

DITCH THAT! EAT THIS!

GUESS WHAT, YOU DON'T HAVE TO GIVE UP YOUR FAVOURITE FOODS.

Here are some easy ways to ditch the foods that might blow you out of ketosis and cause inflammation with an easy 'What to Eat' instead!

DITCH



THE DRIVE THROUGH BURGER

Fast food restaurants are exactly that 'fast' and cheap. This translates to poor quality ingredients, fillers and flavourings just to make it taste good.

EAT



KETO BURGER SALAD

You won't miss a thing with this bad boy. Avocado, bacon, aioli, plenty of greens and of course the satisfying beef patty. I'm drooling thinking about it...

DITCH



CHARCUTERIE PLATE

Surely a salty plate of cured meat can't be bad? But generally they are loaded with nitrates and not exactly 'clean'. Also having that bruschetta on the side makes it hard to resist.

EAT



GRAZING PLATTER WITH PESTO

This is just as salty and meat filled, with added veggies, olives and of course pesto and olive oil for dipping.

DITCH



SWEETENED FRAPPE

It might taste great, but just one tablespoon contains 5 grams of sugar, which is about 25% of your total allowed net carbs! It might not sound like a lot, but don't forget the hidden carbs and sugars in the rest of your diet. Not only that but it contains other nasty ingredients like soybean and canola oil which are inflammatory.

EAT



BULLETPROOF COFFEE

When you have the right blend of ingredients with the right fats, you will get a delicious, yet amazing drink that will even crush your cravings.

DITCH



CHEESY MASHED POTATO

I don't think I have ever met someone who genuinely dislikes cheesy mashed potato. However with 35 grams of carbs in just one cup, it is a no no on keto.

EAT



CHEESY MASHED CAULIFLOWER

The best substitute is mashed cauliflower. I guarantee if you make it properly, you won't tell the difference.

DITCH



CRAVING PASTA?

Who doesn't love a good dish of Italian pasta. But the carbs in pasta, the protein in the meat and the fat in the cheese is a recipe for disaster.

EAT



ZUCCHINI PASTA

Take a peeler and shred some zucchini spaghetti. Pair this with your favourite pasta sauce, cheese, oregano and salt and pepper and kiss your pasta cravings goodbye!

DITCH



PIZZA

A good pizza is hard to resist, however pizza is loaded with all the wrong gut-wrecking fats and don't forget the carbs.

EAT



FAT HEAD OR CAULIFLOWER BASE PIZZA

You get to choose exactly what you want on your toppings by making your own slice of heaven.

DITCH



STEAK AND CHIPS

A family favourite, easy and quick to make, but super carb-heavy!

EAT



STEAK AND SALAD

Who said you have to give up your favourite food on Keto? Never heard of swede? Time to get to know your new bestie. It's high in potassium and low in carbs, the perfect fry replacement.