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# Accelerating Keto Class

And tips to help survive the Holidays.

My goal = for you to change at least 1 thing today!

# A new life

- What if I told you
  - I smoked
  - I drank
  - I despised exercise
    - Tried to break leg
  - I preferred Fruity Pebbles for breakfast and Cocoa Pebbles for dinner
    - Made my friend's mom cry at meals because I never ate her food.
  - I was Fat, Depressed and not who I wanted to be
- You know those people who can eat just 1 cookie?
  - NOT ME! I have an addictive personality
    - I use it for healthy addictions now
    - YOU CAN TOO!!!

# A new life

- ▶ Worked at a coffee shop in high school
  - ▶ Always wanted to be those women who come in with yoga gear and drink tea



# Agenda

- What is Ketosis
- How to Become Keto Adapted
- What about Ketone Levels?
- What does a Ketogenic Lifestyle Look Like?
- All About Fasting
- Common Mistakes
- If You Get Stuck
- Exercise Timing
- Light, Grounding, Cold Therapy and Water
- Supplements
- Surviving the Holidays
  - Tips and recipes
- Q&A - Please ask any questions as we go



# What is Ketosis?

# Carbs, Protein and Fat

- You agree that sugar causes inflammation, right?
  - Even Complex Carbs are broken down into glucose in the blood
    - Wild Rice, Sweet Potatoes, Carrots, Apples = Sugar
    - So we need to limit carbs, even complex carb
- You also can't store protein
  - Anything in excess can turn into sugar in the blood (especially in people with metabolic issues)
- What's left?
  - The naughty "F" word!
  - FAT

# What is Ketosis

- ▶ Every cell in our body can run on two fuel sources
  - ▶ Glucose (Sugar)
  - ▶ Free Fatty Acids (FFA) and Ketones (Fat)
- ▶ If you restrict the sugar and starch enough (and Moderate protein), after an adaption period (2-4 weeks) your body starts using fat for fuel!
  - ▶ This has huge benefits: weight loss, heals gut, lowers A1c, heals PCOS...



# What is Ketosis

## 3 macronutrients

- 1. Carbohydrates:** Complex carbs are just glucose molecules hooked together in long chain. Digestive tract breaks it down into glucose (sugar).
- 2. Protein:** You can't store excess protein. If metabolically damaged, excess turns into sugar (through process called gluconeogenesis).
- 3. Fat:** Only macronutrient that can supply fuel to the body without causing inflammation.





# How to Become Keto Adapted



# How do I get Keto Adapted?

## Focus on 2 Things:

- Keep Carbs as low as possible
  - Shoot for less than 30 grams total carbs a day (20g is better)
- Hit your Protein Goal
  - Shoot for 0.7 times your lean body mass in grams of protein a day
- If you do these two things, you will be in ketosis
  - Eat Fat to stay satiated

# Carbs

- Keep Carbs to a minimum
- There is no dietary need for carbohydrates when Keto Adapted
  - Your body makes enough glucose through GNG, fat oxidation
  - Triglyceride is 3 FFA (Free Fatty Acid) molecules linked by 1 glycerol molecule
  - Body turns glycerol into glucose
- 30g or less total carbs per day in general
- 20g or less total carbs for most people

# Protein

- Hit your goal
- 0.7 times your lean body mass in grams a day
- Example: 150 pounds with 28% body fat. Lean mass is then 108 pounds ( $150 \times 0.72$ ). So protein goal is 75g a day ( $108 \times 0.7$ ).
- So in this case I would shoot for 75g protein
  - no less than 50-60g. And try not to over shoot your goal by much. So in this example, 55-80g would be a good range.

# Protein

## ➤ mTOR

- Protein synthesis pathway
  - Activated by about 30g protein (depends on type, anywhere from 20-30g needed)
  - Also aging pathway, more means more aging and less longevity
- ## ➤ Once activated, it can only do so much
- Very energy intensive
  - After processing about 30g your body needs to rest
- ## ➤ So what happens to protein intake over 30g?

# Protein Synthesis

Eat  
70g  
Protein

GNG (gluconeogenesis) (turn to glucose)

mTOR  
Activation

mTOR  
Rest

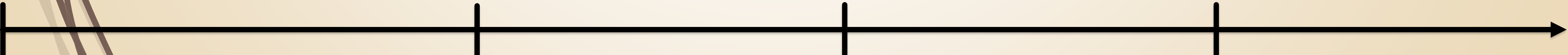
2 hours

5-6 hours

mTOR  
Activation

mTOR  
Rest

8-9 hours



# Protein Absorption

- Protein source and absorption is key
- Digestive enzymes can help with absorption
- GI tract can absorb about 10g protein per hour
- Certain protein get absorbed quicker than others
  - Whey protein absorbs quickly (10g per hour)
  - Casein and other proteins much slower (egg about 3g per hour)
- High amount of whey protein can induce higher GNG (and spike blood sugar)
  - Whey Protein shake – Especially for metabolically damaged

