

# THE EASY KETO GUIDE

Plus: 9 Delicious Keto Recipes to Burn Fat



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This guide is for educational and informative purposes only and is not intended as medical or professional advice. The use of diet and nutrition to control metabolic disorders and disease is a very complicated science, and is not the purpose of this program. Before making any changes to your diet or undertaking an exercise program, it is essential that you obtain clearance from your physician/doctor.

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# What Is The Keto Diet?

The Keto diet is based on the principle of switching the body from being glucose-fueled to being ketone-fueled. Glucose is broken down from carbohydrates and excess proteins in the diet and is used to provide cellular energy. When excess glucose is present, it gets stored as fat for later use. When excess glucose is eaten on a regular basis, it can become a recipe for being overweight or obese, or for having insulin resistance, metabolic syndrome, or even diabetes.

The ketogenic diet switches the primary source of cellular energy to ketones, which are produced when there is a significant deficit of glucose. Ketones are made when the body's primary food source is fat, followed by protein, and then in a much more restricted manner, carbohydrates.

People on a ketogenic diet eat varying levels of carbs based on their genetic individuality, activity level, health goals, and even gender. Women tend to require more carbs than men, and highly active folks can get by with higher carb intakes while still maintaining ketosis. A ketogenic diet is not a zero carb diet. In fact, most on a Keto plan will aim for between 30 to 50 net carbs per day. In contrast, a low-carb but not ketogenic diet might aim for 100 net carbs daily.

When glucose is removed as the primary fuel source and ketones fuel the body, significant positive impacts on inflammation and other chronic conditions, like diabetes, can be made.

**Bottom line:** Keto is a food plan that limits carbs and relies on fat and moderate protein intake to create an alternate fuel source. This has therapeutic implications for a number of conditions including epilepsy and diabetes.

## How Keto-Paleo is Different from Paleo Alone

The Paleo diet eliminates high-carb and refined foods like grains, legumes, and processed sugar. Paleo also doesn't use dairy, which is accepted as part of a Keto diet.

Paleo focuses on high-quality fats, meats, and carbs from vegetables, fruits, nuts, and seeds. While a Paleo diet will be lower in carbs than a standard American diet, it can be rich in carbs thanks to sweet potatoes, nuts, seeds, citrus fruits, bananas, cassava flour, and other non-grain starches. Keto requires low carbs, typically between 50 to 80 net carbs daily (sometimes more or less), so many Paleo-accepted fruits, vegetables, and other ingredients would not be Keto- friendly.

Keto Paleo combined eliminates all the typical things that Paleo doesn't allow, like dairy and grains, while also curbing carb intake and focusing on Paleo fats like coconut oil, avocado oil, ghee, and lard.

**Bottom line:** Keto and Paleo can be done at the same time with some modifications to both standard versions of the diet.

## Keto Diet Foods: What to Avoid and What to Eat

Making the shift to a Keto diet can feel extreme, but when you know some basic food swaps, your meal planning will get easier.

Keto recipes abound on the internet, but what better way to get comfortable in your Keto kitchen than with these 12 common Keto food swaps?

While all ketogenic diets revolve around minimized carbs, actual daily carb intakes will vary based on activity level, sex and age. Knowing Keto swaps that replace high-carb ingredients can be the key to successfully customizing your personal carb intake levels.

## 1. Instead of White Rice, Use Cauliflower Rice



Cauliflower is a low-carb, non-starchy cruciferous vegetable that is the darling of the Keto world.

While white rice is off limits on both a Paleo and Keto diet, cauliflower makes for an excellent, healthier alternative. You can easily enjoy cauliflower rice in dishes like shrimp fried cauliflower rice, Spanish cauliflower pilaf, and mushroom risotto.

You'll also find that you can add cauliflower to nearly every Keto dish thanks to its ability to blend into every flavor and texture that exists. It's versatile and adds the feeling of plenty of carbs without killing the macros. Cauliflower can be used to make Keto breads, "noatmeal," pancakes, desserts, and anything else that typically uses flour.

