

**THE**  
**EASY KETO**  
**CHEAT**  
**SHEET**  
**SYSTEM**

*Transformations*

Welcome to

**The Stupid Easy Keto**

# **CHEAT** SHEET SYSTEM

Welcome! I'm so excited that you picked up my system. I designed it to hold a TON of information in a compact package, so you're not sifting through a book or endless search results to find what you need.

## **WHAT'S INSIDE & HOW TO USE IT:**

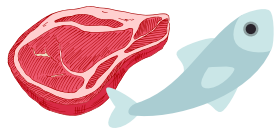
- 1- KETO MEAL FORMULA.** - START HERE. USE THIS FORMULA TO BUILD YOUR MEALS WITHOUT ANY RECIPES NEEDED.
- 2. MACROS CHEAT SHEET-** LEARN WHAT YOU NEED TO KNOW ABOUT MACROS THEN GO TO THE MACRO CALCULATOR AND CALCULATE YOUR OWN MACROS FOR SUCCESS!
- 3. KETO DIET TYPES-** REVIEW THE SUMMARY, PROS AND CONS OF 4 WAYS TO DO KETO, SO YOU CAN CHOOSE THE KETO LIFESTYLE FOR YOU. IF YOU'RE UNSURE, STARTING WITH SOMETHING YOU CAN STICK TO IS BEST; A MORE LENIENT STYLE MAY BE MORE APPROACHABLE FOR SOME PEOPLE TO BEGIN, WHEREAS STRICT RULES MAY BE EASIER FOR OTHERS TO AVOID A SLIPPERY SLOPE.
- 4. COMPLETE KETO FOOD LIST-** THE ULTIMATE SUPER DETAILED & COLOR CODED LIST, WITH NET CARB COUNTS AND SERVING SIZES, SO YOU'LL KNOW EXACTLY WHAT TO EAT. KEEP THIS LIST WITH YOU AND IN A VISIBLE SPOT AT HOME!
- 5. FOODS TO AVOID-** ANOTHER GREAT LIST TO KEEP ON HAND, THIS ONE COVERS WHAT TO AVOID AND WATCH OUT FOR.
- 6. HOW TO AVOID KETO FLU-** UNDERSTAND EXACTLY WHAT IT IS, THE CAUSES, AND SYMPTOMS. AND TO AVOID IT, USE THE ELECTROLYTE CHEAT SHEET.
- 7. ELECTROLYTE CHEAT SHEET-** THE WHOLE FOOD SOURCES FOR GETTING ENOUGH ELECTROLYTES. THESE ARE IMPORTANT ON KETO TO AVOID THE KETO FLU!

♥ Toni

# Keto *meal* formula

## PROTEIN + LOW CARB VEGGIE + FAT

### Protein

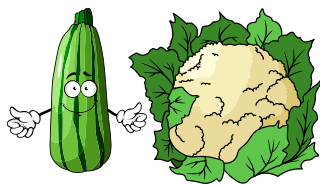


Steak	Turkey	Duck
Chicken	Salmon	Sardines
Pork	Shrimp	Crab
Eggs	Protein Powder	Bison
Lamb	Venison	Ground Beef
Sausage	Bacon	Ham
Deli Meats	Liver	Tuna



For more protein ideas, check the Meat, Protein, & Seafood section in the Keto Food List sheet.

### Veggies



Cauliflower	Cabbage	Pickles
Broccoli	Asparagus	Mushrooms
Zucchini	Radishes	Eggplant
Leafy Greens	Bell Peppers	Rhubarb
Cucumbers	Jicama	Green Beans
Brussels Sprouts	Celery	Onions
Spinach	Bok Choy	Kale
Lettuce	Watercress	Green Beans
Endive	Garlic	Okra

For more veggie ideas, check the Greens & Veggies section in the Keto Food List sheet.

### Fat



Butter	Lard	Olive Oil
Avocado Oil	Ghee	Cocoa Butter
Cheese	Mayo	Coconut Oil
Bacon	Nuts	Other nut &
Avocado	MCT Oil	seed oils

For more healthy fat ideas, check the Fats section in the Keto Food List sheet.

# All About *macros*

**MACROS** = PROTEIN, FAT, & CARBS THAT MAKE UP THE ENERGY IN FOOD

*TSTransformations.com*

**IDEAL  
KETO  
MACROS**

15%-30%

**Protein**

40%-70%

**Fat**

15%-30%

**Net Carbs**

**CALCULATE YOUR CUSTOM MACROS HERE:** <https://bee-xtreme.com/keto-calculator>

**Net Carbs:** The carbs that your body absorbs. Net carbs do not include fiber and other elements in food that your body does not process.

