keto therapy

FREE GUIDE

# The Keto Starter Guide

Everything you need for your first 7 days of keto — what to eat, what to skip, how to build a plate, and how to feel great from day one.

6 golden rules | Plate method | Food lists | 7-day starter plan | Keto-flu fixes

**The Keto Starter Guide**
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myketotherapy.netlify.app

WELCOME

# Your first step

Hello, I'm Mousa Khalife, a Certified Ketogenic Nutrition Specialist and the founder of My Keto Therapy. I created this free guide so you can start keto the right way — simply, safely and with real food.

Keto is not about eating bacon all day or counting every gram. It is a way of eating that lowers insulin, so your body can switch from burning sugar to burning fat. For many people that means steadier energy, fewer cravings, easier weight loss and better blood sugar.

## In 6 short steps you will learn


01 What keto is — in plain language

02 Is keto safe for you?

03 The 6 golden rules

04 Build your keto plate

05 What to eat — and what to skip

06 Your first 7 days


**Educational guide**

This guide is for general education and is not medical advice. If you have a health condition or take medicines, read Step 2 and talk to your doctor before you start.

STEP 1

# What keto is — in plain language

Your body can run on two main fuels: sugar (glucose) and fat (including ketones made from fat). Most modern diets keep us on sugar all day.

### 1. Fewer carbs, lower insulin

Bread, rice, sugar and sweets turn into glucose and raise insulin — the storage hormone. Cutting them lowers insulin.

### 2. Fat becomes the fuel

With low insulin, your body releases stored fat and the liver turns some of it into ketones — clean fuel for the brain and muscles.

### 3. Hunger settles

Protein, fat and ketones are filling, and there are no sugar crashes. Most people find two meals a day easy within 1–2 weeks.

### 4. It takes 2–4 weeks to adapt

The first week can feel tiring ("keto flu"). It is mostly a lack of salt and water — and it passes. Energy usually rises by week 2–3.

## What the research supports

| Area | What studies show |
|---|---|
| **Weight loss** | Ketogenic diets produced slightly more weight loss than low-fat diets over a year in randomised trials, and help control appetite. |
| **Type 2 diabetes** | Lowering carbohydrates has the strongest evidence for improving blood sugar, and many people reduce their medicines — under medical supervision. |
| **Triglycerides & HDL** | Usually improve. LDL cholesterol varies from person to person — so test it. |
| **Epilepsy** | A medical ketogenic diet has been used for drug-resistant epilepsy for over 100 years. |

STEP 2

# Is keto safe for you?

For most healthy adults, yes. But keto changes blood sugar, blood pressure and fluid balance quickly — so some people need their doctor first.

### Talk to your doctor before starting if you

- ✕ Take **insulin or diabetes tablets** (especially gliclazide, glimepiride or SGLT2 inhibitors such as empagliflozin)
- ✕ Take **blood-pressure medicines or diuretics**
- ✕ Have kidney, liver, gallbladder or heart disease, or gout
- ✕ Have cancer or are receiving chemotherapy or radiotherapy
- ✕ Take blood thinners (warfarin) or lithium
- ✕ Are pregnant, breastfeeding, under 18, or have a history of an eating disorder

### The weight-loss safety rule

If you lose more than 5% of your body weight in 6 months without trying, or your BMI is under 20 and falling, stop fasting and eat three protein-rich meals a day — and tell your doctor.

### Have a health condition?

My Keto Therapy has dedicated guides for type 2 diabetes, high blood pressure, PCOS, heart & cholesterol, and companion guides for 25 types of cancer — each with a medicine safety plan and a doctor discussion guide.

STEP 3

# The 6 golden rules

If you remember nothing else, remember these six rules.