## 2. Instead of Pasta, Use Spiralized Zucchini



This low-carb veggie from the squash family has a mild enough flavor to make it the perfect base for many meals. When shredded or spiralized, it can stand in for pasta, but it can also be used to make fritters, chips, casseroles, and even used in hash or skillet dishes. Since zucchini is so low in carbs, you can indulge in a lot of it in one meal without feeling like you're getting the short end of the serving stick.

## 3. Instead of Grain Flours, Use Coconut Flour



While coconut flour doesn't swap one-for-one with grain flours, it can be used to create some deliciously fluffy Keto bread, along with other Keto swaps, like brownies, cupcakes, muffins, and more. Coconut flour needs a lot more moisture than other flours since it's so dense, so you'll often see it paired with eggs, ghee, and even Paleo mayonnaise.

#### 4. Instead of Soda, Drink Infused Sparkling Water



While soda is off limits on both a Paleo and Keto diet, you can easily swap in infused sparkling water. You'll get the same bubbly drink, but instead of sugary sodas, flavor it with healthy ingredients like sliced cucumbers or lemons. Staying hydrated is important so that food is properly converted to ketones, so you'll want to drink plenty of purified water.

#### 5. Instead of Grain Buns, Use Avocado Buns

Rich, juicy hamburgers aren't off the table for Keto, but the typical bun certainly is. Luckily, a Keto burger with avocado halves for buns is a fat-bomb meal that is not only satisfying, but will fill you up without needing too many carbs to round out the meal. This one is kind of messy, so you may need a fork! This meal is perfect for breakfast, lunch, or dinner, and you can customize other favorite add-ons like a fried egg, bacon, or even Keto hash made with zucchini.



## 6. Instead of Hummus, Blend Avocado and Cauliflower



Unfortunately, traditional hummus made with chickpeas isn't Paleo and Paleo-friendly versions made with cashews are too high in carbs for most Keto dieters. Avocados can, of course, be used for making guacamole, but this versatile dip base can be used for more than just guacamole.

Mashed avocado can be paired with puréed cauliflower to make a delicious hummus-like dip perfect for pairing with celery, raw cauliflower and broccoli, and other Keto chip alternatives.

## 7. Instead of Potato Chips, Eat Tomato Chips (and Bacon Chips, Too!)

Potato chips (and that also includes sweet potatoes) are a no-go on a Keto diet, but that doesn't mean you can't have something crunchy to munch on. Tomatoes are low-carb veggies that can make addictively delicious chips both for dipping and for eating on their own. (It's super easy to make your



own tomato chips at home!) Zucchini works as easy Keto veggie chips, too! Perhaps the most delightful Keto chip option, however, is bacon – seriously. Swap tortilla chips with crispy bacon chips then dip them in chunky guac as the ultimate Keto snack.

## 8. Instead of Sugar, Use Stevia



Sugar is a definitely no-go on a Keto diet, even the basic Paleo-friendly ones like maple syrup, raw honey, and coconut sugar can only be used in limited amounts.

Stevia, however, is a Paleo-accepted sweetener that is not artificial and which does not have any carbs, making it the perfect option for Keto recipes.

Pure stevia comes in powdered and liquid form. The liquid blends best for cooking or baking and dissolves faster in beverages. Many powdered stevias also tend to contain anti-caking agents or other ingredients that can jeopardize their Paleo and Keto status.

When used in large amounts, stevia can be quite bitter, and you'll only need a few drops to sweeten up your recipes.

**Important note:** Stevia doesn't swap one-for-one for sugar or even other Keto

sweeteners that aren't Paleo-friendly, like erythritol or Swerve. It's best to find a recipe that uses stevia to begin with, but generally, stevia can be swapped for other sweeteners by replacing one cup of sugar, coconut sugar, or maple syrup with one teaspoon of liquid stevia. This may mean that you need to add extra liquid to the recipe to make up for the difference, so it can be a bit of an experiment. Additionally, if you're not used to eating a lot of sugar, you may find that the taste of one teaspoon of stevia is overly sweet, so if it's your first time using stevia, opt for less.

