

**THE SECRETS TO MY 100 POUND WEIGHT LOSS SUCCESS  
AND HOW I EASILY MAINTAIN THAT LOSS**  
Getting Started Guide



### ***Food First:***

As you will learn throughout this course, food is going to get you **most of your results**. If you are new to a high fat, low carb lifestyle, I recommend following the methods spelled out in the [Kick Your Fat in the Nuts](#) book. The typical meals you would have with these guidelines would include around 25 grams or less of carbs per meal. You would then eat protein and fat until you feel satiated. Ending your meal with a [Coconut Yummy](#) to get your body used to digesting healthy fats is also recommended.

Ideally you will want to eat whole foods that are low on the glycemic index scale when using up those 25 grams of carbs per meal. These include foods like green leafy vegetables, sweet potatoes, squash and berries. To be honest, when I first started out I did not follow that rule. My body was so dependant on carbohydrates that even just lowering the amount of carbs, even if I was still eating junk food carbs, was enough to help to my progress. Of course as I continued on my journey, I eventually ended up making healthier choices.

Take your journey as slowly or as quickly as you feel comfortable with. These changes need to be lifelong in order for you to stay healthy and keep off any weight you lose. Make them changes that make you happy. You most likely have spent too long in diet misery - now is a good time to stop that forever.

If you want to skip the “just lowering your carbs” part and you would rather jump right into a ketogenic diet, then this next section is for you. Please remember just because you are eating a ketogenic diet, this does not guarantee that the pounds will start falling off. Sometimes some people only need to lower their carbs to see progress. Also, many people need to heal from years of yo-yo diets or mainstream quick fixes. If this is you, do not force keto upon yourself if it makes you miserable. You can still do a lot of healing and lose a lot of weight on a lower carb diet. I lost my first 80 pounds and lowered my blood sugar from diabetic to normal levels with just lowering my carbs and taking the steps to improve my digestion.

### ***Keto Macros:***

Depending on your gender, starting weight, height and goals, everyone’s keto macros starting out will be different. For most women, you will want to fall somewhere between 65 - 85 grams of protein per day, 20 - 50 grams of carbs per day and eat fat until you feel satiated. My general recommendation would be for 150+ grams of fat per day, but

this will vary depending on your goals, current fat digestion level and where you are on your low carb, high fat journey.

The most important thing is to always listen to your body. If you are getting symptoms such as diarrhea or lower abdominal bloating, introduce the fat more slowly until you can digest it better. If you feel weak, hungry or shaky, you may need more protein. If you are very active or your body is crying out for carby snacks, you may need to keep your carbohydrate level higher until you can digest other nutrients better.

My favorite website to figure out macros is the [KetoDiet Buddy](#) website. I typically use the small calorie deficit starting out. You must keep in mind, this is just a guide. Do not get crazy about hitting these macros exactly every single day. And while it is important to keep track of macros at first, soon enough you will just know what foods and in what amounts make you feel good and get you the results you want.

Always listen to your body. Never eat past satiety just to hit a number. The best way to accomplish this is to keep the closest eye on your carbs since those will be most important. Eat protein to feel good (not weak or shaky) and then eat fat until you feel satisfied. If you experience digestive problems like loose stools or diarrhea, back down the fat and then review the [Digestion Course](#) for steps you can take to improve this.

### ***Fasting:***

Most people would benefit from at least a basic intermittent fasting routine. Even just fasting clean for 12-14 hours per day can make a big difference for some people. For me, fasting 14 hours per day with less carbs per meal was enough to bring my diabetic blood sugar levels into a normal range in under six months.

By clean fasting I mean nothing to eat during your fasting window; only drink black coffee, tea and water. Electrolytes are also OK. Absolutely nothing with artificial sweeteners. If you decide to take this approach, ease into it by going a little longer each week and only if it makes you feel good. See the [fasting guide](#) for more information.

### ***Basic Lifestyle Factors to Address:***

#### ***Sleep:***

Typically 7-9 hours is adequate for most people. Sleep is important for weight loss, so keep your sleep to a level where you feel well rested. Sleep in a dark, cool room. Turn lights low at night

and avoid electronic screens close to bedtime. Make sure you are waking well rested; otherwise aim for more sleep when possible.

I mean this! Do not make excuses as to why you cannot get enough sleep. If you are not sleeping enough to feel well rested, **all** of your health efforts may be a waste of time.

### ***Stress:***

Managing stress is important with any health and weight loss program. Find ways to destress if this is an issue for you. (Yoga helps with digestion; meditation can help destress and with daily productivity; also walking is great)

If you are a high strung person, you may need to keep your caffeine to a low level. Also, providing your body with enough nutrients is vital. High cortisol levels due to high stress can absolutely halt anyone's progress. So again, no excuses. We all have stress; it is how you deal with that stress that can make all the difference in your health and weight loss program.

