

## What is Indian Keto Diet?

Indian Keto diet or Ketogenic diet, a diet plan wherein you are prescribed to go super low on carbs and consume extremely high amounts of fats in your diet. This is why Indian Keto diet is also called the low carb diet or low carb high fat (LCHF) diet. A diet plan like this puts your body into a process called the Ketosis through which Ketones are produced, in simpler words, you begin to burn fats for energy! We'll talk about this in detail, a little later in this article.

Essentially, what your body does when you consume high amounts of carbs, is produce lots of glucose and insulin. Glucose in turn, is converted into energy. Your body is currently in a mode where this energy source (carbs) is chosen as primary. Why? Because Glucose is the simplest available source for your body to convert into energy. Insulin, takes this glucose around in the bloodstream to various parts of your body.

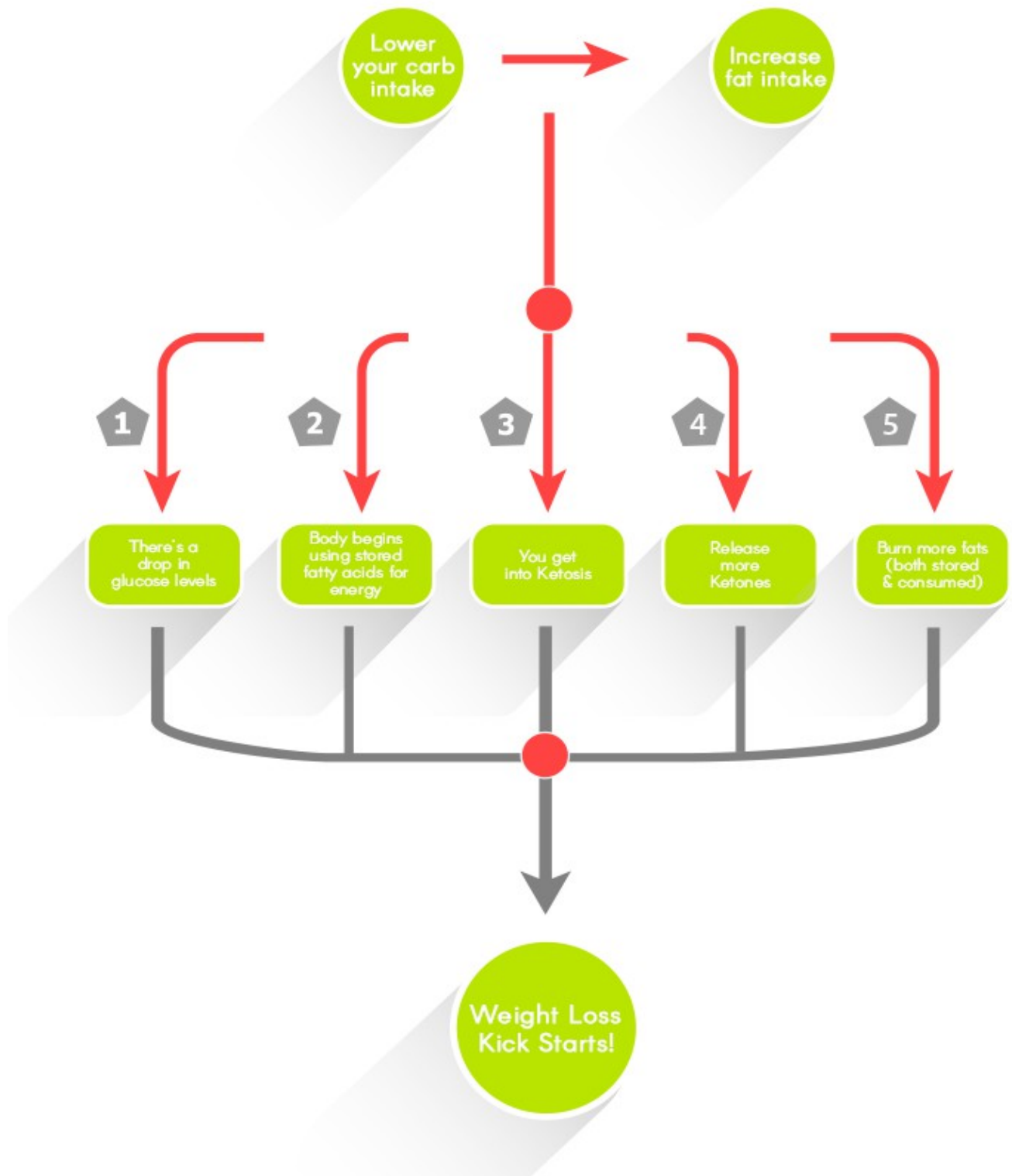
Since the primary source of energy is currently glucose, your body doesn't really need fats. And so, like a smart body, it stores the consumed fats for rainy days; as though you could go into starvation and your body would need it then. Just like the old stuff in your attic!



