

How to Go on a Keto Diet as a Vegetarian

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Vegetarians can have weight problems, too. Many vegetarians indulge in unhealthy foods that contain sugar, trans- and saturated fats while avoiding meat (some also avoid dairy). A vegetarian on the keto diet is dubbed a ketotarian.

Since ketogenic dieting includes a great deal of fatty meats, vegetarians may think they couldn't use this popular diet plan as a method to lose weight – but, that's far from the truth. There is a vegetarian keto plan that that vegetarians can easily adapt to.

Most Keto Diets Rely Heavily on Meat as a Food Source

Although the keto diet normally relies on fatty meat and meat products for food sources, fats may also be obtained from vegetables. The mistake that can add excess pounds to an otherwise healthy vegetarian diet is the amount of carbs in some vegetables.

A vegetarian ketogenic diet plan can work, but you'll need to make better choices when combining carbs and protein. Vegetarian diet plans are usually higher in carbs than a typical meat-eating diet.

Getting enough protein in a keto-vegetarian diet is also a problem because it's usually obtained through beans and grains which are not a part of the keto diet. It's important that you understand how carbs differ when adhering to a vegetarian-keto diet plan.

Know which carbs are good and which are bad. Those contained in food items such as bread, sugar, pasta, flour and cereal should be taken off the list. Good carbs that can be added to the vegetarian-keto diet include low-carb veggies, fruits and regular yogurts.

The fiber you'll get from low-carb veggies is important and you can cook them in coconut oil or butter if you don't like to eat them raw. Seasonings help too and it can be a great experience if you can open your mind to new tastes and textures.

It's important to get enough protein, and on a vegetarian-keto diet you can get it from several sources – eggs, dairy, miso, natto, Tempeh and nuts and seeds. If you're used to getting protein from soy products, you need to watch the labels.

Non-GMO and fermented soy will have less carbs are what you should look for – and, hemp protein powder and organic rice can be used to supplement your protein intake. Most packaged meat substitutes made from soy have a great deal of carbs.

Be sure to check out the carbs per serving and also check for preservatives and fillers. Portobello mushrooms and eggplant are also good sources of protein and can be delicious when seasoned properly.

Fats are super important on the vegetarian-keto diet and nuts and seeds are high in both fat and protein. Just be sure you don't eat too many as the carb content can add up fast.

Healthy oils that provide lots of fats include olive, avocado and coconut and non-dairy fats might include olives, avocados, cream cheese and mayonnaise. If you're a vegan who doesn't eat milk and dairy, the vegetarian-keto diet might be more difficult.

Vegans must give much thought to a diet plan that advocates a ketogenic style. Just be sure you get enough fats from healthy oils, seeds, butters and nuts. It's highly possible for vegetarians to be successful on the keto diet – it just takes a bit more planning.

What Foods Can a Ketotarian Enjoy While Losing Weight?

Ketotarians can enjoy a healthy and desirable diet plan without having to turn to meat. Although the keto diet focuses on meat, the goal of the plan is to burn fat for fuel and energy rather than carbs.

The term for burning fats for fuel is called ketosis and vegetarians can accomplish it by consuming nonmeat protein sources. Plant-based options that ketotarians can enjoy include high-fat dairy products and nuts and seeds such as chia and flax seeds.

Leafy-green vegetables and those veggies that grow above ground such as broccoli and green beans are on the menu. You can also indulge in cream cheese and berries on the ketotarian diet.

Avoid tubers such as yams or sweet potatoes and avoid sugar, most fruit and grains. Most processed foods that vegetarians consume are filled with unhealthy fillers, so be sure to check the labels on any packaged foods.

Whole foods are best to emphasize on your ketotarian diet plan. In fact, a plant-based and whole foods plan is much better for you than many of the fatty meats that are listed on the original keto diet plan.

Try and limit saturated and trans-fats such as those found in cheeses and butter. There are many healthy fats you can choose from that are made from nuts and seeds. It may sound challenging, but the results can be phenomenal to your health and well-being.

To achieve a state of ketosis, where the body is using fats, rather than carbs, for energy, the ketotarian will have to be much more attentive to managing the diet than meat-eaters.

You'll learn to become creative with recipes. One ketotarian recipe that's delicious and highly satisfying is to stuff avocados with a hummus type stuffing made from chick peas. Take some lessons from Greece and create a tzatziki recipe from cucumbers and garlic.

Recipes abound for the ketotarian who needs some help getting started and some ideas for creating dishes that are appealing as well as delicious. Be sure to check with your doctor about the vegetarian-keto plan if you have existing health problems.

Even though you may need to spend more time in planning your diet, the results can be highly satisfying. Besides natural weight loss, a vegetarian-keto diet will help you reap benefits to your heart and overall health.

Avoid These Foods to Help You Lose Weight and Feel Great

The foods you should avoid on the ketotarian diet plan are similar to those you would avoid on the regular keto plan. The difference is that you are also avoiding meat which is a staple for the original keto diet.

Grains, sugar and fruit (with the exception of some berries) should be avoided. Foods that should be limited include saturated and trans-fats and most cheeses. Since many vegetables contain high amounts of carbs, some management is necessary.

Processed foods that most vegetarians enjoy should also be avoided. Labels can be misleading with claims such as being vegan, vegetarian, gluten-free and even keto. These foods aren't always healthy because of the way they are processed.

Starchy vegetables are best avoided on the ketotarian diet plan. Leafy greens such as spinach, Swiss chard and radicchio, kale, asparagus, bamboo shoots and cucumber are healthy choices.

