BODY BY ZELDA

SWEAT

DON'T STRESS

FINALLY
A BODY TRANSFORMATION PLAN
DESIGNED FOR WOMEN BY WOMEN

BY ZELDA DELGADO

BODY BY ZELDA

90 SHORT DAYS TO YOUR BEST BODY EVER

In this manual you're going to learn all about your

1. Hormones
2. Why you put on weight
3. Why it's hard to lose weight
4. Why we chose the Keto Diet for this program
5. Hydration
6. Supplementation
7. And so much more ...

General Disclaimer

All information, programs and and tools presented within the site, ebooks and Body By Zelda Challenge (or other) programs are intended for educational purposes only.

Any health, diet or exercise advice is not intended as personal advice you should follow without prior approval from your medical professional or dietician. No information or recommendations are meant as a medical diagnosis or treatment for illness or disease.

All nutritional and supplement plans are EXAMPLES ONLY and should not be followed without approval from a certified dietician. If you think you have any type of medical condition or other illness you must seek professional advice, even if you believe it may be due to diet, food or exercise.

Zelda Delgado and ZeldaDfitness is not a medical institute and therefore will not give any diagnosis or medical advice. By using our site, products or downloading the program you agree to our terms and conditions.

Supplement Disclaimer

All supplements listed are for example and educational purposes. As with any dietary or exercise alteration you should consult with a dietician and your medical advisor before continuing.

Several supplements may have negative and serious side effects if dosed incorrectly or taken when you have a medical contraindication.

Avoid supplements and consult with a doctor if you have any chronic health issue such as diabetes, high blood pressure, cholesterol, heart condition etc

Copyright

Abbreviations

BCAA = Branch Chain Amino Acids
Whey = Whey Protein Powder
Cal or Kcal = Calories
Carb = Carbohydrates
Pro = Protein
PRS = Perceived Recovery Scale
Macros = Macronutrients (Carbs, Fats, Protein)
DB = Dumbbell
BB = Barbell
PWO = Post Workout
Glutes = Bum Muscles

Welcome To BODY BY ELDA
90 Day Challenge

Welcome and congratulations on taking the first step to transform your body. This program provides you with all the tools you'll need to be well shaped and toned and bursting with energy. Of course, this isn't going to be easy, if it was we would all be in fantastic shape. There is going to be a lot of sweat, some hunger, muscle soreness and of course times when you want to quit.

However, if you keep to the plan and put in the work it's going to be worth it, I promise. If you've never done a rapid transformation before the sense of achievement is amazing and it will stay with you forever. You're about to achieve a body and lifestyle most people dream of, **in only 90 days**.

Quick Start Guide

Read this guide in full

Go through the workout plans and search any exercises you are unfamiliar with (videos coming soon).

Find a diet plan that suits your lifestyle. I highly recommend Keto, Paleo and Mediterranean

Tailor the diet plan to your preferences (i.e. remove any foods you dislike, can't prepare or do not fit your dietary principles).

Order any supplements that I recommend and you wish to take. I recommend "Bulk Nutrients" and Metagenics

Print or download the shopping list and head to the grocery store to stock up.

The next morning, take all your progress photos and measurements.

Read all the information about your menstrual cycle. (That's if you still get it). This is important for your success

Questions?
Check the FAQ document.

Start the workouts and diet from Day One. Train hard, eat well!

BE CONSISTENT EVERYDAY!

Little things to note before you get started

1. For the workouts we are keeping the equipment we need simple, so there's no need to stress. What you will need are dumbbells, skipping rope, resistance bands, Swiss ball and medicine ball and some cable work inside the gym.

2. For the days you'll be doing HIIT, I recommend that you download an interval timer. Set it to 60 seconds work and 60 seconds rest. Counting down reps will only slow down and you will lose that body and mind connection.

4. Your transformation success is measured on what you do daily. When you wake up - drink 2 glasses of water. Meditate for at least 30 min. Drink more water throughout the day, eat food that nourishes your body. Be grateful and get plenty of sleep

WOMEN ARE MORE SENSITIVE TO HORMONAL IMBALANCES RESULTING FROM DIETARY RESTRICTIONS

STAYING LEAN IS A SKILL YOU CAN LEARN

Your hormones control everything – and most importantly, when it comes to getting bikini ready, shaping a good body just for the challenge, your hormones control when & how your body stores or breaks down fat, they regulate your blood sugar levels, they influence your appetite and they control your cravings.

As a result, many women who diet don't just suffer constant food cravings, they also store more fat if they accidentally do give in or if they do the wrong kinds of exercises.

That's why when a woman wants fast fat-loss results – she has to follow a strategy specifically designed with her body in mind.

While there is no doubt in my mind that women can do everything men can do, it's good to note that we may in fact benefit from training differently due to differences in our hormones and our anatomy and physiology. This does not mean that women need to forgo being strong and fit, or training hard, it just means that there are ways women can get more out of their training that may differ from their male counterparts:

4 reasons why women should train differently to men

1. OUR STRUCTURE

While women should be able to perform the same lifts as the guys, some modifications may be necessary to suit the female body shape. Since women generally have wider hips, a wider stance for certain lifts, like squats and deadlifts, will be beneficial to reduce the valgus (inward) force on the knees.

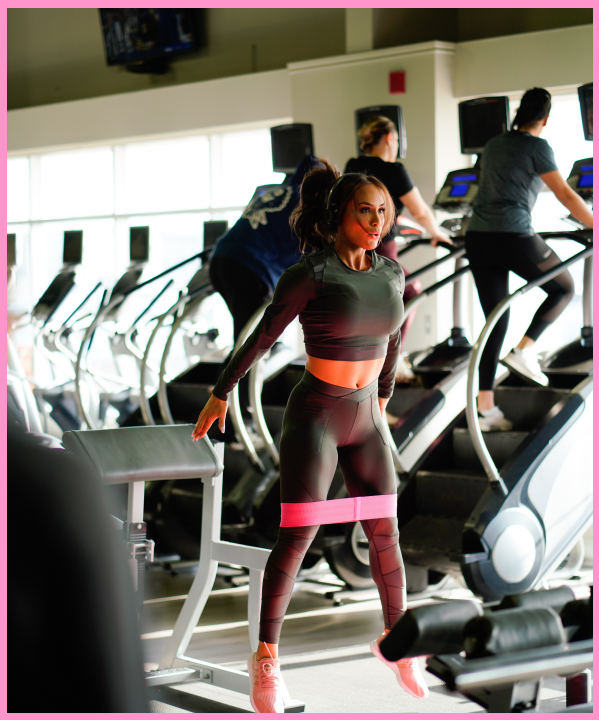
ITS IMPORTANT FOR WOMEN TO HAVE A STRONG BACK

Women also, have a naturally greater anterior pelvic tilt (bum out posture), which accentuates the curve in the low back. This can lead to a weak posterior chain (hamstrings, glutes, & calves) and increased pressure on the low back during heavier lifts, potentially causing low back pain. Having awareness on proper form, and appropriate core and hamstring strength is extremely important to avoid injury, so investing in a coach may be worthwhile. Be careful if you regularly wear high heels, as this tightens and weakens the posterior chain, making core and hamstring strength even more important.

As many men started lifting weights at a younger age than women, it is common that females may have a weaker core and ability to activate certain muscles, especially glutes, when starting out. I like to build core and glute strength with Pilates style exercises, to promote proper activation and reduce compensation, which men would benefit from too!

2. THE REPS

In trained men and women, muscle fiber types can have a massive effect on the individual's athletic abilities. Women generally have more type I fibers, or slow-twitch fibers, which are used for endurance exercises and take longer to fatigue (ex. distance running, high rep weights). On the flip-side, men generally have more type II, or fast-twitch fibers, which are used in short bursts and explosive, movements but tend to tire more quickly.



WOMEN CAN GENERALLY DO MORE REPS THAN MEN

Slower-twitch fibers is a benefitto female performance in that the slower oxidative fibers and higher oxidative capacity allow for increased endurance and recovery.

Higher estrogen levels mean women also tend to recover faster than men, as estrogen is an anti- catabolic hormone. Estrogen also aids muscles to repair, reduces the protein breakdown during exercise and protects muscles against damage. Because of this and a larger distribution of slow-twitch fibers, women are therefore more resistant to fatigue than men and can generally do more reps at a given intensity with shorter rest periods. To get the most out of training, women typically benefit perform more reps per set as a result.

3. THE INTENSITY

While most women are capable of having great endurance, our nervous system tends to be less effective than guys when it comes to explosive movements. Men can generate force quicker due to the difference in muscle fibers and having more muscle mass.

But, when it comes to high intensity, women tend to be able to maintain a higher intensity for a longer time than men can, under a sub-maximal load. Not only that, but women generally have the ability to recover quicker between intervals than men as well. That being said, our hormones are highly affected by training intensity, so too much high intensity can take a toll on our bodies. It can result in too much cortisol (a hormone that causes us to store fat), potentially leading to reduced functioning of our adrenal glands, thyroid, and nervous system. So, HIIT is great but in moderation to maintain optimal health.

HITT IS GREAT BUT IN MODERATION

4. OUR CYCLES

Fortunately for men, they don't have to deal with the never ending undulation of hormones that women face with menstruation. Because of the continuous rise and fall of sex-hormones, women experience a plethora of symptoms that affect training outcomes and performance. Since women experience these hormonal changes over the course of the month, their exercise plans may need to change as well.

Many women feel strong and perform really well for the first half of the cycle, when the female sex-hormone, estrogen, is at its highest. This is a good time to test heavy lifts, increase weights, or perform HIIT training, as the body will not only experience a higher pain tolerance, but greater confidence and motivation. Due to high levels of estrogen, the body will respond more efficiently to resistance training leading to greater, faster muscle gains.

In the second half of the cycle, estrogen levels decrease and progesterone increases, which can lead to fatigue, mood changes and other symptoms that can affect performance in the gym. During this phase it may be necessary to back off of the heavy lifting and increase endurance & cardio training at sub maximal loads, as the body is more efficient at burning fat in this time. The body will likely retain water in this phase as well, so exercising will help sweat out excess fluid.

Despite all these recommendations, it is important to listen to your body and pay attention to how it is feeling. We are all different, so finding an exercise routine that is optimal for your body is all part of the fitness journey!

5 HORMONES TO KNOW

Though innumerable bodily compounds are impacted by physical activity, there are five key hormones you should take note of when it comes to performance and physique results.