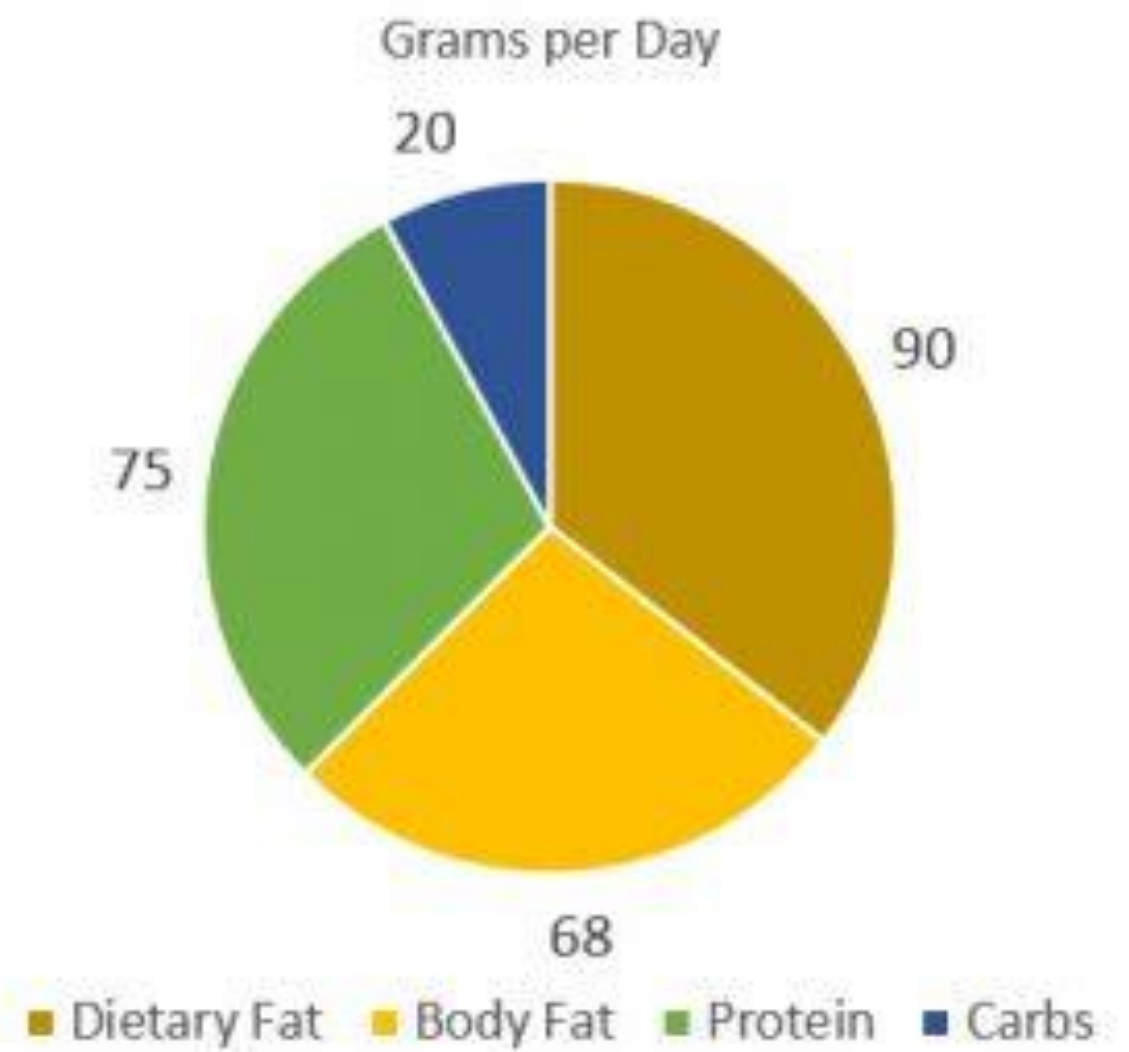
# Another Reason Not to Drink Your Calories

- Protein Shake
  - 40-50g of protein
- Viscous fluids pass through GI tract in about 1 ½ hours
- Body can only absorb about 10g protein per hour
- So only 15g gets processed (rest is wasted)
- Other proteins take up to 8-12 hours to digest enabling you to absorb all the protein



# Fat

- Fat keeps you satiated
  - Eat to keep cravings and hunger at bay
- DON'T eat fat to reach a goal or percentage
  - If Carbs and Protein are right, you will be in ketosis regardless of fat intake
  - When Keto Adapted, your body can use dietary fat and body fat equally
  - The more dietary fat there is, the less body fat will be used for fuel (lipolysis)
  - Your 70-80% fat intake **INCLUDES** body fat!





# How many Calories do I Need?

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- This lifestyle is very nutrient dense
- You are naturally less hungry and eat less
- For weight loss, shoot for 1000-1400 calories
- Easy to do once keto adapted
- Include Intermittent Fasting (IF)
  - More on this later.

