




KETO *adapted*

Maria Mind Body Health LLC

Ketogenic Cooking



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



KETO *adapted*

Maria Mind Body Health LLC

Disclosures

➡ No conflicts

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!!!





KETO*adapted*

Maria Mind Body Health LLC

My new addiction to exercise and Cold-therapy

- SUCCESS = Replace BAD Habits with good ones.
 - Don't focus on what you can't have.
- Balls in Motion STAY in Motion!
 - You just need to start rolling it on the right path!



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





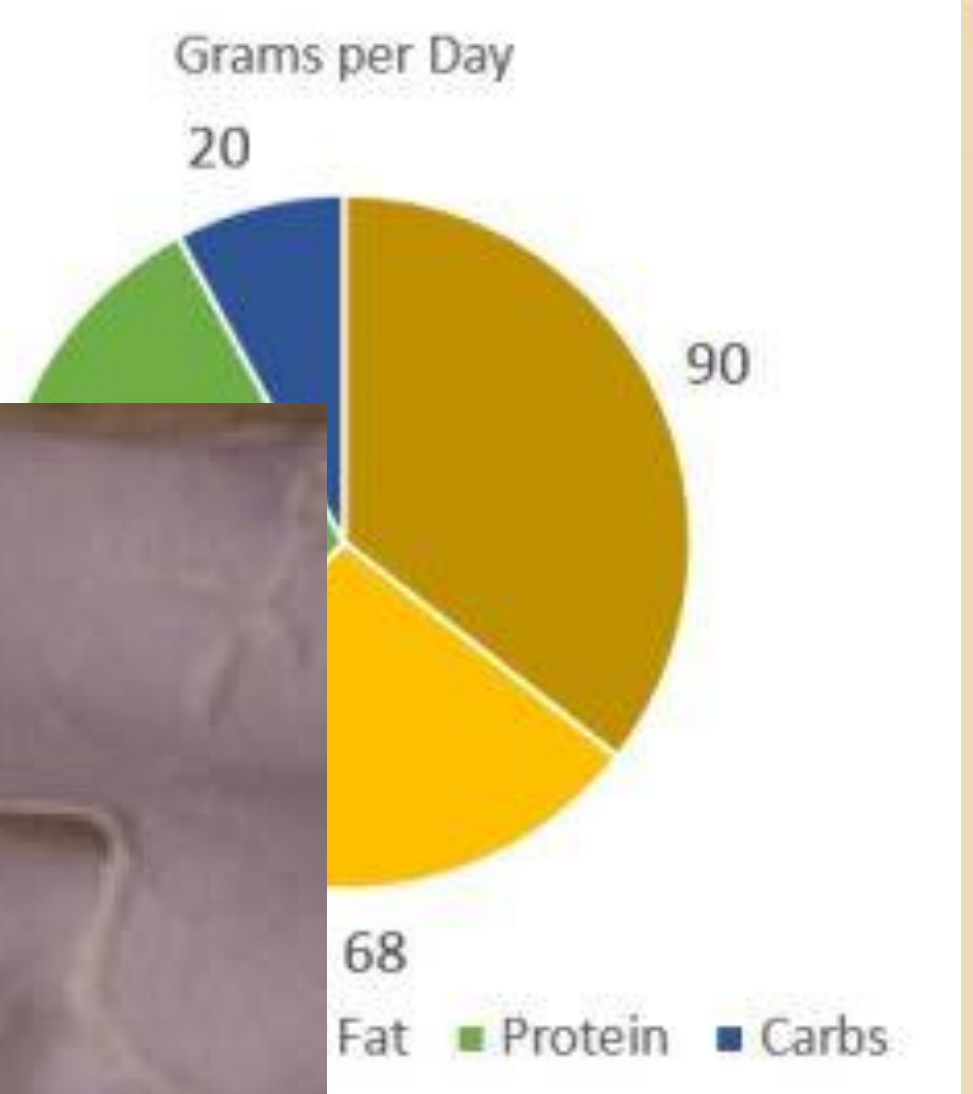


Adapted
Healthy Health LLC



ay

Fat



of fat intake
y
uel (lipolysis)

Don't Forget

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





What does a Ketogenic Lifestyle Look Like?

