



Fit2
Fat
2Fit

KETO

Jump Start

FAQ

FAQs

Q What should my macros be?

A You should be getting 75% fat, 20% protein, 5% carbs each day. You can track your daily intake on a food tracking app like MyFitnessPal. For men we suggest eating at least 1800 calories a day. For women you should eat at least 1500 calories a day. There are macro calculators out there you can use, but take these with a grain of salt as you will get a different recommendation from each one.

You may also find that tracking your macros using grams, instead of percentages, may be easier since a percentage is a moving target.

Q How do I know if I am in ketosis?

A There are the physical signs like a slight change in breath (increase in a type of ketone called acetone), or the increase in mental clarity, etc.

The gold standard is to test your blood ketones. This requires a blood ketone meter and some blood ketone measuring strips. You will need to prick your finger, but it's the most accurate way of measuring the ketone levels in your body. I like Keto Mojo. They are the cheapest ketone strips on the market. [Bestketonetest.com/fit2fat2fit](https://bestketonetest.com/fit2fat2fit)

Another popular way is to use a breath ketone meter (like the one from [Levi](#)). This measures the levels of acetone (a ketone) in your breath. The good thing is that this is reusable, requires no pricking of your finger, and is a one-time purchase. However, there is a monthly calibrating fee. Cheaper models on the market may not provide accurate results.

The cheapest way is to buy ketone urine strips, which measure the excess concentration of acetoacetate (a type of ketone) in the urine. This can basically tell you if your body is producing ketones. The problem with these is that the longer you are in ketosis and actively using ketones for fuel, you may not register any ketones through your urine, therefore providing false negatives. Also, depending on your hydration level, they may or may not give accurate results.

Urine testing

Pros	Cons
<ul style="list-style-type: none">-Least expensive method for testing ketones.-Test is painless; you pee on a stick.-There is a colour change with 15 seconds if ketones are present.-If you have ketones in the urine, then you are in ketosis.	<ul style="list-style-type: none">-It only measures acetoacetate in the urine.-Once you become fat adapted, ketones in the urine disappear.-Long term ketosis cannot be measured using this method.-If you do not have ketones in your urine you still might be in ketosis.

Breath Testing

Pros	Cons
<ul style="list-style-type: none">-It's an easy method to and you can test anywhere.-It's the only way to measure acetone in the breath which correlates well the amount of beta hydroxybutyrate in the blood.-Painless.	<ul style="list-style-type: none">-Can produce unreliable results.-Not everyone may want to or is able to blow into the unit for the required 10 - 30 seconds.

Blood testing

Pros	Cons
<ul style="list-style-type: none">-It's the gold standard and most accurate way to detect beta hydroxybutyrate.-Results are shown with a clear digital display.	<ul style="list-style-type: none">-Testing strips are expensive (roughly \$25 for a box of 10 strips).-Supplies are hard to find in store so you may have purchase them online.-Requires a finger prick to get a blood sample.

Q How long does it take to get into ketosis?

A Every body is different and while some may be able to get into ketosis within 2 days others may take anywhere from 7-14 days. This can all depend on your body type, activity levels, and what you're eating. If it takes you longer than others, don't worry. Hang in there and trust the process.

Q What blood ketone meter should I buy?

A Though testing is not mandatory, it does help to know if you are achieving ketosis. I like Keto Mojo!
[Bestketonetest.com/fit2fat2fit](https://bestketonetest.com/fit2fat2fit)

Q What blood ketone reading do I want to be?

A Anything between 0.5 - 5.0 mmol/L is nutritional ketosis. Sometimes people believe that higher numbers mean a higher rate of fat loss. This isn't true. The longer you're in ketosis, the more efficient your body will become at utilizing ketones for energy. It is quite common to have lower readings a few weeks after beginning a keto way of life.

Your lowest reading will normally be in the morning when you first wake up. People commonly have higher readings after exercising. Again, though, higher numbers don't mean a higher rate of fat burning.

Q What are exogenous ketones and are they necessary to take?

