

A collection of keto-friendly ingredients including butter, almonds, blueberries, and cheese. The ingredients are arranged on a light-colored, textured surface. In the top left, a teal bowl contains a dollop of whipped butter. Below it, another teal bowl holds several slices of butter. In the center, a wooden spoon with '1 tsp 5ml' markings is filled with shredded cheese. In the foreground, there is a pile of almonds and several blueberries.

How To Survive & Thrive On Keto

A BEGINNER'S GUIDE



Let's start with the ginormous elephant in the room, shall we? **Keto Sucks**. There I said it. As a former sugar addict, I can say that with complete authority.

But once you are doing it for a while, **you will feel amazing!** You will have more energy than you ever have, more mental clarity, and focus. And yes, weight loss. I always praise health and well-being over a number on the scale. But yes, my friend, your body will change. AND that is why Keto is worth the sucking.

Before you dive right in, let's lay down some Keto basics. Your calories will now come primarily from fats (healthy fats), a sliver of carbohydrates, and a portion from protein.

The ideal breakdown for most is the following:

70-75% of your daily calories should come from **FATS**
20-25% of your daily calories should come from **Protein**
5% of your daily calories should come from **Carbohydrates**
(This number is scary. I know)

Caloric Intake: Now, you need to know your total calories. A good rule of thumb is the following:

Weight Loss - (if you have over 20 pounds you want to lose)

"Goal" Body Weight" X 11 = Daily Caloric Intake

Weight Loss - (if you have under 20 pounds you want to lose)

"Current" Body Weight X 12 = Daily Caloric Intake

Maintenance - (maintain your current weight & tone up)

"Current" Body Weight X 15 = Daily Caloric Intake

I am a big fan of ranges, so I always subtract 200 and add 200 for my final daily range. So if I came up with 1500 calories, "my range" would 1300-1700 daily.

Your first couple of weeks will be the worst, I promise! Here are some quick tips to make your first two weeks suck less.

- **Hydration:** Drink lots and lots of water. This will help your body detox and get the sugar out of your body faster. I also recommend an electrolyte supplement as well. I like [Keto-Beam](#) You can also use Non-Sugar Added Sports Drinks as well. Powerade Zero is a great easy-grab alternative.
- **Exogenous Ketones:** Hang with me on this one. Exogenous Ketones will help put your body into Ketosis faster, i.e., getting you through the Keto-Flu faster! These are not required but are super helpful for getting you in keeping you in Ketosis. Here are some of the options I have tried.
- **GOOD** - [Perfect Keto](#) Brand, it is reasonably priced and easy to buy on Amazon. I buy chocolate and put it in my coffee to give it a "mocha" taste! So yummy
- **BETTER** - [Real Ketones](#). A bit better quality, and my results were better (via a blood ketone reading) than the Perfect Keto, but both put me into Ketosis. I also bought the chocolate flavor of this one.
- **BEST** - [Pruvit](#) by far the best exogenous ketone of them all. But the downside is that it is under the framework of "direct marketing," which I do not love. But they are the best. I recommend starting with the challenge back to see if you like them first. You get 20, and you can do the two a day 10-day challenge or stick with one a day and try it for 20 days.
- **Go nuts and follow tons of Keto accounts on IG,** Pinterest, and TikTok; this is such a great place to find recipes and products to try.
- **Stock your Fridge With Your Faves:** The bright side of Keto is that many of your favorite foods that were once taboo - (I am looking at you NonFat 90's) are now fair game! Buy the cheeses, Meats, Olives, Avocados, and BACON! - I have some food lists on the next page

Stock The Fridge

Dairy:

Muenster Cheese
Butter
Cheddar
Brie
Heavy Cream
Mozzarella
Cottage Cheese
Blue Cheese
Cream Cheese
Gouda
Swiss Cheese
Parmesan
Sour Cream
Burrata
Ghee
2 Good Yogurt
Ratio Keto Yogurt
Rebel Ice cream

Fruits:

