat back into the pan along with the majority of the green onions (reserving some for garnish) and the olives and stir to combine all the ingredients.

6. Pour in the egg mixture and tilt the pan back and forth until the eggs cover the entire bottom of the pan. If necessary, give the ingredients a gentle stir to distribute them evenly. Let cook for about 5 minutes, or until the edges begin to set.

7. Drizzle the tomato sauce mixture over the eggs, then place the pan in the oven and cook for 8 to 10 minutes, or until the eggs are set. To check, use a knife to make a cut in the center of the frittata—if raw egg runs along the cut, cook for another 2 to 3 minutes and check again. Let sit for 5 minutes before slicing and serving.
Perfect Roast Keto Chicken
by Elana Amsterdam (ElanasPantry.com)

Author of Paleo Cooking from Elana’s Pantry: Gluten-Free, Grain-Free, Dairy-Free Recipes

Serves: 4   ◆   Prep time: 10 minutes   ◆   Cook time: 1½ hours

Note from Elana: This recipe is based on one from Ina Garten’s The Barefoot Contessa Cookbook. My best friend from childhood, Helen, introduced me to Ina, and I have been hooked on her books ever since. While Ina’s recipe calls for wheat flour, chicken stock, and butter, mine is a tad simpler and gluten-free as well. I make this go-to dish at least once a week and use the carcass for chicken stock. My boys love this!

Ingredients

1 (2- to 3-pound) whole chicken
Sea salt
Freshly ground black pepper
1 bunch fresh thyme
1 lemon, halved
1 head garlic, peeled and cut in half crosswise
2 tablespoons extra virgin olive oil
1 medium onion, quartered

1. Preheat the oven to 425°F.
2. Remove the chicken giblets, rinse the chicken inside and out, and pat dry. Place the chicken in a 9-by-13-inch baking dish and liberally sprinkle the inside of the chicken with salt and pepper.
3. Stuff the cavity with the thyme, lemon, and garlic. Brush the outside of the chicken with the olive oil and sprinkle with salt and pepper.
4. Tie the legs together with kitchen string and tuck the wings under the body. Place each onion quarter into a corner of the baking dish. Roast the chicken for 1 ½ hours, or until the juices run clear. Allow to cool slightly and serve.
**Almond Butter Keto Bombs**  
by Dietitian Cassie (DietitianCassie.com)

_Yield: 16 pieces  ◆  Prep time: 5 minutes  ◆  Cook time: 2 hours to freeze_

*Note from Cassie:* My favorite bedtime snack is one that promotes stable blood sugars through a combination of healthy fat and a little bit of carbohydrate, and one that also provides a touch of sweetness without unnecessary sugar. These Almond Butter Keto Bombs are the result of my experimenting with my three favorite healthy fats!

**Ingredients**

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<tbody>
<tr>
<td>1 cup</td>
<td>almond butter</td>
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<tr>
<td>¾ cup</td>
<td>organic, unrefined coconut oil</td>
</tr>
<tr>
<td>2 tablespoons</td>
<td>unsalted butter</td>
</tr>
<tr>
<td>2 to 3 teaspoons</td>
<td>stevia powder extract</td>
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1. Place all the ingredients in a large bowl and microwave for 45 seconds.
2. Whisk the ingredients together and pour the mixture into ice cube trays. Freeze for 2 hours.
3. Once they’re frozen, you can pop the fat bombs out of the ice cube trays and store them in an airtight container in the freezer, or keep them stored in the ice cube trays!
Camille’s Keto Energy Bars
by Camille Macres (CamilleMacres.com)

Author of Paleogasm: 150 Grain, Dairy and Sugar-free Recipes That Will Leave You Totally Satisfied and Begging for More

Note from Camille: This is my favorite snack recipe by far. It is loaded with healthy fats and protein, so it’s wonderful to have on-hand to keep blood sugar stable throughout the day. These bars are also awesome to eat pre-workout.

Although you can use any brand of protein powder, I prefer Sun Warrior Vanilla Protein Powder, as it has just a couple ingredients and no soy or dairy, and it’s sweetened with stevia, which gives the bars some sweetness without any sugar.

Yield: 18 to 24 bars  ◆  Prep time: 10 minutes  ◆  Cook time: 3 hours to chill

Ingredients

<table>
<thead>
<tr>
<th>1 cup coconut oil, melted</th>
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<tr>
<td>1 cup almond butter, macadamia or cashew butter</td>
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<tr>
<td>½ cup protein powder</td>
</tr>
<tr>
<td>1 cup shredded unsweetened coconut</td>
</tr>
<tr>
<td>½ cup dried cranberries, raisins, or dried cherries</td>
</tr>
<tr>
<td>1 cup slivered almonds, pecans, walnuts, or hazelnuts</td>
</tr>
<tr>
<td>½ cup cacao nibs</td>
</tr>
<tr>
<td>1 teaspoon cinnamon (optional)</td>
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<td>¼ teaspoon sea salt</td>
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1. In a medium bowl, whisk together the coconut oil, nut butter, and protein powder until smooth. Add the remaining ingredients and stir.

2. Line a baking sheet or cake pan with parchment paper, making sure it goes all the way up the sides. Pour in the batter (don’t let the batter touch the actual pan or it will be very messy and difficult to remove). Cover and refrigerate for about 3 hours, or until solid.

3. Lift the bars off the baking sheet with the parchment paper underneath and cut into squares for serving.

4. Store the bars in the refrigerator! If they get too warm, the coconut oil will melt and they will turn into a puddle.
Jimmy Moore’s Homemade Keto Béarnaise Sauce

Yield: 1 cup ◆ Prep time: 5 to 10 minutes ◆ Cook time: 20 to 25 minutes

When you’ve eaten keto for an extended period of time, you’re always on the lookout for ways to squeeze even more healthy fats, especially saturated fat, into your meals. Browsing around online, I found inspiration in a post on Diet Doctor (DietDoctor.com), the blog of a Swedish physician friend of mine named Dr. Andreas Eenfeldt. He showed a picture of a typical low-carb meal in his home: a steak, some veggies cooked in butter, and a béarnaise sauce. Honestly, I’d never made a béarnaise sauce before, but it looked easy enough. It turned out to be an amazing discovery that I think you’re gonna love too.

1. In a small skillet over medium-high heat, add the butter. While it melts, in a large mixing bowl separate the egg yolks from the egg whites, discarding the whites. Beat the yolks thoroughly until smooth and creamy.

2. To the skillet, add the white wine vinegar, dried basil, sea salt, and pepper and reduce the heat to medium-low. Allow to simmer for 10 to 15 minutes, stirring occasionally.

3. Remove from heat and let cool for 10 minutes, then pour the butter mixture slowly into the beaten egg yolks, stirring constantly. Once all the butter is in the bowl, whisk briskly until a beautiful creamy sauce emerges.

4. Use immediately and pour on top of spaghetti squash, grass-fed steak, or anything you want to add more fat to.

Ingredients

- 5 tablespoons salted grass-fed butter (I like Kerrygold brand)
- 12 pastured eggs
- ¼ cup white wine vinegar
- Pinch of dried basil or another spice of your choice (such as Italian seasoning or tarragon)
- Pinch of sea salt
- Pinch of freshly ground black pepper
Mushroom Burger Scramble
by Linda Genaw (Genaw.com/LowCarb)

Note from Linda: This has become one of my favorite dishes, and I make it a couple times a month. It makes a lot, so it’s great for leftovers. I use ground beef with the highest percentage of fat, and I don’t drain the fat after browning the meat. The fat will settle on the bottom of the casserole as it cools, and while that doesn’t bother me, you can skip the Parmesan cheese topping and stir the dish occasionally as it cools to redistribute the fat, if you like.

1. Preheat the oven to 350˚F.
2. In a large pot or Dutch oven over medium-high heat, brown the hamburger, onion, and garlic; drain the fat if desired (I keep the fat in). Stir in the mushrooms. Cook, stirring occasionally, until the mushrooms are tender, about 5 minutes.
3. Add the softened cream cheese, mashing it into the meat to blend well. Stir in the Parmesan cheese and cream; mix well. Add the garlic powder, salt, and pepper, and adjust to taste.
4. Grease a 2-quart casserole dish and pour in the mixture. Sprinkle some extra Parmesan cheese over the top, if desired. Bake, uncovered, for 30 to 35 minutes, until bubbly and browned.