### ***Digestion:***

It is important to improve [digestion](#) when any of the following symptoms exist:

#### **Symptoms consistent with low stomach acid include:**

- Reflux / Heartburn
- Burping
- Bloating in your upper abdomen
- Undigested food in your stool
- Constipation
- Low blood pressure

If you do not have sufficient stomach acid, you are not breaking down proteins. They are going through system undigested or being stored as toxins.

#### **Symptoms consistent with poor bile flow include:**

- Diarrhea / loose stools
- Constipation
- Light colored stool (e.g. The color of cardboard or lighter)
- Chronic acne
- Nausea, especially upon eating fats
- Blotchy skin
- Itchiness
- Gas

- Bloating in your mid and/or lower abdomen an hour after eating
- Gallbladder removed
- Elevated Cholesterol

If your body is not processing fats correctly, you can gain weight on a high fat, low carb diet.

Important tips to remember about digestion & supplements to improve digestion:

- You should **never** take HCL without also taking Beet Flow. This can result immediately in loose stool and an ulcer long term.
- It is important to improve digestion so your body can digest the nutrients you are taking in. If you skip this step, your nutrients may be stored as toxins. (This is one reason it might be difficult to take off weight.)
- Adding more fats to your diet can help with weight loss and health, however, you need to add slowly if your body is not used to digesting fats. If you add too quickly, this can result in diarrhea, which does not help with weight loss since you are not absorbing nutrients.
- Adding fats at the end of a meal will help your body learn to process them better since it is already in the digestion process.
- If you have been in mainstream diet programs for a while with their typical processed food offerings and restricted calories, it may take some time for your body to heal and get used to digesting real fats and proteins again. This means you may also lose weight slowly at first, or some people may even gain weight. This is a sign that your body is healing, not that you are doing something wrong. This is another reason it is wise to stay off the scale and go by how you feel.

### ***High Quality Foods used as Supplements***

Getting more high quality foods taken as supplements will also most likely help you. These include:

- drinking [bone broth](#) daily
- using [Great Lakes Collagen](#) (green can on [Thrive Market](#)) or another high quality collagen will help with healing, as well as digestion (recommended 1-2 servings per day)

- fat in the form of coconut oil is very healing and is the easiest of the fats to digest
  - I recommend using coconut oil as fat whenever possible in cases of impaired digestion
  - Check [Recipe Guide](#) or [my website](#) for recipes using coconut oil

***Foods to avoid or limit:***

- **Artificial sweeteners** - especially those found in diet products. They can cause weight gain and other undesirable health side effects. If you need sweeteners to help wean you off sugar, try stevia. **Do your best to avoid all sweeteners** though, as they can cause weight gain and gut health issues.
- **Alcohol can slow or even halt weight loss.** A glass of wine every now and then is OK for most people. Checkout Dry Farm Wines for a low sugar, junk free wine. Red wine will be your best option when consuming alcohol.
- **Sodas** - both regular and diet will raise insulin higher than solid food, which will result in weight gain. The same goes for juice or any other kind of “liquid sugar.”
- **Processed foods** - eat real foods whenever possible. Your body is designed to know how to break down these foods, which makes digestion easier. This will make weight loss and weight maintenance much easier. Also, your health will improve dramatically.
  - Real foods are those that do not come in packages. They are typically found in the outer aisles of grocery stores or at farmer’s markets. Meats, veggies, dairy, eggs and limited fruits. Choose high quality real foods - organic & grass fed butter, for instance, will always be your best choice. Costco has a great selection of organic options if you are on a budget.
  - There are many real food recipes listed in the [Recipe Guide](#) or [my website](#). Try making real food recipes for as many meals as you can. The more you continue to incorporate real food and the less you depend on processed foods, the easier this will be. That being said, don’t feel like you NEED perfection all of the time. This is a process and will take time for your body to ditch the cravings and enjoy foods that make it thrive. Make more good choices than bad choices each day.

### ***Quick Helpful Tips:***

- Eat snacks if you need to, but keep in mind it is better to have larger meals to keep you full so you are eating less times per day. Everytime you eat, your insulin spikes. The goal is to keep insulin spikes low and infrequent.
- For breakfast, try to make choices that are much higher in fat and protein and very low carb. This will set you up for an easier day. Eating eggs cooked in butter or coconut oil with sausage or bacon is a great breakfast option. Ending this with a coconut yummy will help your body learn to burn fats.
- Fruit is recommended to be kept low. Most fruit is filled with sugar and contains no protein or fat. Fruit is nature's candy. If you crave fruit, try berries with high fat cream on top.
- If you need a sweet treat, you can incorporate a high quality dark chocolate. Shoot for 85% or above. My favorite is [88% Dark Endangered Species](#). You may need to work up to enjoying chocolate higher than 72%. Just keep going higher and higher; eventually your tastebuds will get there and regular chocolate will be too sweet.