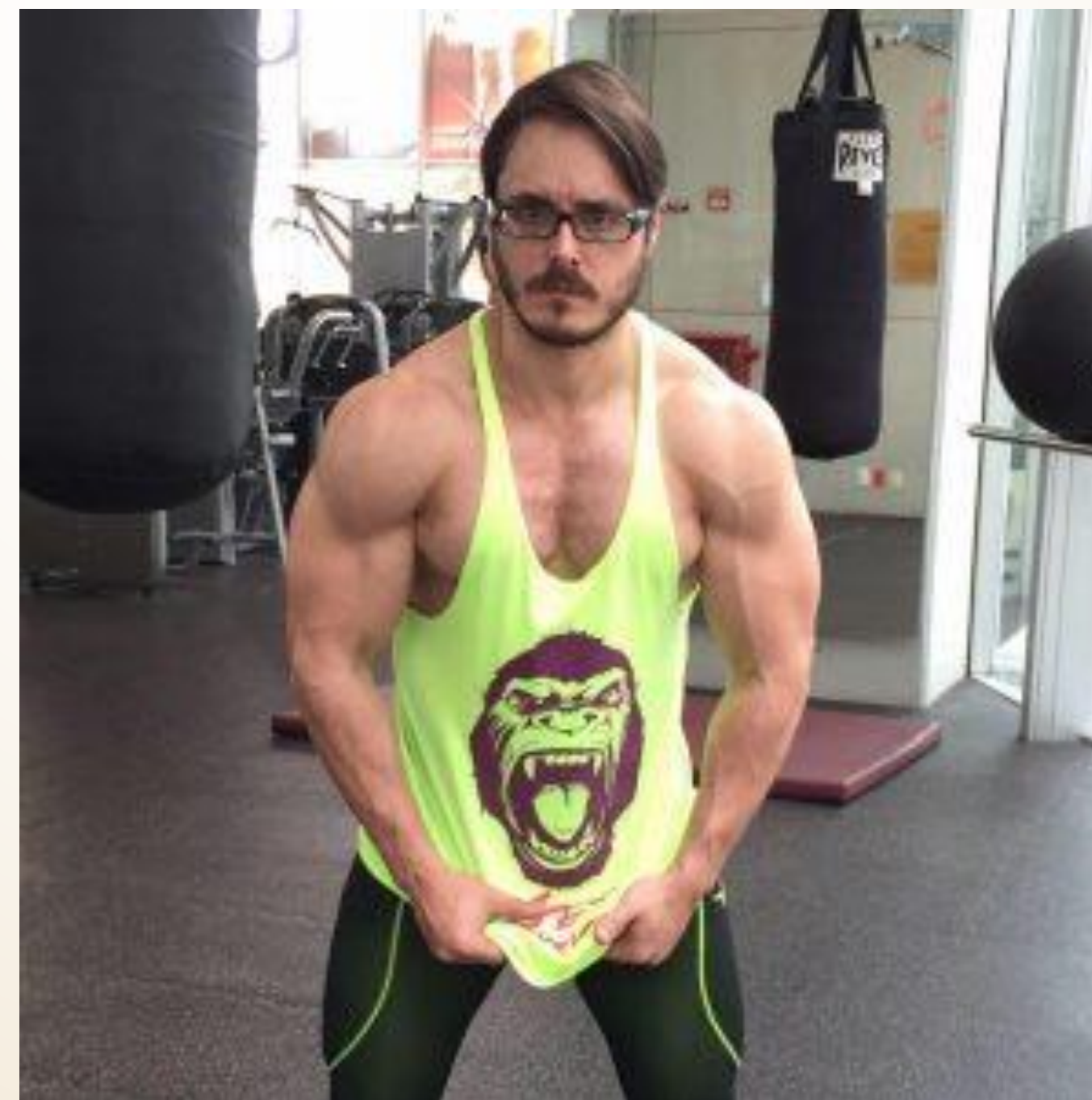


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# Example: Luis from KetoGains

- Luis (ketogains.com) is a very muscular man in maintenance (and gaining muscle)
- Eats 1 meal a day. 1,300 to 1,900 calories



# Don't Forget

- Drink more water
- Add extra Electrolytes
  - Your body releases much of the salt and associated water it holds onto with higher carb diets
- Add extra Salt, Potassium and Magnesium
  - Helps reduce “Keto Flu”, increase energy, etc.



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# What about Ketone Levels?

# 3 Types of Ketones

- There are 3 types of ketone bodies
  - Acetone, Acetoacetate and Beta-Hydroxybutyrate (BHB)
  - If your body has been in ketosis for a while, you will see a reduction in acetoacetate
    - Muscles begin to use acetoacetate and turn it into Beta-Hydroxybutyrate for fuel, so less is present in urine
- Urine strips only test **acetoacetate**
  - Reduces the deeper you are in ketosis
- Ketonix only tests **acetone** in breath
- Blood Strips test for Beta-Hydroxybutyrate (BHB), what your body uses for fuel



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# Do Ketone Levels Matter?

- Blood Ketones are just the difference of energy produced and energy used
- If active and in strong state of ketosis, ketone will be low
  - You are using them all. Example, male bodybuilder who is in strong ketosis (less than 20g carbs, moderate protein) will see blood ketones of 0.3 or 0.4. He works out a lot so uses all the fuel generated
- In fact, High ketones (3.0 or more) when not fasting can be a sign of metabolic issues
  - Body isn't using the fuel or having insulin resistance



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# Measuring Ketones Not Really Important

- Just focus on getting carbs low enough and hitting your protein target.
- Workout
- Fast
- Together these will get you in strong ketosis regardless of what blood ketones read





