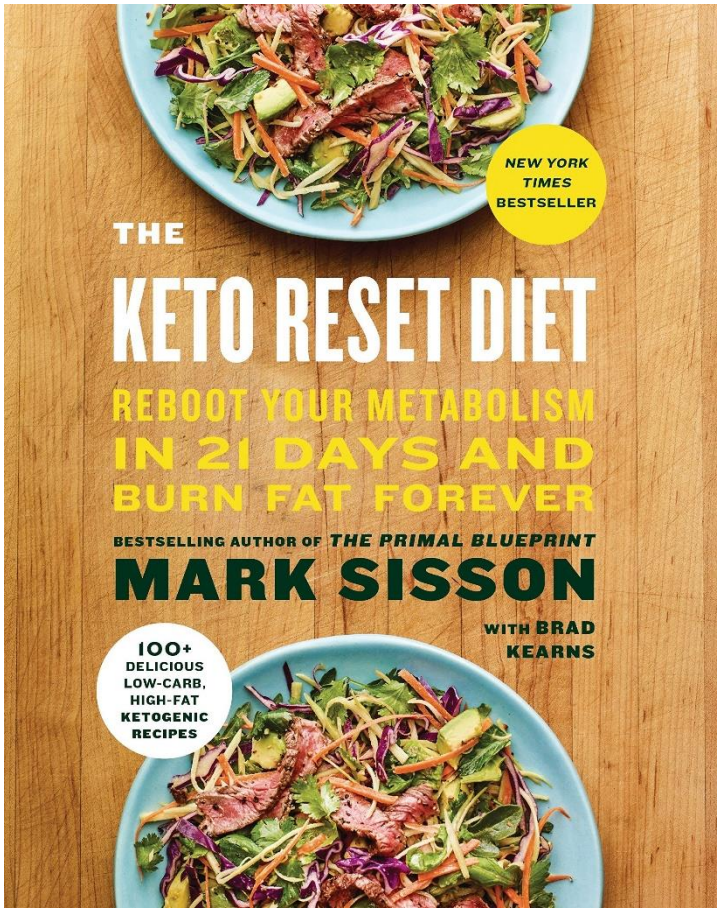
Mark Sisson : The Keto Reset Diet Book Summary



Written Summary http://bestbookbits.com/mark-sisson-the-keto-reset-diet-book-summary/

YouTube Summary https://www.youtube.com/watch?v=uyUT-jxT1wM

Audio Podcast Summary https://www.mixcloud.com/bestbookbits/mark-sisson-the-keto-reset-diet-book-summary/

Follow us on Instagram https://www.instagram.com/bestbookbits

- **Introduction: The Keto to a long, happy, healthy life.**
- The keto reset diet is going to help you reprogram your genes back to the original human factory setting of being fat-and-keto-adapted.
- Keto is a state of metabolic efficiency where you are able to burn stored energy in the form of body fat and ketones, and not be dependent upon regular high-carbohydrate meals to sustain your energy, mood, or cognitive focus.
- Keto is the default human metabolic state, because it was the only way humans were able to survive the withering selection pressure of human evolution.
- The secret to lifelong health and peak performances is in modelling the lifestyle behaviours of our hunter-gatherer ancestors.
- Primal baseline of ditching grains, sugars, and industrial oils and avoiding chronic exercise are just scratching the surface of the potential to transform your life through ancestral living in general, and keto in particular.
- Reprogram your genes to make fat and ketones your preferred fuel, instead of the carbohydrates that modern humans have become dependent upon owing to ill-advised food choices, couple with overly stressed exercise and lifestyle habits.
- The first step in the process is the 21-Day Metabolism Reset to kick your dependence on dietary carbohydrates (which is the essence of metabolic inflexibility) and boost your fat-burning metabolism.
- Your diet is only as good or as bad as your last meal – or last week or month of meals.
- Give your body a break from the lifelong, high-stress roller-coaster ride of a high-carbohydrate, high insulin-producing eating pattern that promotes inflammation and oxidative damage through-out the body.
- **THE KETO RESET DIET**
- **1. Building the Metabolic Machinery**
- **Chapter 1: The Keto Reset Diet 101 – What, Why, and How**
- What is Keto?
- "Keto" is catch-all nickname for anything pertaining to the metabolic state of ketosis, the burning of ketones, a.k.a. ketone bodies, or the dietary macronutrient composition (ultra-low-carb, moderate-protein, high-fat) that promotes the attainment of this delicate metabolic state. Ketones are a source of caloric energy in the body that are used by the brain, heart, and muscles in the same manner as is glucose (sugar). They are produced in the liver as a by-product of fat metabolism when – owing to extreme restriction of dietary carbohydrates – insulin, blood sugar, and liver glycogen levels are very low.
- By comparison to the Standard American Diet (SAD), the modern ketogenic diet is very high in natural nutritious fats, moderate in protein, and ultra-low in carbohydrates.
- The exact definition of ketosis is that of being in a metabolic state whereby your body is accumulating ketones in the bloodstream faster than they are being burned.
- Fat-and-keto-adapted is the best term to describe eating and living in a state where you are enjoying the benefits of burning fat and ketones as your preferred fuel sources. When you are fully adapted, your muscles burn mostly fat for fuel, while the