A Exogenous ketones are a supplement, commonly in a liquid form. They put your body into a simulated state of ketosis within an hour of taking them, but it does not mean you are in a state of nutritional ketosis. You can purchase my brand, Complete Wellness ketones, at completewellness.com

It is great for a pre-workout or a brain boost. However, these are not mandatory to take on this program. It's just one tool in your tool belt that can help you on your keto journey. This is something you can use to help fight the symptoms of keto flu, give you energy, focus, and curb your appetite between meals.

If you choose not to purchase these, as they can be a bit expensive, simply omit them from the plan.

Q What is the keto flu and how do I know if I have it? What can I do to feel better?

A Keto flu is when your body is adapting to a ketogenic lifestyle and a subsequent lack of electrolytes. Symptoms range from headaches, feeling light headed, nausea, brain fog, sluggishness, heart palpitations, body aches, etc. Its normal to experience these the first week or two, considering you've been glucose adapted pretty much your entire life. Here's 3 tips to help you combat these symptoms:

- Drink more water. A LOT. A good rule of thumb is ½ your body weight in ounces, minimum. Shoot for at least a gallon a day if you can.
- Add [real salt](#)/pink himalayan salt to your food.
- Add in [exogenous ketones](#).
- Electrolytes are not optional! Be sure to supplement with potassium & magnesium glycinate. (See FAQ #8.)

Stay focused and in tune with how your body feels. If it doesn't feel 100% that's ok. Remember your body has been burning glucose as its main fuel and it's going to take time to adjust, but hang in there. This will pass within a few days.

Electrolytes are not optional; they are mandatory.

Because keto is a low carb lifestyle, this will cause insulin levels to drop. As insulin requirements are reduced, the body starts to recover from insulin resistance. This makes the kidneys begin to release fluid quickly. You may even find yourself urinating more frequently as you transition. As you excrete excess water you also lose essential sodium and electrolytes. When sodium and electrolytes levels drop, you experience the keto flu.

Your requirements are as follows:

- 5,000 - 7,000 mg of [real salt](#) or pink Himalayn salt,
- 300 - 500 mg of magnesium, and
- 1,000 - 3,500 mg of potassium.

You can get these through a combination of food and supplementation. Magnesium glycinate and potassium citrate are sold at most grocery or drug stores.

Q What is the difference between being in ketosis and being fat adapted?

A Ketosis is when your body is producing ketones. If you're producing ketones at a level between 0.5 mmol/L and 5.0 mmol/L, then you are in ketosis.

Fat adapted means your body is efficiently using fat as your primary fuel source. To become fat adapted you have to produce ketones long enough for your body to use fat efficiently as an energy source. This can take anywhere from 60-90 days of staying in ketosis.

Q I don't like coffee. What can I have instead of the bullet proof coffee?

A You can have Bullet Proof Hot Chocolate! Check out the recipe here in the program. You can also have Bullet Proof Tea. Simply use your favorite tea in place of coffee. If you'd rather not drink your first meal, that's okay too. Choose any recipe from the program to have instead. Also, simple eggs n bacon is a great way to start your day.

Q I'm not hungry by the time my next meal is due, should I force myself to eat?

A Since keto is such a high fat diet it is a more satiating way of eating, so finding yourself not hungry by the time you would normally eat your next meal is common. If you're not hungry, don't worry about eating, listen to your body. But be careful that you don't UNDER eat. This too can be a problem. It's important you get adequate calories each day. If you continue to find yourself not hungry, cut back on the amount of fat in your meal and increase protein slightly.

Q I'm feeling very fatigued and weak, is this normal?

A Feeling fatigued, weak, even sluggish can all be symptoms of keto flu. Refer to questions 7 & 8 on how to treat this. It is also normal to experience a slight dip in athletic performance the first week or two when switching to a ketogenic lifestyle.

Q Are snacks between meals not allowed? What if I get hungry?

A Since keto is a more satiating way of eating you should not be hungry between your meals. If you are finding yourself hungry make sure you are getting enough fat at your meals to keep you satisfied. When in doubt, add more fat. More commonly than not people are not adding enough to their meals. If you're absolutely starved have bone broth, [Complete Greens](#), or [exogenous ketones](#).

Q Do I count total carbs or net carbs?