## So, how does Indian Keto diet work?

When you shift your diet from higher carbs to higher fats, you are pushing your body to use fats as primary energy sources and not glucose. This way your body begins to utilize fats more efficiently. The deprivation of carbs compels your body to use the next available source of energy which are the stored fats. So, that's how you begin to burn off those extra pounds.

# Keto Work Flow

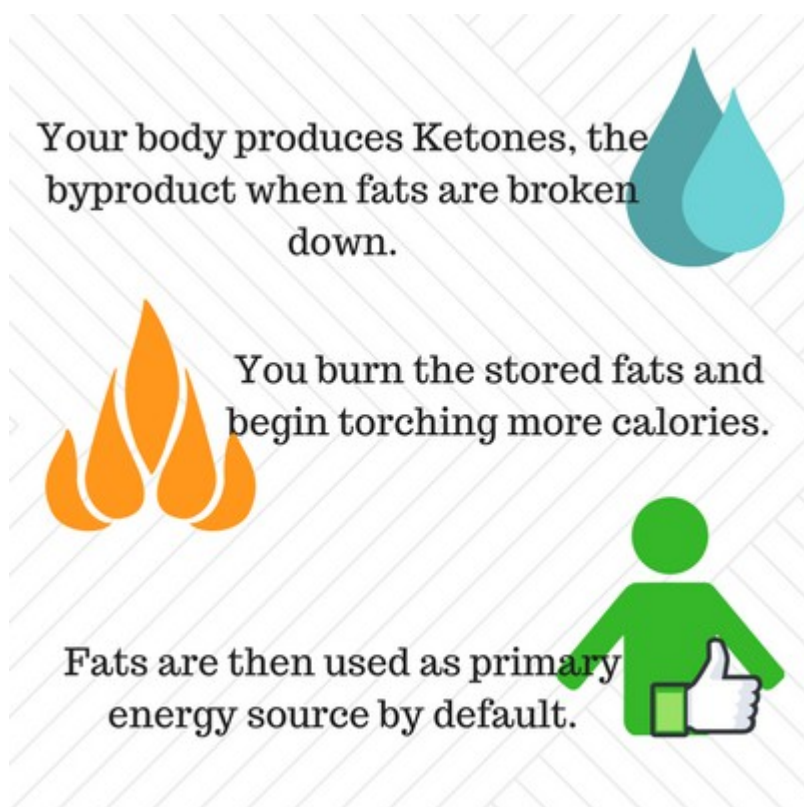


## What is Ketosis in Keto Diet?

Ketosis starts when your body begins to produce Ketones; the byproduct produced when your body breaks down fat for energy. Ketosis is a process which the body adapts when it feels that it'll need to survive on lower food intakes. Ketones are produced in this process which help breakdown fats that are stored in the liver. You, fundamentally, urge your body to get the metabolic rate high. And this can happen only by starving your body of carbs, carbs alone and not calories.

It's incredible how our body can adapt to this so well. When you throw in nothing else but fats into your body, it begins to use these fats as the primary energy source by default. And when your Ketones are in good levels your weight loss kick starts and both your physical and mental performance enhances.

Keto diet plans are generally followed for a span of 4 weeks or more. For people who do it strictly for weight loss this period is ideal. If you decide to go on a Keto diet for longer or for a different reason, consult with an expert.



## How to reach Ketosis?

Reaching Ketosis could take somewhere close 1-2 days. This is because your body is still in the 'use carbs for energy' mode and is trying to use all the stored carbs or Glycogens for survival. Attaining a state of Ketosis might sound like a very complex and confusing thing. But believe us, it's not that way at all. So, here are some simple thumb rules that you will need to keep in mind.