ketones produced by the liver are prioritized for use by the brain. The brain is a huge energy-demand organ (it's around 2 percent of your total bodyweight, but the brain burns 20 to 25 percent of your daily calories!) that cannot burn fat and must burn either glucose or ketones.

- Experts suggest that maintaining a state of nutritional ketosis requires a dietary macronutrient composition of approximately 65 to 75 percent fat, 15 to 25 percent protein, and 5 to 10 percent carbs. With carb intake, experts recommend a hard limit of 50 grams per day for active folks, and 20 grams per day for the inactive.
- If you're familiar with extreme carb-restriction weight-loss diets like Atkins, The Keto Reset Diet has comparable macronutrient guidelines and a shared goal of lowering insulin to mobilize stored body fat for energy. However, The Keto Reset Diet places greater emphasis on choosing the most nutrient-dense sources of fats, protein, and carbs, as well as avoiding unhealthy processed foods-even if they might meet ketogenic macronutrient standards. On the carbohydrate front.
- **Keto Delivers Fasting-Like Benefits Without Having to Starve**
- Ketogenic eating allows you to benefit from the extraordinary (and long scientifically validated) metabolic efficiency, general health, and longevity benefits of fasting, but without having to actually starve yourself. When you are starving, engaging in a purposeful fast, or adhering to a nutritional ketosis eating pattern, your cells prefer to burn fat and ketones.
- On the other hand, the high-carb, high-insulin-producing Standard American Diet (SAD) causes you to burn glucose, a.k.a. sugar.
- You can consider fat and ketones the big logs in a campfire. Heat them up carefully and they keep you warm for hours – not much smoke. Glucose is like kindling-burning quickly with lots of smoke. Thus, if your metabolic machinery is carbohydrate dependent (because you consume too many carbs and produce too much insulin-which keeps body fat locked away in storage), you don't have the big logs to burn, instead having to continually stoke your fire with twigs-that is, eating regular high-carbohydrate meals and snack to prop up sagging blood sugar levels.
- This concept that your body operates much more efficiently when starving, fasting, or eating keto is critical to consider in today's age of chronic overfeeding and excess insulin production (a.k.a hyperinsulinemia).
- Overfeeding drives accelerated aging and increases disease risk.
- Overfeeding is the essence of accelerated aging; metabolic efficiency is the essence of longevity.
- To succeed with long-term diet and lifestyle transformation, it's essential to enjoy every step of your journey, and to never struggle or suffer in the name of health. Suffering is unhealthy to your psyche as junk food is to your body.
- When you become fat and keto adapted, the stress of having to constantly balance blood sugar goes away. Then, you can optimize your production of cortisol to support stable energy levels and have a ready reserve of cortisol for those brief fight or flight peak performance efforts that your genes are designed to deliver.
- Many fail because they rush through the progression away from carb dependency; they don't actually cut carbs enough to produce ketones; they exercise chronic

patterns while they are not yet fat-adapted and run out of energy; or they don't adequately increase intake of water, sodium, and other important minerals and electrolytes.