A I recommend starting out counting total carbs because you do not know which net carbs affect your ketone levels and which ones don't. Once you become more familiar with ingredients and carbohydrates and how they affect you, you can start counting net carbs.

Q What are some things I should avoid?

A Stay away from bad fats (margarine, Crisco, vegetable oil, hydrogenated oils, etc.), starchier veggies (potatoes, sweet potatoes, carrots, etc.), grains, rices, cereals, breads, pastas, chips, cookies, crackers, etc., juices/sodas, smoothies, sugar, honey, and maple syrup.

Q I'm constantly on the go. What should I keep on me to make sure I don't go hungry?

A String cheese, hard boiled eggs, single serving pouches of coconut oil/nut butters (I love [Drop an F Bomb](#) or [Phat Fudge](#)), [Complete Greens](#), [Pederson Farms Snack Bacon](#), [Exogenous ketones](#) (convenient because you can add them to water), shorty sausages, pepperoni, and macadamia nuts are all easy to store in your car or purse.

Q How do I keep things keto when I'm eating out?

A Stick with meat as your main meal. Make sure it's not breaded or deep fried. Steak, burgers, fish, sausages, bacon, etc. are all great to have. Get vegetables or salad for your sides.

Go bunless. For obvious reasons, stay away from breads, pastas, chips, rices, buns. One hack is to get a burger with no bun and extra veggies on the side...and you don't have to be afraid if they sauté the veggies in butter!

Drink lots of water. Water will help you stay hydrated on the keto diet.

Ask for olive oil or butter on the side so you can add some to your meal if it doesn't have enough fat on it. That way if they only have lean meats or if you have a salad you can be sure to get your fat in.

Other hacks include adding cheese, adding avocado, adding bacon, or butter to your order.

Q If I have a cheat meal will I have to start all over?

A The thing about keto is either you are in ketosis or you are not. If you have a high carb meal or more than 5% carbs one day you will possibly be kicked out of ketosis. You will then have to work your way back into ketosis. Depending on how far you are into your keto journey and if your body is fat adapted, it might not take long to get back in. But if you haven't been keto for very long it may take longer. Now I'm not saying you can never have a cheat meal, but if you are just beginning your journey you need to allow at least 60 days before your body is fat adapted and can adjust to more carbs. You can use [exogenous ketones](#) to help get your body back into ketosis, but do not rely on these. They are only a tool to help get you to ketosis, not the solution.

Q I have an event coming up, and I'm not sure there will be keto friendly food. What do I do?

A The first step is to go into it being prepared. So if you've decided that you're just going to indulge this time then please enjoy yourself. If it's your third event in a row and you want to stay on track with eating healthy, then here's a few tips to help you be prepared for these situations:

- Eat before you go. And more importantly eat some fat so that you already go feeling full.
- Bring a healthy keto snack/treat for you and others. You never know who will like it and will want to do what you're doing. Plus it'll give you an option to eat something if you do get hungry.
- Ask yourself if this is the last time you're ever going to be able to have this food. In most instances it's not. There will always be other work parties, holidays, birthday celebrations, visits to this particular restaurant, etc.
- Do the best you can with what you have. You can't always control the foods that will be there so just do the best you can. Reach for the meats/cheeses/veggies if that's available.
- Share your goals. Tell your friends about your lifestyle change. It's always a conversation starter when you tell someone that you're eating a high fat diet. People are always interested in how that works, why, and what you get to eat.
- At the end of the day life is going to happen and you can't go live in a cave to stay away from the temptations of life. So face them with confidence and know that you have control over your fears.

Q How often should I weigh myself?

A Weight loss is not the end all be all of your success on this program. Your weight is just your relationship with gravity. There are better ways to measure success other than your scale weight. For example, get your body fat percent tested with a bod-pod or dexa scan. Take measurements like your waist and hip circumference. Go off how your clothes fit. Take progress photos. Most of all think about how you feel. If you do decide to weigh yourself, I recommend at most only once per week. Realize that you are more than that number on the scale.

Q I've lost my motivation. I've fallen off the wagon. How can I get back on track?

