

Samurai Strength

The Warriors Guide  
to Physical *and* Mental  
Mastery

# KETOGENIC DIET CHECKLIST



# CARB INTAKE

- ❑ Less than 50 grams of net carbs per day but better below 20 grams
- ✓ Most of the carbs should come from non-starchy vegetables
- ✓ Green, fibrous vegetables are your best choices, though many other low carb vegetables are fine
- ✓ Always accompany a carb with either a fat or a protein

## NET CARBS

- ✓ The Ketogenic diet only counts Net Carbs as fiber content in food decreases the overall carb content's ability to impact blood sugars

Net Carb

Formula

Total Carb  
of a Food

Fiber

### THE NET CARB FORMULA

Nutrition Facts	
Serving Size ¾ cup (55g)	
Servings Per Container 5	
Amount Per Serving	
Calories 250	Calories from Fat 50
% Daily Value*	
Total Fat 6g	9%
Saturated Fat 0.5g	3%
Cholesterol <5mg	<2%
Sodium 200mg	8%
<b>Total Carbohydrate 40g</b>	<b>13%</b>
Dietary Fiber 4g	16%
Sugars 18g	
Protein 9g	18%

Vitamin A 25% • Vitamin C 50% • Calcium 30% • Iron 25%  
\*Percent Daily Values based on a 2,000 Calorie diet.

**40 GRAMS CARBS**  
-  
**4 GRAMS FIBER**  
=  
**36 GRAMS NET CARBS**

→

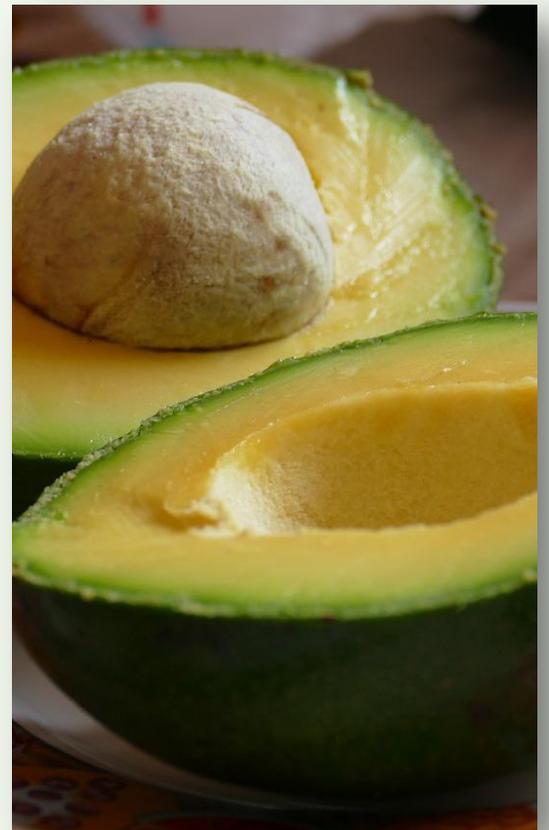
Count

Minus

Count

# LOTS OF HEALTHY FATS

- In ketosis, fat is the main energy source for the body
- Fats provide satiety, boost metabolism and support the enjoyment of food
- Provide key macronutrient requirements
- Natural fats are fine when reducing carbs
- The best fats are monounsaturated and saturated, including olive oil, grass fed butter, and coconut oil
- Margarine is never advised, as it is fake and interferes with ketosis
- Limit intake of polyunsaturated fats, including soybean oil, corn oil, and cottonseed oil
- Fat intake is variable and depends on weight loss goals
- It is not advisable to eat so much fat that you send your caloric intake through the roof



➤ **WHEN IN DOUBT, EAT LESS CARBS AND MORE FAT**

## Daily Fat Intake Guidelines

These will vary by body size

- 2 to 3 eggs
- 1 to 2 tablespoons of grass fed butter
- 2 tablespoons of heavy cream
- 2 tablespoons of olive oil when cooking or for salad dressings
- 2 ounces of cheese
- 4 to 6 ounces of meat, chicken, seafood, or fish at each meal
- ½ an avocado or 10 olives
- 1 to 2 ounces of nuts or seeds
- Use canola, peanut and grapeseed oils for pan cooking and stir-frys
- Full fat mayonnaise
- 1 tablespoon of coconut oil that contains ketosis boosting MCTs (medium chain triglycerides)
- Avoid low fat foods, including reduced fat dairy as they have carbohydrates, and chemical compounds