# What does a Ketogenic Lifestyle Look Like?

# “Break” Fast

Dutch Baby  
Quiche  
Lorraine



# Dessert

ed  
LLC

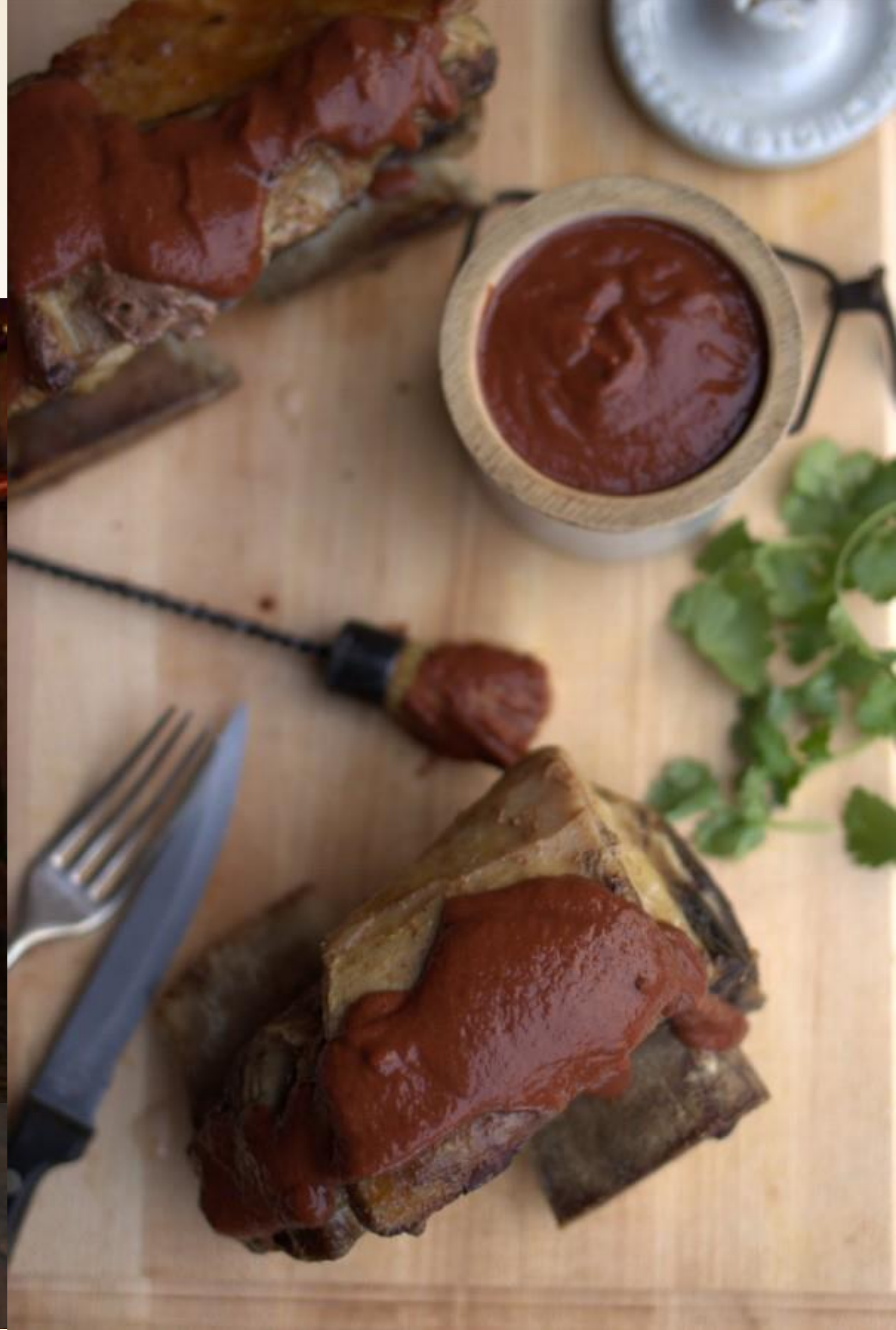
Chocolate  
Pots De Crème



# End Eating Window

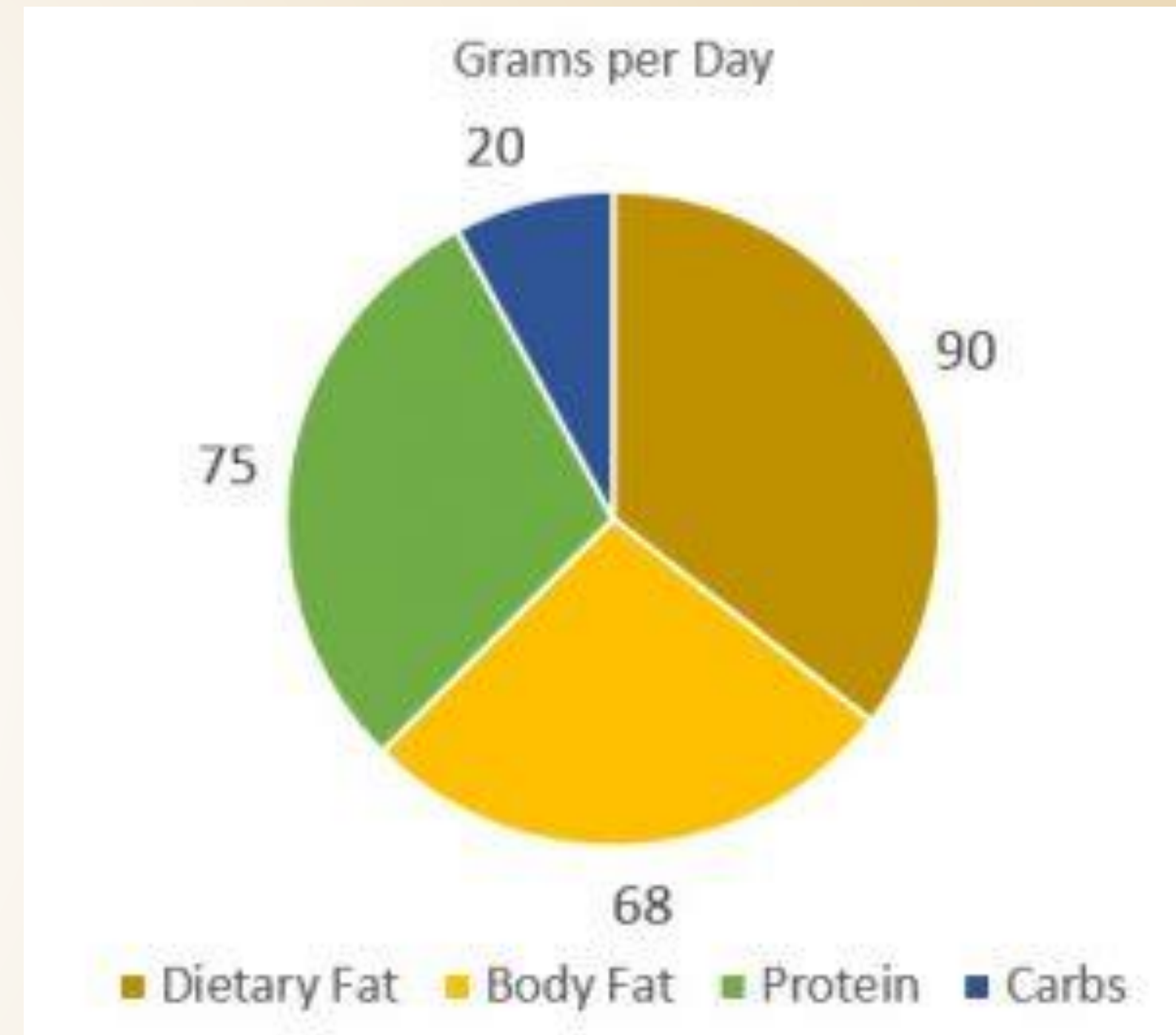


- Mole Short Ribs and Ramen Soup
- 6 hours after "Break"fast



# Example

- Daily totals
  - 103g fat
  - 75g protein
  - 19g carbs
  - 1306 Calories
- 71% Fat, 23% protein, 6% Carbs
- Without High Fat Dessert:
  - 1096 calories, 85g fat, 70g protein, 12g carbs
  - 69% fat, 26% protein, 4% carbs



# HORMONE MANIPULATION

Weight loss is all about hormone manipulation

➤ Foods to avoid:

➤ Soy, Flax, Chia, Alcohol

➤ Caffeine and sugar increase male androgen hormones: PCOS

➤ Topical Chemicals:

➤ Lotions, Makeup, Scented Soaps

➤ Environment:

➤ Scented Candles, Dryer Sheets, Pollution in the air



# Exercise Timing

Increase Mitochondrial Density for More Efficient Fat Burning



# Ever GAIN weight training for a Marathon?

- I did! Exercise timing can change hormones:
  - Cortisol
  - Also depletes you of IRON (Ferritin)... even Men!
  - Don't focus on just cardio and do not run later in the day!
  - Best is combination
    - HITT
    - Heart rate up, then strength train
    - Switching back and fourth



# EXERCISE

## ➤ Strength Training and Cardio

- HITT: High intensity exercise builds healthy mitochondria
- Biting my lip as I type this, “cardio” is the best way to increase AMPK and induce mitochondrial biogenesis.

