# An Easy To Follow Meal Plan For Those New To The Keto Lifestyle

So, you want to do keto?! Great! This is one of the best lifestyle changes you can make to improve your long-term health. There are a lot of diet plans available on the internet, but let’s be honest, most of them are pretty hard to follow. To make things easier we have put together a simple meal plan that is beginner-friendly to help you get a head start on healthy living.

Foods To Add To Your Pantry For Keto

Start your keto journey by reorganizing your refrigerator and pantry. Get rid of things that have excess sugar and carbs completely. If you don't live alone, consider setting aside a shelf or area for your ingredients.

You should have on hand:

* Fatty Fish
* Real Cheeses
* Poultry
* Red Meat & Game
* Eggs
* Natural Fats (butter, olive oil, ghee)
* Leafy green low fiber vegetables
* Nuts
* Fresh berries
* Fermented yogurt

Counting Carbs

Unlike most diets, you won’t be counting calories, instead, you will be counting carbs. For most people, you will need to consume 50 net grams of carbs or less each day in order to stay in keto. Ideally, you can hover between 20 and 30 net carbs just to be safe. The lower amount of carbs you consume the easier it will be to get and stay in ketosis.

Keto Meal Planning

Everyone has different tastes and when you have a diet plan that is too restrictive, it is already doomed to fail. With keto, you can eat many of your favorite meals with just a few changes. Our easy-to-follow strategy will help you reach your keto goals with ease.

Start by choosing your protein. This can be eggs, seafood, meat, fish, or even tofu. Then, you will need to choose two vegetables that are very low on the carbohydrate index to round out your nutrients. Add a healthy fat source like avocado or you can drizzle MTC oil or Olive oil on your meals to kick your fat-burning into overdrive. When you select your beverages, make sure to skip sodas, sports drinks, energy drinks, and fancy prepared coffees completely. Fruit juices are also a huge source of sugar and should be avoided. Water, black coffee, sugar-free tea, and the occasional glass of wine are all allowed. While you don’t have to count calories, it is important to maintain healthy portions to help further boost your weight loss and encourage a healthy eating style.