Ingredients

<table>
<thead>
<tr>
<th>Item</th>
<th>Quantity</th>
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<tbody>
<tr>
<td>2 pounds grass-fed ground beef</td>
<td>2 lbs</td>
</tr>
<tr>
<td>1 small onion, chopped</td>
<td>1 small</td>
</tr>
<tr>
<td>2 cloves garlic, minced</td>
<td>2 cloves</td>
</tr>
<tr>
<td>16 ounces fresh mushrooms, sliced</td>
<td>16 oz</td>
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<tr>
<td>8 ounces cream cheese, softened</td>
<td>8 oz</td>
</tr>
<tr>
<td>½ cup grated Parmesan cheese (2 ounces), plus additional for topping (optional)</td>
<td>½ cup</td>
</tr>
<tr>
<td>½ cup heavy cream</td>
<td>½ cup</td>
</tr>
<tr>
<td>½ teaspoon garlic powder</td>
<td>½ tsp</td>
</tr>
<tr>
<td>1½ teaspoons sea salt</td>
<td>1½ tsp</td>
</tr>
<tr>
<td>½ teaspoon freshly ground black pepper</td>
<td>½ tsp</td>
</tr>
<tr>
<td>Butter, lard, or tallow, to grease the pan</td>
<td>as needed</td>
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Coconut Almond Porridge
by Louise Hendon (AncestralChef.com)

Note from Louise: I love trying out cuisines from other countries, and it’s one of the main reasons why my husband and I are embarking on a four-year around-the-world trip! Many of my recipes are inspired by dishes from various countries across the globe. The original inspiration for this one was amlou, a Moroccan sweet almond paste that’s often served at breakfast.

It can be difficult to find coconut cream without added sugar. A good alternative is to skim the cream from the top of a can of refrigerated coconut milk. And for a less creamy version, you can use straight coconut milk.

**Ingredients**

Serves: 1   ◆   Cook time: 10 minutes

<table>
<thead>
<tr>
<th>Ingredient</th>
<th>Quantity</th>
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<tr>
<td>¾ cup coconut cream</td>
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<tr>
<td>½ cup almonds, ground</td>
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<tr>
<td>Stevia</td>
<td></td>
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<tr>
<td>1 teaspoon ground cinnamon</td>
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<tr>
<td>Pinch of nutmeg</td>
<td></td>
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<tr>
<td>Pinch of cloves</td>
<td></td>
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<tr>
<td>Pinch of cardamom (optional)</td>
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1. Heat the coconut cream in a small saucepan on medium heat until it forms a liquid.
2. Add the ground almonds and stevia to taste and mix well. Keep stirring for approximately 5 minutes, until the mixture begins to thicken.
3. Add the cinnamon, nutmeg, cloves, and cardamom; taste and add more if desired. Serve hot.
Bacon Brussels Sprouts
by Abel James and Alyson Rose (FatBurningMan.com)

Simplicity in a recipe is always a good thing. Take four amazing, keto-friendly ingredients and you’ve got the makings for an incredible side dish to complement your lunch or dinner. My friends Abel and Alyson realize the importance of dietary fat in fat-burning, and this tasty recipe infuses plenty of it.

Ingredients
3 slices bacon
3 cups halved Brussels sprouts
1 tablespoon garlic powder
Sea salt

1. In a skillet or sauté pan, cook the bacon, remove from pan, and set aside.
2. Add the Brussels sprouts to the pan and cook in the bacon grease over medium-low heat until brown and soft, about 18 minutes, stirring every 3 minutes. While the sprouts cook, crumble or slice the cooked bacon into bits.
3. Add the bacon bits and garlic powder to the Brussels sprouts, and salt to taste.
Baked Creamed Spinach
by Carrie Brown (CarrieBrown.com)

Serves: 4 to 6  ◆  Prep time: 10 minutes  ◆  Cook time: 50 minutes

Note from Carrie: Struggling to get your greens in? I hated spinach with a passion for years, until one day I decided that I had to find a way to make it delicious. It’s amazing what the addition of some healthy fats can do for a pile of leafy greens! Now I eat spinach all the time, and this recipe is one of my favorite vegetable dishes. Yum!

Konjac flour and glucomannan powder can be found in health food or supplement stores, but you might find it easiest to order them online from Amazon.com.

<table>
<thead>
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<th>Ingredients</th>
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<tr>
<td>2 pounds fresh spinach</td>
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<tr>
<td>1 tablespoon coconut oil</td>
</tr>
<tr>
<td>1 pound onions, chopped</td>
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<tr>
<td>2 teaspoons konjac flour or glucomannan powder</td>
</tr>
<tr>
<td>2 cups coconut milk, divided</td>
</tr>
<tr>
<td>¼ cup heavy cream</td>
</tr>
<tr>
<td>Pinch of sea salt</td>
</tr>
<tr>
<td>Pinch of freshly ground black pepper</td>
</tr>
<tr>
<td>1 teaspoon ground nutmeg</td>
</tr>
<tr>
<td>2 eggs, separated</td>
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1. Preheat the oven to 350˚F.

2. Place the spinach in a dry large pan, cover, and cook over medium heat for 10 minutes, or until completely wilted. Remove the spinach from the pan, drain well, chop finely, and set aside.

3. In the same pan, melt the coconut oil over medium heat. Add the chopped onions and cook until transparent, about 5 minutes.

4. Add the konjac flour to a small bowl and quickly whisk in 1 cup of the coconut milk. Add the konjac milk mixture to the onions and stir until the mixture has thickened, about 2 minutes. Stir in the remaining 1 cup of coconut milk, the cream, salt, pepper, ground nutmeg, egg yolks, and chopped spinach, and stir until completely mixed. Reduce heat to low and let simmer until the egg whites are ready to add.

5. In a small bowl, use a hand mixer on high to beat the egg whites until very stiff. Remove the pan with the spinach from heat and quickly and carefully fold in the stiff egg whites. Tip the spinach mixture into an ovenproof dish and place in the oven 30 minutes, or until the top just starts to brown.
Keto Skordalia (Greek Garlic Dip)

by Maria Emmerich (mariamindbodyhealth.com)

Author of Keto-Adapted: Your Guide to Accelerated Weight Loss and Healthy Healing and The Art of Healthy Eating—Savory: Grain Free Low Carb Reinvented

Note from Maria: Years ago, my husband, Craig, and I were at a Greek restaurant called Shish on Grand Avenue in St. Paul, Minnesota. Craig had the kebabs with a fantastic garlic dip. It was full of flavor, and I decided to make it myself at home. When I looked it up, I discovered it was made with potatoes, so I decided to create a keto-friendly version with lots of healthy fats and very few carbohydrates.

Roasted garlic gives the dish a sweeter and milder garlic profile, but you can use raw garlic, too.

1. Preheat the oven to 400˚F.
2. Place the head of garlic on a baking sheet and sprinkle with a dash of MCT oil. Bake for 40 minutes to 1 hour; when the garlic is soft and squeezable, it is ready. Remove the garlic from the oven and let cool, then remove the cloves. Eight cloves will be used in this recipe; reserve the rest for later use.
3. Place 8 garlic cloves and the salt in a blender or food processor and puree until smooth. Add the avocados and puree.
4. Gradually add the MCT oil, lemon juice, and vinegar, rotating between the three and pureeing in between. Add the pepper and use a fork to mix briskly until very smooth.
5. Serve with kebabs or sliced bell peppers. The dip will keep in the refrigerator for about 1 week. Bring to room temperature several hours before serving.

Ingredients

- 1 head garlic
- ¾ cup MCT oil
- ½ teaspoon sea salt
- 2 large ripe avocados, peeled, halved, and pitted
- ¼ cup fresh lemon juice
- 1 tablespoon coconut vinegar or apple cider vinegar
- ½ teaspoon freshly ground black pepper
Healthified Keto “Refried Beans”
by Maria Emmerich (mariamindbodyhealth.com)

Author of Keto-Adapted: Your Guide to Accelerated Weight Loss and Healthy Healing and The Art of Healthy Eating—Savory: Grain Free Low Carb Reinvented

Note from Maria: Refried beans are traditionally made with pinto beans, but beans are high in carbohydrates and can be counterproductive for people who want to get into ketosis. Plus, the refried beans you purchase at the grocery store can have some iffy ingredients, so it’s good to have an alternative. This “refried beans” recipe is low in starch and grain- and bean-free. I know it sounds crazy, but this dish is so good! So many people have told me that their spouses had no clue it wasn’t real refried beans.

