

THE KETOVORE DIET

RESOURCES:

- [Change Your Diet, Change Your Mind](#) by Dr. Georgia Ede. (If you like audiobooks, I can gift you the audiobook version of this. I tend to “listen” to books more than “read” these days. But if that’s not your preferred medium, the link takes you to the Kindle and print version on Amazon.)
- Dr. Ken Berry’s [YouTube playlist on weight loss](#)
- Dr. Ken Berry’s [YouTube playlist on the “proper” human diet](#)
- Dr. Ken Berry’s [YouTube playlist on the carnivore diet](#)

MAIN CONCEPTS AND POINTS TO UNDERSTAND:

- Sugar is highly addictive and creates physiological “highs and lows” by affecting our opioid system in the brain and increasing dopamine. It alters our brains in the same way that other addictions do, no different than drug addictions. ([Here’s a link](#) to the study done by the National Institutes of Health.)
- Processed foods are even more addicting, with chemical additives designed in a lab to purposely induce cravings so that consumers will continue to buy these cheaply made artificial products. These chemical additives are called “excitotoxins” and they are severely damaging. [Here’s a short video](#) explaining this.
- Grains (wheat, corn, oats, millet, barley, rice, etc.) are particularly harmful to mental and physical health for a few reasons. One is that many of them are genetically modified. Two is that they are not the grains our ancestors ate—they have been bred and cultivated for maximum yield and transportability. And three, they are very highly contaminated with pesticides, herbicides, and insecticides. Even “grain free” foods have this problem. It was just in the news recently that Banza Chickpea pasta, in particular, is overflowing with glyphosate (highly toxic) contamination, at a whopping 2,963 ppb. They emphasize that was the highest amount their specialty HRI lab has ever recorded.
- Eating regular quantities of plants and vegetables is just as harmful. They are hard to digest, and they have natural chemicals designed to protect the plant from insects and predators, and these natural chemicals can cause inflammation and autoimmune responses. [Here is an excellent article](#) by Dr. Paul Saladino about why plants aren’t especially healthy and should be minimized in the human diet.
- Carbohydrates are not necessary for the human body to function. In the absence of carbs, the body produces ketones. Ketones are a highly efficient form of energy for the brain. The majority of humans eat carbs, which convert to glucose for energy. When you eliminate carbs from your diet and produce ketones instead of glucose, your body converts the fat you have on your body as energy. [Here is a great article](#) that explains what a “keto diet” is, and why ketosis is optimal for mental and physical health. (Dr. Ede’s book mentioned above goes into this in greater detail and is a must read.)

THE “KETOVORE” DIET IN A NUTSHELL:

- Eliminate all grains, pastas, rice, potatoes, and starchy foods
- Eliminate all sugar and sugar alternatives
- Eliminate all processed foods (anything that comes packaged that contains more than three ingredients)
- Eat mainly meat, fish/seafood, poultry, eggs
- Fat is essential! Eat liberal amounts of fat in your meals, but only if it’s animal fat, butter, ghee, lard, tallow, coconut oil, and occasional olive oil or avocado oil. Do not eat canola oil, corn oil, vegetable oil, margarine, Crisco, or other processed oils and fats.
- Keep dairy to a minimum. No milk, but an occasional dollop of sour cream or some cheese is acceptable. No packaged shredded cheese, only whole cheese (shredded cheese contains filler and chemicals). Dairy is high in calories and is easy to overconsume, which may impede weight loss.

- Eating an occasional salad is fine, but no more than three times a week. Do not use bottled salad dressing, as it contains canola oil which is highly inflammatory and toxic. Use vinegar and olive oil, or make your own dressing. [Here is a page](#) with several “homemade” salad dressing recipes. If the recipe calls for oil, use only olive oil or avocado oil. Do not add croutons to your salad. A small handful of seeds or nuts to the salad is fine.
- Eating occasional fruit is fine, but only in season, and no more than three times/servings per week. Example, eat berries or melon in the summer, citrus fruits in the winter. Try to go organic when possible, and wash thoroughly before eating.
- You can use occasional herbs or spices for flavor, but do not use flavor or spice packets. Use the individual spices or herbs. (Example, if you want to make a roast, don’t add a McCormick’s Pot Roast seasoning packet, but add your own pepper, beef bone broth, smoked paprika, garlic, onion, etc.)
- Eat as much as you want until full. Do not worry about calorie counting or portion size.

