



THE FASTING PODCAST **WOW**: EPISODE 142 LAZY KETO DIET

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The **Fasting** Podcast **WOW** (Wellness & Optimal Weight)



Host: Julie Phillips, CNHP



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### What Makes it Lazy?

- Traditional ketogenic diets specify how many carbs, proteins & fats/day
- Lazy keto only counts carbs (ideally less than 20g, max in extreme cases 50g), not having to count protein, fats or calories like traditional strict keto
- It is typically taught as a program that eats natural whole foods, not processed – a basic premise for our podcast promoting better health
- It is used by some to ease into traditional strict keto, some who achieved weight and body composition goals already, those not wanting strictness
- Potential benefits beyond being easier to accomplish include weight loss, blood sugar balance, insulin sensitivity, more blood pressure normalization
- Foods typically recommended: healthy fats (e.g. extra virgin olive oil, ghee or grass fed butter, MCT oil, coconut oil), organic protein (e.g. wild-caught fish, natural poultry including organic eggs, grass fed organic meat), full fat organic cheese (beware dairy allergies), low-carb organic veggies (e.g. leafy greens, cruciferous veggies, asparagus, green peppers), natural sweeteners (e.g. monk fruit or stevia if any is needed)





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### Cautions – Know Your Numbers



#### Glucose / Ketone Test Kit:

Self test 1 finger prick to get ketone reading, glucose reading and Glucose Ketone Index



- If too much protein is eaten, some of it can turn into carb stores as glycogen in muscles & liver, preventing ketosis or fat burning so **MONITOR** your ketones ideally with a **blood ketone monitor**
- If too little protein is eaten, one can lose muscle mass – use a **body composition scale** and learn more about protein in previous episodes
- If autophagy is a goal, too much protein can stop this beneficial process
- If too many calories are consumed, they can cause weight gain
- If too many fats are consumed, they will ALL be burned before stored fat (both subcutaneous fat and visceral fat clinging to vital organs)
- If eating food spans the bulk of the day, there might be no times for burning stored fat – so consider using this with intermittent fasting e.g. 6-8 hour eating window with 2 or even 3 meals in that time period
- After being successful for a while, consider a month of strict traditional keto, continuing to monitor w/body composition scale & blood ketone kit
- Listen to your body and tweak your choices to what feels best for you



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### Possible Next Steps



For questions and feedback with me at [Julie@JPWOWPrograms.com](mailto:Julie@JPWOWPrograms.com)

Check out our website: [www.JPWOWPrograms.com](http://www.JPWOWPrograms.com)

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## Stay Positive, Focused, & Determined Because Where the Mind Goes, **Energy Flows...** *Ernest Holmes*