**Net Carbs =** **TOTAL CARBS - FIBER**  
**- SUGAR ALCOHOLS & ALLULOSE**

**WHY?**

Restricting carbs helps you enter the state of >>> *Ketosis* that means your body burns fat for fuel.

**CARBS ARE  
A LIMIT.**

KEEP CARBS LOW TO ENTER  
(AND STAY IN) KETOSIS.

**PROTEIN IS  
A GOAL.**

MEET THIS GOAL DAILY TO  
MAINTAIN MUSCLE MASS

**FAT IS A  
LEVER.**

EAT ENOUGH TO FEEL FULL,  
AND CHOOSE HEALTHY  
FATS.

# KETO FOOD LIST

- <1 g carb, enjoy more!
- <5g carb, enjoy moderately!
- <10g carb, enjoy moderation!
- Watch For Added Sugars

## GREENS & VEGGIES

	Serving size	Net carbs
Broccoli Rabe	1 c	0
Endive	1 c	0.1
Sprouts	1 c	0.1
Watercress	1 c	0.2
Beet Greens	1 c	0.2
Arugula	1 c	0.4
Spinach	1 c	0.4
Lettuce	1 c	0.5
Jalapeno	1 pepper	0.5
Romaine	1 cup	0.6
Bok Choy	1 cup	0.8
Chard	1 cup	0.8
Garlic	1 clove	0.9
Jicama	1 cup	5.1
Artichokes	½ cup	5.2
Leeks	½ cup	5.5
Spaghetti Squash	1 cup	5.5
Celeriac	½ cup	5.8
Turnips	1 cup	6.1
Pumpkin	1 cup	6.1
Rutabagas	1 cup	8.9
Lettuce	1 cup	1.2
Celery	1 cup	1.4
Shallots	1 cup	1.4
Cucumbers	½ cup	1.6
Poblano peppers	1pepper	1.9
Pickles	1 large	1.9
Kelp noodles	4 oz	2
Radishes	1 cup	2
Mushrooms	1 cup	2.2
Eggplant	1 cup	2.3
Asparagus	1 cup	2.4
Zucchini	1 cup	2.4
Yellow Squash	1 c	2.6
Cabbage	1 cup	3
Cauliflower	1 cup	3.2
Rhubarb	1 cup	3.3

Kale	1 cup	3.4
Bell Peppers	1 cup	3.6
Broccoli	1 cup	3.6
Fennel	1 cup	3.7
Collard greens	1 cup	3.9
Green Beans	1 cup	4.3
Okra	1 cup	4.3
Onions	½ cup	4.3
Bamboo shoots	1 cup	4.6
Brussels sprouts	1 cup	4.6
Scallions	1 cup	4.7
Shirataki Noodles	1 cup	4.7
Snow Peas	1 cup	4.9

## Fats

Avocado Oil	1 tbsp	0
Butter	1 tbsp	0
Cocoa butter	1 tbsp	0
Coconut oil	1 tbsp	0
Ghee	1 tbsp	0
Lard	1 tbsp	0
Mct oil	1 tbsp	0
Olive Oil	1 tbsp	0
Other nut & seed oils	1 tbsp	0

## Meat, Poultry, & Seafood

Food	Serving	Net Carbs
Beef- ground, steak, roast, veal	4 oz	0
Lamb- ground, chops, etc	4 oz	0
Bacon & sausage	4 oz	0
Pork- ground, chops, loin, ham, etc	4 oz	0
Poultry- chicken, turkey, duck, quail	4 oz	0
Game meats- bison, venison, etc	4 oz	0
Fish- cod, flounder, halibut, mahi-mahi, salmon, sardines, sea bass, tuna, trout, etc	4 oz	0
Liver, other organ meats	4 oz	0
Deli Meats	4 oz	0
Shellfish- clams, crab, lobster, mussels, oysters, scallops, shrimp, squid, etc	4 oz	0