If you’re a vegetarian, you can omit the bacon and smoke the eggplant instead for a natural bacon flavor: Peel and slice the eggplant, wrap it in tin-foil, and place it in a wood smoker for 2 hours. Then cube the eggplant and skip the stir-fry instructions, going straight to pureeing the eggplant instead.

Ingredients

1 eggplant or zucchini, peeled and cubed (about 4 cups)
4 slices bacon
1 cup chopped yellow onions
1 tablespoon minced garlic
1 tablespoon minced, seeded jalapeño pepper
1 tablespoons chili powder
1 teaspoon ground cumin
½ teaspoon sea salt
Pinch of cayenne pepper
½ teaspoon chopped oregano
½ cup grated queso blanco or cheddar cheese, for garnish (optional)
¼ cup minced fresh cilantro, for garnish (optional)

1. In a skillet or sauté pan over medium-high heat, stir-fry the eggplant and bacon until the bacon is fried and the eggplant is very soft, about 10 minutes. Reserve the bacon fat. Transfer the eggplant and bacon to a food processor and puree until smooth.

2. In a large, heavy skillet, heat the reserved bacon fat over medium-high heat. Add the onions and cook, stirring continuously, until soft, about 3 minutes. Add the garlic, jalapeño, chili powder, cumin, salt, and cayenne pepper. Cook, stirring continuously, until fragrant, about 45 seconds to 1 minute. Add the eggplant puree and the oregano, and stir to combine.

3. Cook, stirring continuously with a heavy wooden spoon, until the mixture forms a thick paste, about 5 to 10 minutes, adding water 1 tablespoon at a time to keep it from getting dry. Garnish with the cheese and cilantro, and serve.
Jimmy Moore’s Bacon-Wrapped Salmon

Serves: 2   ◆   Prep time: 5 to 10 minutes   ◆   Cook time: 20 to 25 minutes

My wife, Christine, absolutely loves salmon. I usually cook it for her at least once a week. One night I decided to do something a little bit different and wrapped some bacon around the salmon before placing it in the skillet. I think she died and went to heaven when she saw this meal that she already loved become even better with bacon. It’s a fatty, yummy way to make you a ketone-burning machine!

**Ingredients**

- 2 tablespoons grass-fed butter
- 6 thick slices bacon (don’t get the thinner kind; it won’t work)
- 2 fillets wild Alaskan salmon
- 4 tablespoons sour cream
- Garlic salt

1. In a skillet over medium heat, add the butter. While it is melting, wrap 3 slices of thick bacon around each salmon fillet, completely covering it. The bacon should hold to the salmon pretty well.

2. Carefully place the bacon-wrapped salmon fillets into the skillet and cook for 7 to 8 minutes, until brown and crispy. Flip the salmon and splash the hot butter up along the sides to help evenly cook the bacon and salmon.

3. Mix the sour cream with garlic salt to taste, divide into two equal portions, and serve with the salmon.
Gary the Primal Guy’s Keto Chocolate
by Gary Collins (PrimalPowerMethod.com)

Note from Gary: This healthy chocolate recipe has very little sugar compared to store-bought chocolate, and it’s far more nutritious. It’s loaded with healthy fats and contains no dairy or grains at all, and it’s completely gluten-free. Of course it is primal, ketogenic, low-carb, and Paleo-approved.

Cacao butter and cacao powder, the key ingredients, are the less-refined versions of cocoa products. They can be found in most health-food stores. It may take a couple of batches of experimenting with the amounts of cacao butter and cacao powder to get your preferred flavor.

Use as small a pan as possible—the smaller the pan, the easier it is to keep the ingredients well mixed.

Ingredients

| 2 tablespoons coconut oil |
| 2 heaping tablespoons cacao butter |
| 3 tablespoons cacao powder |
| 3 to 4 tablespoons coconut milk or almond milk (optional) |
| 1 teaspoon vanilla extract |
| 1 teaspoon cinnamon |
| Pinch of sea salt |
| Stevia |

Yield: 6 to 8 ounces  ◆  Serves: 2 to 4  ◆  Cook time: 15 minutes, plus 15 to 30 minutes to chill

1. In a skillet over very low heat, melt the coconut oil and cacao butter. Do not allow to boil; the slower they melt, the better. Once the mixture is completely melted, turn off the heat and mix in the cacao powder. Melted homemade chocolate is runnier than store-bought chocolate, but it should look dark and somewhat creamy.

2. Mix in the coconut milk if you want more of a milk chocolate flavor. Add the vanilla extract, cinnamon, and salt, and add stevia to taste. Stir well to combine.

3. Allow the chocolate mixture to cool in the pan until it reaches room temperature. Once at room temperature, taste and adjust the seasoning as preferred. Stir well once more, cover, and put in the refrigerator for 30 minutes or the freezer for 15 minutes, until it becomes solid. If you refrigerate it, check it every 5 or 10 minutes and mix it with a spoon two to three times until it starts to solidify, as the oils tend to separate. (This step isn’t necessary if you freeze it.)

4. Once the chocolate is solid, break it apart and put in a glass container. Real chocolate has a lower melting temperature than store-bought chocolate, so store it in the refrigerator.
Skinny Keto Pizza
by Bob Montgomery (NotSoFastFood.com)

Owner and operator of the Not So Fast! food truck in San Diego, California

Serves: 4  ◆  Prep time: 15 minutes  ◆  Cook time: 45 minutes

Note from Bob: When I lived in Dallas, Texas, from 2006 to 2008, I really got into bodybuilding and what I thought was healthy eating. In reality, I was on a terrible diet that led to weight gain and lethargy. My search for an alternative eventually led me to a low-carb, high-fat, ketogenic way of eating. When I started getting lean and gaining strength by eating this way, I felt fantastic, but I have to admit, I missed pizza. I found a keto-friendly recipe online that used pork rinds for the crust and cream cheese, mozzarella cheese, and Parmesan cheese for toppings. Since my body doesn't respond well to dairy except for a little bit of grass-fed, raw milk cheese, I decided to rework the recipe to make it good for someone like me. This is by far one of my favorite recipes ever. Feel free to add more cheese if your body can handle it, and add any keto-friendly toppings—I like Applegate Farms uncured pepperoni, chicken thighs, or roasted bone marrow. Enjoy!

Ingredients

| ½ cup ground pork skins or rinds |
| ¾ cup ground chicken skins |
| 2 teaspoons Italian seasoning |
| 1 teaspoon garlic powder |
| 4 large brown eggs |
| Butter or ghee, to grease the baking sheet |
| ½ cup marinara sauce, BBQ sauce, or other sauce |
| ½ cup raw milk Parmesan cheese |

1. Preheat the oven to 335°F.
2. In a medium bowl, combine the ground pork skins, ground chicken skins, Italian seasoning, and garlic powder. In a separate large bowl, beat the eggs. Stir the dry ingredients into the eggs to form pizza dough. Flatten the dough by hand or roll it out to the desired size.
3. Grease a baking sheet with butter or ghee, spread the pizza dough on the sheet, and bake in the oven for 20 to 25 minutes, until the crust turns golden-brown and crispy. Remove from the oven and let rest for 5 minutes.
4. Spread the sauce over the crust and add your toppings of choice. Return to the oven and bake until the cheese is melted, about 12 to 15 minutes. Devour.
Keto Beef Stroganoff
by Freda Mooncotch (Keto-Coach.com)

Author of Defying Age with Food: Reclaim Your Health, Energy & Vitality!

Serves: 4  •  Prep time: 10 minutes  •  Cook time: 20 to 30 minutes

Freda, whose inspiring story appeared in chapter 13, has created a nostalgic, keto-friendly recipe for those of us who grew up on Hamburger Helper. I used to cook for our family when I was a kid, and Hamburger Helper Stroganoff was a staple in our house. But since I don’t want to feed my body pasta or artificial ingredients anymore, this recipe from a bona fide ketogenic success story is perfect—it has all the taste that I love and remember without any ketone-busting ingredients.

For a more nutrient-dense version, add 3 ounces of grated, frozen grass-fed liver to the ground beef. No one will ever know!