A Remember, LIFE HAPPENS! Don't get discouraged or give up, stumbles happen. Get up, dust yourself off, and jump right back on. Don't wait until Monday. Start with your very next meal. Drink more water to help flush out that last meal(s) you had. Remember your WHY-- why you started in the first place, why you want to get healthier, why you are taking this journey. Announce it to your friends, family, any support groups you have, tell them WHY you are doing this and ask for accountability.

When we share goals and have people in our lives holding us accountable, we're more likely to succeed. Most of all, LET IT GO!!! Don't live in the past. You don't need to beat yourself up. Just move forward and keep doing your best.

Q Can I drink alcohol?

A Let's also be honest with ourselves...no matter how you spin it, alcohol is NOT healthy. It's a toxin, but most of us know that already. For some reason though, we try and justify it because of football season, holidays, social situations, stress, etc.

Now with that being said, I do believe it's ok to enjoy life a little bit and indulge, just like we believe it's ok to have sugar every now and then. If we let these substances control us though, it can be dangerous. So please drink responsibly. Also, too much alcohol will kick you out of ketosis, but small amounts are okay every now and then. When you're keto, drinking alcohol will essentially push pause on the fat burning process. Drinking frequently can stall or slow down your weight loss. But enjoying a drink every once in a while won't kill you; just be wise in your choices.

Stick with liquors (vodka, tequila, whiskey, gin, etc.). Drink liquor neat on the rocks and avoid mixers. That means vodka, gin, whiskey, and scotch are all fair game. It's the clearer types of alcohol, however, that go easier on the body.

Some "healthier" alcoholic drinks the next time you do indulge:

- Vodka Soda - Vodka has approximately 96 calories per 1.5 ounces.
- Whiskey and Gin - 97-110 calories per 1.5 ounces
- Wine - Try Dry Farm Wines. It's a ketogenic wine...yes less than 1g of sugar per liter. [Try it here!](#)

Q POOP. Lack of it or too much of it, what do I do?

A Some people can experience either constipation or diarrhea when first beginning keto. If you are frequently having loose stools, remain calm. Try supplementing with digestive enzymes, [probiotics](#), or cutting back on the amount of coconut oil, MCT oil, or butter in your bullet proof coffee.

Having the opposite problem and stopped up? You would also benefit from supplementing with the aforementioned supplements but also increase your magnesium. Be sure you're getting plenty of water, eat more fibrous vegetables, increase coconut oil or MCT oil in your diet. Cutting back on nuts and dairy can also help.

Q What sweeteners are allowed?

A Natural sweeteners: stevia, monk fruit
(If you purchase powdered versions, read the labels. They are commonly mixed with other sweeteners or bulking agents that can cause problems-- hidden carbs or even sugar.)

Sugar alcohols: erythritol, xylitol, allulose
(These are alright to have because they aren't absorbed; they pass right through the body. Have them sparingly, though, as some people report upset stomachs after consuming too much.)

Stay away from these sweeteners: aspartame, sucralose, saccharin, dextrose, maltodextrin, and acesulfame potassium.

Q I'm not losing weight anymore. What am I doing wrong?

A It's hard to say what can cause plateaus or stalls. There are numerous factors to consider. Are you eating enough? Are you eating too much? Are you getting enough water or electrolytes? Are you over consuming certain foods? Having too many cheat meals? Are your macros appropriate? What's your stress level like? (Even stress can hinder weight loss.) I can't say for sure, but we can give you some tips to try.

- Cut out dairy and nuts.
- Increase your fat or protein. Choose one or the other.
- Look for hidden carbs in foods.
- Get rid of processed snacks
- Try intermittent fasting, start with a 14/10 window (14 hours fasting followed by a 10-hour eating window) for a week and work your way up to 16/8.
- If you have high levels of stress in your life, consider meditation. Use an app for guided meditation if you've never meditated. Walking at a leisurely pace has also been shown to lower the stress hormone cortisol.

The biggest tip? Stop weighing yourself. The scale only shows you your relationship with gravity. It does not tell you what is going on INTERNALLY. Keto is healing your body from the inside out. The scale does not show that. Try doing other forms of measurements. Check out FAQ 20 for my favorite forms of measurement.