

10 LOW CARB/KETO TIPS AND TRICKS

HOW I LOST 60 LBS!



Introduction

First, a little about me if you don't already know me! Hi! I'm Jennifer, and I lost over 60lbs following a low carb diet (actually 80 lbs but I gained 30 back and now I am losing once again!) I have been overweight my entire life. I reached my highest weight of 260 lbs after I had my son 10 years ago. When he was 18 months old, I had a lap-band device installed to try to lose weight once and for all...but I only lost 15 lbs. I made the mistake of thinking the lap-band was going to be the cure all to my obesity. Boy was I wrong!

Fast forward a couple of years to my discovery of the low carb diet.

I like to follow a keto diet because I like the way it makes me feel and I like the benefits of ketosis. You can also read other people's testimonies in [this thread on my Facebook page](#)

I firmly believe keto is the superior diet when it comes to health and how our bodies are supposed to eat. Our ancestors didn't have pasta, bread, sugar and whole grains. They were hunter-gatherers and they ate what they could find. Mostly meat and plants. They ate the bone marrow inside of animal bones which is rich in protein, collagen, and fat. They very rarely had blood sugar spikes, while modern humans have multiple blood sugar spikes per day!

So what is a low carb/keto diet?

A low carb diet limits carbohydrates — such as those found in grains, sugary foods, starchy vegetables and fruit — and emphasizes foods moderate in protein and high in fat. I like to stick to 20-30 net carbs per day. Net carbs are your total carbs for the day, minus fiber grams.

This nutrition label is for a food that is 23 net carbs

Nutrition Facts	
Serving Size 1/2 cup dry (40 g)	
Servings Per container: 13	
Amount Per Serving	
Calories 150	Calories from Fat 25
% Daily Value*	
Total Fat 3 g	4%
Saturated Fat 0.5 g	2%
Trans Fat 0 g	0%
Cholesterol 0 mg	0%
Sodium 0 mg	0%
Total Carbohydrate 27 g	9%
Dietary Fiber 4 g	15%
Sugars 1 g	
Protein 5 g	
Vitamin A	0%
Vitamin C	0%
Calcium	0%
Iron	10%
*Percent Daily Values are based on a 2,000 calorie diet. Your daily values may be higher or lower depending on your calorie needs.	
	Calories: 2,000 2,500
Total Fat	Less than 65 g 80 g
Sat Fat	Less than 20 g 25 g
Cholesterol	Less than 300 mg 300 mg
Sodium	Less than 2,400 mg 2,400 mg
Total Carbohydrate	300 g 375 g
Dietary Fiber	25 g 30 g

Since I only eat 30 net carbs per day, most of my carbs come from low carb veggies such as: leafy greens, squash, zucchini, avocado, cauliflower, broccoli, and bell pepper.

When you remove most of the carbs from your diet, you're left with protein and fat.

What is the difference between keto and low carb?

No matter what anyone says, keto is when your body has reached a state of ketosis. This means your body is producing ketones.

Usually people have to eat around 20-30 net carbs per day to reach ketosis.

“Ketones are chemicals your liver makes. You produce them when you don't have enough insulin in your body to turn sugar (or glucose) into energy. You need another source, so your body uses fat instead. Your liver turns this fat into ketones, a type of acid, and sends them into your bloodstream. Your muscles and other tissues can then use them for fuel.” [WebMd](#)

Keto is not a certain food but there are keto friendly foods. There are people coined “keto police” who say there is dirty keto or real keto. They are being too dogmatic, in my opinion.

Keto is simply reaching a state of ketosis which means your muscles are using fat as fuel instead of glucose. The way we do that is to eat fewer carbs.

How do you know you are in ketosis?

The only accurate way to know is if you use a blood ketone meter. I use a keto-mojo ketone meter and you can read more about that [here](#).