Ingredients

1 tablespoon grass-fed butter
1 medium onion, chopped
2 to 3 cloves garlic, chopped
1 pound grass-fed ground beef
2 to 3 ounces cheddar or another hard cheese, shredded
2 tablespoons cream
Sea salt and freshly ground black pepper
2 bunches fresh spinach or other greens, to serve

1. Add the butter to a heated cast iron pan over medium-high heat. When it has melted, add the onion and garlic and cook until translucent, about 5 to 7 minutes.

2. Add the ground beef and cook to desired doneness, breaking up the beef as it cooks. Reduce heat to low, add the cheese, and gently melt.

3. Turn off the heat. Add cream until the desired texture is achieved. Salt and pepper to taste and stir well.

4. Serve on a bed of spinach and enjoy!
Jimmy Moore’s Homemade Really Real Keto Mayo

Yield: 1½ cup  ◆  Prep time: 5 to 10 minutes

When I first began my low-carb, high-fat, ketogenic diet in 2004, I started looking at nutritional labels to find the foods that were low in carbohydrates and had plenty of fat. What I didn’t realize at the time was that there is a huge difference between the saturated and monounsaturated fats found in real foods (like the saturated fat in coconut oil and butter and the monounsaturated fat in avocados and olive oil) and the polyunsaturated fats found in vegetable oils, including soybean, corn, cottonseed, and canola oil. It’s these polyunsaturated fats that are highly inflammatory and should be limited.

Unfortunately, virtually all of the commercially sold mayonnaise products contain soybean oil—even if they try to spin it by calling it “real” mayonnaise or attempt to fool people by putting “with olive oil” on the label, it is still predominantly soybean oil. And when you take into account all the sugar and other dubious ingredients added to this science experiment in a jar, it only makes sense to make your own mayonnaise at home. It’s a whole lot easier than you think. This recipe gives you a flavorful source of dietary fat without all the added sugar.

Instead of olive oil in this recipe, try using the same amount of bacon fat. You haven’t lived until you’ve experienced bacon mayo!

Ingredients

| 2 large eggs       | 2 egg yolks       | ½ teaspoon sea salt | 1 tablespoon mustard | 2 tablespoons lemon juice | 1 tablespoon white wine vinegar | ½ cup extra virgin olive oil | ½ cup coconut oil |

1. Add all of the ingredients to a large bowl, if you’re using an immersion blender, or food processor. Blend until it thickens to the desired consistency.

2. Store in a glass jar or sealable container in the refrigerator for up to 10 days (but it won’t last that long!).
**West African Chicken Stew**

by Melissa Joulwan (TheClothesMakeTheGirl.com)

Author of *Well Fed: Paleo Recipes for People Who Love to Eat* and *Well Fed 2: More Paleo Recipes for People Who Love to Eat*

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Note from Melissa: I have a thing for peanut butter, by which I mean that I love it to distraction. I especially adore peanut butter in unexpected places, like soups and savory dishes. It was a heartbreaking day for me when I learned that peanuts are a legume and, therefore, do not love me back. But almond butter is an excellent rebound partner, and this stew will win you over with its savory combination of creamy almond butter, just the right bite of heat from the ginger and cayenne, and the underlying sweetness of vanilla and coriander.

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**Ingredients**

1 pound boneless, skinless chicken thighs  
Sea salt and freshly ground black pepper  
1 tablespoon coconut oil  
½ medium onion, diced (about ½ cup)  
1 (1-inch) piece fresh ginger, grated (about 1 tablespoon)  
3 cloves garlic, minced (about 1 tablespoon)  
½ tablespoon ground coriander  
½ teaspoon cayenne pepper  
1 bay leaf  
1 cup canned crushed tomatoes  
¼ cup water  
¼ cup almond butter (no sugar added)  
¼ teaspoon vanilla extract  
Minced parsley, for garnish  
Butter (optional, for added fat)

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1. Sprinkle the chicken enthusiastically with salt and pepper. Heat a large soup pot over medium-high heat, about 3 minutes. Add the coconut oil and allow it to melt. Add the chicken in a single layer and brown well on both sides, about 10 minutes. (Don’t crowd the pan; cook in batches if you need to.) Transfer the chicken to a bowl.

2. In the same pot, cook the onion and ginger until soft, about 5 to 7 minutes. Add the garlic, coriander, cayenne, and bay leaf, and cook until fragrant, about 30 seconds. Add the tomatoes and water, stirring to combine. Nestle the chicken into the sauce, along with any juices it released into the bowl. Increase the heat to bring the pot to a boil, then reduce to a simmer and cook, covered, for 25 minutes.

3. Remove the chicken from the pot; it will be very tender. Break the chicken into large pieces with the side of a wooden spoon. Add the almond butter and vanilla to the pot and mix to combine. Return the chicken to the pot and cover. Heat through, about 5 minutes, then serve, sprinkled with parsley. Add butter on top if you desire more fat.
Macadamia Avocado Freezer Fudge
by Shelby Malaterre (CavemanTruck.com)

Owner and operator of the Caveman Truck food truck in Indianapolis, Indiana

<table>
<thead>
<tr>
<th>Ingredients</th>
<th>Yield: 2 cups  ◆  Prep time: 15 minutes  ◆  Cook time: 10 minutes, plus 3 hours to freeze</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup macadamia nuts</td>
<td>¼ cup grated or shaved dark chocolate (100% cacao) (2 ounces)</td>
</tr>
<tr>
<td>¼ cup ghee</td>
<td>¼ cup coconut butter</td>
</tr>
<tr>
<td>Liquid stevia, to taste</td>
<td>⅛ teaspoon vanilla extract</td>
</tr>
<tr>
<td>⅛ teaspoon sea salt</td>
<td>4 large egg yolks</td>
</tr>
<tr>
<td>1 medium avocado, peeled, halved, and pitted</td>
<td>2 tablespoons MCT oil</td>
</tr>
</tbody>
</table>

Note from Shelby: This recipe was inspired by my love of dark chocolate and desire to create something with a fudge-like texture. I was encouraged when I started to see similar recipes online. The problem with a lot of these recipes, though, was that they relied heavily on honey and bananas for consistency and sweetness, and I wanted something that could be used as a treat on a low-carb, high-fat, ketogenic diet. After several variations I came up with this recipe, and it was everything I was hoping for.

1. In the top of a double boiler, combine the macadamia nuts, chocolate, ghee, coconut butter, stevia, vanilla, and salt. Place about 1½ cups of water in the bottom of the double boiler, set the chocolate mixture on top, and place over medium-high heat. Let the chocolate fully melt, stirring occasionally.

2. Once the mixture is melted and combined, pour it into a blender and blend until the nuts are smooth. Because they were heated in the double boiler, this process is fairly quick. Once the mixture is smooth, add the egg yolks, avocado, and MCT oil. Blend to smooth it out again.

3. You should now have a fairly dense, warm pudding. It can be eaten right away or frozen to solidify. To freeze, transfer the mixture to bowls, cookie cutter shapes, or, for easy removal, a silicone muffin pan and place in the freezer for 3 hours.

4. Keep in the refrigerator or freezer (depending on the density and temperature you like best) and pop them out as an easy way to get some nutrient-dense, high-fat calories in a hurry.
Luscious Lemon Bars
by Caitlin Weeks (GrassFedGirl.com)

Author of Mediterranean Paleo Cookbook: Over 135 Grain-Free Recipes to Tempt Your Palate

Yield: 9 squares  ♦  Prep time: 15 minutes  
♦  Cook time: 5 minutes, plus 2 hours to chill

Note from Caitlin: You may not have heard of chia seeds, but they are a very healthy source of omega-3 fatty acids and a great substitute for eggs. Chia seeds do tend to have a gritty texture that some people find undesirable, so I encourage you to grind them up to make them smooth and easy to work with. (You can also buy ground chia seed.) There’s a lot of healthy fats to bring about ketosis in this recipe.

Ingredients

2 cups full-fat coconut milk
½ cup water
1 heaping tablespoon GrassFed gelatin
1 teaspoon stevia powder extract
2 tablespoons lemon juice
2 teaspoon lemon zest
2 tablespoons chia seeds
1 cup almond flour
¼ teaspoon sea salt
¼ cup coconut oil, melted
Butter or coconut oil, to grease the pan

1. Heat the coconut milk and water in a saucepan over medium heat. Add the gelatin and whisk until dissolved. Stir in the stevia, lemon juice, and lemon zest, remove from heat, and set aside.

2. In a coffee grinder, grind the chia seeds to a fine powder. In a medium bowl, mix the ground chia seeds, almond flour, sea salt, and melted coconut oil until well combined.