ACCEPTABLE FOOD LIST – IF IT’S NOT ON THE LIST, DON’T EAT IT!:

- WITHOUT LIMITATIONS:
 - Any/all cuts of beef, steak, or red meat, including lamb, bison, elk, venison, etc.
 - Any/all cuts of poultry, like chicken, turkey, quail
 - Any kind of fish or seafood, frozen or fresh
 - Any/all cuts of pork
 - Any kind of organ meat
 - Eggs (preferably pasture/farm raised)
 - Butter and ghee
 - Lard, tallow
 - Chicken or duck fat
 - Coconut oil
 - Bone broth
 - Salt
 - Coffee or tea, either black or with heavy cream/half-and-half, or splash of milk (no artificial liquid or powdered creamers or sweeteners) **Make sure your heavy cream or half-and-half doesn’t have artificial ingredients like carrageenan!*
 - Water
- WITHOUT LIMITATIONS, BUT USE SPARINGLY AS FLAVOR:
 - Pepper and other “whole spices”
 - Fresh and dried herbs
 - Lemon or lime juice
- LIMIT TO NO MORE THAN THREE TIMES/THREE SERVINGS PER WEEK
 - Salad (which can include)
 - Salad greens
 - Olives
 - Bell peppers
 - Asparagus
 - Cauliflower
 - Broccoli
 - Radishes
 - Shredded or sliced carrot
 - Celery
 - Mushrooms
 - Cucumbers

- Tomatoes
- Avocados
- Full-fat sour cream
- Full-fat cheeses like cheddar, provolone, Swiss, Havarti, Halloumi, brie, etc.
- Nuts and seeds (not peanuts!) like macadamia, almonds, pistachios, cashews, walnuts, pecans, pumpkin seeds, sunflower seeds
- Fruit (fresh or frozen)
 - Berries (strawberries, blueberries, blackberries, raspberries, mulberries)
 - Melon (watermelon, cantaloupe, honeydew)
 - Citrus (lemon, lime, oranges)
- Homemade mayonnaise, made with avocado oil or olive oil (or any brand that does NOT contain canola oil)
- Hot sauce (not barbecue sauce!)
- Homemade dressings that do not contain canola oil or other harmful seed oils
- Canned tuna, fish, and meats that only contain meat, salt, and water

FREQUENTLY ASKED QUESTIONS:

- What can I have for snacks? The goal is to limit snacking, so ideally eat 2-3 large meals a day until you're full, to give your digestive system a rest. Frequent snacking isn't helpful for weight-loss. When eating a ketovore diet, you will feel fuller longer and not crave snacks. If you're really hungry and must have a snack, eat a chicken drumstick or some plain beef jerky or a bit of cheese. Hardboiled eggs are another great snack.
- Should I remove the skin and fat from my meat? No! This diet NEEDS to be high fat in order to work. The ideal macro ratio is 75-80% fat. If you try to limit your fat, you won't feel satiated and you won't get all the nutrients your body needs. The fattier the cut of meat, the better!
- Don't I have to worry about my cholesterol? New studies have shown that high cholesterol is not an indicator of poor heart health. Eating processed foods, sugar, and grains is far more damaging to heart-health than natural animal fats.
- Why do I feel like crap as I start this diet? There is a very real thing called "the keto flu" that happens to some people who are new to the diet. Headaches, lethargy, nausea. This is actually your body detoxing from all the sugar and processed toxins. Stick with it, and give it a few days. Hydrate well, and get good sleep. When this part passes, you'll feel great! If at any point you have a particularly hard day, drink a glass of a sugar free electrolyte drink, Primal Hydration, LMNT, or Ultima (which can be found on Amazon).
- This is a strict list, and keeping to it is hard. Can't I have the occasional corn on the cob at a barbecue, or piece of birthday cake, or glass of wine? This diet is not for everyone. It's intended for people who have autoimmune issues, chronic pain, mental health issues like depression, addiction, or anxiety, and those who have tried and failed to lose weight. There's an old saying, "Choose your hard." You can either choose the difficulty of a strict diet and reap the numerous rewards, or choose the difficulty of being in pain, suffering from depression, and managing illness. On the VERY RARE occasion that you absolutely must indulge, keep it sugar-free, grain-free, processed-free. A glass of wine at a special party, or a loaded baked potato at a barbecue, or a spoonful of almond butter, some summertime Mexican street corn (as long as it's organic!) or some homemade frozen yogurt sweetened with fruit, or an organic apple or sweet potato in the fall. Really try to refrain from the sweets, or a bite of cake, or a few potato chips. Your body has been used to eating these "addictive foods" for so long that it will only take one bite to get you hooked again. Most long-time, successful carnivores and ketovores will tell you that it's definitely a slippery slope, and best avoided completely! Once you start realizing how good you feel with this way of eating, it will be very easy to stick to.