“Break” Fast

Dutch Baby
Quiche
Lorraine

THROW INGREDIENTS IN
BLENDER THE NIGHT BEFORE.
BAKE IN OVEN WHILE
SHOWERING!

MAKES GREAT LEFTOVERS!

Dessert

NO BAKE!
MAKE THE NIGHT BEFORE
FOR EASY DESSERT OR
PUDDING TREAT!

MAKES GREAT LEFTOVERS!

Chocolate
Pots De Crème

End Eating Window

THROW INGREDIENTS IN
SLOW COOKER NIGHT
BEFORE!
TURN ON BEFORE YOU
LEAVE FOR WORK!

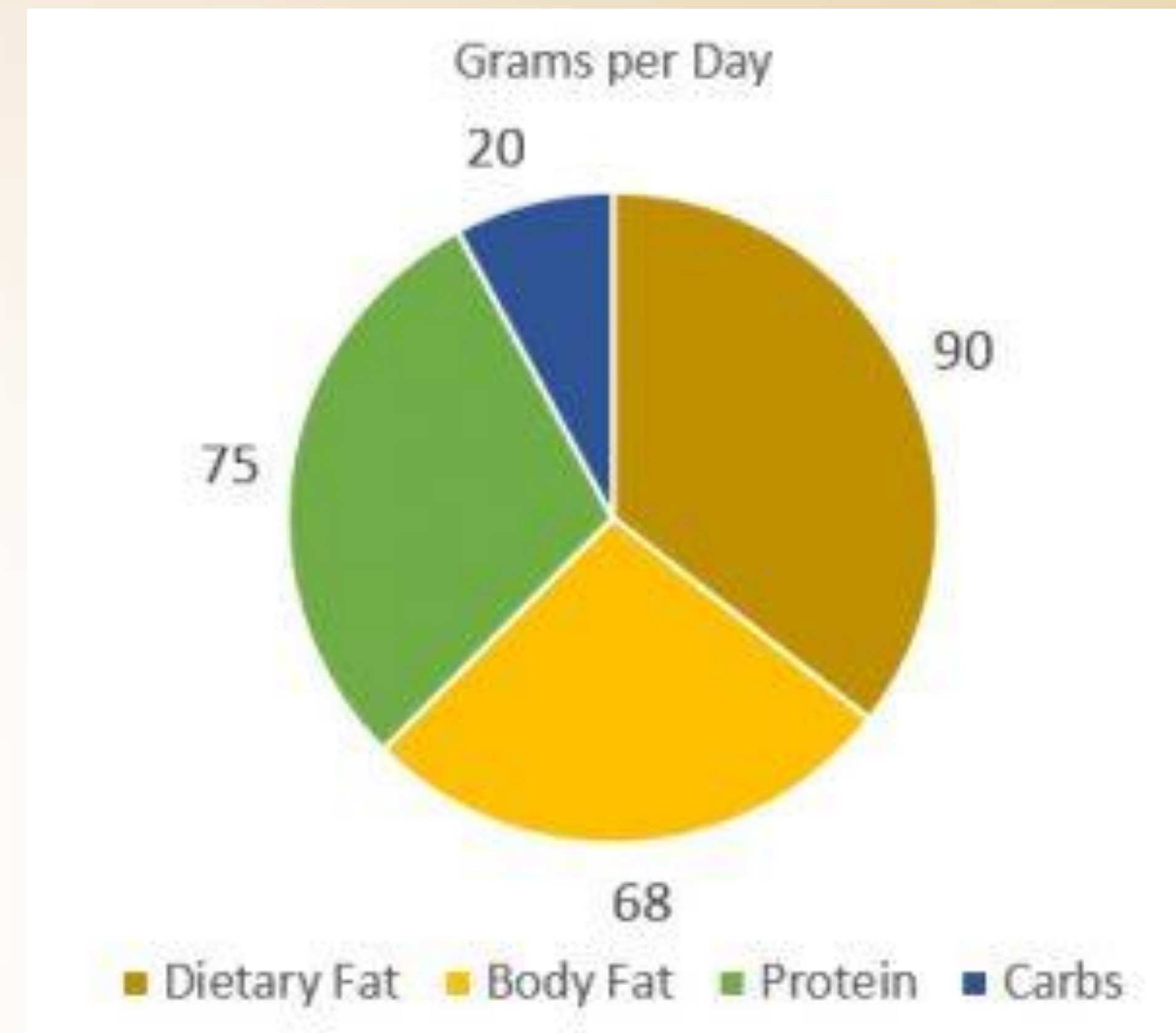
MAKES GREAT LEFTOVERS!