3. Grease an 8-by-8-inch glass baking dish and pour in the chia seed mixture, using your fingers to evenly spread it over the bottom of the dish. Pour the lemon gelatin over the crust and refrigerate for 2 hours. Slice and serve.
Pan-Fried Breaded Pork Chops with Sautéed Kale
by Kelsey Albers (IgniteNourishThrive.com)

Serves: 2  ◆  Prep time: 10 minutes  ◆  Cook time: 20 minutes

Note from Kelsey: My Grandpa Suma loved breaded pork chops. He loved them so much that he would gnaw at them until all the meat and gristle was gone. As a kid, I was filled with pride and excitement when I helped my mom make them for him.

Grandpa Suma was a man who could have benefited greatly from books like this one. He was diabetic, and his doctors pulled fried and breaded foods like pork chops out of his diet and replaced them with diet sodas, sugar-free treats, and low-carb, “healthy” whole grains.

When I recently I bought a couple of pork chops on sale from my farmer, I was struck by the memory of my grandpa enjoying breaded chops, and the scrumptious, comforting recipe below was born. I wish my grandpa were still with us so I could share my recipe, but I’ll just be happy with dedicating it to his memory. I hope it can help you or a loved one transition to a real-foods lifestyle!

Ingredients

2 tablespoons coconut flour
¾ teaspoon onion powder, divided
½ teaspoon garlic powder
½ teaspoon sea salt, divided
½ teaspoon freshly ground black pepper, divided
2 pork chops (5½ ounces total)
2 tablespoons coconut oil
½ clove garlic, minced
½ bunch kale, stemmed and chopped

1. In a medium bowl, mix together the coconut flour, ½ teaspoon of the onion powder, the garlic powder, ¼ teaspoon of the salt, and ¼ teaspoon of the pepper. Dredge each pork chop in the mixture until it’s well coated.

2. In a cast iron skillet over medium-high heat, melt the coconut oil. Add the pork chops and cook for 4 to 6 minutes per side, or until golden-brown. Remove from heat and let sit for 5 minutes before serving.

3. While the pork chops are resting, in the same skillet, lightly sauté the garlic for 2 minutes. Add the kale, the remaining ¼ teaspoon of onion powder, remaining ¼ teaspoon of salt, and remaining ¼ teaspoon of pepper. Sauté until the kale is slightly wilted, usually 5 minutes. Serve and enjoy!
Keto Pot Roast
by Lori Pratt (a reader from Orland Park, Illinois)

Serves: 4  ◆  Prep time: 10 minutes  ◆  Cook time: 3½ hours

Note from Lori: When I started eating ketogenic, I already loved to cook and was excited to see what I could come up with. This recipe helps keep me from cheating at all because it tastes so good. In fact, it smells so good while I’m making it that my dogs start crying! I always feel energetic after eating a meal like this; it’s perfect for anyone following a low-carb, high-fat diet.

Ingredients

- 3 pounds chuck roast, room temperature
- Sea salt and freshly ground black pepper
- 2 tablespoons coconut oil
- ¼ cup beef broth
- 2 small onions, halved
- 1 teaspoon minced garlic
- 2 pounds large mushrooms, halved
- ¼ cup grass-fed butter

1. Rub the roast on both sides with salt and pepper. In a Dutch oven over high heat, add the coconut oil and wait 1 minute, until it becomes hot. Add the chuck roast and sear on each side until brown, about 4 minutes. Reduce the heat to low and add the beef broth. Cover and simmer for 2½ hours.

2. Put the onion halves underneath the bottom of the roast to lift it out of the accumulating liquid. Add the garlic, mushrooms, and butter and continue to cook for 1 hour.

3. Discard the onions, slice the roast (which should practically fall apart), and serve.
Spaghetti Squash Alfredo
by Jimmy Moore

Serves: 2  ◆  Prep time: 5 minutes  ◆  Cook time: 40 to 55 minutes

When I was addicted to carbohydrates, I used to think it was the alfredo sauce in fettuccine alfredo that was going to clog my arteries and give me a heart attack. But now I know it’s the wheat-based pasta that was the problem, which is why I’ve replaced that truly unhealthy ingredient with a delicious and nutritious low-carb one: spaghetti squash! Once you get a taste of this, you’ll never miss the high-carb version again.

1. Preheat the oven to 375°F.
2. Slice the spaghetti squash in half lengthwise and remove the seeds and pulp. Wrap both halves in aluminum foil, place face-up on a baking sheet, and bake for 30 to 40 minutes. Let cool, then scoop out the flesh with a fork and set aside.
3. In a skillet, melt the butter over medium heat and add the heavy cream, garlic salt, Parmesan cheese, and basil. Cook for 10 to 15 minutes at a light simmer, stirring occasionally.
4. Add the cooked spaghetti squash, mix thoroughly, and enjoy.

Ingredients

<table>
<thead>
<tr>
<th>Ingredient</th>
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<tbody>
<tr>
<td>1 spaghetti squash</td>
</tr>
<tr>
<td>3 tablespoons grass-fed butter</td>
</tr>
<tr>
<td>1 cup heavy cream or coconut milk</td>
</tr>
<tr>
<td>2 pinches of garlic salt</td>
</tr>
<tr>
<td>2 tablespoons grated Parmesan cheese</td>
</tr>
<tr>
<td>Pinch of dried basil</td>
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</tbody>
</table>

1. Preheat the oven to 375°F.
2. Slice the spaghetti squash in half lengthwise and remove the seeds and pulp. Wrap both halves in aluminum foil, place face-up on a baking sheet, and bake for 30 to 40 minutes. Let cool, then scoop out the flesh with a fork and set aside.
3. In a skillet, melt the butter over medium heat and add the heavy cream, garlic salt, Parmesan cheese, and basil. Cook for 10 to 15 minutes at a light simmer, stirring occasionally.
4. Add the cooked spaghetti squash, mix thoroughly, and enjoy.
Pan-Fried Avocado
by Wendy McCullough
(a reader from Bicknell, Indiana, who blogs at TheLowCarbMom.blogspot.com)

Serves: 2  ◆  Prep time: 5 minutes  ◆  Cook time: 5 minutes

Note from Wendy: I started making this recipe when I had several avocados that weren’t quite ripe yet when I needed to use them (if you’ve ever bought avocados, you know exactly what I mean). I was inspired by a recipe for baked avocado and eggs, but I was out of eggs when I wanted to make it. Then it occurred to me that maybe the heat would soften the unripe avocados and make them edible. It did and they were. I like to serve this with scrambled eggs or bacon. How’s that for a keto recipe?

Ingredients

| 1 avocado, firm and unripe |
| 4 tablespoons butter |
| Sea salt, to taste |

1. Cut avocado in half and remove the pit. Peel and cut into 1-inch cubes.
2. In a skillet over medium heat, melt the butter. Add the avocado and cook, covered, until browned, about 5 minutes. Stir occasionally. Season to taste with salt.
Keto Vanilla Ice Cream
by Kent Altena (YouTube.com/Bowulf)
Contributor to Low-Carbing Among Friends, Volume 1 and Low-Carbing Among Friends, Volume 3

Yield: ½ cup • Prep time: 2 minutes • Cook time: 5 minutes to set

Note from Kent: After running the Minneapolis Marathon in June 2010 with temperatures in eighties, I was seriously craving ice cream. I was hot, exhausted, and aching, so when I got home, my kids came up with this recipe for low-carb, high-fat ice cream for me. This simple, three-ingredient recipe has all the flavor of rich vanilla ice cream without the sugar and chemicals that are in most ice cream from the grocery store. It’s a perfectly ketogenic way to quench that craving for ice cream.