1. Estrogen

This hormone is produced in the ovaries and plays a major role in menstruation, pregnancy, bone strength and mood regulation. “Having the right amount of estrogen actually improves fat loss because it increases insulin sensitivity, decreases cellular fat storage and can suppress appetite. Estrogen also stimulates the production of human growth hormone (HGH), which up-regulates fat burning.

The trick is that estrogen levels need to be balanced, which becomes more difficult the closer one creeps to menopause; here, estrogen production decreases while testosterone is maintained. This imbalance results in a reduced sensitivity to insulin, which leads to belly-fat storage.

Short-duration, high-intensity circuit training is the perfect foil to decreasing estrogen because it causes a huge increase in HGH, helping women burn fat, build muscle and control blood sugar.

2. HUMAN GROWTH HORMONE

Secreted by the pituitary gland at the base of your brain, HGH facilitates lipolysis, increases bone strength and stimulates muscle growth.

Growth hormone also facilitates protein synthesis for faster recovery and regulates fat metabolism. An HGH deficiency can lead to the accumulation of body fat. Because women produce less testosterone, they depend more on growth hormone to build lean muscle and metabolise fat.

WOMEN DEPEND ON HGH TO BUILD MUSCLE AND METABOLISE FAT

Mounting evidence suggests that HIIT is one of the most effective workouts to boost HGH response — specifically in women. Women have a higher release of HGH in response to intense exercise than men, likely due to higher estrogen levels. Workouts that leave you breathless, cause that “burn” and push your limits physically will amplify HGH response, he adds.

3. TESTOSTERONE

Contrary to popular belief, women do produce testosterone, just in smaller amounts than men. This hormone plays a key role in the development and maintenance of muscle size and strength and energy levels and bone density. It also works to reduce fat stores, specifically in the abdomen. “For women, the maintenance of bone density and muscle mass is important, as both tend to deteriorate with a

Research suggests that high-intensity exercise stimulates testosterone production, and lifting heavier weights to elevate intensity is one of the best natural solutions for women to combat low or declining testosterone. Also, consider some lifestyle changes. There are several potential causes for testosterone deficiency, among them the use of birth control pills, antidepressants, soy milk, a vegetarian diet or other psychological factors.

4. CORTISOL

Cortisol is a Jekyll and Hyde hormone — as good as it is for some things, it is equally as bad for others.

Cortisol rises with the onset of anxiety and tension, subsequently reducing insulin sensitivity and impairing your ability to burn fat and build muscle. If cortisol remains chronically high, your blood sugar and blood pressure will rise, you'll store more calories as fat and your immune system will be suppressed. You also may feel wired or anxious in the evening, making it hard to sleep.

But on the Hyde front, cortisol is required for optimal health and can actually burn fat under the right circumstances: Growth hormone and catecholamines (dopamine, epinephrine and norepinephrine), which rise during exercise, can accentuate the ability of cortisol to burn fat while suppressing its potential to store it.

Short, intense bouts of exercise serve to elevate cortisol as well as HGH and catecholamines. You want cortisol to be high during exercise. Catecholamines work synergistically with cortisol and other fat-burning hormones to aid in the release of fat, especially abdominal and visceral fat.

5. IRISIN

Irisin is often referred to as the “exercise hormone,” serving as a link between exercise and its benefits by increasing energy expenditure and reducing insulin resistance.

Irisin helps rewire your body to battle fat. It activates the genes that transform white fat — inert, stored calories — into brown fat — metabolically active, calorie-burning tissue. Irisin also increases the ability of your fat cells to burn calories at rest while also preventing new fat cells from forming.”

Normally, your body produces only small quantities of irisin, but exercise — specifically intense interval training — boosts its production: Research done with women shows that single afternoon sessions of both moderate-intensity and HIIT training raised irisin levels by 12 percent.

Body by Zelda Challenge Starting Point

As with any program / plan it's important to record and monitor progress. Firstly, you must do this to see how it is working and make adjustments as necessary. Secondly, when you achieve eye catching results you will kick yourself for not having progress / starting measurements and photos (trust me!).

On Day 1 you will take clear, good quality photos of yourself. Ideally, this will be in a bikini (this is a body shaping transformation plan after all!) and against a white wall or plain background. Don't worry if this is uncomfortable and you hate it right now, most people do. However, only you can see it and you'll be glad you recorded it going forward!

Every 2 weeks you will take the same measurements and photos. Again, make sure they are taken first thing in the morning and photos should be taken in the same place. It's also important that the measurements are taken in the same place, an inch higher or lower can totally change the outcome.

	Week 0	Week 2	Week 4	Week 6
Scale Weight				
Belly Button Measure				
Hip Bone Measure				
Bum Measure				
Right Arm Measure (Tensed)				
Right Leg Measure (20cm Up From Knee)				
Front, Side & Back Photo Taken				

	Week 8	Week 10	Week 12
Scale Weight			
Belly Button Measure			
Hip Bone Measure			
Bum Measure			
Right Arm Measure (Tensed)			
Right Leg Measure (20cm Up From Knee)			
Front, Side & Back Photo Taken			

Goal Setting

30 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

60 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

90 Day Goal	
Goal 1:	
Goal 2:	
Goal 3:	

Example Goals:

> Lose 5 kgs of fat in 30 days
> Reduce waist circumference measurement by 2cm in 30 days
> Add 5 kilos to my squat 10 rep max in 30 days
> Reduce a dress size in 30 days
> Lose 10 kilos fat in 90 days
> Drop 3 dress sizes in 00 days
> Workout 5 times per week consistently for 90 days
> Only have 5 cheat meals in 90 days
> Stick with my diet and the diet plans for 90 days

Improve ……. marker of health in 90 days

HYDRATION

How much water do you drink? If you don't know it's probably not enough. If you are making a guess, it may likely be under. If you are not drinking enough water, your nutrition plan will without question be much less effective in transforming your body. Water is the single most important component in losing fat and keeping it off.

You should drink 0.033 of 1 litre of water per day for every kilogram of body weight. If you weigh 85 kg, that is 60 x 0.033 = 2.805 litres of water. For every glass of coffee or tea you consume, it's advised that you have an extra glass of water, as caffeine will dehydrate you. The amount of water you drink should also be increased if you exercise, or if the weather is hot and dry, as you will lose some through perspiration.

Water is your body's most important nutrient. It is involved in practically every bodily function, and makes up 70–75% of your total body weight. Some of its main functions include; maintaining regular body temperature, metabolising body fat, aiding digestion, flushing toxins from your body, lubricating and cushioning organs and transporting nutrients throughout your body. Not to mention, water makes up 85% or your brain, 80% of your blood and 75% of your muscle! It is easy to see why it is such a vital part of our lives.

TIP

Add lemon to your water for the extra health benefits: I Rich in Vitamin C I Helps maintain PH levels in our body I Helps flush out toxins and aids in digestion I Great source of citric acid, potassium, calcium, phosphorus and magnesium I Reduces pain and inflammation in joints I Helps strengthen your liver I Great for your skin

ALL ABOUT NUTRITION

WHY KETO AND HOW WILL IT HELP

The keto diet is essentially a high-fat diet — your meals are 70 or 80 percent fat; about 20 percent protein; and about 5 percent carbohydrate. It is not an Atkins high-protein diet.

The keto diet switches you from burning glucose (which carbs provide) to burning ketones (which fat produces) for energy. When you do this, interesting things happen:

- Your metabolism speeds up.
- Your hunger goes away.
- Your muscle mass increases.
- Your blood pressure and heart disease risk profile improve.

WHY WILL EATING FAT HELP YOU BURN FAT?

Biology is smart. Historically, it allowed our bodies to adapt to times of abundance or scarcity by shifting from carbohydrate metabolism to fat metabolism.

When we found lots of wild fruit, we'd store the carbs as belly fat. Later, in lean times, we would use the fat as a backup source of fuel.

THE KEY IS THIS:

Eating fat does not make your insulin go up, as eating carbs or protein does. So the keto diet does not spike your insulin, and you don't store fat. Instead, you burn it, creating the ketones that give you an effective and efficient metabolic jolt.

The keto in medicine - Where it all began

One of the most commonly known uses of ketogenic diets is for the treatment of paediatric epilepsy. In the early 1900s, Harvard Medical School researchers reported improvements in seizure control after fasting due to a change in the metabolism. It was found that the absence of food, specifically carbohydrates, forced the body to utilize fat for energy. In the 1920s, the ketogenic diet originated to treat seizures; the goal was to achieve ketosis without causing malnutrition. The diet is still used in seizure management to this day, particularly in children who do not respond to modern pharmaceutical treatments.

Here are a few reasons why doctors are recommending some of their patients will do great on the keto diet:

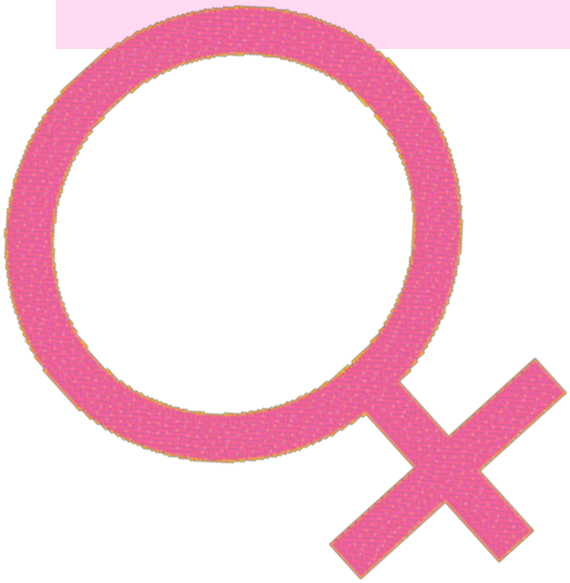
- **Type 2 diabetes.** One study found that being on the keto diet for one year reversed diabetes for up to 60 percent of participants. With an average weight loss of 30 pounds, they dramatically reduced or eliminated their need for insulin and no longer needed oral hypo-glycemic drugs. The keto diet is also easier to sustain than the calorie-restricted diet or the protein-sparing modified fast.

- **Morbid obesity.** If your body mass index is over 40 — or if you have insulin resistance without type 2 diabetes — the keto diet can be very helpful as well. It can be used as a short-term strategy to reset your metabolism; you don't have to be on it forever.