## 9. Instead of Cereal, Eat Chia Pudding



Rather than filling your bowl with gut-wrecking grains and processed sugars, opt for a simple, nourishing chia pudding instead. Filled with omega-3's, antioxidants and fiber, chia seeds are a delicious way to keep your heart healthy and stay in ketosis.

## 10. Instead of Oatmeal, Eat Cauliflower Oats

If you want the filling flavor of oatmeal without the inflammatory effects, swap regular oats with riced cauliflower. When mixed with chia seeds, hemp hearts, and coconut milk, this Keto-friendly veggie takes on the same chewy texture of oats — making for a warm bowl of low-carb NOatmeal.



## 11. Instead of High-Carb Nuts (Cashews, Pistachios, etc.) Eat Low-Carb Nuts (Macadamia, Pecans, etc.)



While nuts are packed with healthy fats, helping you stay fuller for longer, you'll need to be careful about which you snack on if you're on the Keto diet. Although nuts are low in carbs when eaten in moderation, it's easy to go overboard if you snack on them regularly. To stay on the safe side,

avoid nuts that are higher in carbs, like cashews and pistachios, and stick to low-carb nuts like macadamia, pecans, and walnuts.

## 12. Instead of High-Sugar + High-Carb Fruit, Eat Low-Sugar + Low-Carb Fruit

Although fruits are great on a regular Paleo diet, if you're trying to achieve ketosis, you'll want to stay away from most of them since they tend to be high in carbs and sugar. Instead, opt for berries and avocados (yes, they're a fruit), which are okay to eat thanks to their low carb count.



# *Keto Diet Foods:* **WHAT TO AVOID & WHAT TO EAT**

INSTEAD OF

EAT THIS



White Rice



Cauliflower Rice



Pasta



Spiralized Zucchini



Grain Flours



Coconut Flour



Soda



Infused Sparkling Water



Grain Buns



Avocado Buns



Hummus



Blended Avocado  
+ Cauliflower



Potato Chips



Tomato Chips,  
Bacon Chips



Sugar



Stevia



Cereal



Chia Pudding



Oatmeal



Cauliflower Oats



High Carb Nuts  
(Cashews, Pistachios, etc.)



Low Carb Nuts  
(Macadamia, Pecans, etc.)



High Sugar + High Carb Fruit  
(Grapes, Figs, Bananas, etc.)



Low Sugar + Low Carb Fruit  
(Avocado, Berries, etc.)

LOOKING FOR KETO DISHES?  
HERE ARE EASY,

*Keto-Friendly*

RECIPES TO GET YOU  
STARTED.



# AMAZING LOW CARB

## *Keto Bread Recipe*

 **Cook Time:** 45 mins    **Prep Time:** 10 mins    **Serves:** 1 loaf (10-12 slices)

### Ingredients:

- 7 large eggs
- ½ cup melted ghee
- 2 cups almond flour
- 1 t baking powder
- ¼ t sea salt

### Instructions:

- 1.** Preheat the oven to 350°F and line a loaf pan with parchment paper overlapping the sides.
- 2.** In a large mixing bowl, beat the eggs using a hand mixer on high speed for 1 minute. Add the melted ghee and beat until just incorporated.
- 3.** Reduce the speed to low and gradually add the remaining ingredients until completely mixed and the batter is thick.
- 4.** Pour the batter into the prepared pan and spread with a spatula. Bake for 40-45 minutes, or until light golden brown on top.
- 5.** Cool the bread on a cooling rack for 10 minutes before slicing.

**Tip:** This bread also doubles as delicious savory or sweet muffins. Stir in blueberries to make blueberry muffins (keep in mind, however, that the carb count will go up) or chopped jalapeños and nutritional yeast for a spicy muffin with a cheesy twist.



# Easy Low Carb

## KETO NOATMEAL

 **Cook Time:** 10 mins  **Prep Time:** 5 mins  **Serves:** 1

### Ingredients:

- ½ cups full-fat coconut milk
- ½ cup riced cauliflower
- 1 T hemp hearts
- 1 T chia seeds
- 1 T unsweetened coconut flakes
- 2 t sliced almonds
- ½ t cinnamon
- ½ t Stevia
- 3 raspberries (for garnish)

### Instructions:

1. Heat coconut milk over low heat until steaming, about 3 minutes.
2. Add cauliflower rice and heat 3-4 minutes.
3. Remove from heat and stir in the rest of the ingredients. Let stand 3-4 minutes to thicken.
4. Pour into a bowl and garnish with fresh raspberries.