## Dairy & Eggs

Food	Serving	Net Carbs
Eggs	1 egg (56 g)	0
Cheeses all kinds	1 oz (28 g)	0 - 1.5
Heavy cream	1 tbsp (15 g)	0.4
Mascarpone cheese	2 tbsp (28 g)	0.6
Sour cream	1 tbsp (12 g)	0.6
Half & half	1 tbsp (15 g)	0.7
Cream cheese	1 tbsp (14.5 g)	0.8
Coconut cream	1 tbsp (15 g)	1.7
Whole milk ricotta cheese	1/2 cup (62 g)	3.7
Whole Milk Greek Yogurt	1 cup (100 g)	4
Whole Milk Cottage Cheese	1/2 cup (105 g)	7.1

## Flours & Baking

Food	Serving	Net Carbs
Flax seed meal (plain or golden)	2 tbsp (11 g)	0
Gelatin	1 tbsp (7 g)	0
Glucomannan	1/2 tsp (2 g)	0
Protein powder (whey, collagen, etc.), unsweetened	1 scoop (~30 g)	0
Pork rinds	1/2 oz (14 g)	0
Psyllium husk powder	1 tsp (4 g)	0
Xanthan gum	1/2 tsp (0.7 g)	0
Pure extracts - vanilla, fruit	1 tsp (4.2 g)	0.1
Cocoa/cacao powder	1 tbsp (5.4 g)	1.1
Hazelnut flour	1/4 cup (28 g)	2
Peanut flour	1/4 cup (15 g)	2.8
Macadamia nut flour	1/4 cup (28 g)	2.9
Chocolate, unsweetened baker's or w/ sweeteners listed	1 oz (29 g)	2.9 - 3.4
Almond flour	1/4 cup (28 g)	3
Coconut flour	2 tbsp (14 g)	4
Sunflower seed meal	1/4 cup (28 g)	4

## Herbs & Spices

Food	Serving	Net Carbs
Basil	2 tbsp (5.3 g)	0
Cumin, ground	1 tsp (2.8 g)	0
Curry powder	1 tsp (2 g)	0
Red pepper, crushed	1 tsp (2 g)	0
Salt (sea salt, Himalayan, etc.)	1 tsp (6 g)	0
Chives	1 tbsp (3 g)	0.1
Cilantro	1 tbsp (1 g)	0.1
Dill	1 tbsp (0.6 g)	0.1
Mint	1 tbsp (1.6 g)	0.1
Parsley	1 tbsp (3.8 g)	0.1
Sage	1 tbsp (0.7 g)	0.1
Marjoram	1 tbsp (0.6 g)	0.2
Rosemary	1 tbsp (1.7 g)	0.2
Cayenne pepper	1/4 tsp (0.5 g)	0.2
Tarragon	1 tbsp (0.6 g)	0.3
Thyme	1 tbsp (2.4 g)	0.3
Bay leaves	1 tbsp (0.6 g)	0.3
Oregano	1 tbsp (3 g)	0.3
Mustard, ground	1 tsp (2 g)	0.4
Savory	1 tbsp (1.4 g)	0.4
Paprika (regular or smoked)	1 tsp (2.3 g)	0.4
Celery seed	1 tsp (2 g)	0.6
Nutmeg, ground	1 tsp (2.2 g)	0.6
Cinnamon, ground	1 tsp (2.6 g)	0.7
Cloves, ground	1 tsp (2.1 g)	0.7
Fennel seed	1 tbsp (5.8 g)	0.7
Cardamom	1 tsp (2 g)	0.8
Black pepper	1 tsp (2.3 g)	0.9
Allspice, ground	1 tsp (1.9 g)	1
Ginger, ground	1 tsp (1.8 g)	1
Chili powder	1 tbsp (8 g)	1.2
Turmeric	1 tsp (3 g)	1.3
Onion powder	1 tsp (2.4 g)	1.5
Cream of tartar	1 tsp (3 g)	1.8
Garlic powder	1 tsp (3.1 g)	2

## Condiments

Food	Serving	Net Carbs
Vinegar - white, apple cider	1 tbsp (15 ml)	0
Mayonnaise	1 tbsp (13.8 g)	0.1
Mustard	1 tsp (5 g)	0.1
Horseradish	1 tsp (5.6 g)	0.5
Chimichurri sauce	1 tbsp	1
Hot sauce	1 tsp (6.5 g)	1.2
Salsa	2 tbsp (36 g)	1.7
Dressings, creamy	2 tbsp (~30 g)	0 - 2
Lemon juice, lime juice	2 tbsp (31 g)	2, 2.5
Vinegar - balsamic	1 tbsp (16 g)	2.7
Pesto sauce	1/4 cup (61 g)	2.8
Dressings, oil or vinaigrette	2 tbsp (~30 g)	2 - 3
Coconut aminos	1 tbsp (15 ml)	6
Marinara sauce	1/2 cup (132 g)	7.4