- When you transition away from carb dependency toward fat- and keto-adaptation, you are rarely hungry. This could be the most life-altering benefit of going keto.
- While the benefits of being fat- and keto-adapted are life-changing, it's important to respect the seriousness of your decades-long existence in carbohydrate dependency. It started from the moment you were weaned off breast milk (the healthiest food in the history of humanity-and high in fat, by the way!) and started on the Standard American Diet (SAD). A high-carbohydrate/high-insulin-producing SAD diet shuts off fat burning and creates a dependency on regular carbohydrate-based feedings for energy. Before you mess around with keto or any other dietary transformation, you have to ditch all foods containing grains (yes, even whole grains!), sugars, and refined vegetable oils.
- It is your destiny and your birthright to burn fat and ketones, and kick sugar once and for all. While it might take a bit of discipline and discomfort to wean yourself off carbs at the outset, you will build momentum with every single keto-aligned meal, every skipped meal, and every lifestyle behaviour you exhibit in the name of health and balance.
- Willpower is not a strong enough weapon to win the battle.
- Let success come to you naturally by reaping the hormonal, cognitive, and metabolic benefits of fat- and keto-adapted eating patterns.
- True self-satisfaction comes from pursing life goals that are natural, enjoyable, and easy to maintain.
- I prefer that you view this keto journey as a lifestyle modification and gene reprogramming exercise that will last forever, and that you be kind and patient with yourself along the way.
- **CHAPTER 2: Metabolic Efficiency: The Ultimate Goal for Weight Loss, Health, and Longevity.**
- Going keto will virtually eliminate hunger, and the accordant fluctuations in energy, mood, and concentration levels that you struggle with in your busy day.
- Going keto will make you metabolically efficient such that you can survive, and thrive, on fewer calories over the course of your lifetime. This may boost your longevity more than any other single lifestyle practice.
- Today, we've made embarrassingly little progress on the "furnace will burn" mentality to the extent that even serious athletes who train 10 or 20 hours a week still carry an extra 10 or 20 pounds of body fat. One disturbing study revealed that 30 percent of the participants in the Cape Town (South Africa) Marathon were classified as overweight or obese. This is about the same percentage of the world's population in general, meaning the physical appearance of the participants in a 26.2-mile marathon race is indistinguishable from that of the spectators. Something's wrong with that picture!
- The counterintuitive idea that exercise doesn't contribute directly to weight loss has now been scientifically validated, and is known as the compensation theory. Calories

burned during workouts stimulate a requisite increase in appetite, along with generally increased laziness and diminished dietary self-discipline throughout the day because of your workout.

- The more strenuously or chronically you train, the more you may eat and the lazier you may feel when not working out.
- Going keto allows you to thrive on fewer calories; this may boost your longevity more than any other practice.
- You will reprogram your genes to burn fat and ketones instead of sugar as your primary fuel source; and optimizing your appetite and satiety hormones so that you are rarely hungry and can subsist just fine when you skip meals.
- In carbohydrates dependency, you will have to eat significantly more calories over the course of your lifetime, because you can't burn stored energy well. You'll also require a fairly rigid schedule of external feedings to sustain energy, which fosters the aforementioned accelerated cell division, oxidation, inflammation, and a significant speeding up of the aging process that we unfortunately view as normal today (i.e., our organisms are built to live to 120, but we're content to make it to 80). When you recalibrate your metabolic machinery to become fully fat- and keto-adapted, as you will do with your 21-Day Metabolism Reset followed by your foray into nutritional ketosis, you will be able to gracefully burn stored energy, level swings that come from being on the glucose-insulin roller coaster, and avoid the patterns of disease and decline caused by overfeeding.
- When you become metabolically efficient through fat- and keto-adaptation, life gets more awesome because food finally becomes one of the great pleasures of life that it's intended to be.
- Does Your (Metabolic) Factory Really Need That Cheesecake?
- In contrast to the intense and deeply satisfying cellular nourishment provided by wholesome foods, processed foods and sweets deliver an intense initial burst of pleasurable flavour going down the hatch-and that's it. The ensuing glucose spike, insulin flood, oxidative stress, inflammatory and autoimmune responses throw you unceremoniously out of homeostasis. Your systems react with alarm to get things back in order, but crying wolf too often leads inevitably to burnout. Over time, you trend toward the epidemic conditions of metabolic syndrome, Type 2 diabetes, cancer, and cognitive diseases that are now being strongly associated with junk-food consumption.
- Optimally minimal insulin levels aligns with the truth that across all species, the individuals who produce the least amount of insulin generally live the longest.
- The essence of longevity is to thrive, hormonally and metabolically, on as few calories as possible without feeling hungry. Chronic overfeeding and excess insulin production are the essence of accelerated aging.
- If you are interested in living a long healthy, happy life, you many want to reframe your perspective away from "How many calories can I stuff down without getting too fat?" to something more along the lines of "How can I become more metabolically efficient, so I can thrive, and achieve total dietary satisfaction, on a minimal amount of calories?" Ketogenic eating can be extremely satisfying owing to the high fat

content and the moderation of your appetite hormones such that you are less hungry and can actually thrive, hormonally and metabolically speaking, on fewer calories without feeling hungry.