Clearly, the ketogenic diet is the standard of care for treatment-resistant epilepsy. But we're also seeing its benefits in other neurological conditions. Research suggests the keto diet can bring improvements for those with Alzheimer's disease; autism; or brain cancers such as glioblastoma.
So the keto diet can be a powerful intervention. People with type 2 diabetes and or/morbid obesity can do phenomenally well on it. (And the truth is, this describes many Australians; one in two of us are now are either prediabetic or type 2 diabetic, and 70 percent of us are overweight.)

But it's vital to work with a doctor or health professional who can treat and follow you while you're on the keto diet.

KETO FOR WOMEN



Now that we have a general understanding of what keto is, we can start exploring the diet in the context of the female body.

Women respond to diets differently than men, yet most dieting advice is geared toward men. As a member of Body By Zelda, you will learn how our bodies respond to carbohydrate restriction and weight loss efforts and discover effective strategies to optimize body composition and restore hormonal imbalances.

Our goal is to safely lose body fat using keto as an effective fat-burning tool—not to lose weight at all costs!

So let's start by addressing why it's so much harder for ladies to lose weight and discuss exactly how ketosis and a keto diet can help.

Why It's Harder for Women to Lose Weight (+ Why Ketosis May Help)

If you and a man start a weight loss program together, exercise the same and stick to your calorie goals, that man is way more likely to not only lose more weight, but also do so faster.

NO, IT'S NOT FAIR; IT'S SCIENCE.

Women have more obstacles standing in their way to weight loss, including:

Evolutionary makeup. As a female always preparing for potential pregnancy, you naturally have at least 10% more body fat stores and less muscle mass than males.

And since muscle burns more calories than fat, guys typically have a higher metabolism as well. This means they get to burn more calories at rest than women, making weight loss easier for them.

Undiagnosed PCOS, or polycystic ovary syndrome, is the most common endocrine disorder affecting almost 10% of the female population yet 70% of women affected don't know they have it.

This hormonal imbalance causes irregular periods, insulin resistance, weight gain and difficulty staying out of the overweight/obese range.

Menopause also causes the kilos to pack on, specifically in your lower abdomen. Your slower metabolism and your decreasing hormones create what's affectionately referred to as a "meno-pot", or menopause pot belly.

These are just a few big reasons why you'll have a harder time losing weight as a woman. But this doesn't mean keto doesn't work for you.
In fact, doing keto as a woman can be excellent for your health when you do it right.

Start keto and you'll switch your body from running on carbs (and using glucose for energy) to running on fat (and your muffin top reserves). What this means as a female is you get to:

Use your fat stores to your advantage

When your body becomes fat-adapted it will recognise fat cells as a fuel source, meaning you can eat fewer calories while letting your body work off your fat stores for energy.

Improve insulin sensitivity

By reducing the amount of sugar (and insulin) in your bloodstream, you may naturally resolve PCOS, fertility and insulin resistance issues preventing your weight loss.

Restore your hormones.

Carbs and excess sugar in your diet have serious effects on your hormonal balance. Reset your hormones with keto and you'll start to see the scale budge in your favour.

How Is Keto for Women Different than for Men?

Women have to think about and juggle these seven situations men don't usually have to deal with when they go keto:

#1. Hormones

Female hormones are tied to everything from reproduction to stress to metabolism. They also fluctuate based on menstrual cycles, lack of sleep and fewer carbs.

So even though guys have hormones too, yours are especially sensitive to dietary and lifestyle changes.

And since the keto diet is a fairly drastic switch for your body to handle, you can wreak havoc with your hormones if you're not careful.

You may notice:

- **Lower estrogen levels** on a keto diet if you're in your baby making years. One reason for this may be eliminating processed foods which contain a crazy amount of soybean oil. You'll want to watch this as low estrogen levels can lead to a lower sex drive, vaginal dryness, and disruptions in both your sleep and mood.

- **Higher estrogen levels** if you're in menopause or the time right before it. Your estrogen levels are naturally declining during this time so a high fat diet like keto is actually a good thing here.

- **Increased cortisol**. Known as a stress hormone, cortisol goes nuts when it feels there isn't enough glucose in your system to handle stress.

But when you have more sugar floating around in your blood, you'll also increase insulin and that blocks weight loss.

#2. Your Period

No matter what you call it, periods suck. And women have to deal with them and those uncomfortable PMS symptoms every month (if they're regular).

What makes PMS so difficult on a keto diet?

- **Cravings for sweets are much more intense, which obviously makes staying in keto a next-level challenge.**
- **You feel bloated and weigh more** since you're holding on to more water.
- **Digesting food is a serious struggle** because you're so bloated and pain seems to be radiating from your belly down so you're probably not even hungry. You may want to pass on meats and fibrous veggies in favour of easier foods to digest like seafood and brothy keto stews and soups.
- **Headaches are no joke** and can compound into a keto headache if you're not watching your water and electrolyte balance.
- **Cramps.** Just the word alone makes you angry and want to huddle over with a box of chocolates, a plate of nachos or a pint of ice cream.

Guys get a pass on all these issues so it's way easier for them to stay in ketosis all month while you're miserable for two weeks.

KNOW WHAT ELSE CAN MAKE YOU FEEL CRUMMY

#3. Going Too Low Carb Too Fast Can Make Life Worse

While eating too few carbs isn't recommended for men on keto, you definitely can't let this happen as a woman.

Since your body is super sensitive to dietary changes, the sudden decrease in carbs may send your body into the proverbial "starvation mode" where it will shut down fat burning and hold onto all your calories because it thinks you're in famine.

This shock to your system will not only cause hormones like cortisol to stall weight loss, you may actually gain weight in the process.

Simply adding a bit more carbs to your diet may give your hormones the green light that everything's ok and it can start the weight loss process instead of hoarding your fat.

You'll need more carbs in your diet if you are:

- Very active during the day
- Crushing killer workouts at moderate- to high-intensity at least 3x a week
- Bodybuilding/putting on lean muscle
- Having trouble recovering after your workouts
- In a weight loss stall
- In the perimenopause or menopause stagePregnant or breastfeeding

We'll talk more about how to control carbs the right way later.

But you also need to watch your **CALORIES** — and not in the way you may be used to.

#4. Danger: You May Not Eat Enough Calories

A keto diet naturally suppresses your appetite so you're hungry less often. While it's amazing to not be on the hunt for food 24/7, this perk may cause you to forget to eat entirely.

You may think that sounds amazing, but it's pretty unhealthy.

Yes, you need to create a calorie deficit in order to lose weight, but you also need to give your body an adequate amount of calories to perform its many important jobs.
So get over your fear of fat and embrace it in the name of weight loss.

While you're diligently cutting carbs, you may need more fat on a keto diet as a woman if you're:

- Active and burning off a lot during your day or workouts
- Pregnant or breastfeeding
- Experiencing irregular periods
- Suffering regular brain fog
- Prone to bacterial infections like UTIs, SIBO and yeast infections
- Craving sweets and caffeine on the regular.

#5. Pregnancy & Breastfeeding

Trying to get pregnant and not finding any luck?
A ketogenic diet is one of the most helpful ways to improve your chances of conceiving.

Most women learn they have fertility issues stemming from PCOS, which can cause your ovaries to stop ovulating and make pregnancy pretty impossible. But in a study on women with PCOS, two women who previously struggled with infertility became pregnant when they switched to a low-carb keto diet.

What about keto during pregnancy?

You can use keto with a bun in the oven.

Our guide on ketosis during pregnancy covers this topic more in-depth so here's a quick recap on what you need to do:

- **Don't aim for weight loss while you're pregnant.** Your growing baby needs all the nutrients and calories possible to form vital parts of their body.
- **Skip intermittent fasting**, again because your baby will be starved of the nutrients it needs to grow and fully develop.
- **Up your carbs** because glucose is necessary for building muscles and other critical internal structures.
- **Don't cut calories when breastfeeding** as that's what's responsible for your milk production. You'll notice less milk supply the fewer calories you eat.

#6. Mealtimes Can Be Tough

If you're responsible for cooking and preparing all the meals in your house, you may feel burdened to make both keto and non-keto options — especially if you have children.

This will quickly take a toll on your willingness to stay in keto if you don't have help to prep all your meals and those for everyone else.

Plus, since women tend to view mealtimes more as social gatherings than refueling sessions, it can feel isolating sticking to your keto guns while everyone around you happily gorges on your old faves.

So is all hope lost for women wishing to achieve success on keto?

Not on our watch!

HOW TO NAIL KETO FOR WOMEN

A keto diet for women doesn't have to be a fail for your body — it can be the biggest step up for your health.

Let's start with the biggest tip you'll need to follow for a keto diet to work first:

#1: Limit Your Carbs Slowly

Unlike dudes who can decide to start a keto diet any random day and go from 300g of daily carbs in the Standard American Diet (SAD) to 25g, women need a little more time to adjust as we discussed.

If you haven't started a keto diet yet, begin by tracking your regular food intake.

This will not only give you practice for measuring your food and tracking your macros in keto, it will also give you an average carb baseline for your body. Let's say you're a typical American gal eating 250g of carbs per day.

Though you'll get into ketosis faster the fewer carbs you eat, it doesn't take drastic measures to find success.

When 24 women followed a low carb diet for eight weeks, they lost an average of 19 pounds and experienced significant reductions in their blood sugar levels, insulin resistance, triglycerides and free testosterone levels by simply limiting their net carbs to 70g per day[*].

That shows you don't have to stay under 25g right off the bat to see results. Try this blueprint to ease your hormones into low-carb living:

1. **Week one of your keto diet** should begin with a goal of no more than 150g of daily net carbs. See if you can finish this first week somewhere near a daily 100g mark.

2. **On week two of your keto diet**, do the same thing; start around 100g early in the week and end close to 50g per day.

3. **By the third week** you'll be well on your way to the under 25g zone and near or in ketosis.

This gradual carb reduction will let your body adjust and adapt while you see what life is like with fewer carbs. Just make sure to listen to your body. If you're feeling tired, unable to finish your workouts and hungry often, you may need to add a few more carbs to your day until you're fat adapted.

THIS NEXT TIP ALSO WORKS WONDERS FOR BREAKING WEIGHT LOSS STALLS.

#2: Try Intermittent Fasting

How do women bust through their evolutionary fat reserves and kickstart weight loss ASAP?

With intermittent fasting! 😀

Intermittent fasting is when you go 14–18 hours without eating any meals or snacks.