**Fats, no worry!:** If you decide to go on an Indian Keto diet plan, then fat is something you shouldn't be worried about at all. Fats are the primary source of energy in this diet, remember? And by the way, starving yourself is not an option! If you want to lose those pounds then you eat up ample amounts of fats.

**Curb the Carbs:** For Indian Keto diet plan, your carb intake should ideally come only from the

vegetables that you consume. Your entire day's meal should have not more than 10-15 grams of net carbs. (net carbs = total carbs – dietary fiber). According to Gympik's Nutrition and Diet expert, Sujetha Shetty, "For Ketosis to happen, your carb intake should not be more than 20-30 grams per day." Keeping this in mind, the Keto diet plans for vegetarian and non-vegetarians have been designed for those who are following Keto diet.

**Push excess Proteins off your plate:** Well, not entirely. But having more proteins in your diet inhibits Ketosis or rather slows it down drastically. You only need very moderate amounts of proteins. It is best to consult your dietitian to know more and limit the intake of proteins accordingly.



## What role water plays in Keto diet plan?

Indian Keto diet is a diuretic. You need to drink gallons of water to supplement your body with the lost electrolytes. Going to the loo too many times to urinate drains your body of fluids and of course, off go the electrolytes too. So, ensure you take in plenty of water. The idea is to keep yourself replenished at any given time. It'll help you optimize your body's functionality and also helps suppress hunger.



## **What about workout while following Indian Keto diet?**

A major complementing factor for any diet is workout. And, it goes without saying that workout is highly recommended. Because when you workout, you burn calories and if it's weight loss that you are looking at, then a calorie deficit needs to be created in your body. Don't starve yourself, we said. So, eat well and workout well too. This will help balance out anything extra!



## **Be aware of the Keto Flu**

Don't get startled if you feel any nausea, discomfort, fatigue, headache, and even cramps and grogginess. For those of you who are new to Indian Keto diet, this is a common side effect. But worry not, because it'll slowly wear off. It is happening because of the sudden transition that your body is making; from burning sugar or glucose for energy to burning fats instead. Consuming good amounts of water and electrolytes is a good and workable solution for this problem. If this is too much for you to handle at one go then try to gradually decrease your carb intake.





## **Initial drop in strength and stamina**

In the initial phases of following the Keto diet plan, you might feel that you lost some strength, stamina, and endurance. But believe us, this is temporary! A decrease in physical performance is a typical result of Ketosis. And, as your body begins to adapt itself to use fats as primary source of energy, it'll get better.



## **What foods to eat while following Keto Diet Plan?**

Anything that's full of fat is welcome! High fat dressing for salads, fats like coconut oil, olive oil, high fat cream, butter, cheese, paneer, fish, lamb, eggs, and chicken are the foods that you must have. In veggies, consider those that are not starchy; the ones with lower amounts of carbs. Spinach,

kale, and cauliflower are some of your best bets. You could also munch on nuts and seeds like almonds, walnuts, sunflower seeds, cashews, chia seeds, pumpkin seeds, and of course flaxseeds.

Fruits are better to be avoided because they will have lots of sugar. Remember, we said that you don't want glucose in your blood? However, some selected berries that have low glycemic index, avocado and star fruits could be eaten, in moderation of course! And also ensure that the carb intake from these should add up to be in the net carb limit and nothing more. Tea or coffee should preferably be black without sugar. Stevia can be a viable option if you feel the need.

# Keto Diet

## WHAT FOODS TO:





## When to eat!

It is always better to keep a count on the meals that you eat. So eat a very heavy breakfast and have a decent lunch. Avoid snacking. Because you don't want to have too many insulin spikes in a day. Initially, if you feel too hungry during the day you can snack on nuts, seeds, and cheese. Unsweetened peanut butter could be an option too. Why are we asking you to stick to fewer meals? This is because weight loss slows down or sometimes stops due to unnecessary snacking. But just because we said this, don't starve yourself while you are on a Keto diet plan. Having a good full meal with high fats will most probably keep you full for longer. So, eat well when you do! To know more about keto diet for vegetarians and keto diet for non-vegetarians, just read on.



## Quantity of foods

Now, while following Keto diet plan, the quantity of food to eat is what is tricky! But with a little math here and there you will be able to tell how much you need to consume. The idea is to find the amount of calories that you need to consume and, how much of that should come from fats, carbs, and proteins. However, it is highly recommended that you consult a professional dietitian and nutritionist to decide on the portion size and what should be consumed when while you are in Keto diet plan.