### ***Additional Information on Food Choices:***

- When eating salads, make sure to use cream or oil based dressings without sugar. Also, choose the leafy greens. Iceberg has no nutritional value. If you can get at least one leafy green salad in everyday, do this. It does not have to be big. This will supply prebiotics necessary for a low carb, high fat diet.
- Dairy and nuts can cause issues for many dieters. If you approach any weight loss stalls, you may want to test pulling dairy and/or nuts out of your diet completely for at least 1 month to see if you notice health changes. (Most people can still tolerate butter or ghee)
- As much as possible, eat real food. Highly processed forms of food, even if they say low carb or keto on the package, can cause stalls.

### ***How to implement your new plan:***

Start by calculating approximate macros as listed above and according to the lifestyle you wish to follow. (low carb or ketogenic) You can add your food into a macro app like Cronometer to see if you are getting close to your desired macros. Please remember, your goal will always be to eat until satisfied, not stuffed.

Your goal is to not count calories, but to structure meals that make you feel good. It is still a good idea to track macros until you get a good feeling of how much you should be eating each day. As stated above, keeping your carbs according to the plan you choose will be the most important part of your daily eating schedule.

If you choose to follow a ketogenic plan, typically at the beginning you should not have to count protein. Keep in mind some keto dieters may not lose if protein goes above their set number. Make sure to eat enough protein so you feel good, but do not go overboard.

Your fat intake may need to be pretty high at the start of a ketogenic diet in order to help your body heal and begin to recognize fat as a fuel source. Once you are fat adapted, you may need to lower your fat intake in order to lose fat. At the same time, you must slowly add more fat as you feel ready if you are experiencing any digestive distress when adding more fat.

Always keep in mind, you do not want to stuff yourself. Eat only to satiety while taking in enough nutrients to heal your body. The more nutrient dense food you take in, the easier the transition will be. Remember that liquid fats will make you less satiated than fats in whole foods. Some people will do great with bulletproof coffee type drinks, while it can cause others to stall.

A word of warning (again - just to be sure you heard me) - if you have been on low calorie diets for too long, it may take your body time to heal. This means stay off the scale! You will see fluctuations, but this is necessary for your body to heal and your health to thrive. Also, these fluctuations are water and minerals shifting. True fat loss takes a minimum of 7-10 days and it is typically not very much. This process will take time, but trusting the process will help you live an easier life free of diet mentality at a healthy weight for your body.

### ***If You Must Weigh Yourself:***

That being said, if the scale is an absolute must have in your life, the best approach is to try weight averaging. What this means is instead of never weighing yourself, you will weigh yourself EVERYDAY...or at least 4 days per week. You then average your week to week loss. It would look like this:

Week 1 Weights: Mon: 149.9, Wed: 150.6, Fri: 150.3, Sat: 148.3

Week 2 Weights: Mon: 148.2, Wed: 147.3, Fri: 147.1, Sat: 149.6

Week 1 Weights added up: 599.1 / 4 total days = 149.78 weekly average

Week 2 Weights Added up: 592.2 / 4 total days = 148.0 weekly average

So even though if you just took your weight each Saturday, it looks like you gained 1.3 pounds over the course of a week. When you average the day to day fluctuations, you actually are averaging a 1.78 lb loss for the week.

Keep in mind, if you add fasting or resistance training to your routine, quite often you will gain muscle quickly, which weighs more by volume than fat. This is why it is ALWAYS preferable to stay off the scale and go by:

1. How you feel
2. How your clothes fit
3. Biweekly progress pictures
4. Monthly measurements around your waist

### **Important podcasts to listen to (in no particular order):**

Kick It Naturally ([www.kickitnaturally.com](http://www.kickitnaturally.com) - look through their list and listen to any that apply)

Keto for Women Show

The Keto Diet Podcast

Keto Lifestyle with Jessica Tye (Listen for me on episode 44)

Keto Talk with Jimmy Moore

Fasting Talk (Listen for me on episode 27)

**Excellent Books:**

Kick Your Fat in the Nuts

The Obesity Code

The Keto Reset Diet

**If You Are New to Eating Fat is the New Skinny, Check out these blogs in this order:**

1. [Stubborn, Sucky Baby Weight](#)
2. [Low Carb vs. Ketogenic: The Big Fat Difference](#)
3. [Let's Get This Keto Party Started](#)