Condiments can come in handy on the ketotarian diet plan too. Mayonnaise, pesto and fermented foods such as kimchi and sauerkraut are great choices. You can drink all the water you want and also add coffee (cream and coconut milk allowed) and teas.

Occasionally, the ketotarian might also enjoy some cruciferous vegetables such as cabbage and cauliflower, some nightshade veggies

such as tomatoes and peppers and blackberries, cranberries and coconut.

Fruits such as apricot, Pitaya (dragon fruit), peaches and oranges can be enjoyed in small increments, but it's better to avoid them. You may enjoy alcohol in moderation. Dry red or white wines can be consumed, but are detrimental to weight loss.

Foods that should be avoided at all costs include anything made with sugar – even sweeteners can cause spikes in insulin and keep you from reaching or remaining in ketosis.

All products made from grains should be eliminated from your diet. Pizza, crackers, barley, wheat and rye and more are not part of the ketogenic diet plan. Also, avoid anything labeled as low-fat, zero- or low-carb.

Beware of diet sodas, mints and gums that may be high in gluten, carbs or unhealthy additives. Only drink milk in small increments – and then, make sure it's full-fat. Refined fats and oils such as sunflower, soybean and grapeseed oil should be avoided too.

The vegetarian-keto diet plan isn't just about losing weight. Many weight loss plans are highly unhealthy for you and can cause more health problems than being overweight. Rather – the vegetarian-keto plan is about adopting and maintaining a healthier lifestyle.

Watch Your Body for Signs of Success

When you begin the vegetarian-keto diet plan, there are certain body changes you may notice even before you begin losing weight. With the keto diet, it's all about being in a state of ketosis, where your body is using fat rather than carbs for energy.

As your body is transforming into the state of ketosis, you may notice some changes even before you begin to lose weight. Unfortunately, one of the side effects that you won't enjoy is halitosis – bad breath.

When fats and proteins are being broken down for energy, there are certain byproducts that will be eliminated from the body. One of these is acetone (also found in nail polish remover) that can create an unpleasant smell as you breathe out.

You may also feel tired and lethargic in the beginning as a result of your body being used to using carbs for energy. Now that you're not consuming as many carbs, your body may be confused for a few days.

But – wait for it – in a very short period of time, you'll feel super energized. Your body will get used to burning fat and protein for energy and the positive side effects from the vegetarian-keto diet will begin.

You may notice a marked decrease in appetite. Although experts aren't sure what causes this lack of hunger, the theory is that the ketones cause a change in the release of hormones that affect the hypothalamus in the brain and make you feel less hungry.

Another way to know you're reaching your goal of ketosis is that you spend a lot of time in the restroom. Your body won't be used to the serious amounts of fat you're consuming and the bacteria in the digestive tract can't break it down at first.

A short bout with diarrhea might occur, but should soon subside. You may have heard of a side effect from the keto diet called Keto flu where you experience headaches, brain fog, nausea and other symptoms of the flu.

Not everyone experiences these flu symptoms, but it may occur for the first few days when the body isn't used to burning ketones rather than glucose. Fortunately, after the worst of those symptoms, you'll begin to feel much, much better.

Your energy level will spike and last throughout the day, rather than having highs and lows in energy levels. Mentally, the fog will break through and you'll experience clarity of mind as you never have before.

And – weight loss – the ultimate goal of the ketotarian will begin to show on the scales and you should notice an overall improvement in your health. You'll have fewer cravings and a lower calorie intake, plus more self-control to resist unhealthy food choices.

The vegetarian-keto diet plan isn't magic to achieve weight loss. You do have to be diligent when balancing protein and carbs and tracking your goals of achieving ketosis. Many avid followers swear by its ability to help lose weight and have more energy.

How to Re-Introduce Carbs to Your Diet as a Ketotarian

After you've reached your weight-loss goals as a ketotarian, you'll want to add some carbs to the diet without gaining back the weight and ultimately causing a yo-yo dieting effect of gaining even more weight than you lost.

The first thing you need to remember when re-introducing carbs after a ketogenic diet period is to begin slowly. Adding about 30g of carbs per day during the first week is a good start. Then, skip adding them for the sixth and seventh days.

High-glycemic carbs should be avoided since they cause insulin to spike, which in turn causes more body fat to be stored. Foods such as brown rice, whole-grain breads, pastas, oatmeal and fresh fruits are good carbs to add.

Timing your intake of carbs also prevents them from transforming into body fat. Adding the carbs before or after a physical workout is a good time – or consume the bulk of your carbs during the daylight hours rather than close to bedtime.

Rather than eliminating fats from your diet completely, simply lower the intake – especially from saturated fats. You can also stagger your meals

by switching between protein and fats and protein/low-glycemic carbs rather than cutting out the fats completely.

This routine will keep your metabolism at a high level and prevent you from having cravings that could trigger a food binge. If you must have a high-fat food item, just limit the amount – don't overdo it.

Remember that re-introducing carbs to a successful vegetarian-keto diet requires a gradual approach to keep from gaining back the weight you lost – plus more. Your body has become structured to adapt to fats, not carbs.

For the time being, you won't be able to consume carbs the way you did before you began the ketogenic plan and keep from gaining weight. Consuming a few slices of pizza isn't the right way.

Instead, do a bit of mental prepping and have a plan about incorporating carbs back into your diet. The results will be worth it – pounds lost, clarity of mind and a boost of self-confidence.



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