### **What foods to avoid during Keto Diet?**

All the carbs, starchy, and sugary foods are banned in keto diet plan! Do not even think about looking at them. Rice, wheat, corn, barley, quinoa, and cereals are not to be eaten. And neither are any of the beans. No rajma, kidney beans, lentils, and no pulses too. Among the veggies, you will need to avoid potatoes, sweet potatoes, carrots, and peas. And even limit the intake of cherry tomatoes. No sugars at which means honey, nectar, cane sugar, corn syrup, and all need to go right out the window. Oh, and again, fruits are invited to this party.

# Keto Diet

## WHAT FOODS TO:



## Recipes to follow in Keto Diet Plan:

Now, we know it can get extremely painful to remember what to eat and what not to eat whether you are following vegetarian or non-vegetarian keto diet plan. Here are some simple Keto diet recipes that you can blindly follow. There's the coffee, snacks, starters and the mains too!

### Bullet Coffee:

Coffee Decoction – 30 ml (more if you prefer your coffee stronger)

Coconut Oil – 1 teaspoon

Heavy Cream – 1 teaspoon

Butter – 1 teaspoon

Water – 1 cup

Stevia – Optional



Bring water to boil, either in the microwave or on the stove. Add in the ingredients and stir well. If you want your coffee to be warmer or if the ingredients have not mixed properly, then you could heat it a little more again.

## **Keto Bomb – Chocolate**

Unsalted Butter (at room temperature): 1 cup

Cream Cheese (at room temperature): 1 cup

Cocoa Powder (unsweetened): 2 tablespoons

Stevia: 1 tablespoon



Add the unsalted butter and cream cheese in a large mixing bowl. Beat them together. Once combined, add in the cocoa powder and stevia. Beat until you get a smooth consistency. In a small baking tray or baking cups pour about 1 tablespoon of the mixture. Push it into the fridge and let it set for about an hour or so. Your Keto bombs are ready.

## **Keto Bomb – Peanut Butter**

Peanut butter (low sugar or no sugar) – 1/2 cup

Cold pressed, virgin Coconut Oil – 1/2 cup

Cocoa Powder (unsweetened) – 3 tablespoons

Stevia – 3 tablespoons





On low heat, place a heavy bottom pan and melt the coconut oil and peanut butter. Once the two combine well, add in the cocoa powder and stevia, and stir again. In a mould or muffin tray, add 1 tablespoon of this mixture and refrigerate it for about an hour or so or until it is set completely.

Note: You could also add almond butter to this recipe to make it yummier and more interesting.

## **Keto Diet Plan for Non-Vegetarians**

### **For Egg Lovers!**

Here are 5 egg recipes for non-vegetarians who are following Keto diet plan. All Keto diet friendly again. Because eggs are one of the best things to include in your Keto diet recipes.

#### **Avocado dip and Eggs:**

Eggs (boiled and peeled) – 3

Avocado (peeled and deseeded) – 1/2

Mayo (preferably homemade) – 1/4 cup

Lemon juice (freshly squeezed) – 1 tablespoon

Black pepper and salt – as per taste

Cucumber (large, sliced) – 1 (you could choose to peel it below slicing)



Cut the boiled eggs into half and scoop out the yolk carefully. Cut the avocado into large chunks. In a blender, add the yolks, avocado chunks, homemade mayo, lemon juice and blend together. Add salt and pepper as per your taste and blend again to make a smooth paste. If you like it chunky, then add the ingredients in a large mixing bowl and use a folk or hand whisk and whisk until creamy. Set aside. Dip the sliced cucumber and stuff the egg whites with this dip and enjoy!

### **Sunny side up with a twist:**

Butter – 3 tablespoons

Eggs – 3

Salt and pepper – as per taste

Red or Green Bell Pepper (large, deseeded and sliced into 3) – 1

Cheese (cubes, shredded) – 1/2 cup



Add 1-2 teaspoons of butter on a pan on low flame. Place the sliced bell pepper and fry on both side; for about a minute or 2. Add a little more butter in the pan, on the inside of the sliced bell pepper. These slices will create a barrier and stop the egg from flowing out. Now, break the egg carefully into the sliced bell pepper. Add salt and pepper as per your taste and add the shredded cheese on top. Once the cheese starts to melt, carefully transfer the sunny sides with the bell peppers onto a plate. Garnish with coriander and enjoy!

