

HOW DO YOU DO KETO?

ALMOST ALL EAT A HIGH FAT, LOW CARB, MEDIUM PROTEIN MACRONUTRIENT DIET. WITH FEW EXCEPTIONS. THE % OF FAT FOR KETO IS APPROX 65 - 80% OF ALL CALORIES. CARBS ARE STATED BELOW IN EACH REGIMEN. THE PROTEIN IS A STANDARD AMOUNT THAT CAN BE FOUND IN A NORMAL SAD DIET, AROUND 20 - 30%. YOU COULD ALSO USE ANY WEBSITE THAT SPECIALIZES IN CALCULATING ENOUGH PROTEIN TO KEEP YOU FROM LOSING MUSCLE MASS. TO BE CLEAR - KETO IS NOT A HIGH PROTEIN DIET.



LOW CARB

- 50 & 150 grams of carbs a day
- Technically it's not a "keto diet" since you can't reach ketosis on this amount of carbs.



KETO (NUTRITIONAL KETOSIS)

- between 0 to 50 grams of carbs a day
- typical macro count is: 0 - 10% carbs, 20-30% protein, 60-80% fat
- check ketone levels using urine test strips



VERY LOW CARB KETO (VLC KETO)

- eats between 0 to 10 grams of carbs a day
- Usually those with health issues associated with carb consumption, go this low.
- Primarily animal meat consumption, small amount of low carb plant-based foods.



CARNIVORE KETO (AKA ZERO CARB)

- between 0 to 5 grams of carbs a day
- No plant-based foods (maybe herbs for flavor)
- You WILL reach ketosis this way.



CYCLICAL KETOGENIC DIET OR CKD, TKD

- specifically for advanced bodybuilders
- also called Targeted Ketogenic Diet (TKD)
- You basically eat carbs before your high-intensity workouts

ADDITIONAL TITLES:

Some choose to also branch beyond just keto and add one of the following:

- Vegan (protein is a little hard to come by on a vegan keto diet)
- Paleo (un-refined foods, organic is best, no dairy)
- Primal (similar to paleo, dairy is okay though)