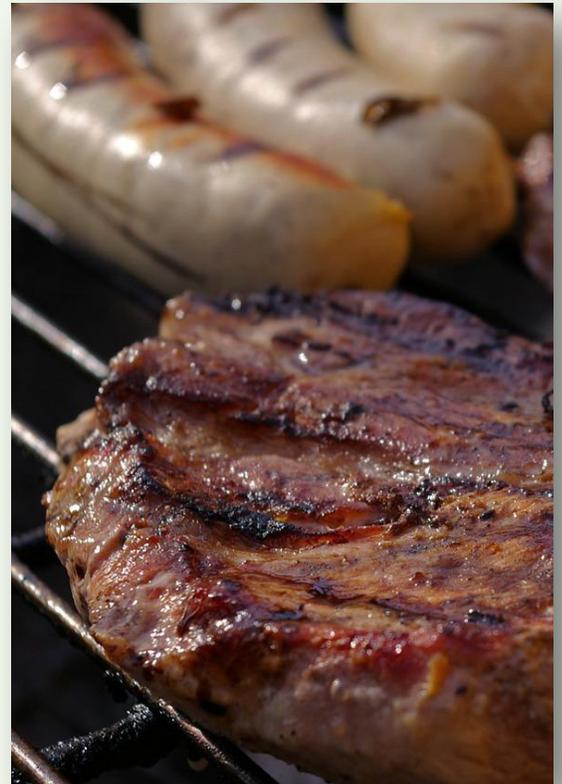
# ADEQUATE PROTEIN

Protein is both 46% ketogenic and 58% anti-ketogenic, as some protein will convert to glucose in the bloodstream and inhibit ketosis, so intake should be enough to prevent muscle loss, but not so much that will disrupt ketosis.

## General Protein Intake Guidelines

- Sedentary lifestyle:** 0.69 - 0.8 grams per pound of lean body mass
- Mildly active:** 0.8 to 1 gram per pound of lean body mass
- Heavy strength training/bodybuilding and exercise:** 1 to 1.2 grams per pound of lean body mass

Lean body mass is typically defined as - body weight minus body fat. You can use any of a number of online lean body mass calculators, such as this one - <http://www.calculator.net/lean-body-mass-calculator.html> to figure yours.



## Protein Choices

- Fatty red meats
- Chicken with skin
- Turkey
- Eggs
- Deli meats
- Seafood
- Fish
- Pork
- Veal
- Lamb
- Fowl (duck, goose, hen, quail)
- Organ meats (tongue brains, liver, heart, and kidneys)
- Game meats (ostrich, venison, caribou, bison, and elk)
- Eggs
- Nuts, seeds and full fat dairy in moderation as they do contain some carbs



## EAT TO SATISFACTION

- Eat when hungry until you feel satisfied, but not stuffed



## INCREASE SALT INTAKE

A little extra salt can help avoid possible side effects as your body adjusts to ketosis, including headaches, muscle cramps, or weakness that occurs as result of an electrolyte imbalance and since a low carb diet is naturally diuretic, you don't have to avoid salt to minimize water retention.

- Get that salt from 1 to 2 cups of broth daily or soy sauce over food



*Caution: ask your doctor about increasing salt, and if you are being treated for a condition that requires limited sodium intake, like hypertension continue with the medical advice of your doctor.*

## DRINK LOTS OF WATER

- ✓ Water is a natural appetite suppressant
- ✓ Supports the body's ability to metabolize fat
- ✓ Several studies found that reducing intake of water might cause fat deposits to increase, while drinking more reduces them
- ✓ Hydration greatly promotes weight loss, so drink lots of fresh water throughout the day
- ✓ The more active you are the more hydration you will need

