



🎉 Welcome, Keto Adventurer!

We're excited to have you here! Whether you're a seasoned pro or just starting out, this is your All-Access Pass to Success! **Here's what's inside your FREE Keto Cheat Sheet:**

- 🚀 **10 Critical Keto Rules:** Your golden guide to stay on track and crush your weight and fitness goals.
- 🔍 **Carb Count List:** Quickly spot carbs in foods to keep Keto simple and stress-free.
- 📅 **Meal Planner:** Organize your week and savor easy, delicious, satisfying keto meals.

It's about **progress, not perfection**. Celebrate wins, learn from oopsies, and remember—you're never alone. We're here to support, cheer you on, and help you to reach your goals!

Buckle Up! Your Keto journey is about to get real! 🚀 This isn't just a diet—it's a lifestyle transformation that'll have you feeling vibrant, energized, and unstoppable.

Here's to delicious food, boundless energy, and becoming the best version of YOU.

🌟 **Join the fun!** Get inspired, share tips, and connect with our Community, Learn more and move your goals ahead with our 30 Day Keto Challenge at KetoSuper.Life.

Let's do this together! Cary Kirastar, Marek & Team

Note: Always consult your healthcare professional before making lifestyle changes.

10 Critical Rules to Get You Started for Keto Success

1. **Embrace Real Foods, Say Goodbye to Processed!**

Fuel your body and mind with real, whole foods. Ditch the packaged stuff, especially with ingredients you can't read—nature's bounty has everything you need to thrive.

2. **Swap Out Not-So-Friendly Oils**

Say “bye” to commercial vegetable oils (better suited for motors than your body!). Welcome keto superstars: olive oil, avocado oil, and coconut oil.

3. **Animal Fats Are Your Friends (Yes, You Read That Right!)**

Butter, fish oil, and animal fats? VIPs at your table! These healthy fats keep you energized, satisfied, satiated and feeling fabulous.

4. **Bye-Bye, Grains!**

Grains had their moment, but it's your time to shine. Your plate will be a masterpiece of flavor—without the grains—and you might not even miss them.

5. **The Sweetest Life is Sugar-Free**

Sugar, we're done! Swap it out for keto-friendly sweeteners like Stevia and Monkfruit. Your body (and taste buds) will thank you.

6. **Carbs: Keeping it Low & Classy**

Stick to a max of 20–50 grams of carbs a day—it's the magic zone! A good goal is 70% fat, 20% protein and 10% carbs (calorically). *Use an app like Carb Manager to track your macros to keep it easy.*

7. **Hello, Intermittent Fasting**

Get cozy with hunger—it's your new Superpower. Eat only when hungry, and let your body work its magic during regular fasting periods.

8. **Dairy Dreams Come True**

Cheese lovers, celebrate! High-fat aged cheeses, sour cream and cream can be part of your journey. *Just remember* moderation is key!

9. **Fresh Natural is the Way to Go**

Experiment with whole foods—salads, low-carb veggies, and grilled proteins with luscious fats. Discover recipes for treats made with low-carb ingredients you'll love.

10. **Burn the Ships!**

Clear out all non-keto foods from your kitchen (donate them to someone in need). Stock up on low-carb delights to set yourself up for success.

CARBS PER ½ Cup or 100 Grams of food

This list is a great start to help you quickly identify high (surprise) and low-carb foods. (*Look up others online*). At-a-glance, get familiar with carb content of foods to carve your path toward a lower-carb lifestyle.

The magic of Keto is all about helping your body shift gears—from burning carbs to burning fat—entering a state called **ketosis**. This allows your body to tap into old fat stores, leaving you feeling cleaner, leaner, and more energized than ever before!

Low Carb Veggies

- Spinach 0.4
- Zucchini 3.1
- Cucumber 1.9
- Cauliflower 2.9
- Broccoli 4.1
- Celery 1.4
- Red Leaf Lettuce 0.9
- Romaine Lettuce 1.2
- Head Lettuce 1.4
- Green Cabbage 3.0
- Asparagus 2.0
- Kale 4.4
- Swiss Chard 1.8
- Radishes 1.8
- Mushrooms 2.3
- Bell Peppers 2.9
- Sweet Red Peppers 4.6

High Carb Veggies

- Potato 17.0
- Sweet Potato 20.0
- Beets 9.6
- Carrot 8.2
- Jicama 8.8
- Sweet Corn 19.0
- Parsnips 17.0
- Peas 14.5
- Winter Squash 12.0
- Plantains 31.9

Low Carb Fruits

- Strawberries 5.7

- Raspberries 5.4
- Blackberries 4.3
- Lemons 6.5
- Limes 6.1
- Avocado 1.8

High Carb Fruits

- Banana 22.8
- Grapes 16.3
- Apple 13.8
- Orange 11.8
- Mango 14.9
- Pineapple 13.1

Meats

- Beef 0.0
- Chicken 0.0
- Pork 0.0
- Turkey 0.0
- Lamb 0.0
- Bacon 1.4

Additional Protein Foods

- Tempeh 9.4
- Tofu 1.9
- Nut Loaf 6.0 (varies)
- Bean Burger 12.0 (varies)
- Seitan 5.0
- Edamame 8.9
- Hemp Seeds 31.6
- Peanut Butter 5.0
- Almond Butter 6.0
- Vegan Protein Powders (varies)