## Sweeteners

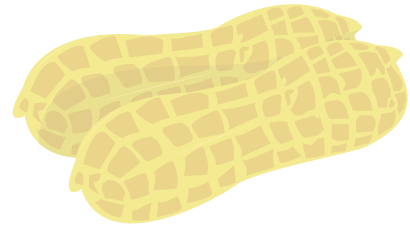
Food	Serving	Net Carbs
Allulose	1 tsp (4 g)	0
Chicory root	1/2 cup (45 g)	0
Erythritol	1 tsp (4 g)	0
Monk fruit	1 tsp (2.3 g)	0
Stevia	1 tsp (4 g)	0
Xylitol	1 tsp (4 g)	0

## Beverages

Food	Serving	Net Carbs
Broth - chicken, beef, bone	1 cup (241 g)	0
Hard liquor	1 fl. oz (27.8 g)	0
Tea	1 cup (237 g)	0
Water	1 cup (235 ml)	0
Coffee	1 cup (248 g)	0.5
Coconut milk, carton, unsweetened	1 cup (240 ml)	1
Almond milk, unsweetened	1 cup (240 ml)	1.5
Broth - vegetable	1 cup (211 g)	2
Coconut milk, can, unsweetened	1/2 cup (113 g)	3.2
Wine, red or white, dry	5 fl. oz (147 g)	3.1 - 3.7

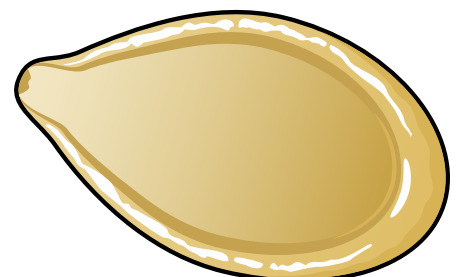
# Nuts & Seeds

Food	Serving	Net Carbs
Flax seeds	2 tbsp (20.6 g)	0.4
Poppy seeds	1 tbsp (8.8 g)	0.8
Pecans	1/4 cup (25 g)	1
Sesame seeds	1 tbsp (9 g)	1
Sunflower seeds	1/4 cup (11.5 g)	1.3
Brazil nuts	1/4 cup (33 g)	1.4
Hemp seeds	3 tbsp (30 g)	1.4
Pumpkin seeds	1/4 cup (32 g)	1.6
Macadamia nuts	1/4 cup (33 g)	1.7
Walnuts	1/4 cup (30 g)	2
Chia seeds	1 oz (28.35 g)	2.1
Hazelnuts	1/4 cup (34 g)	2.3
Almond butter	2 tbsp (32 g)	2.7
Peanuts	1/4 cup (36 g)	2.8
Almonds	1/4 cup (28 g)	3
Coconut flakes	3 tbsp (22.5 g)	3
Other nut butters - hazelnut, macadamia, pecan, walnut, etc.	2 tbsp (~32 g)	0.5 - 3
Pine nuts	1/4 cup (34 g)	3.2
Peanut butter	2 tbsp (32 g)	4
Pistachios	1/4 cup (31 g)	5
Sunflower seed butter	2 tbsp (32 g)	5.7



# Fruits

Food	Serving	Net Carbs
Avocados	1/2 fruit (100 g)	1.8
Olives	1/2 cup (67 g)	2.2
Coconuts, fresh	1/2 cup (40 g)	2.5
Blackberries	1/2 cup (72 g)	3.1
Raspberries	1/2 cup (61.5 g)	3.3
Strawberries	1/2 cup (76 g)	4.3
Cranberries	1/2 cup (55 g)	4.6
Tomatoes	1 cup (180 g)	4.8
Limes	1 lime (67 g)	5.2
Currants	1/2 cup (56 g)	5.3
Lemons	1 lemon (58 g)	5.4
Watermelon	1/2 cup (76 g)	5.5
Blueberries	1/2 cup (74 g)	8.9





# FOODS TO AVOID

**GENERAL RULES:** Check your labels.  
Avoid added sugar and starches.  
Steer clear of preboxed, processed foods, whenever possible.