- Chronically high glucose and insulin promote a condition known as systemic inflammation, which health experts are increasingly realizing represents the root cause of virtually all forms of disease and dysfunction in the body, particularly autoimmune conditions, heart disease, and cancer.
- Fasting quietly at home might not be as sexy as stopping by the lively juice bar to enjoy a morning shot with like-minded health enthusiasts, but fasting reduces inflammation, increases internal antioxidant production, and generally helps you burn caloric energy with less free radical production.
- Use full-fat coconut milk as your liquid, throw your kale, spinach, or other favourite greens in the blender, add a but of whey protein powder, and consider tossing in a high-fat avocado (after all, it's green!) This will give you a more nutritionally balance and satisfying meal experience.
- The Evolution of Ketone Burning
- Our ability to effortlessly manufacture and burn internal sources of energy was a key component of survival for 2.5 million years of human evolution. When our ancestors lacked a consistent supply of dietary calories (which was often), they were able to easily burn stored body fat as their main source of energy, fuel their brain function with ketones instead of glucose, recycle amino acids to build or maintain muscle, and even convert certain amino acids into glucose when they needed a quick emergency energy source, via a process called gluconeogenesis. Latin for "making new sugar."
- Fat is locked away in storage due to hyperinsulinemia, we either seek more quick-energy carbs to eat or we trigger gluconeogenesis to fuel brain and muscles that are starving-literally, because insulin levels are too high to allow access to stored body fat or for the liver to generate ketones.
- Glucose, as a scarce and dirty-burning fuel, was never meant to be a prominent human fuel source day after day.
- Over the long term, being a carbohydrate-dependent sugar-burner has serious inflammatory, oxidative, catabolic, immune-suppressing, and accelerated aging effects.
- Our ancestors knew none of these carb dependency troubles because they would not have survived routine periods of mild or severe famine periods as sugar-burners. Consider that dietary carbohydrate availability and intake in primal times were only fractions of today's norms; that we can only store 400 to 600 grams of glycogen (the storage form of glucose) in the liver and muscles (by comparison to the pounds of fat and tens of thousands of fat calories even the leanest humans have in storage.
- It's a scientific fact that carbohydrates are not required for human survival, and that humans can and have survived for long periods eating little to no carbohydrates.
- Our preference for fat- and ketone-burning is hardwired into our genetics and available for our enjoyment any time we want to tap into it, but we have unknowingly rejected the legacy of our ancestors in favour of carbohydrate dependency-and all the health and waistline complications that go along with it.

- The ingestion of carbohydrates, especially the refined grains and sugars that are so prominent in the modern diet, causes a spike in blood sugar and a temporary energy boost. Then, because a glucose overdose is toxic in the bloodstream, insulin floods the bloodstream to remove any glucose you don't burn immediately and stores it as either glycogen (in the liver and muscle tissues) or in the fat cells as triglyceride (the storage form of fat). When insulin removed glucose from your bloodstream and transports it into storage, you experience the familiar sugar crash and craving for quick-energy carbohydrates. You have plenty of fat energy locked away in storage, but a high-insulin-producing diet prevents you from being able to access it. Instead, you become reliant on your next snack or meal for energy, and you exist in a state of carbohydrate dependency.
- A high-carbohydrate, high-insulin-producing diet leads to daily fluctuations in energy, appetite, and mood; lifelong insidious accumulation of excess body fat (because you are bad at burning fat and are really good at storing fat, due to chronically excessive insulin production); a state of chronic inflammation in the body; and widespread cellular damage from glycation. Chronic inflammation, glycation, and oxidative damage are the essence of epidemic disease and accelerated aging in modern life.
- The good news is that you can recalibrate your metabolic machinery to become fat- and keto-adapted in a relatively short time, even if you have spent decades in carbohydrate dependency.
- Chronic exercise, insufficient sleep, and a high-stress daily routine can push you into carb dependency nearly as much as can your food consumption.
- Elevated insulin levels prevent triglycerides from being mobilized into free fatty acid energy.
- Check out https://www.ketogains.com/calculator/
- When you go keto, you are returning to your genetic setting for optimal health and longevity and are unwinding years, maybe decades, of metabolic damage caused by grain-based, high-carbohydrate eating patterns.
- **Chapter 3: The Heath, Performance, and Disease Protection Benefits of Keto**
- Humans were not meant for a grain-based; high-carbohydrate diet.
- The foundational biochemistry of Atkins-reduce carb intake, lower insulin, shed excess body fat – was accurate.
- Keto is poised to become the default dietary strategy for any open-minded, forward-thinking health enthusiast.
- Ancestral health principles will one day be embraced by all, but that it would likely take 20 years, owing to the slow-moving "beast" that is mainstream health and medicine.
- **Keto and Fat Loss**
- Perhaps the most immediate and dramatic benefit of ketogenic eating is the opportunity for quick and efficient reduction of excess body fat and easy, long-term maintenance of your ideal body composition. Ketogenic eating stabilizers appetite hormones, upregulates the metabolic processes that prioritize fat burning and