Fish & Seafood

- Salmon 0.0
- Tuna 0.0
- Shrimp 0.0
- Cod 0.0
- Crab 0.0
- Lobster 0.0

Dairy

- Sour Cream 2.0
- Half & Half 1.7
- Heavy Cream 0.4
- Cottage Cheese 3.3
- Cream Cheese 2.0
- Aged High-Fat Cheese 0.4
- Mozzarella Cheese 1.0
- Blue Cheese 1.0
- Brie 0.5
- Whole Milk 4.8
- Goat's Milk 4.5
- Skimmed Milk 5.0

Grains

- White Rice 28.2
- Brown Rice 23.0
- Quinoa 21.3
- Wheat Flour 72.5
- Oats 66.3
- Bread (1 slice) 13.8

Legumes

- Lentils 20.1
- Chickpeas 27.4
- Black Beans 23.7
- Kidney Beans 22.8
- Edamame 8.9
- Peas 14.5

Sugars & Sweeteners

- Table Sugar 99.9
- Raw Sugar 100
- Honey 82.4
- Maple Syrup 67.0
- Stevia Liquid 0.0
- Monkfruit Liquid 0.0
- Erythritol 0.2

Nuts, Seeds & Dried Fruit

- Almonds 6.1
- Walnuts 3.9
- Pecans 4.0
- Macadamia Nuts 4.0
- Cashews 27.0
- Pistachios 18.0
- Chia Seeds 8.6
- Flaxseeds 1.6
- Sunflower Seeds 11.4
- Pumpkin Seeds 12.0
- Sesame Seeds 12.0
- Raisins 79.2
- Dates 75.0
- Dried Cranberries 82.0
- Dried Apricots 63.0
- Prunes 65.0

Flours

- Almond Flour 10.6
- Coconut Flour 21.0
- Quinoa Flour 53.0
- Amaranth Flour 57.0
- Whole Wheat Flour 72.0
- Rye Flour 60.8
- Buckwheat Flour 70.6
- White Flour 76.3
- Corn Flour 73.0

Sauces

- Tabasco 0.0
- Cholula 0.0
- Tomato Salsa 4.0 (per 2 tbs)
- Soy Sauce 1.0
- Tamari 1.0
- Hot Sauce .0–1.0
- Pesto 2.0 (per 2 tbs)

Salad Dressings (per 1 tablespoon)

- Ranch Dressing 1.0
- Caesar Dressing 0.5
- Blue Cheese Dressing 1.0
- Lemon Vinaigrette 0.5
- Mustard Vinaigrette 0.3
- Avocado Lime Dressing 1.0
- Olive Oil & Vinegar 0.0
- Greek Yogurt Dressing 1.

One Week Keto Meal Plan

On Keto, we find that 2 meals a day—or even just one—can be completely satisfying depending on where a person is at in their journey!

Thanks to the magic of this lifestyle and natural intermittent fasting, we feel energized, leaner, and more in control.

These meals are adaptable for vegetarian, vegan, carnivore or pescatarian options. Dive in, and you may never go back!

Day 1

- *Scrambled Eggs* cooked in butter with spinach and diced bacon (opt) or substitute
- *Grilled Chicken Salad* with greens, cherry tomatoes, cucumber, avocado, and ranch
- *(Skillet) or Baked Salmon* with roasted broccoli and side salad

Day 2

- *Greek Omelette* cooked in butter with feta, black olives, and bell peppers
- *Tuna Salad* with lettuce, red onion, celery, boiled eggs, and lemon vinaigrette
- *Zucchini Noodles* with ground beef or seafood marinara and side salad

Day 3

- *Keto Smoothie*: milk or almond milk, spinach, avocado, chia seeds, and protein powder
- *Grilled Steak, Tofu or Fish Salad* with peppers, red onion, and creamy Caesar dressing
- *Roasted Chicken Tofu or Fish* with cauliflower mash, butter and asparagus

Day 4

- *Scrambled Eggs* with diced ham or aged cheese, mushrooms, and avocado
- *Cobb Salad* with hard boiled eggs, bacon (or substitute) tomato, and blue cheese dressing
- *Grilled Buttered Shrimp* with cucumber salad and garlic aioli

Day 5

- *Smoked Salmon Omelette* with cream cheese and dill
- *Chicken Caesar Salad* with romaine, Parmesan, and Caesar dressing
- *Baked Fish* or fried in butter with steamed broccoli and side salad

Day 6

- *Coconut Milk Chia Pudding* with almonds and raspberries (soak overnight in fridge)
- *Avocado and Bacon (or substitute) Salad* with cherry tomatoes and tangy vinaigrette
- *Ground Turkey* with zucchini noodles and pesto

Day 7

- ***Scrambled Eggs*** with asparagus, sausage (or substitute), and cheddar
- ***Spinach and Feta Salad*** with grilled shrimp and balsamic vinaigrette
- ***Grilled Steak or Tempe*** with cauliflower rice, butter and side salad

Pro Tip: Stay hydrated, listen to your hunger cues, and add keto-friendly snacks like nuts, seeds, jerky or cheese if needed.

Electrolyte: Order an electrolyte with minerals online [Keto SuperLife Peak Fitness Store](#)

Or make your own such as the [recipe in this blog post](#).

Use an App like **Carb Manager** (free version) to help you easily and automatically track your carbs on a daily basis.

Ready to discover even more recipes? Check out our [Community](#) and 30-day Keto Challenge for meal plans and inspiration at [KetoSuper.Life](#)

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