

## The Bulletproof Keto Diet Lose Weight and Reboot Your Metabolism

### MINDMAP

#### How Does Weight Loss Normally Work?

- Calories in, calories out
- Eat less calories, burn the same amount of energy
- Eat the same amount of calories, burn energy at a higher rate
- Burn the weight loss candle from both ends

#### The Standard American Diet and Why You Can't Lose Weight

- Carbohydrates and the problem with insulin
- If you want to burn more fat, you have to control your insulin levels

#### The Keto Alternative

- Ketosis explained: Burn fat instead of sugar for energy
- Ketoacidosis = excessive ketones in the blood = RARE
- Ketosis = more common = healthy

#### Keep This in Mind Before You Start Your Keto Diet

- Change your lifestyle instead of going on another diet
- Think long term
- Believe that the keto lifestyle works
- Believe that you can do it
- If other people can do it, you can do it too

#### Keto Diet Step #1: Displace, Do Not Replace

- The most common problem with diets: they seek to replace instead of blending in
- Add keto items to your diet
- Focus more on ketogenic meals

#### Keto Diet Meal Plan Strategies that Work

- Focus on fatty food that fits your taste
- Shoot to feel fuller for a longer period of time
- Eventually cut out soda
- Eventually cut out grain-based snacks
- Slowly cut out milk-based snacks

#### Wind Down Carbs

- By this point, you have gotten used to eating keto foods
- Start to scale down your carb intake dramatically

- Your keto wonder-food: eggs
- Your keto wonder-fruit: avocado

#### Turbocharge Your Keto Lifestyle Results with These Following Tweaks

- Eat only when you're hungry
- Drink first when you get hunger pangs
- Eat slowly
- Look at each of your meals as some sort of event
- Eat more mindfully

#### Take Things to the Next Level with This Modification

- Start to regularize your meal times
  - Eliminate or greatly reduce snacking
  - Eventually scale down to one or two meals a day
  - Scale down to one meal a day: intermittent fasting
  - If you can, adopt a day-to-day fasting technique
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- You can do it because other people have done it before you
  - Once you change your lifestyle, you are less likely to go back to your old eating habits