- Slow twitch muscle fibers (for endurance training) contain the most mitochondria
- Training slow twitch fibers also target more muscle mitochondria





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# Exercise Timing

- Weight loss is all about HORMONE MANIPULATION
  - When to work out
  - Cortisol is Naturally high in Morning
    - Don't increase it later in the day
  - Human Growth Hormone vs Insulin
    - You burn 300% more body fat in the morning on an empty stomach because your body does not have any glycogen or stored carbohydrates/sugar in the liver to burn.
      - Your body goes directly into the fat stores
      - You also increase your human growth hormone levels; which is the fat-burning hormone. The human growth hormone and insulin counteract each other.

# Benefit from the After-burn

- In ketosis (not if you are a sugar-burner)
  - Wait to eat after exercise until you are hungry
  - After-burn effect:
    - You keep human growth hormone high and keep burning fat until you eat
- IF you are a sugar-burner or do “carb ups” your muscles will want glycogen and uptake sugar or break down muscle to make glucose
  - Another benefit of ketosis.
  - This is why carb ups or cheat days make you lose muscle



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# Benefits of Exercising in Ketosis

## ➤ Uses less BCAA's

- BCAA oxidation rates usually rise with exercise, which means you need more if you are an athlete. BUT in keto-adapted athletes, ketones (and free fatty acids) are burned in place of BCAA

## ➤ Recovery time is quicker

- Can lift weights everyday if wanted
  - Don't need to wait 48 hours like carb loaders do
  - Produces less oxidative stress while exercising, which speeds recovery time in between exercise sessions. This is why I was able to run every day while training for my marathons.

## ➤ We store over 40,000 calories as fat (in lean people)

- But we can only store 2,000 calories of carbs

# Do not exercise to eat more!



- It takes 3,500 calories to burn a pound of fat
  - That is a marathon and a half!
- Exercise for mitochondrial benefits & muscle mass, not extra calories!
- If exercise stimulates hunger, then focus on walking and yoga
  - Especially if doing extended fasting



# Light, Water, Cold Therapy and Grounding

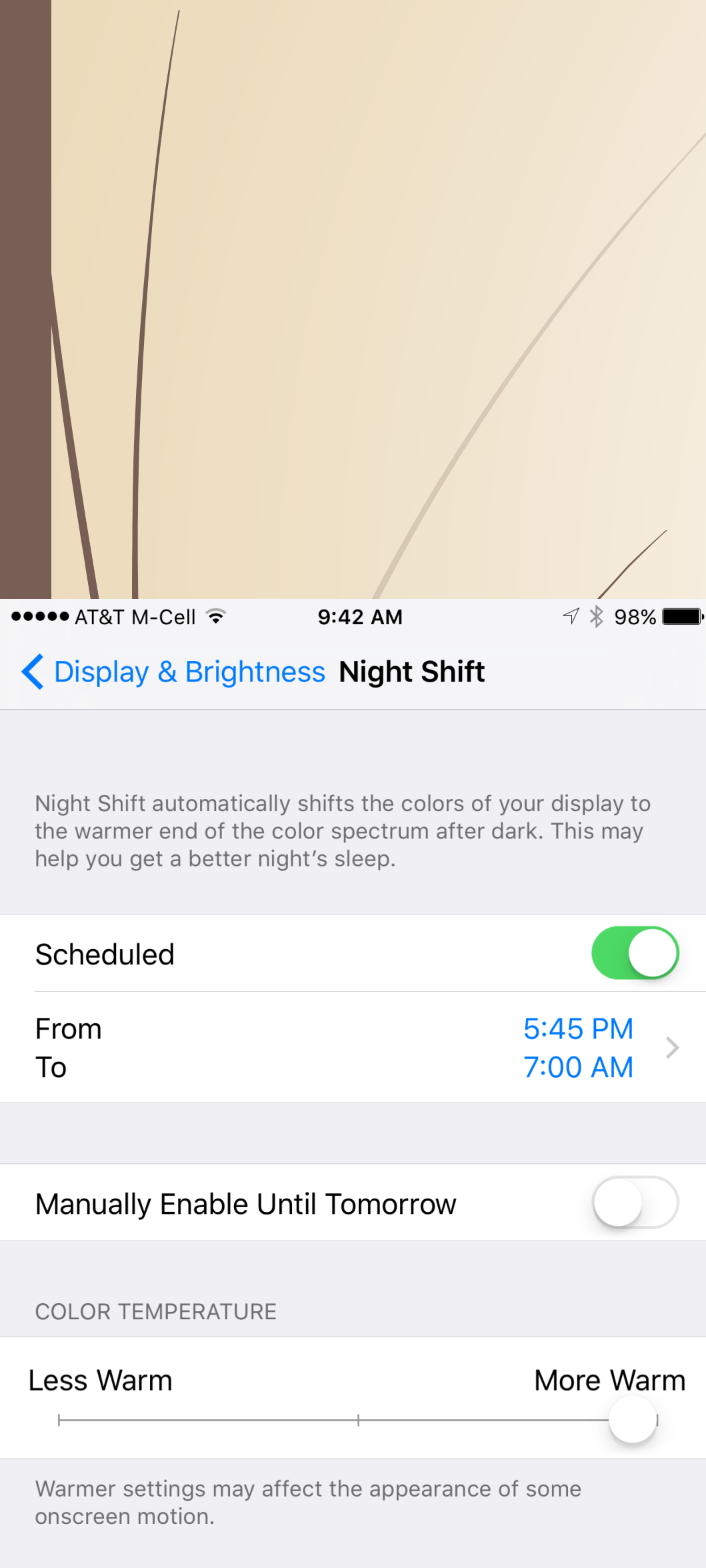
Heal your Mitochondria and Energize your Cells

# How is Your Mitochondria?

- Many clients get mitochondria tested and they are extremely damaged.
- Mitochondria is 99% water by volume
  - You can negatively or positively charge those cells.
- How often do you look into the sun in the winter?
- How often do you touch the earth?
- How often do you take ice bath or soak feet in ice water?

