

# Is Your Body Ready For The Ketogenic Diet?

## GIVE YOURSELF 1 POINT FOR EVERY "YES"

- HAS YOUR HUNGER SIGNAL SWITCHED FROM HANGRY TO A GENTLE REMINDER THAT MAYBE YOU SHOULD EAT?
- IS YOUR ENERGY LEVEL CONSISTENT THROUGHOUT THE DAY?
- CAN YOU EFFORTLESSLY GET BY ON 2 OR 3 MEALS A DAY WITHOUT SNACKS OR FEELING HUNGRY IN BETWEEN MEALS?
- HAVE YOU COMPLETELY ELIMINATED SUGARS AND GRAINS FROM YOUR DIET (INCLUDING HONEY & MAPLE SYRUP), EATING LESS THAN 150 GRAMS OF CARBOHYDRATES PER DAY OR LESS?
- YOU HAVE COMPLETELY REMOVED VEGETABLE OILS FROM YOUR DIET. (CORN, SOY, CANOLA, COTTONSEED, SUNFLOWER, & SAFFLOWER OIL)
- YOU HAVE BEEN COMFORTABLY EATING A VARIETY OF NUTRIENT DENSE FOODS IN A MACRO COMBINATION OF HIGH FAT, MODERATE PROTEIN, AND LOW CARB INTAKE.
- YOU ARE GETTING IN REGULAR AEROBIC WORKOUTS AT A HEART RATE OF 180-AGE AND INCORPORATING LOTS OF GENERAL EVERYDAY MOVEMENT.
- YOU ARE CONDUCTING BRIEF HIGH INTENSITY WORKOUTS WITH FULL BODY FUNCTIONAL MOVEMENTS A FEW TIMES A WEEK ALONG WITH OCCASIONAL SPRINTS.

Before you align your macros with a ketogenic template make sure your body is using stored body fat for fuel.

- YOU HAVE EXCELLENT SLEEP HABITS.

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- ARE YOU MANAGING STRESS WELL. (INCREASED DAILY MOVEMENT, REGULAR BREAKS DURING THE DAY, DISCIPLINED USE OF TECHNOLOGY, SOCIAL TIME WITH FRIENDS, PERSONAL TIME FOR YOU, RELAXING BEDTIME RITUALS, AND CONSISTENT BED AND WAKE TIMES.)
- YOU HANDLE FREQUENT 12-14 HOUR OVERNIGHT FASTING PERIODS THAT CAN EXTEND TO 16 HOURS (8 PM -> NOON THE NEXT DAY) WITH STABLE ENERGY AND MOOD.
- YOU CAN SKIP LUNCH, OR SIMPLY HAVE A LIGHT SNACK AND CARRY ON PRODUCTIVELY UNTIL DINNER WITHOUT HUNGER PANGS OR LOSS OF MENTAL FOCUS.
- YOU ARE FREE FROM STRONG SUGAR CRAVINGS, HIGH-CARBOHYDRATE TREATS, AFTERNOON SLEEPINESS, POST-MEAL SLEEPINESS, OR EARLY EVENING BURNOUT WHEN YOU COME HOME FROM WORK.
- YOU RARELY NOTICE YOUR MOOD OR CONCENTRATION LEVELS ARE AFFECTED BY FOOD.
- YOU RARELY EXPERIENCE SIGNIFICANT HUNGER, SAY 2X/WEEK OR LESS.

| Making sure  
| your body is  
| fat adapted  
| first will make  
| it a more  
| enjoyable  
| experience. If  
| you're taking  
| medication it's  
| important to  
| work with a  
| physician

# Is Your Body Ready For The Ketogenic Diet?

## Did you pass?

IF YOU WERE ABLE TO SAY YES TO 75% OR MORE OF THE QUESTIONS (11/15) THEN YOUR BODY IS LIKELY READY FOR THE KETOGENIC DIET.

IF YOU DIDN'T GET ENOUGH YES ANSWERS DON'T WORRY. YOU SIMPLY NEED TO BUILD YOUR METABOLIC MACHINERY TO METABOLIZE FAT.

HOW DO YOU DO THAT?

FOLLOW A PALEO/PRIMAL EATING STYLE, LIFESTYLE, AND EXERCISE ROUTINE THAT ARE DESIGNED TO PROMOTE FAT BURNING. (5 NIGHTS OF CARDIO AT THE GYM ISN'T IT)

IF YOU'RE A DIY PERSON I OFFER AN ONLINE/E-MAIL PROGRAM. FOR 21 DAYS YOU'LL GET FOOD, EXERCISE, AND LIFESTYLE SUGGESTIONS SO THAT YOU GET THE PRIMAL STUFF RIGHT.

IF YOU NEED MORE HELP I OFFER PERSONALIZED COACHING TO COVER THE BASICS AND ALSO ADDRESS YOUR INDIVIDUAL NEEDS.

Need more  
help?

Check out my  
blog:

[jennifermichelle.co](http://jennifermichelle.co)