### **Super awesome double egg cheese omelette:**

Eggs – 2

Butter – 2 tablespoons

Cheese – 2 slices

Onion (peeled and finely chopped) – 1

Green chillies (finely chopped) – 3 or as per your taste

Salt and pepper – to taste



In a bowl beat the eggs and add the green chillies, onions, salt, and pepper. Mix them up well and set aside. Add butter to a pan on medium-low flame. Once it melts, pour in the whisked eggs mixture are spread like a normal omelette. Flip it on the other side and add the cheese slices. You could also choose to grate cheese cubes and add to the omelette. Also, feel free to experiment with your favourite cheese; cheddar, mozzarella or anything else. Once the cheese starts to melt transfer the omelette into a plate and knock yourself out with this super yummy cheesy omelette.

### **Fluffed Eggs:**

Eggs – 2

Salt, black pepper and chilly powder – as per your taste

Cream cheese – to top it off



This is an ideal recipe if you're in a hurry and need something to grab on the go! In a microwave safe mug, beat the eggs. Add salt, pepper, and chilli powder, and mix again. Push the mug into the microwave and cook for about a minute; sometimes it takes about 45-50 seconds so you might want to keep an eye. Ta-da! Beautiful fluffed eggs are ready. Top it off with cream cheese and enjoy.

### **Scrambled Eggs – The Mexican Way:**

Eggs – 6  
Spring Onion (chopped finely) – 1  
Jalapenos (pickled, chopped finely) – 2 tablespoons  
Tomato (chopped) – 1  
Cheese (shredded) – 1/2 cup  
Butter – 2 tablespoons  
Salt and pepper – as per your taste





In a pan add butter. Add the spring onion, tomato, jalapenos and fry for a couple of minutes. In a cup, beat the eggs and pour it over the veggies in the pan and scramble. Fry it until golden brown. Add salt, pepper and cheese. Serve hot with deseeded and chopped avocado. Feel free to add in ranch or any other dressing of your choice.

### **Fish and Meat lovers:**

Certain fatty fish and meat are great for you so you can keep in mind these while designing your Keto diet plan. Keep an eye for the carb content though. Here are 5 Keto diet recipes that again are for non-vegetarians, which are loaded with fish and meat and can satisfy your hunger big time.

**You May Also Like: 7 Amazing Benefits of Apple Cider Vinegar That Will Blow Your Mind**

### **Spinach and Bacon frittata:**

Bacon (diced) – 1 cup

Eggs – 4

Full fat cream – 1 cup

Butter – 3 tablespoons

Spinach – 1 1/2 cup

Shredded cheese – 1 cup

Salt and Pepper – as per your taste





Preheat the oven to 175 degrees Celsius. In a pan, add butter and fry the bacon until they're brown and crispy. In another bowl, beat eggs and cream together. Grease a baking tray and pour half of this mixture. Add bacon, spinach and pour in the remaining mixture over them. Top it with shredded cheese. Bake for about 30 minutes and your yummy spinach and bacon frittata is ready!

### **Ham Omelette:**

Ham (diced) – 3/4 cup

Eggs – 6

Onion (peeled and finely chopped) – 1

Green Bell Pepper (deseeded and finely chopped) – 1/2 cup

Cheese (shredded) – 1/2 cup

Sour cream (full fat) – 2-3 tablespoons

Butter – 2 tablespoons

Salt and pepper – as per your taste



Whisk the eggs, sour cream together with salt and pepper. To this add 1/4 cup of shredded cheese and mix together. Add butter to a pan on medium flame. Put in the ham, onion and bell pepper and stir fry until the onions are slightly brown. Bring the ingredients together and pour the egg mixture over them. Fry the omelette until it's golden brown on both sides. The omelette needs to be nice and firm. Turn off the flame and add the remaining cheese. Serve hot with homemade mayo or your favourite dressing.