# Circadian Sunlight

- Get 20 minutes of direct sunlight (UV light) in first 2 hours of waking up
- Use full spectrum light if you can't get outside
  - Tanning light with UV even better
- Limit blue light in evenings
  - Turn on Night Shift (Apple devices)
  - Limit devices (TV, phone, computer) in evening or wear blue blocking glasses when viewing ([CLICK HERE](#))
  - f.lux software for PC or MAC ([CLICK HERE](#))





# Cold

- Drink Cold water
- Chew or suck on ice
- Try to introduce yourself to cold more often
- Keep bedroom cold at night (67 degrees or lower)
- Try adding cold thermogenesis (more in our presentation [Beyond Keto](#))
  - Face dunking, Cold Shower, Cold Bath, etc.)



# Water

- Shoot for 1 gallon of water a day or more
  - Minimum of  $\frac{1}{2}$  your bodyweight in ounces of water a day
- Remember, 99% of the molecules in your body are water!
- Spring water is best ([Click here](#) for sources)
  - Steer clear of ALL chlorinated/fluoride water
- Cold water is better
- Create negatively charged EZ water with IR light
  - EZ water is the fourth phase of water. It makes up all the water in our body and gets a charge from IR light

# Grounding and Magnetism

- Earth is negatively charged
  - Grounding can add electrons to our cells (EZ water) which creates more alkaline environment
- Wear grounding shoes or walk barefoot
- Use a grounding mat
- Use grounding mat or grounding sheets at night
- Consider a Magnético magnetic mattress pad

# For a Deeper Dive

- For more on Light, Water, Grounding and Cold Therapy, our class “[Beyond Keto](#)” goes into detail





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# All About Fasting

# Fasting History

- "Renew yourselves and fast, for I tell you truly that Satan and his plagues may only be cast out by fasting and by prayer. Go by yourself and fast alone, and show your fasting to no man." - Jesus
- "Fasting is better than prayer." - Saint Clement
- "The best of all medicines are rest and fasting." - Benjamin Franklin
- "The light of the world will illuminate within you when you fast and purify yourself." - Mahatma Gandhi
- "I fast for greater physical and mental efficiency." - Plato
- "More caution and perhaps more restraint are necessary in breaking a fast than in keeping it." - Mahatma Gandhi

# Intermittent Fasting (IF)

- ➔ The Morning Fast
- ➔ Combination Fast (which is what I do)
- ➔ The Evening Fast
  
- ➔ Being Keto-Adapted makes this VERY easy

## INTERMITTENT FASTING

### INCREASES

- ↑ Ghrelin levels to reduce overeating
- ↑ Insulin and leptin sensitivity, lowering risk of diabetes, heart disease and cancer
- ↑ Ability to become Keto-Adapted turning your body into a fat burner!

### DECREASES

- ↓ Triglycerides, lowering heart disease risk
- ↓ Inflammation and free radical damage
- ↓ Weight gain and metabolic disease risk

### EXAMPLE SCHEDULE



If pregnant, nursing or if you have metabolic syndrome, don't fast until you have fixed your insulin issues or are no longer breastfeeding.



# Intermittent Fasting Engages Autophagy

- When no food is being processed, body start cell triage (Autophagy)
- Autophagy breaks down old and failing cells
- Uses parts to build new healthier cells
- This improves metabolism functioning



# Fasting Benefits

- Reduces blood pressure
  - Insulin stores magnesium = relaxes muscles.
- Reduces triglycerides
  - Insulin up-regulates LPL on fat tissue and inhibits activation on muscle cells.
  - On the other hand, Glucagon up-regulates LPL on muscle and cardiac tissue, while inhibiting activation of fat.
- Weight Loss
- Reduces Cancer: repair specific tissues that would not otherwise be repaired in times of surplus.
- Longer Life: Fasting allows certain cells to live longer (as repaired cells) during famine since it saves energy to repair cells rather than make new ones.

# Longer Fasts

- Fasts of 3 days or longer (7 day fast is sweet spot for Apoptosis)
- Initiates Apoptosis
  - Programmed Cell Death
  - Like Cell Killing
  - Removes old or bad cells from body (begins to occur in mass at about 5-7 days)
- Then FEAST well!
  - Makes new young healthy cells to replace those removed

# Longer Fast Benefits

“I did short 3-5 day fasts weekly for 6 months for a terminal heart condition. It did break down muscle mass! My heart went from enlarged and stiff to high normal size and flexible. I fasted well and I feasted well! My terminal heart condition is no longer terminal! My cardiologist is amazed!”

- Cancer
- Liver health
- Heart Health
- Overall cellular health and reversing cell aging
- Overall mitochondrial function
  - Boost metabolism
- Many more benefits



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# Common Mistakes



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# Too Much Fiber

Example: "Do you know any reason this bread would spike my blood sugar? I ate a sandwich last night with this bread. Before I ate, I took my blood sugar and it was 140. Then I ate my sandwich and an hour later tested again and my blood sugar was 180. I ate another sandwich today for lunch and just tested (2-1/2 hours later) and it was 203. I'm eating low carb, so not eating anything else that would raise my glucose."

- Subtracting Fiber from Carb totals
- Too much fiber can kick you out of ketosis and stall your weight loss especially those with metabolic syndrome or diabetes (Quest bars, nuts)
- Too much fiber also elongates intestines causing other issues
- Almond Flour/Psyllium Sub bread (per bun) = 209 calories, 14.2g fat, 8.2g protein, **15g carb**, 9.8g fiber



# Mistakes Continued..

- Exercising at the wrong time of day
  - Too late in the day stimulates cortisol
  - Exercise in fasted state burn 300% more calories
    - Increases Human Growth Hormone
- Not enough Sleep!
  - Need at least 8 hours
- Eating every 2-3 hours
- Not Supplementing
  - Salt, potassium, magnesium. Water!

