

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

Brendan G. Carr



Ketogenic Diet Beginners Recipes Mistakes:

Ketogenic Diet Beginners Recipes Mistakes Book Review: Unveiling the Power of Words

In some sort of driven by information and connectivity, the power of words has are more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such is the essence of the book **Ketogenic Diet Beginners Recipes Mistakes**, a literary masterpiece that delves deep in to the significance of words and their affect our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book is key themes, examine its writing style, and analyze its overall effect on readers.

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