



How to add
more fat
to your Keto
diet



Hi



I know firsthand that it can be a real challenge to keep up with the high fat intake required for a Ketogenic lifestyle. But fear not, because I've got just the thing for you: a handy guide to effortlessly add fat sources to your meal ideas!

No matter what I'm preparing, I always make sure to include one of these fantastic ideas to get those macros just right without loading up on extra protein. Trust me, these easy suggestions have made adding fat to my diet an absolute breeze, and the best part is they're absolutely delicious!

So enjoy the journey of enhancing your meals with healthy fats. Believe me, it's never been simpler or more satisfying to maintain a balanced Ketogenic lifestyle.
Happy eating.

Marielle x



More fats mean more ketones!

Here's why healthy fats are great on a keto lifestyle:

01

Energy source: Since carbohydrates are limited, fat becomes the primary fuel source, and as it is broken down into ketones in the liver, these are then used for energy by the body and brain.

02

Satiety: Fat is more satiating than carbohydrates, meaning it keeps you feeling fuller for longer. This helps curb cravings and gives you freedom from having to eat so often as hunger dials right down.

03

Nutrient absorption: Some vitamins and minerals are fat-soluble, which means they require dietary fat for absorption. Consuming an adequate amount of fat ensures the absorption of these important nutrients.

04

Hormonal regulation: Dietary fat plays a role in hormone production and regulation. It is necessary for the synthesis of certain hormones and can help maintain hormonal balance.

05

Ketone production: Consuming enough dietary fat is crucial for ketone production. To experience all of the amazing benefits that living on ketones brings, one needs to consume enough to, provide an alternative fuel source for the brain and other tissues.

When you eat less than 20 total carbohydrates in a day, your body needs to use up the stored sugar in your liver. As the storage empties, your blood sugar level starts to rise again. This causes your body to release insulin. As insulin rises, so do blood sugars and whether the sugar comes from the carbs you eat or from storage, insulin always stops the process of ketosis (when your body burns fat for energy).

Insulin blocks the production of ketones but you can break this cycle by eating more fats and less carbohydrates.

Fat doesn't trigger insulin. So, when you eat significantly less carbs and eat more fat instead, your body stops releasing insulin when your blood sugar gets low enough and your body switches from burning carbs to burning fat. This is when you start having increased ketones in your system giving you all the benefits listed above!

Let me help you add more fats into your meal ideas and feel those ketones and energy levels rise and the weight drop off!



Fat

Six Quick basics

01

Get rid of any food labeled "light" or "lite" from your kitchen. These foods often have the fat taken out but sugar added, to make it tasty. The same goes for non-fat or low-fat dairy.

02

It takes a mind shift to rethink your grocery list. Stock your pantry with real, whole foods that have fat rich options like eggs, avocado and great sustainably caught tins of fish in good oils like olive oil. Salmon and sardines contain plenty of healthy fats and are a great addition to your diet. Invite these delicious items back onto your plate - your grandparents knew what was good for them!

03

Cook with fat. No more limp steamed vegetables or dry chicken breasts. Cook your vegetables, meat, fish, and eggs in tasty natural fats like butter. Fats can change the flavor of a dish, which adds variety to your meals. For example, top green beans with butter for a comforting, familiar taste. Or, sauté them in peanut oil and drizzle with sesame oil for a delicious, Asian-inspired variation.

04

Top any dish with oil, dressing, sauces, or butter. Drizzle oil on top... Pour on dressing... Spoon on Hollandaise... Ladle on flourless gravy... Dollop on sour cream... Spread on mayo... Melt on butter. Top off your dish with one of these many fat-rich options. Always think about what you can add to increase the fat and wow factor to any meal - there are many recipes for low-carb dressings, condiments, dips and sauces.

05

Cheese is a simple addition to any meal. It works as an appetizer. It works as a topping. It works as a dessert. If you need a lot of calories, cheese can help you feel satisfied. Here are some ideas of cheeses that you may not be familiar with: Shredded Parmesan; blue cheese (a simple sauce with reduced cream and melted blue cheese with buffalo wings is delicious); Grated cheddar; Smoked or cumin Gouda; marinated buffalo mozzarella; crumbled feta in a salad; melted Gruyere; Baked brie or grilled Halloumi.

06

One of the quickest ways to increase the fats in your diet, is to drink it. Adding coconut oil or melting butter into coffee or tea is quick and easy. Pouring in heavy cream works, too. This warm and comforting shot of fat can replace breakfast, stave off hunger between meals, or substitute for dessert if you aren't quite full.

Use this tool wisely; for some people, too much can stall weight loss as it isn't called a bullet coffee for no reason! One modification is to avoid adding fat to your hot beverage if you aren't hungry.



Fat

your easy guide to including more into your diet

01

Homemade mayonnaise

Making your own couldn't be easier - in one minute. Flavour it in four different ways. Check out this [handy video](#).

02

Fish love

Salmon has loads of fat and is an excellent source of Omega 3's. Blitz smoked salmon and cream cheese to make a beautiful [pate'](#) to enjoy on cucumber rounds.

