A close up of many different types of food

Description automatically generated

Contents

[Essential Tips to Keep You on Your Keto Journey 3](#_Toc17696723)

[Slightly Increase the Amount of Fat and Protein 3](#_Toc17696724)

[Focus on Gaining Muscle 4](#_Toc17696725)

[Ensure Your Carb Intake Remains Low 4](#_Toc17696726)

[Consider trying out intermittent fasting 6](#_Toc17696727)

[Best Keto Diet Recipes for Weight Loss 7](#_Toc17696728)

[5 Surprisingly Satisfying Keto Recipes 11](#_Toc17696729)

[5 Keto Recipes for Energy 15](#_Toc17696730)

[Top Supplements You’ll Want to Take on a Keto Diet 18](#_Toc17696731)

# Essential Tips to Keep You on Your Keto Journey

Starting and maintaining the keto diet are two very different things. As with any diet, it’s much easier to start a keto diet than it is to maintain one. This is because once you’ve reached your weight loss goals, it’s easy to go back to your old eating habits.

If you’re struggling to keep going on the keto diet, below you’ll discover some essential tips you can follow. With these tips, you’ll find it so much easier to stick to your keto journey and reap the benefits it brings.



## Slightly Increase the Amount of Fat and Protein

Once you’ve reached your weight loss goals, you can start to increase the amount of fat and protein you’re consuming. This will maintain the keto diet, without losing any additional weight.

It’s important not to increase your carb intake. While you may not want to lose any more weight, if you increase your carbs it’s going to make you gain weight on a keto diet plan. So, keep your carbs restricted and increase your fat and protein content slightly.

## Focus on Gaining Muscle

To maintain low body fat without losing weight, you’ll want to focus on gaining muscle. The more muscle you have, the more fat you’ll burn off. However, building up muscle offers many more benefits than simple fat maintenance.

Muscle mass can also strengthen the bones, improve metabolic flexibility and even reduce the risk of Diabetes.



## Ensure Your Carb Intake Remains Low

As mentioned earlier, you’ll want to make sure you’re not drastically increasing the amount of carbs you consume. While you don’t necessarily need to be as strict with your carbs now as you were when you were trying to lose weight, you still need to watch your intake.

When increasing it slightly, it’s best to do it with vegetables. Root vegetables can once again be added once you’ve reached your goal, giving you healthier carbs.



## Consider trying out intermittent fasting

If you really feel like you could use a break from the keto diet, why not try out intermittent fasting? You’re given set windows where you can eat with few restrictions, then 1-2 days where you don’t eat anything. However, if you don’t think you can stand going without food for a day or two, you could also do it slightly differently where you can eat for 6-10 hours each day during set times, but you don’t eat at any other time.

So, if you’ve reached your weight loss goals but you’re keen to stick to the keto diet, the above tips are going to prove crucial. Following just a few tips can make it so much easier to maintain your keto diet.



# Best Keto Diet Recipes for Weight Loss

Are you searching for new Keto diet weight loss recipes? Sticking to a diet such as keto isn’t easy. There are strict rules you need to follow which can mean you need to get really creative with the recipes you create.

To give you a little help, below you’ll discover some of the best keto diet recipes for weight loss to try out.

**1. Ice burgers**

Who says you can’t enjoy a nice burger on the keto diet? These delicious ice burgers are a genius idea and perfect for hot, summer days. It’s super-simple to create and it’s sure to please the entire family.

You’ll largely need lettuce, bacon, ground beef, red onion, sliced cheddar cheese and ranch dressing. The lettuce is used in place of burger buns, giving the burger a fresher, healthier makeover. You can find the full recipe below.

<https://www.delish.com/cooking/recipe-ideas/recipes/a54403/iceburgers-recipe/>

**2. Poppy Seed Muffins**

When you’re on a long-term diet, it’s crucial to find healthy snacks you can indulge in. These poppy seed muffins are a perfect example and are great for keto diet followers.

A picture containing wooden, table, food, sitting

Description automatically generated

You’ll mostly need almond flour, flaxseed meal, baking powder, natural sweetener, unsalted butter, poppy seeds and double cream. You can find the full recipe below.

<https://www.positivehealthwellness.com/diet-nutrition/15-best-keto-recipes-weight-loss/>

**3. Salmon meatballs with Dijon lemon sauce**

If you’re looking for a unique keto-friendly maintenance recipe, this salmon meatball with Dijon lemon sauce is perfect. It’s light, creamy, delicious and great for sticking to a weight loss diet.

You’ll need wild caught salmon, Dijon mustard, coconut oil or butter, garlic, organic coconut flour, lemon and heavy cream. Other ingredients, along with the full recipe can be found below.

<https://www.healthstartsinthekitchen.com/recipe/salmon-meat/>

**4. Grilled chicken and peanut sauce**

Chicken is definitely one of the best foods to stick to when you’re following a healthy diet. However, finding new and tasty recipes can be a challenge! That’s where this unique grilled chicken and peanut sauce recipe comes in.

A close up of food on a grill

Description automatically generated

Especially ideal for summer days, this low-carb chicken recipe is so simple to create. You will need a lot of ingredients for this one, but it’s definitely worth it! You’ll find it’s packed full of delicious flavors such as lime juice, fish sauce, fresh garlic and ginger, peanut butter and jalapeno peppers. Get the recipe below.

<https://www.ibreatheimhungry.com/grilled-chicken-w-peanut-sauce-keto-low-carb/>

**5. Philly Cheesesteak Wraps**

These mouthwatering Philly cheesesteak wraps are sure to please the entire family. They take just 10-15 minutes to make and are especially great for breakfast.