The most common type of intermittent fasting (IF) is the 16/8 method, which is when you fast for 16 hours of the day and only eat during a specific 8-hour window.

Intermittent fasting gives your body a break from the tiresome work of digesting foods.

During this time off, your body will work on repairing itself and balancing your hormones instead of going through the rigamarole of digestion.
And when your body finishes all these chores and gets a bit peckish, it will use your fat reserves for energy so you don't take in more calories than you burn.

Fasting helps you reach ketosis faster so you lose weight sooner. One study showed over 84% of participants practicing IF saw significant weight loss results in just two months[*].

IF also preserves muscle mass while encouraging pure fat loss. When participants were split into groups in another trial, they consumed the same amount of calories but some used IF while others skipped it.

Researchers noticed IF participants not only lost more weight, they kept their muscles and lost pure fat instead[*].
Since we know muscles increase your metabolism and burn more calories at rest, this is a double whammy of greatness.

Research also shows intermittent fasting can lower your:

- ✔ Heart disease risks[*]
- ✔ Cholesterol levels[*]
- ✔ Inflammation[*]

And in one study of close to 2,500 ladies, researchers had women extend their overnight fasting and learned[*]:

🔷 Those fasting less than 13 hours had an increased risk of breast cancer compared with those who fasted 13 hours or more.

🔷 Each 2-hour fasting increase was associated with lower blood sugar levels and longer night time sleep.

The easiest way to get into intermittent fasting is by eating a light dinner before 8 pm, tucking in for a full night's rest and not eating when you wake up until you've hit the minimum 14-hour fasting mark.

Since you should be getting eight hours of sleep every night, you're already halfway through your fasting portion by the time you wake up.

Try to fast every other day. Don't do endurance runs, HIIT or heavy strength training during this time as you'll most likely burn out. Try yoga or long walks with your dog instead.

#3: Learn How to Smartly Feed Your PMS Cravings

We're not all the same when it comes to PMS food cravings, but generally women around this time of the month dream of chocolate, carbs and high calorie junk food. Usually it's something sweet and something salty. Luckily Body By Zelda has you covered with a few keto recipes for PMS when the storm hits:

And by all means stay away from the scale before and during your period week for your mental and emotional health.

Try not to ignore the gym — exercise does help with cramps, after all[*].

#4: Add Resistance Training

Consciously building muscles won't turn you into a jacked meathead.

Having more muscles will boost your metabolism, burn more calories at rest and make your physique look better despite not losing any weight.

Plus, strength training led to better reproductive function and decreased belly fat in a four-week study of 45 sedentary women with PCOS, which is no easy feat[*].

Body By Zelda is designed to boost your metabolism, burn fat and transform your body shape in as little as 12 weeks

You just need to be consistent, follow the program can keep track of all your workouts in your journal.

#5: Track Your Food Intake and Keep a Keto Journal

You'll need to track your food intake on keto to make sure you're hitting all your macros (and not going over your carbs or protein). You may want to use a food tracking app to keep all these calculations organised.

But you should also consider keeping a keto journal.
Since the female body is so sensitive to changes, you can use this space to record how you're feeling in keto life. Here you'll be able to monitor stats and changes like your:

- Body goals
- Weight Body measurements
- Exercises
- Moods and emotions
- Energy levels
- Workout recovery
- Cravings

Even though you may not feel like tracking all this stuff, it will be astoundingly helpful for your doctor over the long term. You may be able to pinpoint patterns or even foods you don't tolerate well.
And if your body needs extra supplements, you'll have a better understanding of which ones will help the most.

#6: Consider Keto-Friendly Supplements

Women are more prone to urinary tract infections (UTIs) but the go-to cranberry juice prevention and remedy has way too much sugar to be keto friendly.

Don’t stop taking this powerful antioxidant, just find a low-carb **cranberry extract** supplement you can pop for all the same benefits.

You can also add **collagen protein** to your diet for better hair, nails, skin, joints and digestion.

If you don’t know all the benefits of collagen, now’s the time to find out.

You Got This, Girl!

CALCULATE YOUR MACROS

Keto Macronutrients (aka Keto Macros)

This section will help you determine keto macronutrients to target your unique body composition and energy needs.

When it comes to the nutritional composition of our food, macronutrients are the components that provide energy to the body.

In other words, macronutrients–aka “macros”–give us the fuel we need in the form of calories.

This fuel is used to support our activities.
In ***excess***, the fuel is **stored** as energy in the form of body fat.
In a ***deficit***, the fuel is **taken** from our energy stores (aka body fat).

The good old calories in, calories out concept! Energy balance applies to keto diets too.

The three macronutrient groups are **CARBOHYDRATES, FAT, and PROTEIN**.

Per gram, each macronutrient group provides different amounts of energy (calories).

- **Carbohydrates** yield 4 calories per gram
- **Proteins** yield 4 calories per gram
- **Fats** yield 9 calories per gram

Calories on Keto

Calculating your macros helps you to partition your planned calorie intake in a strategic way to support both ketosis and your goals.

The body's energy needs, or total daily energy expenditure (TDEE), can be estimated using a formula to determine metabolic rate and accounting for activity levels.

The **Mifflin-St. Jeor formula** is used to calculate our daily macros. It has been demonstrated to be the most reasonably accurate formula for resting metabolic rate of the female body at different weights (from healthy weight to severely obese).

In other words, the formula used in this section will provide you with a fairly realistic ballpark estimation of calorie needs for women of all shapes and sizes.

KETO FOR BODY COMPOSITION

Relying exclusively on the calories in, calories out equation can be problematic because it is NOT optimised for body composition or metabolism.

FOR EXAMPLE, **eating adequate amounts of protein is necessary to maintain lean body mass.**
The **Mifflin-St. Jeor formula** will calculate your macros using lean mass to guide your protein intake goal.

HOW MANY GRAMS OF PROTEIN ARE NEEDED KETO?

Protein needs on a ketogenic diet are between **0.6g and 1.0g protein per pound of lean body mass.** To ensure dieters target adequate protein intake, the calculator defaults to a minimum of 0.8g/lb protein for sedentary individuals and 1.0g/lb for those who exercise.

These protein goals help to meet the increased protein requirements dieters experience due to calorie deficit, physical activity, and reliance on gluconeogenesis during nutritional ketosis. Protein intake also helps dieters increase satiety, helping to maintain a calorie deficit over time.

Getting enough protein is critical to protecting your precious, metabolically active tissue–your muscle! If your goal is to drop the extra pounds you are carrying, think ***fat loss*** rather than ***weight loss***.

Your muscle is kind of like a calorie-burning furnace that keeps your metabolism running at top speed. If the number on your scale is dropping from muscle loss instead of fat loss, your metabolism is plummeting right along with it.

Shift your priorities and mindset:

Think …
Lean instead *of* Skinny
Body Composition instead *of* Weight
Fat Loss instead *of* Weight Loss

The last thing you want is to go on a weight-loss mission and lose lean mass in the process. The resulting lower metabolic rate can make it difficult to maintain any weight loss. **Measuring body fat percentage is a more helpful metric** to track progress than weight.

Keto Macronutrient Ratios for Fat Loss

Ketogenic diets are low carb, high-fat diets. As such, fat will be the primary fuel source. But these keto macronutrient ratios can be misleading to the casual dieter.

The "high fat" macronutrient can be satisfied with food on your plate or from your body. Love handles, double chins, and muffin tops can all contribute to this macronutrient group.

When weight loss is a goal, your keto macros will have a **lower fat content** than when maintaining weight to accommodate the **necessary calorie deficit**.

Fat is the most energy-dense macronutrient. Which often means the high-fat foods frequently associated with a keto diet (oils, butter, cheese, etc.) are often loaded with calories in relatively small amounts.

Measuring your dietary fats out with a digital scale or volumetric tools can be helpful to prevent accidental overeating. Just because a food is "keto" doesn't mean you can eat unlimited amounts of it without affecting your results. 😬


TODAY'S
ACTIONS
ARE
TOMORROW'S
RESULTS

HOW MANY CARBS ON KETO?

Most keto dieters aim between **20 to 30g net carbs per day**. However, the amount of carbs you can eat on a keto diet is highly individual.

- Each person has their own carbohydrate tolerance that allows them to maintain ketosis.
- Some dieters may be able to tolerate up to 100 grams of daily total carbs without affecting nutritional ketosis, while others have more success with **50g total**. When coming from whole foods, roughly half of that carb count will be fiber.

It's important to note the difference between total carbs and net carbs.

Though fiber is classified as a carbohydrate in the nutrition world, it does not directly impact ketosis or metabolism.

- For this reason, we do not need to avoid or limit fiber on a keto diet– which is excellent news because fiber is part of a healthy diet for a variety of reasons.

According to the World Health Organisation, we should aim to get a **minimum of 25g fiber per day**.

In the context of keto, we can discount fiber from the total carb count and still ensure adequate fiber intake. Hence, where the term "net carbs" comes into play.

How to Calculate Carbs for Keto:

Net Carbs = Total Carbs – Fiber

Is there a minimum amount of carbs I need on keto?

Aside from adequate fiber intake, there is not a minimum required amount of carbohydrate intake for the human body. So technically, **zero is the minimum**.

The body has its own built-in mechanism for producing carbohydrates when needed. This process is called gluconeogenesis, which helps fuel glucose-dependent cells and maintain blood sugar when in ketosis.

IT'S ALL ABOUT FAT

Way before the era of agriculture, our fore-fathers lived and thrived off animal protein and fats! Since farming came into play, FATS has been one of the most demonised nutrients throughout the twentieth and twenty-first centuries.

The removal of fat from food created a void—lack of flavoUr, texture, nutrients—that food manufacturers often fill with sugar, refined carbohydrates, and artificial additives.

It's a terrible trade-off; despite the opposite intentions, swapping fats for carbs has contributed to unprecedented levels of obesity, diabetes, and other metabolic issues.

AND FOR WHAT?

🌸 Fat doesn't have a personal vendetta against you. It isn't plotting ways to secretly expand your waistline, clog your arteries, or steal your partner. It is simply a fuel source. 🌸

Energy from Fat If you're cutting carbohydrates with a keto diet, you need to replace that lost energy with something else.

This is where the "high fat" notion in ketogenic diets comes into play.

Fat has 9 calories per gram.
How much fat you eat on a ketogenic diet will depend on your body's energy requirements and your personal goals. Bear in mind: If your goal is fat loss, some of this fat energy comes served on a plate, while some will come directly from your body.