# *“Cheesy” Broccoli*

## **BREAKFAST MUFFINS**

 **Cook Time:** 30 mins  **Prep Time:** 5 mins  **Serves:** 6 muffins

### **Ingredients:**

- 2 t ghee, softened + extra for greasing
- 1 cup broccoli florets, finely chopped
- 2 cups almond flour
- 2 large pasture-raised eggs
- 1 cup unsweetened almond milk
- 2 T nutritional yeast
- 1 t baking powder
- ½ t sea salt

### **Instructions:**

- 1.** Preheat the oven to 350°F and grease a large muffin tin with ghee.
- 2.** Stir together all the ingredients in a large mixing bowl until well combined.
- 3.** Spoon the mixture into the muffin tins. Bake for 30 minutes until a toothpick inserted in the center comes out clean.

### **Tip:**

Coconut flour can be substituted for almond meal in this recipe, but decrease the amount to half a cup.



# HOW TO MAKE

## *Dairy Free Coconut Yogurt*

 **Cook Time:** 24 hrs  **Prep Time:** 5 mins  **Serves:** 6

### Ingredients:

- 2 15 oz. cans organic coconut cream, chilled in the refrigerator 4 hours
- 2 dairy-free probiotic pills with bacterial strains *L. bulgaricus*, *S. thermophilus* and *L. casei*
- 1 T honey

### Instructions:

1. Open coconut cream and separate the liquid from the cream.
2. In a food processor or high-speed blender, add the cream with the probiotic pills and honey. Process on high for 3 minutes until pills are broken down.
3. Check the consistency of the yogurt. If it's too thick, add a little of the coconut water and blend.
4. Transfer the yogurt to a glass jar and seal with lid.
5. Preheat the oven to 100°F. Place the glass jar in the oven for 24 hours to ferment.
6. Once fermented, remove from the oven, cool and stir the yogurt. Chill in the refrigerator for at least 2 hours.



# HOT & CRISPY

## Cauliflower Fritters

 **Cook Time:** 15 mins    **Prep Time:** 10 mins    **Serves:** 6 fritters

### Ingredients:

- 1 large head of cauliflower, broken into florets
- 2 eggs
- $\frac{2}{3}$  cup almond flour
- 1 T nutritional yeast
- $\frac{1}{2}$  t turmeric
- $\frac{1}{2}$  t sea salt
- $\frac{1}{4}$  t black pepper
- 1-2 T ghee

### Instructions:

- 1.** Add the cauliflower to a large pot covered in water. Bring to a boil and boil for 8 minutes. Strain. Add the florets into a food processor and pulse until riced.
- 2.** Add cauliflower, eggs, almond flour, nutritional yeast, turmeric, salt and pepper to a mixing bowl. Stir well to combine. Form into patties.
- 3.** Heat the ghee over medium heat in a skillet. Scoop about half the mixture into three fritters and cook until golden brown on each side, 3-4 minutes. Set aside until the rest of the fritters are cooked. Serve hot.



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# Shrimp and Cauliflower “GRITS” RECIPE

 **Cook Time:** 30 mins  **Prep Time:** 5 mins  **Serves:** 4

## Ingredients:

### For Shrimp:

- 1 lb large shrimp, peeled/deveined (thawed if frozen)
- 1 T grass-fed butter (or ghee)
- 2 garlic cloves, minced
- 2 t paprika
- ½ t onion powder
- ½ t dried thyme
- ¼ t cayenne pepper
- ¼ t sea salt

### For Cauliflower Grits:

- 1 head of cauliflower, broken into florets
- ½ cup almond milk, unsweetened
- 1 T grass-fed butter (or ghee)
- 1 T nutritional yeast
- ¼ t sea salt