Avocado
Coconut
Strawberries
Blackberries
Raspberries
Lemon Juice
Lime Juice
Grapefruit
Cantaloupe
Watermelon
Peach

Veggies:

Asparagus
Spinach
Swiss Chard
Celery
Lettuce
Cabbage
Olives
Cucumber
Cauliflower
Zucchini
Tomato
Green Pepper
Red Pepper
Broccoli
Brussels Sprouts
Green Beans
Mushrooms
Spaghetti Squash
Radishes
Eggplant

Meat + Seafood

Eggs
Meat, choose grass-fed + organic if possible!
Beef
Chicken
Duck
Organ Meats
Pork
Turkey
Wild Game
Sausage
Bone Broth
Fish (wild caught)
Cod
Eel
Halibut
Mackerel
Salmon
Snapper
Trout
Tuna
Beef Sticks
Jerky
Salami
Bacon

Quick Tips For Success

Do not get frustrated with the scale. With Keto, weight loss will look a bit different. You will stall and then have a big drop. Just be patient and trust the process. If you are already somewhat lean, taking weekly progress pics is a must. Your body will lean out a lot, but the scale may not move much for you. (This was my case) If I were just looking at the scale, I would have been SUPER frustrated, but I kept comparing my photos week after week, and the inches came flying off. I "only lost 7lbs" in 75 days in the photo below, but my body is way leaner!



Be Patient With Yourself! It takes a while to completely change your way of living. Can't do 20 carbs a day to start? Cool, start with 60G of carbs and ease your way down. Keto is one of the best diets to improve overall health, and at the end of the day, your health is your MOST important asset. So take it slow as you adapt!

Keto is NOT for everyone: Just because I have had huge success with Keto does not mean that it is suitable for your body. LISTEN to your body. If it's not fit, reach out, and I can help you find something else.

Personal Story Time: I ate a strict Vegetarian diet for an entire year, and I looked and felt weak. It was not a fit! I should have listened to my body sooner and added in more meat! My body was screaming for it. The moral of the story, tune into your body, and listen! You are the only expert on YOU!



This is my body on full vegetarian mode - I felt terrible. Not knocking Vegetarians! I have many friends that THRIVE doing it! Every body is SO different, its all about finding what works for you!

My Keto Must Haves AND DISCOUNT CODES!



I have a KetoKrate delivered every month. It is full of delicious low sugar, high protein, clean treats, both sweet and savory. Don't let the name "Keto" scare you away. It is just a delicious box filled with yummy goodness! **Use code "ANDIETHUESON" to save \$10.00 off your first box!**



I order Butcher Box for our family each month. I love getting high-quality grass-fed meats. The meat is always good. They always have SWEET "FREEBIE" offers. Hint - act like you're leaving the site, and you may get free bacon up-sell 😊 The link below will automatically take you to the BEST offer available.



I love my Keto-Mojo meter! I am a super nerd and I love seeing #'s and data! This gives me a daily read out of ketone and glucose levels. That way I know where I am at on a day to day basis. **USE the link below to get 15% OFF your order!** Discount is automatically applied at checkout.



HighKey cookies are pretty much the tastiest butteriest goodness out there in the Keto/ Low Sugar world. You can typically find the big bag at Costco. But their website has soooo many flavors. Use the link below, and it will always direct you to the best offer available at the time

My Keto Must Haves AND DISCOUNT CODES!



It is hard to find flavor syrups that have all-natural ingredients and no sucralose! Jordan's Skinny Mixes Keto line has all-natural no-sugar options, and I here for it! **USE CODE ANDIE10 for 10% off your entire order.** There are codes for more out there, but usually, those will put your order below the free shipping limit, and they really don't save you! PS They have a HUGE selection of other flavors as well.



I ♥ Perk. My favorite flavors are Chai and Mexican Hot Chocolate. It is chock-full of collagen, protein, and a nice healthy kick of caffeine. I love it because, for me, it crushes cravings and helps suppress my appetite. If it's 3ish, I am usually make up a cup of Perk! **Use Code "andie" for 15% OFF your entire order!** The natural line is ZERO net carbs!!!