Keto isn't an excuse to start eating sticks of butter.

Types of Fat is fundamental to our bodies.

The most obvious form, body fat, acts as stored energy, protection for internal organs, and heat insulation.

Fat also makes hormones and other molecules and structures that are essential to our health and well-being.

The fats that are most prominent in our diet are
fatty acids and
triacylglycerols.

“Despite the opposite intentions, swapping fats for carbs has contributed to unprecedented levels of obesity, diabetes, and other metabolic issues.”

Fatty acids are the most basic forms of fat and serve as the primary building blocks of triacylglycerol molecules, both in our bodies and in the food we eat. Triacylglycerols make up a huge source of energy; they are responsible for roughly 95 percent of dietary fat intake and, essentially, all stored body fat.

These are the types of fats that have designations such as saturated, monounsaturated, and polyunsaturated.

Saturated fats are solid at room temperature—think lard, butter, or bacon grease after it cools.

Unsaturated fats, like most oils, are liquid at room temperature.

Of note are **TWO** essential fatty acids the body is unable to manufacture and must obtain from the diet:

1. linoleic acid, an omega-6 fatty acid, and
2. alpha-linolenic acid, an omega-3 fatty acid.

Both fall in the polyunsaturated category.

OMEGA- 3 & MCT OILS

Omega-3 fatty acids have known anti-Inflammatory effects and can lower blood triglycerides.

Although most energy is acquired from fatty acids during ketosis, certain cells—including nervous tissue and brain cells—are unable to use fatty acids for fuel. To get energy to these tissues, the liver converts a portion of fatty acids into ketone bodies.

Important ketones include acetoacetate and β-hydroxybutyrate, which serve as crucial substitutes for glucose during carb-restricted diets or fasting.

WHERE DO THESE FATS GO?

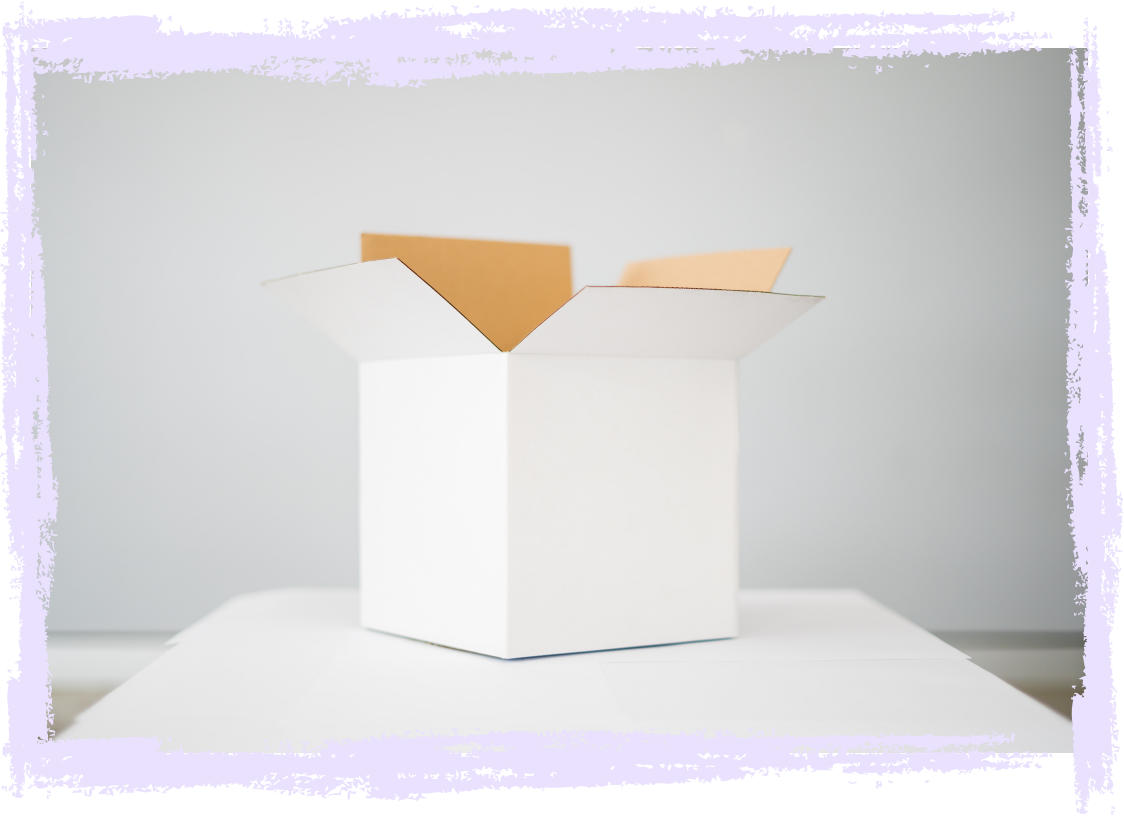
Fat digestion is focused on breaking down what we eat into small enough molecules for the body to absorb.

- The smaller fatty acid chains, such as medium-chain triacylglycerols, are more quickly digested and absorbed for energy.
- Long-chain fatty acids make up most of our dietary fat intake, and they require more digestive effort and time for the body to absorb them fully for energy.
- Undigested fat slows down how quickly the stomach empties, which extends the effect of the hormones involved in feeling full; this is one reason fats tend to be so sating to hunger.

In the blood, free fatty acids and other fat molecules are shuttled throughout the body and dropped off at muscle and adipose tissue to be used as energy or stored. A portion of free fatty acids are supplied to the liver and converted into ketone bodies, a process that ramps up significantly when carbohydrate intake is restricted. Ketones are released into the blood and carried to cells throughout the body for energy use.

The Story Behind MCT Oil Most fats are digested slowly, but there's an exception: medium-chain triacylglycerols (MCTs). MCTs travel straight to the liver, where they can be burned for energy or converted into ketones. Their quick digestion explains why MCT oil, a highly concentrated source of medium-chain fatty acids, is often used as a rapid source of energy on the keto diet—especially by ketogenic athletes

Fat Storage If the amount of fat consumed in a meal exceeds immediate energy demands, the body places it in storage for later use.



The insulin hormone plays a role in fat storage by signaling adipose cells to take up free fatty acids and inhibiting the breakdown of stored fat.

In the adipose cell, free fatty acids are synthesized into triacylglycerols, the highly concentrated stored form of energy that makes up most of our body fat.

Triacylglycerols are made up of one glycerol molecule and three fatty acid molecules bound together. When triacylglycerols in adipose tissue are needed for fuel, the fatty acids are split off from glycerol and released back into the blood, where they are then transported 🚗 to various tissues throughout the body to be used for fuel. In a calorie deficit, this is how body fat is burned. 🔥

Too Little Fat - If you are restricting carbohydrates, your predominant source of energy is fat.

Cutting both carbohydrates and fats creates an unsustainable calorie deficit for the average dieter.

A very lean person could not survive on a diet low in both carbs and fat, as there would be minimal stored fuel left to burn and provide energy.

Fatty Acid Deficiency - There are two essential fatty acids in the diet that the body cannot synthesize: linoleic acid and alpha-linolenic acid.

Without enough of these in the diet, a condition known as fatty acid deficiency can occur. This is typically seen in individuals who are receiving parenteral nutrition (i.e., feeding nutrients through an IV) or who have fat malabsorption issues; however, it can develop with extremely low-fat or no-fat diets.

Symptoms of fatty acid deficiency include rough, scaly skin, dermatitis, impaired wound healing, and other nutrient deficiencies. Lack of essential fatty acids can also influence cell signaling and gene expression.

Nutrient Deficiencies - Many vitamins critical for health are fat soluble, meaning they are absorbed in fats and oils. Vitamins A, D, E, and K are all fat soluble and are carried into the body along with fats obtained in the diet during the digestive process.

Without adequate fat in the diet, vitamin absorption is affected, and deficiencies in vitamins A, D, E, and K may develop.

Too Much Fat - Is overdoing it on fat possible during the keto diet?

ABSOLUTELY. A RESOUNDING YES!

Even with limited carb intake and adequate protein, excess fat that you take in will accumulate as stored body fat.

If you are overeating while on a ketogenic diet, it is not just possible but highly likely you will gain body fat.

Many people mistakenly believe that just because their carbohydrate intake is low, they can eat unlimited amounts of fat.
Sadly, this is not the case; **overeating fat beyond your energy needs, even in ketosis, will result in fat gains.**

The fat that is unable to be used for energy will be stored in adipose tissue; regularly eating above caloric needs results in a stockpile of stored energy.

MACRONUTRIENT OVERVIEW			
	Carbohydrates	**Fat**	**Protein**
Calories (per gram)	4*	9	4
Primary Role	Energy	Energy	Building components of body
Primary Form in Food	Sugar Starches Fiber	Triacylglycerols	Protein
Building Blocks (Subunits)	Sugars	Fatty acids	Amino acids
Stored As	Glycogen in liver and muscles	Triacylglycerols in adipose tissue	n/a
Slow Digestion	**Complex carbs:** Starches Fiber	Long-chain fatty acids (MCTs)	Essential amino acids absorbed slightly quicker
Quick Digestion	Simple sugars Refined carbs	Short- and medium-chain fatty acids (MCTs)	Essential amino acids absorbed slightly quicker
Satiety Level	Low**	High	Highest
High-Quality Sources	Fibrous veggies Fibrous fruits	Monounsaturated Polyunsaturated omega-3 Saturated	Complete amino acid profiles; mainly animal sources
Low-Quality Sources	Refined carbs Simple sugars	Trans fats Polyunsaturated omega-6	Incomplete amino acid profiles: mainly plant sources
Daily Intake during Ketosis	Less than 50 g	Varies	0.6 to 1.0 g/pound (454 g) lean body mass
Changes during Ketosis	No longer primary source of energy	Some free fatty acids are converted to ketones, as needed	Some amino acids are converted to glucose, as needed

** Insoluble fiber = 0 calories/gram; soluble fiber = 2 calories/gram*

*** Fiber is an exception that provides high satiety.*

Omega-6 versus Omega-3 Fatty Acids - While both are critical for growth and repair, omega-6 fatty acids and omega-3 fatty acids compete with each other in the body.

Fighting for enzymes to drive important chemical reactions in the body, omega-6 tends to outcompete omega-3 due to an imbalanced ratio favouring omega-6.