### **Oh so yummy meatballs:**

Mutton (boneless and ground) – 2 cups

Onion (peeled and chopped) – 1 cup

Tomatoes (diced) – 2

Butter – 1 tablespoon

Ginger garlic paste – 1 teaspoon

Lemon Juice – 1 (from 1 whole lemon)

Mozzarella (cut into small cubes) – 100-150 grams

Salt and pepper – as per your taste

Dried mixed herbs (Rosemary, oregano, thyme, and basil) – 1 teaspoon



Pressure cook the mutton for 4 whistles and transfer into a large mixing bowl. Remove excess water and store the stock for later. Let the mutton cool for a couple of minutes before adding the mixed herbs, salt, and pepper. Add the juice from 1 whole lemon and set aside. You could also add some red chilly powder if you prefer it spicier. Divide this mixture to form meatballs. Size of the meatballs is your choice but they should be big enough to hold your mozzarella cubes. Split each meatball and place a mozzarella cube in and cover it back. Fry these meatballs in oil until they're golden brown throughout.

Place a pan on low flame and add butter. Toss in the onions, and ginger garlic paste, and fry well. Add the diced tomatoes and cook until mushy. Add a little stock if required. Simmer for a few minutes; the sauce needs to be thick. Spray some cooking oil on a baking tray and smear a small layer of this sauce. Arrange the meatballs and pour in the remaining sauce.

If you like then you could add more mozzarella over this. Cover with foil and bake in a preheated oven for about 20 minutes. If you like your cheese slightly brown then you would have to bake it for another 5 minutes without the foil. Garnish and serve!

### **Tandoori Chicken with Mint Chutney:**

Chicken (boneless and cut) – 500 grams  
Ginger garlic paste – 1 tablespoon  
Red chilli powder – 1 teaspoon (more if you want it spicy)  
Turmeric – 1 teaspoon  
Coriander powder (washed and chopped) – 2 tablespoons  
Cumin powder – 1 tablespoon  
Olive Oil – 2 tablespoons  
Salt and pepper – as per your taste

#### **For the Mint Chutney**

Mint leaves/Pudina – 1 cup  
Ginger (washed, and peeled) – 1/2 inch chunk  
Coriander – 1/2 cup

Green chillies – 2-3  
Fresh lime juice – 2 teaspoons  
Water – as needed  
Olive Oil – 1 tablespoon  
Salt – as per your taste



In a large bowl mix the spices with olive oil and lemon juice. Smear this mix over the chicken completely. Cover and refrigerate for 20 minutes. While the chicken is getting ready, add all the chutney ingredients except water into a blender. Blend until smooth; add water if and when needed. Add salt as per your taste.

Preheat the oven. And toss the marinated chicken in for about 20-25 minutes flipping occasionally. Your tandoori chicken with mint chutney is ready!

### **Chicken Salad:**

Chicken (cut the way you like) – 1 cup  
Red Bell Pepper (chopped) – 1/2 cup  
Green Bell Pepper (chopped) – 1/2 cup  
Olive Oil – 2 tablespoons  
Full fat salad dressing or homemade Mayo – 4 tablespoons  
Your favorite spice mix – 3 teaspoons or as needed  
Salt – as per your taste





In a pan, heat the olive oil and add in the chopped bell peppers. Add the chicken and stir fry until the chicken becomes slightly crispy. Add your favorite spice mix and salt. Saute for a minute and transfer into a bowl. Add the dressing and you're all set!

### **Creamy Salmon Soup:**

Salmon (chopped) – 450 grams  
Chicken broth – 6 cups  
Coconut Milk – 1 3/4 cups  
Spring onions (finely chopped) – 4  
White Onions (finely chopped) – 1  
Olive Oil – 3 tablespoons  
Garlic cloves (minced) – 4 cloves  
Thyme (dried) – 1 tablespoon  
Salt and pepper – as per your taste





Heat the oil in a pan and add the chopped spring and white onions and fry for a minute. Add in the garlic cloves and cook until they're soft. Pour in the broth and add thyme. Simmer for 15 minutes or so. Season with salt and pepper. Add the chopped salmon and coconut milk. Bring to boil and simmer until the salmon is tender. This soup is for immediate consumption. Serve hot and enjoy!

### **Tuna and Coconut Patty:**

Canned Tuna (minced) – 200 grams

Eggs – 2

Coconut oil – 3 tablespoons

Coconut flour – 2 tablespoons

Jalapeno (chopped) – 2 tablespoons

Basil – 1 teaspoon

Salt – as per your taste



In a large mixing bowl, beat the eggs. Add all the ingredients; save a tablespoon of oil for frying. Split the mixture into 4 patties. In a pan, add the remaining oil and fry the patties until they're golden brown and crisp. Enjoy with your favourite dressing or dip by the side.