# Mistakes Continued...

- Not Counting Liquid Calories
  - **Bulletproof coffee**, etc. Can be over 500 calories
  - Prefer to chew calories, registers leptin better
- Coffee can also increase insulin
  - Caffeine overstimulates adrenal glands which produces too much cortisol and adrenalin
  - This causes blood sugar spike and corresponding insulin response which can pull some out of ketosis
- Forcing yourself to eat when you aren't hungry
  - Don't add fat to reach a fat %
- Xylitol
  - Can effect blood sugar in some people



# Importance of Sleep

- Average woman sleeps 2 hours less per night than in 1960
  - Lowers serotonin and increases appetite for sweets
- Human Growth Hormone: fat-burning hormone!
  - Don't eat 3 hours before bed
- Hormone Ghrelin (hunger)
  - Controls Appetite
- Thyroid and Cortisol hormones
- Lose 4 lbs. just by getting 8 hours of sleep!
  - Who GAINS weight in the SUMMER???



# Keep a Sleep Schedule

- Fat cells act like those with diabetes with chronic sleep loss (6 or less hours a night).
- Reward system in brain is triggered.
  - You look at carbs different: more enticing!

# Should I Add Carbs for Sleep or Hormone Issues

- No!
- With Keto, the liver produces LDL pattern A, large and fluffy cholesterol particles (what you want)
  - You now have the proper substrate for the production of your sex hormones. Your body needs to adjust to this shift in hormones.
- Sleep issues are typically low progesterone. Can be balanced out with supplement (pro-gest cream).
- Hair falling out
  - Any large diet change will cause some hair shedding
  - Usually lasts only a couple months, then hair grows back
  - Biotin, Zinc and other supplements can limit its effects until body adjusts



# If You Get Stuck

Breaking a plateau or when you get stuck

# If you get stuck

- Things that commonly kick sensitive clients out of ketosis:
  - Too much Lemon in water
  - Glucosamine supplements
  - Low carb fruits (berries, etc.)
  - Low carb Veggies (Overdoing cauliflower, Spaghetti squash, etc.)
  - Dairy sensitivity (remove to let gut heal and re-introduce)
  - Nuts
  - Not enough quality whole foods (too much egg whites, chicken breasts without the skin, etc.)

# If you get stuck cont.

➡ Make sure TOTAL carbs are 20g or less

## Type 2 Diabetic Response to Quest Bar

Blood Sugars 8 AM	Blood Sugars 10:30 AM (Just before Eating Quest Bar)	Blood Sugars 11:30 AM	Blood Sugars 12:30 PM	1-HOUR CHANGE
111	124	176	107	52
91	108	150	112	42
	98	148	108	50
	190	203	186	13
84	73	107	98	34
103	151	128	120	-23
80	111	124	90	13



Nutrition Facts		Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 package Calories 210 Fat Cal. 90		<b>Total Fat</b> 11 g	17%	<b>Total Carb.</b> 27 g	9%
		Sat. Fat 7 g	35%	Dietary Fiber < 1 g	3%
		Trans Fat 0 g		Sugars 21 g	
		<b>Cholest.</b> < 5 mg	2%	<b>Protein</b> 3 g	
		<b>Sodium</b> 30 mg	1%		
*Percent Daily Values (DV) are based on a 2,000 calorie diet.					
Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 2%					

### A DELICIOUS BLEND OF APPLE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalto-Oligosaccharides\* (Prebiotic Fiber), Almonds, Water, Apples. Contains less than 2% of the following: Cinnamon, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.



Nutrition Facts		Amount/serving	%Daily Value*	Amount/serving	%Daily Value*
Serving Size 1 (60g) Calories 180 Calories from Fat 50		<b>Total Fat</b> 5g	8%	<b>Potassium</b> 115mg	3%
		Saturated Fat 0g	0%	<b>Total Carbohydrate</b> 25g	8%
		Trans Fat 0g		Dietary Fiber 18g	72%
		<b>Cholesterol</b> 5mg	1%	Sugars 4g	
		<b>Sodium</b> 320mg	13%	<b>Protein</b> 20g	
*Percent Daily Values are based on a 2,000 calorie diet					
Vitamin A 0% • Vitamin C 0% • Calcium 10% • Iron 4% Magnesium 8% • Phosphorus 10%					



# If you get stuck cont. 2

- Make sure to keep Protein at no more than 80-90g a day
  - Metabolic syndrome or other issues, 50-60g protein
- Intermittent Fasting
- Longer Therapeutic Fast



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# If All Else Fails

If you don't feel great on the diet and supplements, personally would have your doctor run these tests:

1. Full panel thyroid test with antibodies
2. A progesterone test (cause high cholesterol, anxiety, waking up too early in AM, hair loss)
3. Ferritin test (anxiety, restless leg, sleep issues, hair loss, dark circles under eyes, and poor fat oxidation)
4. Vitamin d3 (low moods, high BP, insulin resistance, many issues: If too HIGH = bad sleep)
5. Cortisol test (morning and night)
6. Liver enzymes test (can cause weight loss issues or poor moods and high cholesterol numbers)
7. DHEA hormones (youth hormone)
8. Iodine deficiency (cause thyroid issues like poor sleep/weight gain and is easy to fix)
9. Excess Bromide (excess is a huge cause of thyroid issues)
10. Test for pyroluria: Pyroluria is a genetically determined chemical imbalance involving an abnormality in hemoglobin synthesis.
11. Test for copper toxicity
12. Test for methylation: MTHFR mutation
13. If your doctor is concerned about Cholesterol numbers, do a CAC (Coronary Artery Calcium) Score



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# Supplements



# Supplements

- Supplements can be very helpful, especially in early stages of keto adaption
- Hormones will balance over time with this lifestyle, but supplement can accelerate the process
- We have a supplement class [HERE](#) and supplement plans [HERE](#)



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# Surviving the Holidays

Recipes and tips



# Too many PARTIES and Alcohol!

## PLAN AHEAD!

- Eat before the party!
- Do not plan on eating food = you do not know what will be served.
- Focus on socializing
- Do not stand around food table and chat
- Too many clients I talk to don't even remember the taste of the foods at parties
  - Chew 32 times before swallowing!