Most people get plenty of omega-6 fatty acids in their diet without even trying but struggle to achieve the minimal amount of omega-3 needed to keep the body running in an optimal state.

Overconsumption of foods high in omega-6 can be inflammatory to the body and has been implicated in a variety of pathological conditions, including metabolic syndrome, insulin resistance, Alzheimer's, and asthma.

Limiting omega-6 intake and increasing foods rich in omega3–can help combat the common imbalance and increase the anti-inflammatory omega-3 fatty acid concentration.

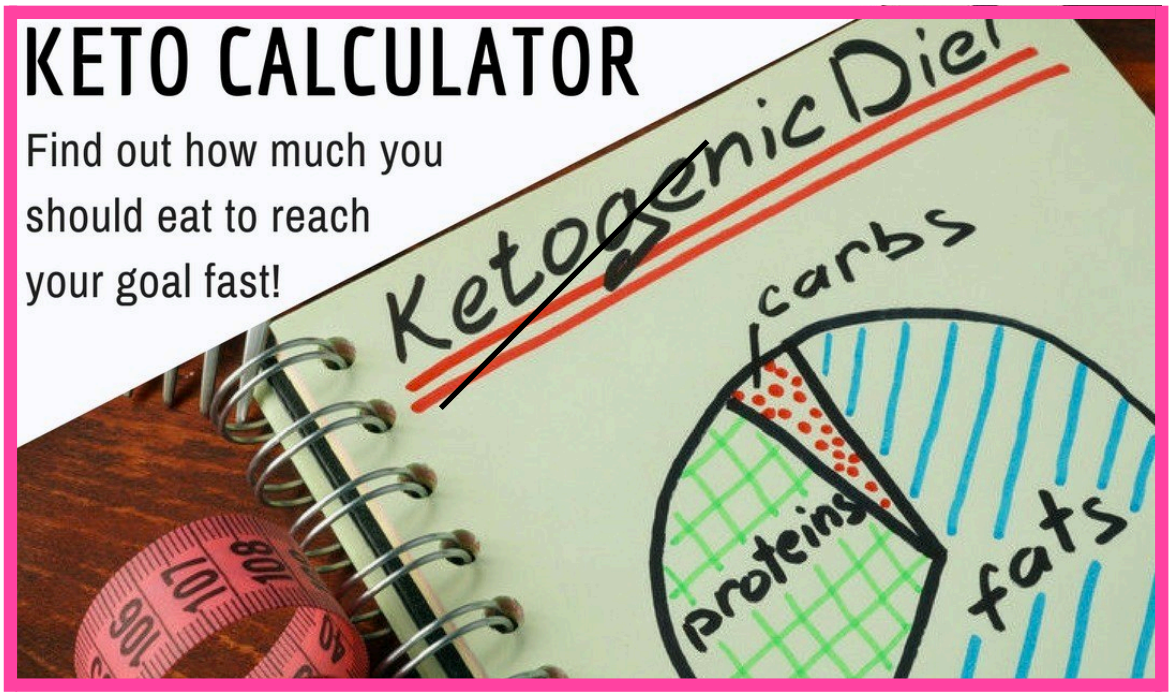
MACRO'S & FOOD LIST

BODY BY ELDA PROGRAM FOR WOMEN - KNOWING YOUR MACROS

Now that you understand why we're doing Keto on this program with basic understanding on how Keto works, you are ready to dive in and begin your keto journey!

Once you have your macros, you need to start weighing and tracking your food, to make sure you're following your macros correctly, and to be consistent. If you do that, you'll soon start noticing results!

Given that the keto diet is relatively strict, you need to make sure that you know how to calculate and track your macros. This is essential if you want to make sure you're doing everything correctly, and that you'll reach ketosis and stay in it.



So how do you calculate your macros?

You can either do that manually or use a calculator. However for you to be successful it's best if you do it maually, it will help you understand the keto diet better, however, it's important to make sure afterward that you have the correct numbers, so it's always good to use a calculator as a backup.

BMR is your basal metabolic rate or the amount of calories you spend when you're at complete rest. Any activity (day to day activities, exercise, etc.) is added to this amount afterward.

In order to calculate your BMR, we are using the formula by Mifflin-St.Jeor, which is the gold standard at the moment, and was introduced in the 90s (1, 2, 3). This is actually the best formula to calculate BMR for women.

Calculation: 10 x weight (kg) + 6.25 x height (cm) – 5 x Age – 161.

Example: Lynette is a 56 year old.
She weighs 85 kilos and her height is 165 cm

Let's determine her calorie spend when she is at complete rest.

10 x 85 + 6.25 x 165 - 5 x 56 - 161 = 1440.25

How Many Carbs Should You Choose to Get Started?

In order to stay in ketosis, the most important condition is to limit carbs. While the amount of carbs allowing you to consistently stay in ketosis will vary from person to person, the variations are minimal – to be sure that you're doing things correctly, you should limit carbs to 20-25 g net carbs per day.

How Do You Figure Out How Much Carb, Fat and Protein To Eat?

Carbs: 20g net carbs daily will work for most people to keep them in ketosis. Your daily carb limit should come from vegetables.

Note that some people, especially those on the keto diet, count net carbs instead of total carbs. To get net carbs, subtract the grams of fiber from the total grams of carbs. Why count net carbs? Our bodies don't digest fiber, so it doesn't get absorbed by the small intestine and does't provide your body with any energy. In that sense, calories from fiber don't really count.

Protein should be within the range of 0.68 to 1 g per lb of your LBM (lean body mass). Highly active individuals should go for the higher end of the range!

Fat is where the rest of the calories should come from, once you subtract the calories from carbs and protein – you need sufficient energy from food in order to function properly.!

How to calculate your macros

Now you know what macros are and how many calories they have. Next, you'll need to do some math. That's because your intake ratio is written in percentages but nutrition information is provided in grams. I'll use my macro intake as an example.

- First, you need to know how many calories you eat (or want to eat) each day. I eat roughly 1,800 calories per day.
- Next, determine your ideal ratio. I like to eat about 60 percent fat, 30 percent protein and 10 percent carbs.
- Then, multiply your total daily calories by your percentages.
- Finally, divide your calorie amounts by its calorie-per-gram number.

Here's how I would calculate my calories for each macronutrient:

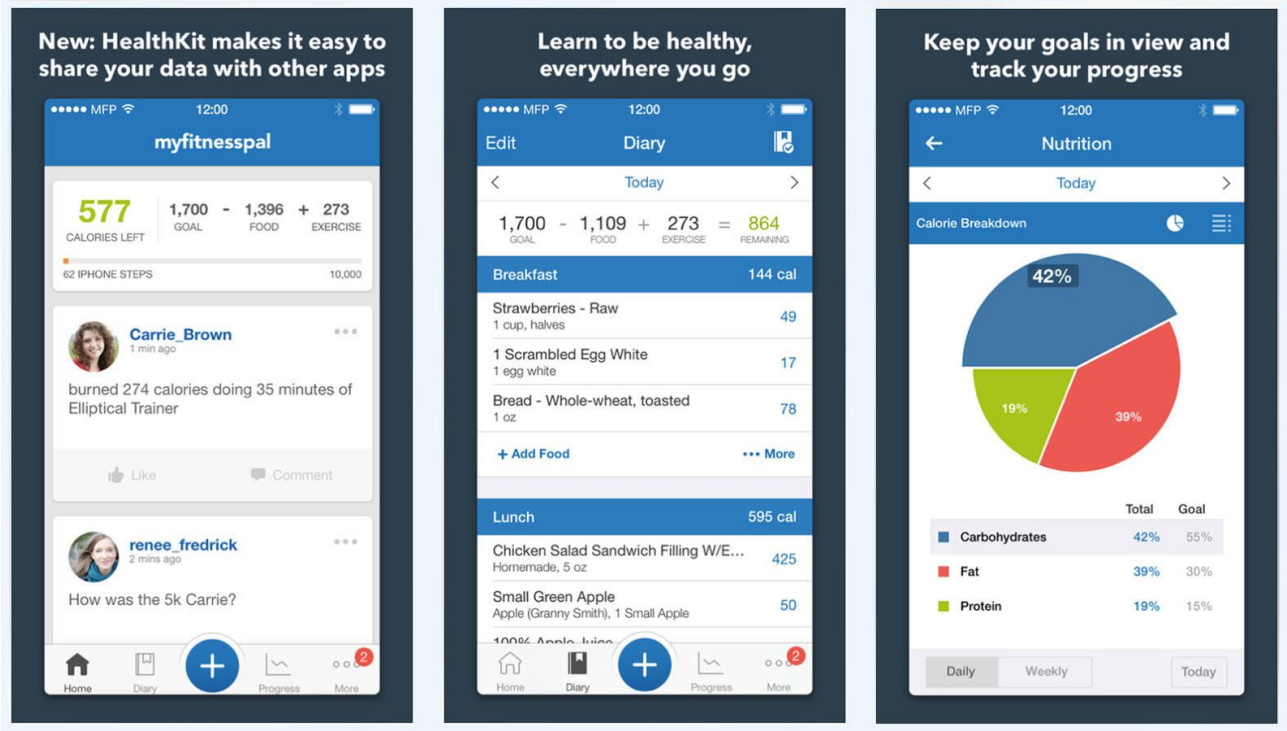
- Fats: 1,800 x 0.60 equals 1,080. I eat 1,080 calories worth of fats each day
- Protein: 1,800 x 0.30 equals 540, so I get 540 calories worth of protein.
- Carbs: 1,800 x 0.10 equals 180, so I get 180 calories worth of fats.

To calculate the actual gram amounts:

- Fats (nine calories per gram): 1080 divided by 9 equals 120 grams of fats.
- Protein (four calories per gram): 540 divided by 4 equals 135 grams of protein
- Carbs (4 calories per gram): 180 divided by 9 equals 45 grams of carbs.

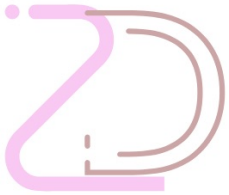
The best macro tracker is MyFitnessPal

Price: Free or $9.99 per month
The free version of MyFitnessPal doesn't allow you to enter gram amounts for macros, only percentages. If you're comfortable with percentages only, then MFP is a great free option because of its bar code scanning feature and massive database of foods and drinks.



The MyFitnessPal dashboard breaks down your macronutrient intake with a helpful pie chart.