## Ketogenic Diet Plan for Vegetarians

Finding the right vegetarian keto diet plan when on Keto could be kind of tricky. Though veg Keto diet might not be a very good idea, but we don't want to have you turn away without finding some interesting recipes. So, here are 5 strictly vegetarian Keto diet recipes for all who want to follow veg keto diet plan!

### Spicy Grilled Eggplant:

Eggplant (stem removed, washed, and sliced) – 1, large  
Mint leaves/Pudina (washed and chopped) – a few strings  
Olive Oil – 2 tablespoons  
Salt – as required

#### For the sauce

Olive oil – 2 tablespoons  
Vinegar – 1 tablespoon  
Lemon juice – 2 teaspoons  
Minced Garlic – 1 teaspoon  
Red chilli powder – 1 teaspoon



In a large bowl, arrange the eggplants and sprinkle it with salt on both sides. Let it sit for about 20 minutes. In another bowl, whisk together the sauce ingredients. Preheat the oven. Remove the excess water from the eggplants and lay them on a baking tray. Brush with oil on both sides and push it in. Bake for 4-5 minutes each side. Keep a close eye because you don't want to have them burnt. Once done, pour the spicy sauce all over it and let it sit for another good 10 minutes. Garnish with chopped mint leaves and serve.

## **Paneer with a twist and Salad:**

### **For the paneer:**

Paneer – 500 grams  
Olive Oil – 1 tablespoon  
Garlic (minced) – 2-3 cloves  
White vinegar – 1 tablespoon  
Lemon Juice – from half lemon  
1 tablespoon water

### **For the salad:**

Lettuce (chopped) – 1 1/4 cup  
Coriander (chopped) – 2 tablespoons  
Cucumber (chopped) – 1  
Cherry Tomatoes (chopped) – 3  
Soy sauce – 2 tablespoons  
Red chilli paste – 1 tablespoon  
Unsweetened peanut butter – 1 tablespoon  
Olive Oil – 3 tablespoons  
Lemon Juice – from half lemon



Pat dry the paneer and chop into cubes or shred them if you prefer it that way. Combine all the ingredients for paneer and marinate it. Let it sit for about 25-30 minutes. Fry the marinated paneer cubes in olive oil over medium-high flame for about 5-7 minutes or until the paneer turns golden brown. Mix all the salad ingredients except the lettuce. Transfer the paneer into a large salad bowl. Mix the paneer, chopped lettuce, and salad mix. Garnish with coriander and enjoy!



### **Cream of mushroom soup:**

Mushrooms (diced) – 2 1/2 cups  
Olive Oil – 2 tablespoons  
Garlic Cloves – 6-8  
Onion (peeled and diced) – 1  
Water – 2 cups  
Heavy cream – 1 cup  
Coconut milk – 1 cup  
Salt and pepper – as per your taste



In a large saucepan, add the olive oil and saute the onions and mushrooms for about 10 minutes or until they start to brown. Ensure to stir occasionally. Add the garlic cloves and saute for a minute more. Add water, heavy cream, coconut milk, salt and pepper, and bring to a boil. Simmer for another 15 minutes, stirring occasionally. Once done, use a hand blender to blend to smooth consistency. Pour into a soup bowl and serve hot!

### **Cauliflower Mac and Cheese:**

Cauliflower Florets (cut into bite sized pieces) – 1 large  
Heavy cream – 1 cup  
Cheddar (shredded) – 2 cups

Cream cheese – 1/2 cup  
Mustard sauce (full fat and no sugar) – 1 tablespoon  
Garlic clove (crushed) – 2  
Salt and pepper – as per your taste



In a large saucepan, add water and salt and bring to a boil. Add the cauliflower florets and blanch for about 5-7 minutes. Once done drain the water and let it sit on the flame for a few minutes more before transferring into a large baking dish. Preheat the oven to about 180-200 degrees Celsius. In the saucepan on low flame, add heavy cream. Slowly, add in the cream cheese, part by part and mustard sauce while whisking continuously. The sauce should be smooth with no lumps. Add 1 1/2 cup of shredded cheddar, salt, pepper, and garlic, and mix everything well. Cook for another minute or two until the cheese melts completely. Turn off the flame. You could add more salt and pepper if you wish. Pour this sauce generously over the cauliflower florets and stir gently to combine the two. Top it with the remaining cheese and bake until the cheese starts to brown and bubble. Allow to cool for a few minutes before serving!

