

5 Beginner Keto Mistakes

Too Much Protein

Eat higher fat meats (eg. chicken with skin on).
Keep protein intake to 0.9 grams per pound of bodyweight.

1

Relying On Urine Ketone Sticks

Only use ketone strips for your first month on keto.
Try using a blood sugar monitor instead.

2

Too Many calories

Remember, don't eat if you're not hungry!
Try using smaller plates to make portions seem larger.

3

Not Eating Enough Fat

Don't feel guilty about eating fat!
Eat more butter, coconut oil, sour cream, full fat cheese,
avocados, full-fat greek yogurt, whipped cream etc.

4

Not Regulating Blood Sugar

Buy a blood sugar monitor and check your levels daily.
Remember to cut out all grains from your diet!

5

Ketogenic Diet Beginners Recipes Mistakes

Sarah Bruhn

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