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



Example

- Daily totals
 - 103g fat
 - 75g protein
 - 19g carbs
 - 1306 Calories
- **Without High Fat Dessert** (which you can ditch after first 4-6 weeks of adapting in most cases):
 - **1096 calories, 85g fat, 70g protein, 12g carbs**



We still have Hamburger Night!

- Grass-Fed Burgers
 - With Keto Bun!
 - Store in freezer at all times!
 - Or Lettuce Wrap
 - Or Portobello Mushroom Cap





KETOadapted

Maria Mind Body Health LLC

Lasagna Night!



oodle”

ed.

elay timer

Pizza

➤ Dec

➤ Dai

➤ Thir

➤ Fat

➤ BUS

➤ M



ght



KETO*adapted*

Maria Mind Body Health LLC



Taco Night

- Slow Cooker Recipes

- Burrito Bowl

- Check out our Video price and time comparison at Home vs Chipotle at mariamindbodyhealth.com
- Not only did the at home meal take less time to get, I also cleaned up before Craig got home with Chipotle. I also had leftovers for future meals.





KETO *adapted*
Health LLC

Finish with Dessert!



We still go out to eat!

- Grass Fed French Onion Burger!
 - Wedge Salad for a side!
- PLAN AHEAD
 - Every restaurant now has a menu online
 - I always look and plan ahead so I am not tempted!
- Have a dessert at home and focus on socializing.



We still go to Parties



PL



ow what

ber the

Identifying
a food pusher



Appetizer
to Dessert!



Brownies are always a favorite!
Dessert to share!

THINK you are just going to skip
there are too many food pushers!

Don't push food but you
NEVER push alcohol on an

never push alcohol on someone trying to quit???



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




Baking Tips

- ➔ If a recipe calls for almond flour do not sub coconut flour cup for cup!

converting coconut flour for baking

I am often asked if coconut flour can be substituted in a recipe. It is not a one-to-one replacement for other flours. Here is a chart that will help you in the process of converting a recipe to coconut flour.



Baking with Coconut Flour

wheat flour or almond flour in recipe	coconut flour	increase eggs	increase liquids
1 CUP =	1/3 CUP +	double eggs +	more water or almond or coconut milk

Copyright Maria Mind Body Health LLC mariamindbodyhealth.com



KETO *adapted*

Maria Mind Body Health LLC

A decorative graphic on the left side of the slide, featuring a dark red arrow pointing right, with several thin, curved lines in shades of brown and grey extending upwards and outwards from the arrow's tail.

Common Mistakes



KETO*adapted*

Maria Mind Body Health LLC

Common Mistakes

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 (quest bars, etc.), not counting total carbs
- Too much dairy
- Overdoing low carb veggies or fruits (berries, etc.)
- Exercising at wrong time of day
- Not enough sleep!
- Drinking calories (bullet proof coffee, etc.)
- Carb cycling or carb ups
- Eating every 2-3 hours
- Eating when not hungry (clean plate club, emotional eating, etc.)



KETO *adapted*

Maria Mind Body Health LLC

JUST SAY NO!

- Say YES to YOU!
- Re-think your priorities!





KETO *adapted*

Maria Mind Body Health LLC



Need More Help?

My Books

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





KETO*adapted*

Maria Mind Body Health LLC

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



KETO *adapted*

Maria Mind Body Health LLC



Q & A