1. **Keep net carbs at about 20–25 g a day**
   Almost all from vegetables. No sugar, bread, rice, pasta, potatoes or sweet fruit.
2. **Moderate protein — by the palm**
   Women about 1 palm (≈100 g cooked) per meal, men 1–2 palms.
3. **Healthy fat to fullness**
   Olive oil, avocado, olives, tahini, butter, ghee, oily fish.
4. **Two meals, no snacking**
   Week 1: three meals. From week 2: two meals. Only water, black coffee or plain tea in between.
5. **Salt, water and minerals**
   About 30–35 ml water per kg of body weight. Salt your food. Eat leafy greens and avocado.
6. **Sleep, move and breathe**
   7–9 hours of sleep, a 10–15 minute walk after meals, and a few minutes of calm breathing daily.

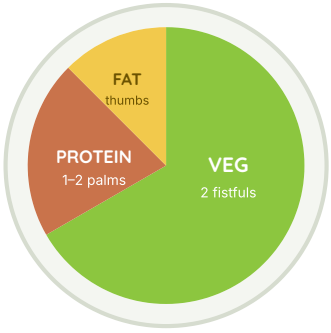
### What "net carbs" means

**Net carbs = total carbohydrates – fibre.** Fibre isn't digested into sugar, so it doesn't count.

STEP 4

# Build your keto plate

No scales, no apps. Your hand is always with you and sized to your body.




| Part | Hand measure | About |
|---|---|---|
| **Protein** | 1 palm (women), 1–2 (men) | 100 g cooked per palm |
| **Vegetables** | 2 fistfuls or more | Leafy & non-starchy |
| **Fat** | 2–4 thumbs | 1 thumb ≈ 1 tbsp |

## Three example plates

### Terwi'a

2–3 eggs (ijjeh) · labneh with olive oil · cucumber, tomato, mint · olives

### Grill night

Shish taouk · fattoush without bread · toum · grilled vegetables

### Fish day

Baked fish with tahini sauce · tabbouleh with extra parsley · olive oil

STEP 5

# What to eat — and what to skip

Choose whole, single-ingredient foods. If it grew from the ground or had a mother, it is a good start.

### Green list — enjoy

- ✓ **Protein:** eggs, chicken, lamb, beef, fish, sardines, shrimp, halloumi, akkawi, labneh
- ✓ **Vegetables:** leafy greens, rocca, purslane, cucumber, zucchini, eggplant, cauliflower, broccoli, cabbage, peppers, mushrooms
- ✓ **Fats:** olive oil, olives, avocado, tahini, butter, ghee, walnuts, almonds
- ✓ **Flavour:** lemon, garlic, za'atar, sumac, seven spices, herbs, mustard, vinegar
- ✓ **Drinks:** water, sparkling water, black coffee, tea, zhourat

### Red list — skip

- ✗ Sugar, honey, dibs, jam, sweets, ka'ak, maamoul, knefeh
- ✗ Bread, man'oushe, rice, burghul, pasta, potatoes, corn
- ✗ Chickpeas, lentils, beans, foul
- ✗ Juice, soda, jallab, sweet fruit, dates, dried fruit
- ✗ Seed oils for frying, fast food, 'low-fat' and 'diet' products

### In moderation

Tomatoes and onions (small amounts), berries (a handful), nuts (a small handful), cheese, cream and dark chocolate 85%+. They are keto-friendly, but easy to overdo.

### Read the label

Sugar hides under many names: dextrose, maltodextrin, glucose syrup, corn syrup, maltitol, "fruit concentrate". If any of these appear in the first few ingredients, leave it on the shelf.