### Optional Toppings:

- Green onion, finely chopped
- Lemon wedges
- Hot sauce

## Instructions:

1. Start by placing cauliflower florets in a large pot with 1 cup water. Bring to a low boil and cover. Boil 20 minutes or until cauliflower is fork tender.
2. Drain florets and place into a blender with ½ cup almond milk, 1 tablespoon butter, nutritional yeast and sea salt. Pulse until smooth.
3. To cook shrimp, melt grass-fed butter in a large skillet over medium heat. Stir in shrimp and seasonings and cook 6 minutes, stirring occasionally.
4. Pour grits onto serving plate and top with shrimp and sauce mixture. Finish with hot sauce, green onion and a squeeze of lemon.



# Keto Avocado

## CHOCOLATE BROWNIES

 **Cook Time:** 35 mins  **Prep Time:** 10 mins  **Serves:** 9 brownies

### Ingredients:

- $\frac{2}{3}$  cup raw cacao powder
- 2 eggs
- 2 avocados, mashed
- $\frac{1}{4}$  cup coconut oil, melted
- $\frac{1}{3}$  cup dairy-free dark chocolate chips, melted
- 2 T stevia
- 1 t baking powder
- Sea salt

### Instructions:

- 1.** Preheat the oven to 325°F and grease an 8x8 oven safe pan with coconut oil.
- 2.** In a mixing bowl, combine the dry ingredients. In a separate mixing bowl, stir together eggs and mashed avocado until just combined.
- 3.** Gradually add the dry ingredients to the wet, followed by melted coconut oil and melted dark chocolate. Stir well.
- 4.** Use a spatula to evenly spread the batter into the prepared pan. Bake for 30-35 minutes. Cool the brownies to room temperature before slicing.



# 3-LAYER

## Keto Freezer Snacks

 **Cook Time:** 5 mins    **Prep Time:** 40 mins    **Serves:** 9 fat snacks

### Ingredients:

- ⅓ cup raw cacao paste
- ¼ cup coconut oil
- ⅓ cup coconut butter
- ⅓ cup cashew butter
- 9 raw cashews

### Instructions:

1. Add the cacao paste and coconut oil to a saucepan and bring to a low simmer, stirring until smooth.
2. Remove from the heat and let cool completely. Divide the liquid evenly between the nine cavities of an ice cube tray, and freeze for 10 minutes.
3. Spoon the coconut butter evenly over the cacao base, and freeze for another 10 minutes.
4. Spoon the cashew butter evenly over the top of each fat snack, and top with one cashew each. Freeze for another 10 minutes or until solid.
5. Pop the fat snacks out of the ice cube tray by running a small spatula around the edges.



# Keto

## “PB&J” CUPS

 **Cook Time:** 1 hr    **Prep Time:** 10 mins    **Serves:** 6 cups

### Ingredients:

- 3 T water
- ½ cup fresh raspberries
- 1 t stevia
- ½ t grass-fed gelatin
- ½ cup coconut oil
- ½ cup creamy almond butter

### Instructions:

- 1.** In a saucepan over low heat, combine water and raspberries. Bring to boil, reduce heat and simmer 5 minutes. Mash raspberries with a fork and remove from heat.
- 2.** Stir in stevia and gradually sprinkle in gelatin as you stir. Pour into a small jar and cool in refrigerator 30 minutes.
- 3.** Melt coconut oil and almond butter in a double boiler. Stir until smooth.
- 4.** Line 6 muffin tins with liners and pour 2 tablespoons of almond butter mixture in each muffin tin. Place in freezer 15 minutes to set.
- 5.** Add a heaping teaspoon of jam to each tin followed by remaining almond butter mixture on top. Place in freezer 15 minutes before enjoying. Store in the refrigerator.

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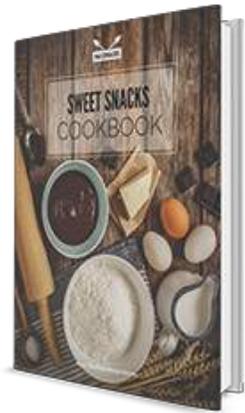
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