Identify  
a food pusher



Bring an appetizer  
AND a Keto Dessert!



- Devilled Eggs are always a favorite!
- BRING A DESSERT to share!
  - Even if you THINK you are just going to skip dessert, there are too many food pushers!



# MORE PARTY TIPS

## Peer Pressure

- I fill a wine glass with Strawberry Stur and Lacroix Coconut Water
- Feel festive and you won't get pressured to have a drink





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# Holiday Meal Examples

Some examples of how to make your holiday meals keto

# Thanksgiving Dinner

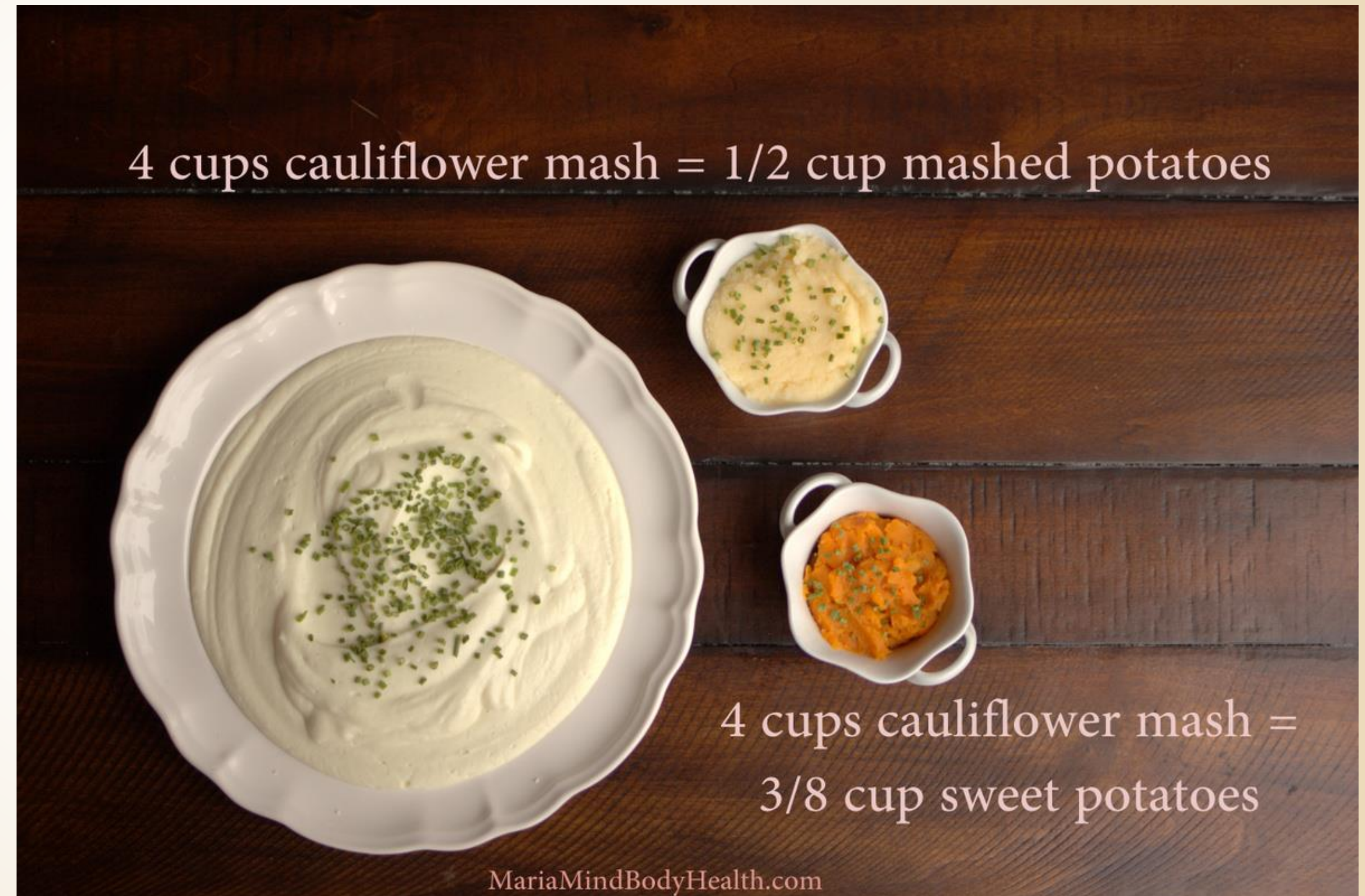
## - Appetizers

- [Deviled Eggs](#)
- [Bloody Mary Tomatoes](#)
- [Primal Poppers](#)
- [Deep Fried Mushrooms](#)
- Lots more ideas [HERE](#) and [HERE](#)



# Thanksgiving Dinner - Potatoes

- Make Cauliflower Mash instead of mashed potatoes or Sweet potatoes.
- Or make my "Sweet 'faux'tato Casserole!"
- Or my Cheesy Scalloped Potatoes







# Thanksgiving Dinner – Other Sides

- Bacon Wrapped Green Bean Bundles
- Big Salad with Ranch dressing
- Healthified Stuffing
- Deviled Eggs



# Thanksgiving Dinner

## – Main Dish

- Turkey
- Ham (make sure no honey glaze, etc.)
- Crown of beef
- Prime Rib
- Lamb Chops
- Creamy Dill Salmon (recipe in [Cleanse book](#))



# Thanksgiving Dinner

## – Desserts

### ➤ Cheesecake

➤ low sweetener, most can't tell

### ➤ French Silk Pie

### ➤ Pumpkin Mousse





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Need More Help?

# My Books

- Quick and Easy Ketogenic Cooking
- 30 Day Keto Cleanse (coming soon)
- The Ketogenic Cookbook
- Other Cookbooks and Nutritional guides



# Support Groups and More



- Support groups, Questions and Answers and all your support needs
- Weekly Webinars with Maria and Craig
- Videos for instruction and exercise videos
- Over 300 recipes (most exclusive to the site)
- Meal planning and grocery lists
  - Generate your own meal plans with automatic nutritional breakdowns for each day
- Much more at:
- [keto-adapted.com](https://keto-adapted.com)



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# Q&A