delivers a high satiety factor owing to the high fat composition of keto-friendly meals and snacks.

- The secret to reducing excess body fat is in hormone optimization-being fat- and ketone-burner instead of a carbohydrate- or sugar-burner.
- Ketones deliver an anti-inflammatory effect more potent than prescription drugs.
- You could categorize every lifestyle practice or food you eat as either promoting undesirable inflammation or helping you control inflammation.
- **Cancer Fighting and Protection**
- Being in ketosis helps suppress the growth of cancer cells in numerous ways, most notably by starving cancer cells of glucose. Cancer cells thrive and proliferate by consuming glucose at a greater rate than regular cells.
- The heart seems to prefer burning ketones to any other fuel.
- High insulin-producing diet that inhibits fat burning and forces you to rely on frequent feedings of external calories. This gets you back to metabolic inefficiency, lifelong accumulation of excess body fat, and increased risk of cancer, heart disease, and the many other conditions driven by oxidation and inflammation.
- The Central Governor Theory asserts that the brain, not the muscles, is the ultimate limiter of peak physical performance. The theory suggests that your muscles are not really exhausted on that final rep or final mile before the finish line; it's your brain concluding that your muscles are cooked in order to protect yourself from injury and perhaps the unpleasant sensation of extreme energy depletion. This directly opposes the more superficial, simplified, and quite likely inaccurate "peripheral theory"-that the muscles themselves limit your performance-which has prevailed in exercise physiology forever. The idea of having a central governor might explain how we can sometimes achieve the impossible when duly inspired, or when in a state of extreme fight-or-flight stimulation.
- Virtually everything you do with your brain or your body can become easier when you are burning fat and ketones as your preferred fuel instead of glucose.
- We can wean ourselves off glucose dependency through dietary modification away from carb dependency and toward fat- and keto-adaption.
- The reason the fat is inaccessible is the hyperinsulinemia caused by high-carbohydrate meals and snacks. In optimal metabolic circumstances, when you need to access and burn stored energy, a group of adrenaline-like hormones kick into gear and upregulate the activity of hormone-sensitive lipase (HSL). HSL unlocks triglycerides from storage, breaks down these three fatty acid molecules into free fatty acids, and releases them into the bloodstream for use as energy. Excess insulin inhibits this activity, instead stimulating the activity of lipoprotein lipase-LPL, which causes cells to pull energy from the bloodstream and into storage.
- Low-carb endurance athletes easily access and burn more fat at all exercise intensities, unlike high-carbohydrate endurance athletes whose cellular energy is difficult to access.
- The assortment of health, disease-protection, and peak-performance benefits from keto almost seem too good to be true. With modern society focused on technology and pharmaceutical breakthroughs to solve the illness of SAD eating and hectic, high

stress daily living, the idea that a metabolic therapy (a diet-based health intervention could trump the most powerful drugs-or better yet, prevent disease conditions from taking hold in the first place – is nothing short of mind-blowing.