Some other ways to know are:

Decreased appetite

Reduced cravings

Bad breath

Increased urination

Short-term fatigue

Increased focus and energy

Some people find keto too restrictive and they eat low carb. This would be under 130 net carbs per day. This is too many carbs to enjoy the benefits of ketosis, but it is still better than the modern American diet that consists of 250 plus carbs per day.

10 Low Carb/keto Tips and Tricks

1. There is no magic pill, potion, supplement, or wrap that will help you lose weight and keep it off long term. If there was, everyone would be thin. Drinking ACV isn't going to magically make the pounds melt off. Neither is exogenous ketones, fit tea, flat

tummy tea or whatever else scams are out there in your instagram feed.

2. Calories are still important, even when doing low carb/keto. You must eat less calories than your body burns for your body to lose weight. This is a scientific fact. **Keto does not negate the law of Thermodynamics.**
3. Try to eat at home as much as possible. Restaurant food is full of hidden sugars that can stall your weight loss.
4. Prepare your proteins in advance and have them ready to go in the fridge. You could go as far as preparing every meal and having it ready to go in the fridge. I like to prepare boneless skinless chicken thighs, burgers, taco meat, pulled pork, bacon, or boiled eggs at the beginning of the week. Set yourself up for success!
5. If you have kids and a husband like me, they probably don't follow a low carb diet. I will prepare them the same meals as me and then add a carb. If we have pulled pork sandwiches or burgers, I skip the bun. If we have spaghetti, I make them noodles and I put my sauce over green beans or zucchini. If we have steak and potatoes, I have a steak salad.
6. Stay away from low fat foods and dressings. These foods are not only filled with chemicals, they remove the fat and add sugar (carbs) to make them taste better.
7. Use an app like My Fitness Pal or Carb Manager to track your food intake. If you think you can track your carbs without using

something, go for it. I have to use something or I will forget and ultimately go over my carbs! I know it seems brutal to have to log your food, but if you have a goal you want to reach, you need to keep yourself accountable! I'm Jbanz on My Fitness Pal, feel free to add me!

8. Weigh and measure your food. I have a kitchen scale sitting on my counter and I use it every single day. Low carb - high fat foods are very calorie dense. Be honest with yourself! If you get a rounded spoonful of peanut butter out of the jar and count it as one serving, are you really being honest with yourself? You could be eating 2 servings of peanut butter! I like to put my spoon on the scale, zero out the scale, scoop my peanut butter, then weigh it again to get an accurate weight in grams. Most labels tell you how many grams are in a serving. I know this is another thing to keep up with, but we want to reach our goals, right?
9. Find an exercise you enjoy and stick with it. Weight loss is 85% diet, but exercise is still important for overall health. It doesn't have to be anything strenuous...just a daily walk is fine!
10. Consistency is key! There will be ups and downs on the scale. You will think you are stalled and it's not working. The most important thing is that you keep going! If you haven't lost any weight in a month, go back to basics. Make sure your calories are in check!
11. That brings me to the most important one of all, your mindset. You have to get your mind right if you want to commit to weight

loss! I recommend writing down some affirmations and reading them everyday. I have them in the notes of my phone and I set an alarm so I don't forget to read them. They are so important for any goal you want to achieve! Here are some examples:

- i. I love drinking lots of water everyday
- ii. Everyday I am getting closer to my goal weight
- iii. I am worth it!
- iv. Losing weight is fun - I feel great!
- v. My body is a fat burning machine

I'm not going to sugar coat it and tell you how easy this diet is. It's not easy! Sugar cravings are a constant struggle! But I think you will find that sticking to a low carb diet will help curb those cravings. On my blog I have a whole section dedicated to low carb tips. Check it out [here!](#)

I hope you found value in this low carb guide. If I hadn't discovered low carb years ago, who knows where I would be! I invite you to keep in touch and tell me how you are doing!

[Join my free facebook group](#) where we are working on staying keto for life. If you are struggling, you are not alone!

For more low-carb recipes and general healthy eating advice, please visit my website www.jenniferbanz.com