## Is Indian Keto Diet plan really effective?

Oh yeah, it is. But before you actually go on a Keto diet plan, it is mandatory to consult with your physician or a diet and nutrition expert to be on a safer side. Considering all your medical conditions, they'll be able to tell you if Keto diet plan is ideal for you or not. They'll also be able to rightly guide you on what modifications need to be made if you are following keto diet plan for weight loss.

Hey! It's not over yet. Here are 2 sample veg Keto diet plan and non-veg keto diet plan, designed to help you begin your journey the right way. These Indian Keto diet plans have been planned in a way



that cover everything that you need to incorporate in your Indian Keto diet recipes, mindfully.

## KETOGENIC DIET PLAN – Non-Vegetarian

### Ketogenic Diet Plan (Non Vegetarian)



Early Morning  
Bullet Coffee

Breakfast

2 Egg Cheese Spinach Omelette



Mid-Morning  
Peanut butter fat bomb

Lunch

Olive oil and butter stir  
fried veggies (capsicum, cabbage,  
spinach) with shredded chicken



Evening

Black coffee/ Soy milk and  
1 slice of cheese

Dinner

Cream of mushroom soup and  
Coconut oil Shallow fried fish



## KETOGENIC DIET PLAN – Vegetarian

### Ketogenic Diet Plan (Vegetarian)



Early Morning  
Bullet Coffee

Breakfast  
Shredded tofu seasoned with  
onion spices and olive oil



Mid-Morning  
Vanilla flavoured unsweetened  
soy milk + 6 almonds

Lunch  
Spinach mushroom soup with butter  
and Paneer cubes tossed in ghee



Evening  
Peanut butter keto bomb and  
slice of cheese

Dinner  
Soy chunks seasoned with  
onion curry leaves and  
coconut oil with green salad



# **Common FAQs about Indian Keto Diet:**

## **Is it okay to eat so much fat?**

If you're looking for a straightforward and clear cut answer, then it is yes! Because that's how you go into Ketosis and get your body to burn those stored fats. Though it is difficult to go overboard with your fat intake, there is a chance that you might overeat. If weight loss is what you are looking at then you will need to keep a calorie deficit. It's best to keep a check on the amount of calories that you are needed to consume and stick to having that much only or maybe a little less.

## **How do I know if my body is undergoing Ketosis?**

There generally are visible changes that you'll start seeing when your body gets into Ketosis. Inch loss and weight loss start happening. In case you want to know, you could go for Keto diastix which you can find at any nearby pharmacy.

## **I have a medical condition, but I need to lose weight. Can I follow a Keto diet?**

Though Keto diet was designed to treat epilepsy, it's become a very popular diet that's being adopted worldwide. It helps stabilise sugar levels and also improves the functioning of insulin in your body. However, it's best that you check with your physician and a diet and nutrition expert before going ahead with it.

## **Is it okay for vegetarians to do this?**

Yes. But there are not many options for you to eat so ensure that you have a proper vegetarian diet plan planned in advance.

## **Can I workout during Keto diet?**

You can and you definitely should. Any diet is always supplemented with proper exercise. Just tweaking diet will give you results but slowly. The combination of good diet and proper workout is killer!

## **Too much urination and my urine smells fruity. Is this normal?**

Don't worry at all. Too much urination is because Keto diet is diuretic. Do not reduce your water intake. You don't want to get dehydrated! The fruity smells is because your body is getting rid of unwanted stuff during Ketosis.

## **Why does my breath smell so bad?**

It's one of the side effects of Keto diet is bad breath. You can chew sugar free gum or drink unsweetened flavoured water.

## **I am feeling tired and weak. How do I deal with this constant fatigue?**

This could be happening because your body probably has not gotten into a complete Ketosis. Or it could also be because your fats and Ketones are not being utilized efficiently enough. Reduce your carb intake. This should generally help. But if these symptoms persist then speak to an expert at the earliest.

## **How to deal with constipation?**

Worry not cause constipation too is common for people who are just starting Keto diet. Drink plenty of water and try consuming more fibrous vegetables like broccoli and cabbage. Also consume Chia seeds and Flaxseeds. Also coffee or tea could help. Multivitamin supplements are also advised.