- Lowering insulin could possibly be more important to health than producing ketones.
- **Chapter 4: The 21-Day Metabolism Reset Overview**
- Stress equals sugar cravings equals fat storage. Relax, enjoy life, and burn fat and ketones.
- In addition to your diet, there are three other areas you must dial in during 21-Day Reset: exercise, sleep, and stress management. Any shortcomings in these areas will most certainly sabotage your success, even when you nail the dietary objectives.
- Everything in Moderation, Including Moderation
- The choice to aggressively eliminate refined sugar, grains, and bad oils from your diet for 21 days might be one of the most life-altering choices you ever make.
- **Week 1-Out with the Old and in with the New**
- Ruthlessly purge your pantry and fridge (and office desk drawer…) of all sugars, grains, and refined vegetable oils. Unfortunately, these nutrient-devoid, inflammatory, and high insulin-stimulating foods constitute an estimated two-thirds of the calories in the Standard American Diet, and they cause nothing but trouble. This purge must be undertaken with great discipline, and is a mandatory first step toward going keto.
- Restocking with high-satiety, high-fat, nutrient-dense, primal/paleo/evolutionary-approved foods.
- If you cut carbs, you'll want to add more healthy fats to your diet to ensure that you stay satisfied and don't backslide into carb binges caused by hunger.
- **Week 2-Dial in Exercise, Sleep, and Stress Management**
- Find ways to move more in your everyday life.
- **Week 3- Completing the Reset**
- Settle into a routine whereby you enjoy and appreciate your food choices, workout patterns, sleeping routines, and stress-management practices.
- The most important things to measure are your heart rate during cardiovascular workouts and your daily carb and protein grams.
- Best results with cardio come when you exercise at or below your maximum aerobic heart rate. This is the point where you are burning mostly fat and minimal glucose.
- "180 minus your age" in heartbeats per minute during exercise.
- For your daily carb intake, you'll want to remain under 150 grams of carbs per day during the Reset, and drop down to 50 or less when you go keto. For protein, your average daily intake should average around 0.7 grams per pound of lean body mass at all times.
- **Chapter 5: Ditch Toxic Foods and Replace with Nutrient-Dense Foods**
- Sugars and grains are devoid of nutritional value; and they are the catalyst for the wildly excessive insulin production that many experts agree is the preeminent public health problem facing modern society.
- Soybean oil alone accounts for 20 percent of SAD calories. Dr. Cate cites an estimate that 40 percent of all restaurant calories-whether in fast food or from fine

restaurants-come from vegetable oils (since most meals are cooked in gobs of oil-ask your waiter to use butter instead!).

- Grains, sugars, and bad oils promote oxidation, inflammation, fat storage, dysfunctional fat metabolism, increased risk of cancer and heart disease, and accelerated aging. A complete elimination of these heavily processed, high insulin-stimulating foods is the only way to downregulate your inflammatory genes and sugar-burning genes, and open up the pipeline between your fabulous fat stores waiting to be called into service and the energy needs of your brain and muscles.
- Your home environment has to be optimal to give yourself a fighting chance for overall adherence, because there are more temptations and detours in the big, bad outside world.
- **Food Categories: Purging and Replacing**
- Alcohol.
- Eliminate: Alcohol calories have zero nutritional value and compromise body fat reduction goals.
- Beverages.
- Eliminate: Soft drinks and sodas, Energy drinks, Bottled, fresh-squeezed, and refrigerates juices. Blended smoothies, Sweetened teas, Powdered drink mixes, All diet sodas, Most kombucha and similar fermented probiotic drinks and Sweetened cocktails.
- Sweetened beverages are the worst offenders because they give you a concentrated does of carbohydrates without filling you up. Because they are not filling but still give you a wild ride on the blood sugar-insulin roller coaster, you will tend to consume more carbs and more total calories because of your fondness for sweetened drinks.
- Replacements: Water is the drink of champions and should be the foundation of your liquid consumption.
- Baking Ingredients.
- Eliminate: Toss all those ancient bags of powders
- Replacements: Almond meals and coconut flour.
- Condiments/Cooking Items
- Eliminate: Almost all condiments, mayonnaise, and salad dressings contain objectionable sweetening agents and highly refined vegetable oils.
- Dairy Products.
- Eliminate: Discard nonfat or low-fat milk, processed cheese and cheesy spreads, ice cream and other frozen treats and fruity yogurts. Any dairy product characterized as nonfat or low-fat is just a sugar bomb.
- Replacements: The best choices for dairy are raw, fermented, unpasteurized, unsweetened, and of the highest possible fat content: butter, aged cheese, cottage cheese, cream cheese, half and half, heavy cream, kefir, plain yogurt (full-fat), and whole milk (preferably raw).
- Fats and Oils
- Eliminate: High polyunsaturated vegetable and seed oils (canola, corn, soybean, sunflower, safflower, etc.)