Body By Zelda Nutrition and Food List



Keto Foods List

Below is a list of foods and flavour combinations that will help you start the ketogenic diet.

Beef *(25g Protein per 100g)*

Best flavours to pair with beef

- *Garlic + ginger*
- *Garlic + tomatoes*
- *Mushrooms + red wine*
- *Pepper + cabbage + garlic*
- *Onions + Thyme*
- *Arugula + parmesan cheese + balsamic vinegar*
- *Mushrooms + watercress*
- *Shallots + red wine*
- *Chianti + lemon + salt*

- Ground Beef
- Corned Beef
- Steak
- Roast Beef
- Prime Rib
- Veal
- Brisket
- Stew Meats
- Loin
- Baby Back Ribs
- Brisket

Poultry *(25g Protein per 100g)*

Best flavours to pair with Poultry

- *Asparagus + ginger*
- *Avocado + bacon + garlic + mayonnaise + tarragon*
- *Basil + cinnamon*
- *Mushrooms + rosemary*
- *Cloves + rosemary + yogurt*
- *Coconut + ginger*
- *Coriander + cumin + garlic*
- *Cream + Pepper*
- *Cumin + garlic + lemon*
- *Mustard + thyme*
- *Garlic + pancetta + sage + thyme*

- Chicken
- Quail
- Turkey
- Wild Game
- Eggs *(7g protein per egg)*

Seafood *(30g Protein per 100g)*

Best flavours to pair with seafood

- *Horseradish + rosemary*
- *Avocado + chile peppers*
- *Bacon + cabbage + chestnuts*
- *Beets + creme fraiche + cucumber + horseradish*
- *Chives + leeks + lemons*
- *Cucumber + dill*
- *Cucumber + balsamic vinegar*
- *Lemon juice + dijon mustard*
- *Miso + tomato + white wine*
- *Ginger + lemongrass*
- *Herbs + white wine*
- *Onions + tomatoes*

- Tuna
- Salmon
- Cod
- Oysters
- Sardines
- Anchovies
- Catfish

- Trout
- Halibut
- Mackerel
- Mahi-Mahi
- Bass
- Haddock
- Talipia
- Clams
- Mussels
- Crab
- Lobster
- Scallops
- Shrimp

Pork *(25g Protein per 100g)*

Best flavours to pair with pork

- *Allspice + nutmeg*
- *Mustard*
- *bacon + mustard + sauerkraut*
- *Chile peppers + cilantro + garlic + lime*
- *Cinnamon + star anise*
- *Coriander + soy sauce*
- *Cloves + garlic + lemon*
- *Cream + thyme*
- *Curry powder + garlic + yogurt*
- *Fennel + garlic*
- *Port + rosemary*

- Bacon
- Ground Pork
- Sausage
- Pork Rinds
- Tenderloins
- Pork Loin
- Ham
- Pork Chops
- Prosciutto

Organ Meats

- Heart
- Liver
- Kidney
- Tongue
- Brain
- Sweet Breads
- Tripe

Other

- Bison
- Goat
- Lamb
- Salami
- Deli Meats
- Bone Broth

Leafy Greens

Best flavours to pair with leafy greens

- *Any protein, especially bacon*
- *Cheese*
- *Chilli*
- *Vinegar (all types)*
- *Olive Oil*
- *Bacon + onions*
- *Garlic + olive oil + prosciutto*
- *Bacon + garlic + walnuts*
- *Chives + goats cheese + mascarpone*
- *Cumin + garlic + lemon + yogurt*
- *Fennel + parmesan cheese + mushrooms + balsamic vinegar*
- *Feta cheese + lemon juice + oregano*
- *Garlic + mushrooms*

- Spinach
- Arugula
- Swiss Chard

- Romaine Lettuce
- Iceberg Lettuce
- Other types of lettuce
- Dandelion Greens
- Watercress
- Beet Greens
- Endive
- Bok Choy
- Kale

Cruciferous Vegetables

Best flavours to pair with cruciferous vegetables

- *Anchovies + capers + red pepper + garlic + olives*
- *Lemon + garlic + olive oil*
- *Garlic + tarragon*
- *Garlic + oregano*
- *Bacon + garlic + apple cider vinegar*
- *Bacon + onions*
- *Cream + nutmeg*
- *Lemon juice + thyme*

- Broccoli
- Cauliflower
- Cabbage
- Brussels Sprouts
- Collard Greens

Other Produce

- Avocados
- Coconut
- Mushrooms
- Zucchini
- Asparagus
- Green Beans
- Broccolini
- Cucumbers
- Leeks
- Okera
- Eggplant
- Artichokes
- Sprouts
- Lemons
- Limes
- Peppers*
- Tomatoes*
- Berries*

*Limit to 1 serving per day due to carbohydrate content

Fats and Oils

- Ghee
- Coconut Oil
- MCT oil*
- MCT Powder*
- Olive Oil
- Macadamia Nut Oil
- Avocado Oil
- Bacon Grease
- Duck Fat
- Coconut Butter
- Tallow
- Lard
- Cocoa Butter

*do not cook with MCT Oils

Nuts and Seeds

Limit these to 3-4 servings per week due to their carbohydrate content and lectin content

- Almonds
- Macadamias
- Hazelnuts
- Hemp Hearts
- Brazil Nuts
- Pecans
- Pistachios

- Walnuts
- Sunflower Seeds
- Pumpkin Seeds
- Flaxseeds
- Chia Seeds
- Almond Butter*

Condiments

- Apple Cider Vinegar
- Balsamic Vinegar
- Yellow Mustard
- Brown Mustard
- Coconut Aminos
- Sugar-Free Ketchup
- Mayonnaise or 100% avocado oil or olive oil)

- Horseradish
- Lemon Juice
- Tahini (sesame seed paste)
- Vanilla Extract
- Hot Sauces

Drinks

- Water
- Unsweetened Tea or Coffee
- Sparkling Water
- Unsweetened Coconut Milk or Almond Milk
- Bone Broth
- Keto Coffee*
- Kombucha**
- Stevia Sweetened Softdrinks**

*Adding additional fats in keto coffee isn't necessary during this course.
**Avoid all drinks sweetened with any type of sugar or artificial sweeteners as they are damaging your gut health

Herbs and Spices

- Salt
- Pepper
- Cinnamon
- Turmeric
- Ginger
- Cayenne Pepper
- Cumin
- Cilantro
- Basil
- Thyme
- Sage
- Bay Leaf
- Oregano
- All Spice
- Nutmeg
- Dill
- Rosemary
- Parsley
- Chives
- Chili Powder
- Saffron
- Cardamom
- Paprika

Dairy

Not everyone tolerates dairy well and is more often than not the reason why many weight loss stalls occur.

Dairy often contains high amounts of sugar, particularly lactose, but also contains a protein called casein which is often undigested because some individuals don't possess the enzymes to break it down.

Pasteurization in dairy often kills all the beneficial bacteria and enzymes required to digest dairy, and homogenization forces at through tiny screens which breaks the fat particles into smaller more damaging oxidised versions of otherwise stable and beneficial saturated fats.

What about grass-fed, organic dairy?

Grass-Fed dairy that doesn't contain any added hormones and have eaten organic food is okay in small amounts. It contains more omega 3 fats and more butyric acid so its better for you.

Tips with Dairy:

- Get unhomogenized
- Get unpasteurized or raw
- Look for Grass-Fed
- Go Full Fat
- Try to get locally sourced

Don't Get

- Commercial Dairy (i.e. mixed with canola oil, or "spreadable")
- Processed cheese of any kind (like cheese slices or string cheese)

Dairy Sources

- Ghee
- Butter
- Cream
- Hard Cheeses
- Soft Cheeses
- Yogurt*

**don't get anything over 5g carbs per serving*

BODY BY ZELDA Program for Women

USEFUL INFORMATION

FOOD LABELS

The Australian Guide to Healthy Eating recommends you learn a few simple label-reading tips to help you make a healthy alternative when it comes to food and beverages. www.eatforhealth.gov.au/eating-well/how-understand-food-labels

KETO CALCULATOR

If you are unaware or unsure of how many carbohydrates you should be consuming daily go to : https://myfitlife.com.au/keto-calculator/ which will calculate your daily macro needs.

MY FITNESS PAL APP

My Fitness Pal is an app which helps you track the nutritional value of the foods you are consuming daily. You put in your details and goals and it sets you the recommended calories, macro and micronutrients you should be having. You can download the free My Fitness Pal app through the Apple App store.

Subscribe to my website: www.zeldadelgado.com

Follow me on: www.instagram.com/zelda.pt

zeldadpt

References

Abe, T., Kearns, C. F., & Sato, Y. (2006). Muscle size and strength are increased following walk training with restricted venous blood flow from the leg muscle, Kaatsu-walk training. Journal of Applied Physiology, 100(5), 1460-1466.

Borghouts, L. B., & Keizer, H. A. (2000). Exercise and insulin sensitivity: a review. International journal of sports medicine, 21(1), 1-12.

Cermak, N. M., & van Loon, L. J. (2013). The use of carbohydrates during exercise as an ergogenic aid. Sports Medicine, 43(11), 1139-1155.

Dela, F., Michael, E., Mikines, K. J., & Galbo, H. (2004). Physical training may enhance β-cell function in type 2 diabetes. American Journal of Physiology-Endocrinology and Metabolism, 287(5), E1024-E1031.

Eliasson, J., Elfegoun, T., Nilsson, J., Köhnke, R., Ekblom, B., & Blomstrand, E. (2006). Maximal lengthening contractions increase p70 S6 kinase phosphorylation in human skeletal muscle in the absence of nutritional supply. American Journal of Physiology-Endocrinology and Metabolism,291(6), E1197-E1205.

Goldstein, E. R., Ziegenfuss, T., Kalman, D., Kreider, R., Campbell, B., Wilborn, C., ... & Wildman, R. (2010). International society of sports nutrition position stand: caffeine and performance. J Int Soc Sports Nutr, 7(1), 5.

Halbreich, U. (1990). Gonadal hormones and antihormones, serotonin and mood. Psychopharmacology bulletin.

Helms, E., Fitschen, P. J., Aragon, A., Cronin, J., & Schoenfeld, B. J. (2014). Recommendations for natural bodybuilding contest preparation: resistance and cardiovascular training. J Sports Med Phys Fitness.