STEP 6

# Your first 7 days

Three meals a day, no snacks. On day 7, try skipping lunch — that's your first step toward two meals a day.

| Day | Breakfast | Lunch | Dinner |
|---|---|---|---|
| **Day 1** | Ijjeh + labneh, olives, cucumber | Tuna or chicken salad with olive oil | Shish taouk + fattoush without bread |
| **Day 2** | Boiled eggs + avocado | Leftover taouk + cabbage salad | Baked fish + tabbouleh (cauliflower) |
| **Day 3** | Eggs in tomato (bayd bi banadoura) | Halloumi, rocca & walnut salad | Kafta tray + moutabbal |
| **Day 4** | Labneh, za'atar & olive oil plate + 2 eggs | Leftover kafta + salad | Lemon garlic chicken + roasted cauliflower |
| **Day 5** | Omelette with mushrooms & cheese | Sardines, cucumber & purslane salad | Lamb skewers + grilled vegetables + toum |
| **Day 6** | Ijjeh + labneh | Chicken shawarma bowl on lettuce | Stuffed eggplant (sheikh el mehshi) |
| **Day 7** | Halloumi & eggs terwi'a | Skip — try your first two-meal day | Mloukhieh with chicken + cauliflower rice |

## Shopping list

- 30 eggs, labneh, halloumi, butter or ghee
- Chicken breasts/thighs, minced beef, lamb cubes, white fish, 2 cans sardines
- Parsley, mint, rocca, purslane, lettuce, cabbage, cucumbers, zucchini, eggplant, cauliflower, mushrooms, lemons, garlic
- Extra-virgin olive oil, olives, tahini, avocados, walnuts
- Za'atar, sumac, seven spices, sea salt

## Your daily check

| Day | No sugar/bread | Water 2 L+ | Energy 1–10 |
|---|---|---|---|
| 1 | ☐ | ☐ | |
| 2 | ☐ | ☐ | |
| 3 | ☐ | ☐ | |
| 4 | ☐ | ☐ | |
| 5 | ☐ | ☐ | |
| 6 | ☐ | ☐ | |
| 7 | ☐ | ☐ | |

FEEL GOOD FROM DAY ONE

# Beat the keto flu

When insulin falls, your kidneys release extra water and salt. Headache, tiredness, cramps or dizziness in week 1 are almost always a lack of salt and water.

| Symptom | Quick fix |
|---|---|
| **Headache, tiredness** | A large glass of water with ¼ tsp salt, or a cup of salty chicken broth. |
| **Leg cramps at night** | More leafy greens and avocado; magnesium in the evening if your doctor agrees. |
| **Dizzy when standing** | Salt and water; stand up slowly. On blood-pressure medicine? Call your doctor. |
| **Constipation** | More vegetables, water and olive oil; 1–2 tbsp chia or ground flaxseed. |
| **Sugar cravings** | Eat more protein and fat at your meals; brush your teeth after dinner; they fade by week 2. |

### Check with your doctor first

If you have high blood pressure, heart failure or kidney disease, or take diuretics, don’t increase salt, potassium or magnesium without your doctor’s advice.

## Lebanese quick wins

### At home

Ijjeh, labneh & za’atar plates, moutabbal, fattoush without bread, tabbouleh with cauliflower, shish taouk, kafta, mloukhieh, stuffed eggplant.

### Eating out

Mixed grill with salad and toum, no bread or fries · grilled fish with tahini · mezze of moutabbal, labneh, olives and raw vegetables.

WHAT'S NEXT

# Ready for the full program?

You've done your first week. When you're ready to go further, choose the guide that fits your goal.

### The Metabolic Keto Program

The complete 28-day two-meal plan, 17 recipes, full food lists, electrolytes, the GKI and trackers.

### 28-Day Keto Weight Loss Program

The fat-loss plate, home workouts, plateau fixes and a maintenance plan.

### Lebanese Keto Recipe Book

35 Lebanese favourites made keto — with macros, swaps and a 7-day menu.

### Metabolic Health Guides

Type 2 diabetes · high blood pressure · PCOS · heart & cholesterol.

### Cancer Companion Guides

Evidence-based nutrition, supplements, exercise and an oncologist discussion guide for 25 cancer types.

### 1:1 coaching

A personal plan, coordinated with your doctor, with weekly follow-up.

### Continue with My Keto Therapy

Scan to explore the app, all the guides, or book a consultation.

**myketotherapy.netlify.app**

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