- Replacements: When an oil is made from a high-fat plant such as avocado, coconut, or olive, it's acceptable. Minimal processing is necessary and you are consuming a product that is close to its natural state.
- Fast Food
- Eliminate: The popular global chains are mostly serving up sugars, grains, toxic vegetable oil, and inferior quality, heavily processed meats from feedlot animals.
- Grains and Derivative Products
- Eliminate: Grains come in many forms and clever disguises. Make sure you do a thorough purge of: Cereals, corn, pasta, rice, and wheat; bread and flour products. Breakfast foods, chips, cooking grains, puffed snacks.
- Corn is a grain, not a vegetable. Corn and its derivative products (such as the particularly offensive high fructose corn syrup, or HFCS) are ubiquitous in the modern diet-used to sweeten all manner of beverages and processed foods.
- Replacements: Lettuce leaves. For recipes, substitute coconut flour or almond meal for wheat flour. Swap out your grain-based snacks for high-fat alternatives such as nuts, seeds and their derivative butters, 85 to 90% dark chocolate, sardines, hard-boiled eggs, or fresh berries.
- Legumes
- Eliminate: Alfalfa, beans, peanuts, peanut butter, peas, lentils, soybeans, and tofu.
- Processed Meats
- Eliminate: Avoid package meat products processed with bad oils, sweeteners, and chemical additives, such as breakfast sausage patties, dinner roasts, frozen meals, and sliced lunch meats. Avoid smoked, cured, nitrite-treated meats such as bologna, ham, hot dogs, jerky, pepperoni, and salami.
- Replacements: Locally raised, pastured/grass-fed animals are the best, followed by certified organic fare.
- Processed Snacks
- Eliminate: Energy bars; fruit bars and rolls; granola bars; protein bars; frozen breakfast, dinner, and dessert products; and packaged, grain/sugar-laden snack products. If it's in a box, package, or wrapped, think twice.
- Replacements: 85-90 percent cacao dark chocolate bar is a more favourable option than virtually any natural energy bar.
- Sweets
- Eliminate: Brownies, candy bars, cake, caramel, chocolate syrup, cookies, donuts, ice cream, milk chocolate, milk chips, and pie.
- Whole grains contain higher levels of anti-nutrients like gluten that compromise digestive and immune health.
- **Chapter 6: The Keys to High-Fat, Low-Carb, Primal-Style Eating**
- Vegetables are indeed composed almost entirely of carbohydrate, but they are high in fibre and water content, so even large portions of them deliver minimal carbohydrate calories in comparison to those heavily processed, concentrated sources of carbs like bread, cereal, sweetened beverages, energy bars, and sugary treats.
- Realize that if you're not hungry, you don't have to eat.

- **Fat**
- The secret to becoming fat- and keto-adapted is to make natural fats the centrepiece of your diet and the vast majority of your calories (even though vegetables will still occupy the bulk of your plates). Hence, it's essential that you reject any lingering fat phobias that you harbor as a result of flawed cultural programming from dated, inaccurate science.
- Eating fat won't make you fat. It will help regulate your appetite and satiety hormones so you need less food to achieve total dietary satisfaction.
- Eating healthy sources of fat will help you better burn stored body fat (because fat doesn't stimulate insulin), stabilize your appetite and energy levels, provide high levels of satiety and satisfaction (because fat tastes good!)
- The end result is you require fewer calories to achieve total dietary satisfaction, can skip meals easily without adverse effects, and accordingly have stored fat (and ketones, too) easily accessible for energy. Under these circumstances, you can use tools like Intermittent Fasting or ketogenic periods to easily reduce any excess body fat, any time you want.
- If you minimize insulin production, it's nearly impossible to add excess body fat.
- **Protein**
- A high-protein diet (one routinely and significantly exceeding your baseline needs) is really a high-carbohydrate, fat-storage diet.
- Your objective for protein intake is simple: consume the minimum necessary to preserve (or build, if desires) lean muscle mass and the healthy functioning of your organs.
- If you are habitually overconsuming protein, optimizing your intake could increase longevity and reduce the risk of cancer and other disease patterns.
- When it come to keto, it should also be noted that excess protein is insulinogenic (causes insulin to rise), so consuming lots of protein will shut off ketosis just like when you eat lots of carbs.
- **Carbohydrate**
- The hard limit of 50 grams of carbohydrate intake per day to facilitate ketosis.
- **Primal/Paleo/Ancestral Eating at a Glance**
- Breakfast: eggs, omelette, high-fat coffee or tea, macronutrient balanced smoothie.
- Lunch: Salad. Enjoy leafy greens, assorted colourful veggies, nuts, and a protein source like chicken, fish, steak, or turkey. Coat generously with a healthy oil like extra-virgin olive, avocado, or a dressing made from these bases.
- Dinner: meat and vegetables. This suggestion obviously covers 1,001 possible combinations.
- Snacks: berries, coconut products, dark chocolate, fish, hard-boiled eggs, nuts and seeds, nut butter, olives.
- **21-Day Metabolism Reset Meal Plan**
- **Chapter 7: Live a Keto-Friendly Lifestyle**
- Stress drives cortisol drives sugar cravings drives insulin drives fat storage!
- Exercise: Move, Life, and Sprint!