Ingredients

<table>
<thead>
<tr>
<th>Quantity</th>
<th>Ingredient</th>
</tr>
</thead>
<tbody>
<tr>
<td>½ cup</td>
<td>heavy cream</td>
</tr>
<tr>
<td>6 to 9</td>
<td>drops liquid stevia</td>
</tr>
<tr>
<td>½ teaspoon</td>
<td>vanilla extract</td>
</tr>
<tr>
<td>3 cups</td>
<td>ice</td>
</tr>
<tr>
<td>6 tablespoons</td>
<td>sea salt</td>
</tr>
</tbody>
</table>

1. Pour the heavy cream, liquid stevia, and vanilla extract into a plastic bag and shake briefly to combine.
2. Place the ice and salt in an airtight container. Set the plastic bag on top of the ice and close the container. Vigorously shake for 2 to 5 minutes to set the ice cream.
3. Remove the plastic bag from the container and rinse any excess salt from the bag. Serve immediately.
Jimmy Moore’s Keto Chocolate Shell Topping

Yield: ¼ cup   ◆   Prep time: 5 to 10 minutes

Lightning struck in the Moore household when I came up with this heckuva ice cream topping. When I started eating a low-carb, high-fat diet, I missed having Magic Shell topping—that chocolate syrup that magically solidifies when you pour it on ice cream. By pure dumb luck, I came up with this fascinating and delightful keto-friendly version, which now goes on top of any cold dessert that I make. I had no idea at first that it solidified on ice cream; I was just making a chocolate syrup. Then I poured it on my wife’s vanilla ice cream and handed it to her, and as I was walking back to the kitchen to fix mine, I heard her screech with excitement, “Where did you get the Magic Shell, and is this really low-carb?” I had no idea what she was talking about until I noticed that the chocolate coating had turned hard. What a cool discovery, and it’s very ketogenic!

Use dark chocolate with the highest percentage of cacao you can tolerate. I love Taza brand at 87% cacao.

Ingredients

| 1 teaspoon water |
| 1 tablespoon coconut oil |
| 3 ounces dark chocolate (at least 80% cacao) |

1. In a microwavable bowl, combine the water, coconut oil, and dark chocolate. Microwave in several 15- to 20-second cycles until the almost all the chocolate is completely melted, stirring well between cycles.

2. Continue stirring the runny chocolate until it is completely liquid and smooth. Immediately serve on top of anything cold.
Easy Cheesy Cauliflower Gratin
by Nicole Wiese

(a reader from Las Vegas, Nevada, who blogs at menusforlife.wordpress.com)

Note from Nicole: The cheese is the star of this dish. Although you can use any cheeses you like, according to your tastes and budget, I think the best texture and creaminess comes from a combination of primarily medium-soft cheese (Havarti, fontina) or firm to semi-firm (cheddar, Swiss, Gouda, Edam, Colby, Monterey Jack), a bit of sharply flavored hard cheese (Asiago, Parmesan, Romano), and a small amount of tangy soft cheese (goat cheese, cream cheese, mascarpone). I personally like to make this with about 1½ cups sharp cheddar, ⅓ cup goat or cream cheese chopped into little chunks, and a bit of freshly grated Romano, but any real, full-fat cheeses you have in the house will do.

This is a fantastic dish to make as a side to a richly flavored meat dish, especially a slow cooker meal.

Ingredients

| 1 large head cauliflower   |
| 2 cups shredded cheese, any combination |
| 2 cups heavy cream         |
| ⅛ teaspoon freshly ground black pepper |
| ⅛ teaspoon sea salt        |
| ¼ teaspoon grated nutmeg  |

Serves: 6  ◆  Prep time: 10 minutes  ◆  Cook time: 45 minutes

1. Preheat the oven to 400°F.

2. Chop the cauliflower into bite-sized pieces and place in a steamer basket. Add an inch or two of water to a pot, cover, and bring to a boil over high heat. Once the water is boiling, lower the heat to keep the water at a simmer, add the cauliflower in the steamer basket, and cover again. Steam the cauliflower for 10 to 15 minutes, or until it is fork-tender, and remove from heat.

3. While the cauliflower is cooking, mix the cheese and heavy cream in a 9-by-9-inch baking dish. Stir in the black pepper, salt, and nutmeg.

4. Add the cauliflower to the cheese mixture and mix until the cauliflower is well coated. Bake for 30 minutes, or until the top of gratin is nicely browned. Check at the halfway point, and if the
top is already browned, cover the dish with a lid or aluminum foil until it is done.

5. Remove from the oven and let rest for 5 to 10 minutes to allow the sauce to thicken a bit.

6. To make this in the microwave, heat on high for 5 minutes, let sit for 2 minutes, and stir. Continue to microwave in 5-minute increments, wait 2 minutes after each cooking cycle, check if the cauliflower is tender, and repeat if necessary. If you want to brown the top, heat under the broiler until bubbly, but check it frequently because cheese can burn quickly.

How’s that to get your low-carb, moderate-protein, high-fat diet started with a bang? Now that you are armed with some incredible ketogenic recipes, read on for a plan for keto success that will help you create keto habits that will last a lifetime. Coming up in the next chapter, we’ll outline our 21-Day Kick-start Keto Meal Plan, which will have you rolling in ketones in no time.

**MOMENT OF CLARITY** Probably the most common mistakes I see people make when they’re attempting to get into ketosis are consuming “hidden” dietary carbohydrates (“Whaddaya mean fruit counts?!” or “You mean corn is a grain? I thought it was a vegetable!”) or excessive protein consumption, followed by insufficient dietary fat. “If in doubt, cut the carbs even more, eat less protein, and eat more fat!” This often makes the difference for many people.

— Nora Gedgaudas
21-Day Kick-start Keto Meal Plan

Day 1

▶ **Meal 1**: Jimmy Moore’s Keto Eggs (page 245)
▶ **Meal 2**: Pork roast cooked in butter and broccoli topped with melted cheddar cheese (optional)
▶ **Meal 3**: Perfect Roast Keto Chicken (page 248)
▶ **Snack**: Macadamia nuts (optional)

Day 2

▶ **Meal 1**: Mushroom Burger Scramble (page 252)
▶ **Meal 2**: Halibut cooked in coconut oil with green beans cooked in butter (optional)
▶ **Meal 3**: Bratwurst with Bacon Brussels Sprouts (page 254)
▶ **Snack**: Pork rinds with cream cheese (optional)

Day 3

▶ **Meal 1**: Camille’s Keto Energy Bars (page 250)
▶ **Meal 2**: Pepperoni slices and mozzarella cheese cooked with butter and garlic salt (optional)
▶ **Meal 3**: Jimmy Moore’s Bacon-Wrapped Salmon (page 258) topped with Jimmy Moore’s Homemade Keto Béarnaise Sauce (page 251)
▶ **Snack**: Gary the Primal Guy’s Keto Chocolate (page 259) (optional)

Day 4

▶ **Meal 1**: Almond Butter Keto Bombs (page 249)
▶ **Meal 2**: Tuna with Jimmy Moore’s Homemade Really Real Keto Mayo (page 262) and blueberries (optional)
▶ **Meal 3**: Keto Beef Stroganoff (page 261)
▶ **Snack**: Macadamia Avocado Freezer Fudge (page 264) (optional)
Day 5

▶ **Meal 1:** 4 pork sausage patties
▶ **Meal 2:** Ham and Colby Jack cheese roll-up dipped in Jimmy Moore’s Homemade Really Real Keto Mayo (page 262) (optional)
▶ **Meal 3:** Pan-Fried Breaded Pork Chops with Sautéed Kale (page 266)
▶ **Snack:** Luscious Lemon Bars (page 265) (optional)

Day 6

▶ **Meal 1:** Cucumber slices with Keto Skordalia (page 256)
▶ **Meal 2:** Almond butter and dark chocolate (87% cacao) (optional)
▶ **Meal 3:** Keto Pot Roast (page 267)
▶ **Snack:** Keto Vanilla Ice Cream (page 270) with Jimmy Moore’s Keto Chocolate Shell Topping (page 271) (optional)

Day 7

▶ **Meal 1:** Celery and Healthified Keto “Refried Beans” (page 257)
▶ **Meal 2:** Beef ribs with snow peas cooked in butter (optional)
▶ **Meal 3:** 6-ounce sirloin steak cooked in butter and Baked Creamed Spinach (page 255)
▶ **Snack:** Beef jerky (optional)

After the first week, you should notice a discernable improvement in your hunger and cravings. In fact, it’s possible you’ve already “forgotten” to eat a meal. If so, don’t panic. That’s totally normal as your body adjusts from running on sugar to running on fat.

Like the first week, the second week of the meal plan includes snacks in case you get hungry between meals. (But remember, if you’re getting hungry between meals, that’s your cue to add more fat to your meals.) You are under no obligation to eat all of the meals and snacks listed, but they’re there in case you need them. Keep in mind that your first meal of the day could be at noon or beyond.
To maintain some degree of ketones, we must restrict the intake of carbohydrates to no more than about 50 grams daily. It is essential to control not only the quantity of carbs but the quality as well. Allowing only those carbs with a low glycemic load will eliminate foods with added sugars and highly refined, processed items. This is closer to the whole-foods diet that was consumed decades ago when we were a far slimmer and much healthier nation.