Schuenke, M. D., Mikat, R. P., & McBride, J. M. (2002). Effect of an acute period of resistance exercise on excess post-exercise oxygen consumption: implications for body mass management. European Journal of Applied Physiology, 86(5), 411-417.

Shepstone, T. N., Tang, J. E., Dallaire, S., Schuenke, M. D., Staron, R. S., & Phillips, S. M. (2005). Short-term high-vs. low-velocity isokinetic lengthening training results in greater hypertrophy of the elbow flexors in young men.Journal of Applied Physiology, 98(5), 1768-1776.

Silva, J.E., Rauch, J., Lowery, R.P.,.....and Wilson, J.M. (2014) Weighted Post-Set Stretching Increases Skeletal Muscle Hypertrophy. National Strength and Conditioning Conference, Las Vegas Nevada.

Schoenfeld, B. J. (2010). The mechanisms of muscle hypertrophy and their application to resistance training. The Journal of Strength & Conditioning Research, 24(10), 2857-2872.

Wang, J., Obici, S., Morgan, K., Barzilai, N., Feng, Z., & Rossetti, L. (2001). Overfeeding rapidly induces leptin and insulin resistance. Diabetes, 50(12), 2786-2791.

Acheson, K. J., Zahorska-Markiewicz, B., Pittet, P., Anantharaman, K., & Jéquier, E. (1980). Caffeine and coffee: their influence on metabolic rate and substrate utilization in normal weight and obese individuals. The American journal of clinical nutrition, 33(5), 989-997.

Agin, D., Gallagher, D., Wang, J., Heymsfield, S. B., Pierson Jr, R. N., & Kotler, D. P. (2001). Effects of whey protein and resistance exercise on body cell mass, muscle strength, and quality of life in women with HIV. Aids,15(18), 2431-2440.

Alekel, D. L., St Germain, A., Peterson, C. T., Hanson, K. B., Stewart, J. W., & Toda, T. (2000). Isoflavone-rich soy protein isolate attenuates bone loss in the lumbar spine of perimenopausal women. The American journal of clinical nutrition, 72(3), 844-852.

Ascherio, A., Chen, H., Schwarzschild, M. A., Zhang, S. M., Colditz, G. A., & Speizer, F. E. (2003). Caffeine, postmenopausal estrogen, and risk of Parkinson's disease. Neurology, 60(5), 790-795.

Baker, J. A., Beehler, G. P., Sawant, A. C., Jayaprakash, V., McCann, S. E., & Moysich, K. B. (2006). Consumption of coffee, but not black tea, is associated with decreased risk of premenopausal breast cancer. The Journal of nutrition, 136(1), 166-171.

Benjamin, S., Prakasan, P., Sreedharan, S., Wright, A. D. G., & Spener, F. (2015). Pros and cons of CLA consumption: an insight from clinical evidences. Nutrition & metabolism, 12(1), 1.

Bestwick, J. P., Huttly, W. J., Morris, J. K., & Wald, N. J. (2014). Prevention of neural tube defects: a cross-sectional study of the uptake of folic acid supplementation in nearly half a million women. PloS one, 9(2), e89354.

BRENNER, M., RANKIN, J. W., & Sebolt, D. (2000). The effect of creatine supplementation during resistance training in women. The Journal of Strength & Conditioning Research, 14(2), 207-213.

Capek, R., & Proulx, W. (2009). Iron Deficiency in Female Athletes.

Ceglia, L., Niramitmahapanya, S., da Silva Morais, M., Rivas, D. A., Harris, S. S., Bischoff-Ferrari, H., ... & Dawson-Hughes, B. (2013). A randomized study on the effect of vitamin D3 supplementation on skeletal muscle morphology and vitamin D receptor concentration in older women. The Journal of Clinical Endocrinology & Metabolism, 98(12), E1927-E1935.

DellaValle, D. M. (2013). Iron supplementation for female athletes: effects on iron status and performance outcomes. Current sports medicine reports,12(4), 234-239.

Eckerson, J. M., Stout, J. R., Moore, G. A., Stone, N. J., Nishimura, K., & Tamura, K. (2004). Effect of two and five days of creatine loading on anaerobic working capacity in women. The Journal of Strength & Conditioning Research, 18(1), 168-173.

Goldstein, E. R., Ziegenfuss, T., Kalman, D., Kreider, R., Campbell, B., Wilborn, C., ... & Wildman, R. (2010). International society of sports nutrition position stand: caffeine and performance. J Int Soc Sports Nutr, 7(1), 5.

Holick, M. F. (2010). Vitamin D: extraskeletal health. Endocrinology and metabolism clinics of North America, 39(2), 381-400.

Huerta, A. E., Navas–Carretero, S., Prieto–Hontoria, P. L., Martínez, J. A., & Moreno–Aliaga, M. J. (2015). Effects of α–lipoic acid and eicosapentaenoic acid in overweight and obese women during weight loss. Obesity, 23(2), 313-321.

Kreider, R. B., Melton, C., Rasmussen, C. J., Greenwood, M., Lancaster, S., Cantler, E. C., ... & Almada, A. L. (2003). Long-term creatine supplementation does not significantly affect clinical markers of health in athletes. InGuanidino Compounds in Biology and Medicine (pp. 95-104). Springer US.

Keri Marshall, N. D. (2004). Therapeutic applications of whey protein.Alternative Medicine Review, 9(2), 136-156.

McClung, J. P., Gaffney-Stomberg, E., & Lee, J. J. (2014). Female athletes: a population at risk of vitamin and mineral deficiencies affecting health and performance. Journal of Trace Elements in Medicine and Biology, 28(4), 388-392.

Melton, L. J., Chrischilles, E. A., Cooper, C., Lane, A. W., & Riggs, B. L. (2005). How many women have osteoporosis?. Journal of bone and mineral research, 20(5), 886-892.

Miller, P. E., Alexander, D. D., & Perez, V. (2014). Effects of whey protein and resistance exercise on body composition: a meta-analysis of randomized controlled trials. Journal of the American College of Nutrition, 33(2), 163-175.

Munro, I. A., & Garg, M. L. (2013). Prior supplementation with long chain omega-3 polyunsaturated fatty acids promotes weight loss in obese adults: a double-blinded randomised controlled trial. Food & function, 4(4), 650-658.

Okereke, O. I., Cook, N. R., Albert, C. M., Van Denburgh, M., Buring, J. E., & Manson, J. E. (2015). Effect of long-term supplementation with folic acid and B vitamins on risk of depression in older women. The British Journal of Psychiatry, 206(4), 324-331.

Pasricha, S. R., Low, M., Thompson, J., Farrell, A., & De-Regil, L. M. (2014). Iron supplementation benefits physical performance in women of reproductive age: a systematic review and meta-analysis. The Journal of nutrition, 144(6), 906-914.

Phillips, B. E., Wilkinson, D. J., Bukhari, S. S., Limb, M. C., Williams, J. P., Kobayashi, H., ... & Atherton, P. J. (2016). The impact of leucine-enriched essential amino acid and whey protein dosing upon skeletal muscle protein synthesis in older women at rest and after exercise. The FASEB Journal,30(1 Supplement), 1287-6.

Poppitt, S. D., Proctor, J., McGill, A. T., Wiessing, K. R., Falk, S., Xin, L., ... & Hall, R. S. (2011). Low-dose whey protein-enriched water beverages alter satiety in a study of overweight women. Appetite, 56(2), 456-464.

Prentice, R. L., Pettinger, M. B., Jackson, R. D., Wactawski-Wende, J., Lacroix, A. Z., Anderson, G. L., ... & Datta, M. (2013). Health risks and benefits from calcium and vitamin D supplementation: Women's Health Initiative clinical trial and cohort study. Osteoporosis International, 24(2), 567-580.

Ritchie, K., Carrière, I., De Mendonca, A., Portet, F., Dartigues, J. F., Rouaud, O., ... & Ancelin, M. L. (2007). The neuroprotective effects of caffeine A prospective population study (the Three City Study). Neurology, 69(6), 536-545.

Rodacki, C. L., Rodacki, A. L., Pereira, G., Naliwaiko, K., Coelho, I., Pequito, D., & Fernandes, L. C. (2012). Fish-oil supplementation enhances the effects of strength training in elderly women. The American journal of clinical nutrition, 95(2), 428-436.

Rüegg, J. C. (2012). Calcium in muscle contraction: cellular and molecular physiology. Springer Science & Business Media.

Siriwardhana, N., Kalupahana, N. S., & Moustaid-Moussa, N. (2012). Health benefits of n-3 polyunsaturated fatty acids: eicosapentaenoic acid and docosahexaenoic acid. Adv Food Nutr Res, 65, 211-222.

Smith, G. I., Julliand, S., Reeds, D. N., Sinacore, D. R., Klein, S., & Mittendorfer, B. (2015). Fish oil–derived n–3 PUFA therapy increases muscle mass and function in healthy older adults. The American journal of clinical nutrition, 102(1), 115-122.

Ströhle, A., Hadji, P., & Hahn, A. (2015). Calcium and bone health–goodbye, calcium supplements?. Climacteric, 18(5), 702-714.

Swanson, D., Block, R., & Mousa, S. A. (2012). Omega-3 fatty acids EPA and DHA: health benefits throughout life. Advances in Nutrition: An International Review Journal, 3(1), 1-7.

Villareal, D. T., Holloszy, J. O., & Kohrt, W. M. (2000). Effects of DHEA replacement on bone mineral density and body composition in elderly women and men. Clinical endocrinology, 53(5), 561-568.

Villareal, D. T., & Holloszy, J. O. (2004). Effect of DHEA on abdominal fat and insulin action in elderly women and men: a randomized controlled trial. Jama,292(18), 2243-2248.

Yamamura, J. I., Aoe, S., Toba, Y., Motouri, M., Kawakami, H., Kumegawa, M., ... & Takada, Y. (2002). Milk basic protein (MBP) increases radial bone mineral density in healthy adult women. Bioscience, biotechnology, and biochemistry, 66(3), 702-704.

Zhu, W., Cai, D., Wang, Y., Lin, N., Hu, Q., Qi, Y., ... & Amarasekara, S. (2013). Calcium plus vitamin D 3 supplementation facilitated Fat loss in overweight and obese college students with very-low calcium consumption: a randomized controlled trial. Nutrition journal, 12(1), 1.

Zhang, R., & Naughton, D. P. (2010). Vitamin D in health and disease: current perspectives. Nutrition journal, 9(1), 1.