## VEGGIES

Beans (kidney, cannellini, black, navy, pinto)  
Carrots  
Chickpeas  
Lentils  
Potatoes  
Sweet potatoes  
Peas  
Parsnips  
Taro  
Yams  
Yuca

## GRAINS & PASTA

All traditional pasta  
Barley  
Buckwheat  
Bread  
Cakes  
Corn  
Cereal  
Granola  
Oats  
Pastries  
Rice  
Rye  
Sorghum  
Tortillas  
Wheat

## FRUIT

Apples  
Bananas  
Cherries  
Dates  
Dried fruit  
Grapes  
Kiwi  
Mango  
Oranges  
Peaches  
Pears  
Plums  
Pineapples

## BEVERAGES

Beer (check labels)  
Coconut water  
Juice  
Mixed drinks (check ingredients)  
Soda  
Smoothies (check labels)  
Wine coolers

## HERBS, SPICES, CONDIMENTS

Barbecue sauce  
Jam  
Ketchup  
Soy sauce (estrogenic)  
Sweet dressings  
Teriyaki sauce  
Other sweet sauces

## FATS

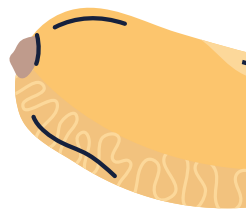
Margarine or other buttery spreads  
Soy, corn, canola, "vegetable," & cottonseed oils

## FLOURS, SUGAR & BAKING

Agave  
Brown sugar  
Cassava flour  
Coconut sugar  
Corn starch  
Corn syrup  
Honey  
Maple syrup  
Grain-based GF flours such as rice flour, oat flour, etc.  
Sweetened chocolate  
Tapioca starch/flour  
White or wheat flour  
White sugar

## DAIRY

Ice cream  
Milk (except heavy cream)  
Low fat cheeses  
Rice milk  
Soy milk  
Yogurt (full-fat ok in moderation)



# Keto Diet Types

## STRICT KETO

- Up to 20-30g net carbs daily
- Count all calories and macros
- Eat clean, whole foods
- Avoid ALL gluten & added sugar (even if carbs are low)

### PROS:

Trackable results, better nutrition

### CONS:

Highly restrictive

## Lazy Keto

- Up to 20-30g net carbs daily
- Track only net carbs OR eat keto foods without tracking
- Approach to food may be clean (like strict keto) or not (like dirty keto)

### PROS:

Easier to maintain

### CONS:

harder to accurately track results

*TS Transformations*

## DIRTY KETO

- Up to 20-30g net carbs daily
- If it fits your macros, eat it
- Monitor calories and macros closely
- Allows processed food, gluten, & added sugar if it fits your macros

### PROS:

Adaptable in many situations

### CONS:

Not nutrient dense; can lead to carb cravings

## LOW CARB

- Up to 50-100g net carbs daily
- Like lazy keto, but more lenient on carbs
- Moderate carb foods allowed

### PROS:

less restrictive; lacks benefits of ketosis

### CONS:

may not deliver results as quickly

# HOW TO AVOID

# Keto Flu

**keto flu:** The flu like symptoms you can get while transitioning into ketosis

## KETO FLU FACTS

- Starts 1-3 days after beginning keto
- It's not influenza (just feels like it)
- Lasts about 1 week
- It's not dangerous
- Not everyone gets it
- **It's PREVENTABLE & EASY TO CURE**

## Causes

- Electrolyte imbalance
- Dehydration
- Fat adaptation
- Sugar withdrawal
- Nutrient deficiencies



## Symptoms

- Headache
- Dizziness
- Fatigue
- Brain fog
- Nausea
- Muscle cramps
- GI distress
- Numbness/tingling
- depression

**... AND MORE!**

# EAT THESE TO GET MORE ELECTROLYTES (And Avoid Keto Flu!)

Supplement  
When Necessary

## ELECTROLYTE

## DAILY AMOUNT

## FOOD SOURCES

Sodium

4000 -  
7000mg  
per day

Salt  
Bone broth  
Boullion cubes  
Bacon  
Salted nuts  
Pickles + pickle juice

*Don't forget!!*

- Drink Lots of Water!
- Eat Only

When  
Hungry

- Eat Whole Foods
- Exercise!

Potassium

3500 -  
4700mg  
per day

Potassium chloride  
Avocado  
Bone broth  
Spinach  
Broccoli  
Mushrooms  
Leafy greens  
Zucchini  
Beef  
Pork

Magnesium

300 -  
600mg  
per day

Seaweed  
Seeds  
Nuts  
Avocado  
Leafy greens