— Jackie Eberstein

Day 8

- **Meal 1:** Keto Pizza Frittata (page 246)
- **Meal 2:** Hamburger patty cooked in butter, bacon, and Swiss cheese topped with a mixture of sour cream and garlic salt (optional)
- **Snack:** Raw almonds (optional)

Day 9

- **Meal 1:** Roasted duck with Coconut Almond Porridge (page 253)
- **Meal 2:** Salami and cheese (optional)
- **Snack:** Deviled eggs made with Jimmy Moore’s Homemade Really Real Keto Mayo (page 262) (optional)

Day 10

- **Meal 1:** Eggs fried in coconut oil, bacon, and avocado
- **Meal 2:** Pan-seared scallops cooked in lard and raw spinach salad topped with olive oil and lemon juice (optional)
- **Snack:** Cashew butter mixed with cream cheese, a touch of cinnamon, and a few drops of your favorite liquid sweetener (optional)

Day 11

- **Meal 1:** West African Chicken Stew (page 263)
- **Meal 2:** Veal cooked in ghee with Parmesan cheese and bell peppers (optional)
- **Snack:** Pork rinds with sour cream (optional)
Day 12

▶ **Meal 1**: Chicken drumsticks with Spaghetti Squash Alfredo (page 268)

▶ **Meal 2**: Shrimp cooked in macadamia nut oil with Jimmy Moore’s Homemade Keto Béarnaise Sauce (page 251) and asparagus cooked in beef tallow (optional)

▶ **Snack**: Heavy cream with unsweetened cocoa powder and a few drops of your favorite liquid sweetener (optional)

Day 13

▶ **Meal 1**: 2 Nathan’s hot dogs cooked in butter and topped with melted Provolone cheese, and Pan-Fried Avocado (page 269)

▶ **Meal 2**: Turkey (dark meat) and kale salad with blue cheese crumbles and avocado oil (optional)

▶ **Snack**: String cheese with cream cheese (optional)

Day 14

▶ **Meal 1**: Rotisserie chicken (dark meat) with Easy Cheesy Cauliflower Gratin (page 272)

▶ **Meal 2**: Skinny Keto Pizza (page 260) (optional)

▶ **Snack**: Strawberries and homemade whipped cream (optional)

After two weeks, you may already be experiencing benefits for your weight and health, particularly with your blood sugar and ketones. Let’s put ketosis to the test in the third week and see how well it will keep your hunger completely satisfied on just one meal a day. I haven’t provided any snacks for this week, but I don’t think you’re going to need them. As we stated in chapter 11, a good sign of what we’re calling your “keto fitness level” is the ability to go eighteen to twenty-four hours between meals rather easily. At this point your body has likely shifted to burning fat and ketones efficiently, and you’re ready to see how you do. Of course, if at any time you get hungry during the week, you know what you’re supposed to do—eat!

To be satisfied on just one meal each day, you’ll need to be careful to get enough food in that meal to sustain you. This isn’t the time to skimp on portion size. Each meal may seem like a lot of food to eat at one time, but it provides the same number of calories that would typically be broken up
into three meals and snacks. That’s not to say that you should try to gorge
yourself or force food down your throat that you cannot eat. Just consume
enough food to satisfy your hunger, adhere to your carbohydrate tolerance
and protein threshold, and fill up on dietary fat so you can go up to twenty-
four hours between meals. Remember, if you like a certain meal and feel
comfortable eating it again and again during the week, then go for it!

**MOMENT OF CLARITY** Keep in mind that a ketogenic diet isn’t necessarily healthy unless
high-quality food and dietary fats are a meaningful part of the equa-
tion. Hospital-prescribed ketogenic prepackaged “food-like substances” include par-
tially hydrogenated fats and oils, high fructose corn syrup, and highly processed, de-
natured protein powders. “Ketogenic” can mean all kinds of things. I am very careful
to focus on foods that most closely mimic what we ate as ancient hunter-gatherers.

— Nora Gedgaudas

Just one meal a day is actually my usual pattern of eating, and I enjoy
the freedom that comes with not having to worry about what I’m putting
in my mouth. Remember, you won’t be eating this way very long—just one
more week on the kick-start meal plan—so give it your best shot. If you get
hungry four to twelve hours after eating, then you didn’t eat enough food
and/or enough fat. Bump it up in the next meal by adding more butter or
your favorite fat and see how you do.

Being satisfied on just one meal a day isn’t impossible, and I think you
might be surprised at how well you can endure the periods of intermittent
fasting this week. And don’t lose sight of why you are doing this: those peri-
ods of fasting will help you produce more therapeutic ketones.

**MOMENT OF CLARITY** Nutritional ketosis is a natural consequence of following a ketogenic
diet of whole foods consisting of meat, poultry, fish, and eggs, along
with non-starchy vegetables; low-sugar fruits, including olives, avocados, and ber-
ries; nuts and seeds; and added natural fats, including tallow, lard, butter, cream,
aged cheese, and coconut and olive oils.

— Dr. Keith Runyan
Day 15

- **Meal 1:** Jimmy Moore’s Keto Eggs (page 245) and Macadamia Avocado Freezer Fudge (page 264)

Day 16

- **Meal 1:** Beef hamburger patty cooked in coconut oil, cheese, bacon, Jimmy Moore’s Homemade Really Real Keto Mayo (page 262), and Almond Butter Keto Bombs (page 249)

Day 17

- **Meal 1:** Jimmy Moore’s Bacon-Wrapped Salmon (page 258) topped with Jimmy Moore’s Homemade Keto Béarnaise Sauce (page 251), and Luscious Lemon Bars (page 265)

Day 18

- **Meal 1:** 6-ounce sirloin steak cooked in butter and cucumber slices with Keto Skordalia (page 256)

Day 19

- **Meal 1:** Pepperoni slices and mozzarella cheese cooked with butter and Gary the Primal Guy’s Keto Chocolate (page 259)

Day 20

- **Meal 1:** A whole rotisserie chicken and Keto Vanilla Ice Cream (page 270) with Jimmy Moore’s Keto Chocolate Shell Topping (page 271)

Day 21

- **Meal 1:** Keto Pot Roast (page 267) and Bacon Brussels Sprouts (page 254)

Eating keto may seem daunting at first, but it’s really not as hard as you think, and once you commit fully to becoming ketogenic to improve your health (and, for some people, to shed some pounds) it becomes even easier. Find the pattern of eating that works best for you and enjoy your pursuit of nutritional ketosis.
I’m excited to hear about your keto journey, so let me know how you are doing by e-mailing me at livinlowcarbman@charter.net. I’m always thrilled to hear how a low-carb, moderate-protein, high-fat, ketogenic lifestyle is working for others. Once you’re there, the sky truly is the limit.

By definition, when fat, protein, and carbohydrate are manipulated to produce ketosis, a reduction in carbohydrates is a fundamental part of the diet. For diabetics, this means a reduction in insulin output and lower insulin levels.

– Dr. Mary Newport
Resources

Scientific Studies

General


Weight Loss/Metabolic Syndrome/Insulin Resistance


**Gastrointestinal Diseases/IBS/GERD/NAFLD**


**Polycystic Ovary Syndrome (PCOS)**


**Epilepsy**


Diabetes


**Mental Health**


**Cardiovascular Disease/Cholesterol**


Yancy, W. S., Jr., et al. “A Low-Carbohydrate, Ketogenic Diet Versus a Low-Fat Diet to Treat Obesity and Hyperlipidemia: A Randomized, Controlled Trial.” *Annals of Internal Medicine* 140.10 (2004): 769-777.
Cancer