03

Butter, butter and more butter

Grass-fed butter is naturally anti-inflammatory and is high in vitamins A, E and K. and packed with delicious fat. Hollandaise sauce and Cowboy butter are two fantastic ways of adding more butter to meals in new ways. Don't think that making these two yummy sauces is difficult - a stick blender makes it a breeze. Use the [Hollandaise](#) with poached eggs, steamed veges or salmon. [Cowboy butter](#) is amazing as a dipping sauce with steak and other meats.

04

Coconut cream

A great alternative to dairy. It's high in fat, low in carbs and won't kick you out of ketosis. Also, just like coconut oil, it contains fat-burning MCTs. Use it in smoothies or add it to your favourite Indian dishes.

05

Coconut yogurt

This can be expensive to buy so why not [make your own](#). Use it with keto [granola](#) and berries for a yummy breakfast.

06

Olives

These little gems are filled with heart healthy fats and are high in Vitamin E. Sprinkle them over salads, make an olive spread or [tapanade](#) to enjoy on a low carb cracker.

07

Avocado

This is the perfect "fruit" to enjoy on a keto diet. It is high in fat and potassium. Delicious in salad, guacamole and by adding it to your 1-minute mayo, make a ranch dressing for dips and salads.

08

Oil

Excellent oils to use in your cooking or as dressings are olive, macadamia, avocado, sesame and coconut oils. Add these at every meal to increase your fat intake. [MCT oil](#) makes the keto lifestyle easier by giving you instant ketones. It kick-starts your brain, burns carbs and curbs hunger.

Fat

your easy guide to including more into your diet

09

Who doesn't love bacon?

Streaky bacon has heaps of delicious fat and don't discard that bacon grease! Use it to fry eggs, add it to melted butter and drizzle over veges to add that yummy smokey hint of bacon. Add bacon to a Caesar salad with chopped hard boiled eggs and homemade [Caesar salad dressing](#) for a fat packed meal. Add bacon to stir-fries and other dishes to pump up the flavour.

Wrap bacon around shrimp or chicken livers and grill them for a delicious finger food.

11

Bullet coffee

Synonymous with the keto lifestyle, this packs a real punch when it comes to increasing your fat intake effortlessly. Find a great recipe [here](#).

13

Eggs

Eggs are 60% fat and are your very best friend on a keto diet. Hard boil a few at the start of the week for a quick and easy snack or as part of school lunches. Omelettes, fried or scrambled eggs are great for a quick meal when you are time poor.

10

Cream and nut milks

Heavy whipping cream can be used in so many ways. Reduce it down as a thickener, add cream cheese and blue cheese for a delicious hot dip for Buffalo wings. For a cheesy sauce over veges, swap the blue for cheddar or Parmesan cheese. Macadamia nut milk is great because it is high in fat and lower in carbs than almond milk. Use it to thin sauces, add to smoothies if you don't want to use cream.

12

Sardines and liverwurst

Before you turn your nose up, these two fat sources are packed with high-density nutrients and have very little carbs. Try sardines mixed with mustard, mayo and onions or if you like them, straight out of the can!

14

Cheese

Cream cheese is a staple on the keto diet. Use it as a spread or add it to dishes to have that hint of creaminess. Blitz it with smoked salmon for a yummy pate' or use it as a thickener in sauces.



LINKS FOR MORE FAT INFO

(CLICK ON THE LIVE LINKS BELOW)

1. [Low-carb fats and sauces](#) - the best and the worst - Diet Doctor
2. [Eat Fat 2 Lose FAT \(an MD Explains 2023\)](#) - DR Ken Berry
3. The [Ultimate guide to fats](#) - Ditch the Carbs
4. [Why high fat?](#) - Ditch the carbs
5. [Fat can save your life](#) - Dr Anette Bosworth
6. [Fat vs Carbs, Why Fat is Best!](#) VIDEO - Dr. Boz [Annette Bosworth, MD]
7. [How Much Fat Is Too Much Fat on Keto?](#) VIDEO - Dr. Boz [Annette Bosworth, MD]
8. [FAT IS YOUR FRIEND!](#) VIDEO - Dr. Boz [Annette Bosworth, MD]
9. [Are You Using the Correct Fats on the Ketogenic Diet?](#) VIDEO Dr. Eric Berg DC

WEBSITES FOR RECIPES

(CLICK ON THE LIVE LINKS BELOW)

1. [Diet Doctor](#)
2. [Low Carb Yum](#)
3. [Ditch the Carbs](#)
4. [All day I dream about food](#)
5. [Victoria's Keto Kitchen](#)



READY FOR THE

Next Step?

The Ketogenic lifestyle is your very own secret weapon to doing life beautifully!

Achieve your health and weight-loss goals, have confidence in maintaining your dream weight forever and have habits that support the new, vibrant YOU!

Book a Discovery call [here](#) and find out more about how we can work together in easy manageable steps that set you up FOR LIFE!

You will be so glad you did!

Marielle x



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