- Chronic exercise is stressful and depleting. Consequently, your brain will crave and prompt you to consume additional carbohydrates.
- Your keto journey is mostly about diet: that's what will remove the excess body fat and deliver the wide-ranging health and metabolic benefits.
- Slow down, burn fat, go keto. Speed up, burn sugar, fail keto, store fat.
- Lift Heavy things
- Primal Essential Movements. The PEMs – pushups, pullups, squats, and planks.
- Sprint Once in a While
- Nothing cuts you up like sprinting.
- The extreme metabolic stimulation of a sprint workout sends a powerful adaptive signal to your genes to reduce excess body fat.
- Sleep: Create Dark, Mellow Evenings!
- The essence of the problem is this: excess artificial light and digital stimulation after dark.
- Stress Management: Slow Down and Focus!
- Slowing down the pace of your life and relaxing more can make you leaner, more energetic, and ultimately fitter, stronger, happier, and healthier.
- Connect: Form and nurture positive, uplifting social connections. This is one of the most profound longevity markers known – right up there with healthy eating, exercise, and sleep. I'm talking about live, interpersonal connections, not digital connections!
- **GOING KETO**
- **Chapter 8: Are You Ready? Final Launch Preparations**
- Fasted Mornings. The simplest way to building your fitness for going keto is to delay your first meal of the day until WHEN – When Hunger Ensues Naturally.
- Fasting until WHEN – When Hunger Ensues Naturally – is the simplest way to fine-tune fat adaptation.
- Here are some benchmarks to consider as you progress toward going keto:
- 12 Hours (E.G., 8PM – 8AM): Need to improve
- 14 Hours (8PM – 10AM): Good
- 16 Hours (8PM – 12 Noon): Very Good
- This is a routine lifestyle pattern for many ancestral living enthusiasts, often called compressed eating window. If you can do this once or twice a week, you are definitely ready to try nutritional ketosis.
- **Chapter 9: Go Keto!**
- Make a sincere commitment to go a minimum of six weeks observing a hard limit of 50 grams of gross carbohydrates per day couple with a protein goal of around 0.7 grams per pound of lean mass per day.
- Even with the stringent carb and protein guidelines, you can enjoy a rich and deeply satisfying diet featuring foods high in nutritious natural fats: meat, fish, fowl, and eggs; nuts, seeds and their derivative butters; high-fat plants like coconut products, avocados and avocado oil, olives and olive oil; high-fat dairy products like raw milk, cheese, cottage cheese, cream cheese, and heavy cream; and 85% or higher dark chocolate.

- To get to 50 grams or below for daily carb intake entails the following
- * Absolutely zero grains, sugars, or sweetened beverages.
- * Little or no fruit
- * Little or no nutrient-dense, in-ground vegetables
- * Selectivity with incidental carbs
- Don’t overdo protein supplements.
- Emphasize high-fat animal foods.
- Maintaining keto is clearly about getting most of your calories from fat.
- Journal and use online Macronutrient Calculators.
- **Chapter 11: The Finish Line and Beyond**
- Test, evaluate, and retest to establish your own guiding principles that promote metabolic flexibility.
- Keto is very likely the default Homo sapiens factory setting.
- **Chapter 12: The Keto Reset Diet Recipes**
- Recommended keto macronutrient ranges of 65-75 percent fat, 15-25 percent protein, and 5-10 percent carbohydrate.
- Primal Omelet with chopped mushrooms, onions, red bell peppers, eggs, cream and some cheese.
- Breakfast Egg Salad. Mix Hard Boiled Eggs, crispy bacon, avocado, mayo, green onions
- Egg Muffins in Ham, high-fat coffee or tea, Keto protein, Green Smoothie using full fat coconut milk greens such as kale or spinach, coconut oil, crushed ice
- **Macronutrient/Scientific Details**
- Liver Ketone Production: Ketone production happens under special circumstances in the liver when dietary carb intake is low, insulin is low, and liver glycogen stores are low. In these conditions, ketones are manufactured from fatty acids, as well as from the conversion of so-called ketogenic amino acids.
- When glucose levels are high, ketone production is suppressed; the body deems it unnecessary to go to the trouble of making ketones because of the abundance of quick-burning glucose.