Kidney Disease


Anti-Aging


Brain Disorders/Alzheimer’s/Parkinson’s/ALS


**Autism**


**Acne**


**Exercise Performance**


**Other Recommended Resources**

**Books**


**Keto Blogs and Websites**

Everything About Keto, Reddit: www.reddit.com/r/keto

Ketogenic Diet Resource: www.ketogenic-diet-resource.com

The Charlie Foundation for Ketogenic Therapies: www.charliefoundation.org

The Ketogenic Diet for Health: www.ketotic.org

KetoNutrition: http://ketonutrition.blogspot.com
KetoClarity

Ketopia: http://ketopia.com
KetoCook: http://ketocook.com
Ketastic: http://ketastic.com
RunKeto: www.runketo.com
Eat Keto: http://eatketo.com
Kickin’ Into Keto: www.ketoblog.net
CavemanKeto: http://cavemanketo.com
KetoDiet: Real Food & Healthy Living: http://ketodietapp.com/Blog
Dr. Dave Unleashed: http://drdaveunleashed.wordpress.com
Ruled.me: www.ruled.me
Matthew’s Friends: www.matthewsfriends.org
Dietary Therapies, LLC: Ketogenic Diet for Cancer: http://dietarytherapies.com
The Ketogenic Diet: www.theketogenicdiet.org
The Eating Academy: http://eatingacademy.com
Eat Keto: http://eatketo.com
A Game of Keto: http://jennynotketo.tumblr.com
WickedStuffed: Whole Food Recipes in 10 Carbs or Less: www.wickedstuffed.com
Defying Age with Food: http://defyingagewithfood.com
Diet Doctor: www.dietdoctor.com
Second Opinions: www.second-opinions.co.uk
Eat Low Carb High Fat: www.eatlowcarbhighfat.com

Films and Documentaries on Ketogenic Diets


Keto Calculators

The Low Carb Flexi Diet: www.flexibleketogenic.com
Keto Calculator: http://keto-calculator.ankerl.com
Conversion Charts

Cholesterol Conversion Chart: http://www.onlineconversion.com/cholesterol.htm
Blood Sugar Converter Chart: http://www.onlineconversion.com/blood_sugar.htm

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Find a Keto-Friendly Doctor

List of Low-Carb Doctors: http://lowcarbdirectors.blogspot.com
Acetoacetate: The primary ketone body found in the urine.

Acetone: The primary ketone body found in the breath.

Adrenal fatigue: A collection of signs and symptoms that occur when the adrenal glands function below the necessary level, resulting in increased levels of stress, fatigue, and depression. People with adrenal fatigue tend to consume caffeinated beverages and products to function.

Antioxidants: Primarily found in vitamins C and E and carotenoids, which include beta-carotene, lycopene, and lutein, these help protect healthy cells from damage caused by free radicals.

ATP (Adenosine triphosphate): The molecular form of energy used by cells.

Autoimmunity: An atypical immune response in which the body attacks its own cells and tissues. This results in autoimmune diseases such as celiac disease, type 1 diabetes, Hashimoto's thyroiditis, Graves' disease, and more.

Beta-hydroxybutyrate: The primary ketone body found in the blood.

C-reactive protein (hsCRP): A test that can detect small amounts of C-reactive protein, a marker of inflammation, in the blood.

Cortisol: A hormone released in response to stress that increases blood sugar levels and suppresses the immune system, among other effects.

Cytokine: Molecule that plays a role in the communication between cells in immune responses in the body and helps repair cells that have become damaged by inflammation, infection, and trauma.

Dyslipidemia: Abnormal amounts of cholesterol or fat in the blood.

Epigenetics: The changes in gene function that do not involve any changes in the DNA sequence. For example, lifestyle changes in diet can play a role in your health despite any genetic tendencies.

Fatty acids: An important source of fuel for the body that leads to large amounts of ATP production, which the body and brain can use in place of glucose.

Gluconeogenesis: The productions of glucose from dietary protein; it takes place primarily in the liver.

Glucose: One of the primary energy sources when the body is a sugar-burner.

Glycogen: Made in the cells of the liver and stored primarily in the muscles, it's a backup energy source that is easily converted into glucose.

Glycolysis: The burning of glucose within the cells.

HDL cholesterol: High-density lipoprotein, a particle in the blood that carries cholesterol from the arteries to the liver.
**Hyperglycemia:** High blood sugar levels resulting from the consumption of too many carbohydrates or a lack of adequate insulin.

**Hypoglycemia:** A condition of too-low blood sugar levels that leads to symptoms such as shakiness, dizziness, and changes in mood and behavior.

**Hypothyroidism:** A condition in which the thyroid gland does not make enough thyroid hormone.

**Insulin resistance:** A condition in which the body produces insulin but does not use it very effectively.

**Insulin sensitivity:** The ability of the body to utilize insulin the way it was intended.

**Keto-adaptation:** A metabolic shift whereby the body uses fat and ketones for fuel instead of glucose. This process can take a few days to several weeks in those who switch to a low-carbohydrate, moderate-protein, high-fat diet.

**Ketoacidosis:** A very serious, life-threatening medical condition that occurs mostly in type 1 diabetics and some type 2 diabetics who have lost their beta cell function, in which the body has simultaneously high blood sugar levels and very high blood ketone levels. Often confused with ketosis, it is not the same thing.

**Ketogenesis:** The creation of ketone bodies in the liver from fat and protein.

**Ketogenic diet:** A low-carbohydrate, moderate-protein, high-fat diet that produces ketone bodies as an alternative means for fueling the body; used therapeutically for a variety of health conditions.

**Ketones:** The energy by-product that results when the body shifts to burning fat for fuel. These are typically created by consuming a low-carbohydrate, moderate-protein, high-fat diet.

**Ketosis:** The state in which the body burns fat for fuel in the context of a low-carbohydrate, moderate-protein, high-fat diet.

**LDL cholesterol:** Low-density lipoprotein, a particle made by the liver that carries cholesterol and fat-soluble vitamins from the liver to the cells. Also refers to the amount of cholesterol carried in the low-density lipoprotein particles in the blood.

**Leptin:** A hormone made by fat cells that regulates how much fat is stored in the body. It’s commonly referred to as the “satiety hormone” because of its role in controlling hunger signals.

**Lipogenesis:** The creation of fat in the body. This occurs in the liver, muscle, and fat cells.

**Lipolysis:** The breakdown of fat, which also leads to the generation of ketone bodies.

**Lipoprotein:** Molecule in the blood that carries cholesterol, triglycerides, and fat-soluble substances throughout the body.

**Macronutrient:** One of the three major components of food that the human body needs in order to function properly: carbohydrates, proteins, and fats.

**Medium-chain triglycerides:** Also known as MCTs, these aid in fat oxidation and temporarily increase the production of ketones.
Meta-analysis: An analysis that combines the results of many scientific studies to look for patterns in the data and examine new relationships that may be scientifically relevant for further study.

Metabolic syndrome: A group of conditions, including elevated blood pressure, high blood sugar, increased levels of body fat in the waist, and high cholesterol levels, that combined can predict your risk of heart disease, stroke, and diabetes.

Micronutrient: Any nutrient used by humans in proper minimal levels for optimal physical function.

Mitochondria: Known as the power plants of the cell, these generate ATP for energy. When this process is impaired, it is implicated in a variety of diseases, mostly commonly neurological ones.

Monounsaturated fat: Often referred to as “MUFAs” (monounsaturated fatty acids), these are fats that have one double bond in their carbon chains. One of the healthy fats (along with saturated fat), it’s found in foods such as avocados, olive oil, red meat, and whole dairy products.

Myopathy: A muscular disease in which the muscle fibers do not function properly, resulting in muscular weakness.

Polyunsaturated fat: Often referred to as “PUFAs” (polyunsaturated fatty acids), these are fats that have more than one double bond in their carbon chains. As a result, they are chemically unstable and very prone to oxidation, which can lead to the production of free radicals and inflammation in the body. These are found mostly in vegetable oils such as canola, corn, and soybean oil.

Saturated fat: Fatty acids that have no double bonds in their carbon chain; the preferred fat when attempting to get into ketosis.

Standard American Diet: The typical diet of Americans today, composed of around 50 percent carbohydrate, 15 percent protein, and 35 percent fat.

Triglyceride: The major form of stored fat. The breakdown of triglyceride in the liver leads to the generation of ketone bodies.

Type 1 diabetes: The autoimmune destruction of the insulin-producing beta cells in the pancreas, which leads to an increase in blood glucose levels.

Type 2 diabetes: The most common form of diabetes, it is the presence of high blood sugar levels with a diminished capacity of insulin due to severe insulin resistance. It can usually be managed well by consuming a low-carbohydrate, moderate-protein, high-fat diet.

Type 3 diabetes: Another name used by researchers for Alzheimer’s disease; in people with Alzheimer’s insulin does not respond appropriately in the brain.

VO2 max: The maximum amount of oxygen, in milliliters, an individual can use in one minute per kilogram of body weight.
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