You will need zero carb wraps, which you [can make yourself](https://www.lowcarbmaven.com/almost-zero-carb-wraps-tortillas-gluten-free-keto/). Other ingredients you’ll need include left over steak, green bell peppers, button mushrooms, Worcestershire sauce and Provolone cheese. Check out the full recipe below:

<https://www.lowcarbmaven.com/philly-cheese-steak-wraps/>

These are just 5 of the best keto diet recipes for weight loss. Why not try one of the above recipes out today and see just how delicious they truly are.

# 5 Surprisingly Satisfying Keto Recipes

One of the key challenges of sticking to a long-term keto diet, is finding new delicious recipe ideas. Sometimes, you just want to indulge in mouthwatering foods, but is it possible to eat anything satisfying on the keto diet?

The good news is there absolutely are delicious, satisfying meals you can enjoy on the keto diet. Below, you’ll discover just 5 surprisingly satisfying keto recipes you can try out.

**1. Pumpkin cheesecake with a walnut crust**

Who says you can’t indulge your sweet tooth on a diet! This delicious pumpkin cheesecake with a walnut crust is absolutely divine.

A piece of chocolate cake on a plate

Description automatically generated

The main ingredients you’ll need are walnuts, softened cream cheese, cinnamon, vanilla, heavy whipping cream, pumpkin puree and pumpkin spice. It’s packed full of delicious fall and winter flavors. You can check the full recipe out below.

<https://www.heyketomama.com/keto-pumpkin-cheesecake/>

**2. Keto meat pie**

Few dishes can match this ultra-satisfying meat pie. Topped With cheese, this is sure to be a big hit with the entire family. It can be used as a main meal or for packed lunches and is best served at a lukewarm temperature.

You will need quite a lot of ingredients for this one, but it is worth it. The oregano, tomato paste, garlic, sesame seeds and almond and coconut flour added to the recipe are what give it a beautiful fresh flavor. Check out the full recipe below.

<https://www.dietdoctor.com/recipes/keto-meat-pie>



**3. Keto pizza pockets**

If you’re looking for a satisfying keto recipe even the kids will love, you’ll want to try these awesome pizza pockets.

Some of the ingredients are a little more difficult to find for this one, but you should be able to pick them up online. What’s great about these pizza pockets, is you can put any filling in that you want. You can also serve them alongside your favorite sauce. Discover how to make them below.

<https://www.heyketomama.com/keto-fathead-pizza-pockets/>

**4. Keto Tex-Mex Casserole**

On cold winter days, you’ll definitely want to try out this satisfying Tex-Mex casserole. It’s extremely hearty and is packed full of delicious flavors.

The basis of the flavor comes from pickled jalapenos, sour cream, paprika, cumin and chili powder. Filled with ground beef and shredded cheese, it’s hard to believe this recipe is actually good for you. Check out the recipe below.

<https://www.dietdoctor.com/recipes/keto-tex-mex-casserole>

**5. Keto cinnamon coffee**

One thing many people struggle with when they start the keto diet, is giving up creamy coffee. However, as this delicious keto cinnamon recipe shows, you can still indulge your coffee cravings.

A cup of coffee

Description automatically generated

All you need is ground coffee, ground cinnamon, heavy whipping cream and water. It’s so simple to make and perfect for enjoying on cold days. Check out the recipe below.

<https://www.dietdoctor.com/recipes/keto-cinnamon-coffee>

So, there you have it – 5 surprisingly satisfying keto recipes you’ll definitely want to try. Following a long-term keto plan doesn’t have to be boring. There’s so much variety you can enjoy to make it easier to maintain.

# 5 Keto Recipes for Energy

Although the keto diet does naturally give you more energy, there will still be days you could use a little boost. The good news is, there’s plenty of recipes you can use to give your body the additional energy it needs throughout the day.

Here, you’ll discover 5 keto recipes for energy you won’t want to miss.

**1. Keto power bites**

If it’s a quick burst of energy you’re looking for, keto power bites are exactly what you need. These little balls of goodness aren’t just great for boosting energy levels – they’re also a delicious snack.

You’ll need hemp seeds, sesame seeds, semisweet chocolate chips, cinnamon, almond butter, coconut butter and unsweetened shredded coconut. Find the full recipe below.

A close up of food

Description automatically generated

<https://www.today.com/recipes/keto-power-bites-recipe-t123219>

Keep in mind that if you’re following a really strict form of the diet, these are a little higher in carbs than what you’re recommended to have. However, provided you follow the diet strictly for the rest of the day, there’s no harm in trying these tasty snacks.

**2. Pepperoni Bites**

These small but juicy peperoni bites are an absolute must-try on the keto diet. They’re super-easy to make, pack a flavorful punch and they’re sure to keep you satisfied and energized until your next meal.

All you need to make them is ground beef, finely diced peperoni and a little salt and pepper to taste. You can check out the full recipe below.

<https://www.ditchthecarbs.com/super-easy-pepperoni-bites/>

**3. Chicken Liver Pate**

This tasty pate is packed full of nutrients and when spread over cucumber or avocado, provides oodles of energy. It even contains Vitamin D – a vitamin which is difficult to get in your daily diet.

The only ingredients you’ll need for this delicious pate are chicken livers, garlic, butter, cracked black peppercorns and a little salt to taste. Find the full recipe below.

<https://www.ditchthecarbs.com/easy-low-carb-pate/>

**4. Healthy Breakfast Parfait**

If you want to feel energized in the morning, start off your day with this delicious healthy breakfast parfait. Featuring banana ice cream, raspberry chai pudding and coconut yogurt, this truly is a mouthwatering recipe.

Considering how many elements there are to this dish, you need surprisingly few ingredients. You’ll largely need frozen berries, non-dairy milk, ripe bananas, spirulina powder, coconut yoghurt and raspberries. Discover the full recipe below.

<https://www.julieslifestyle.com/en/blog/detail/healthy-breakfast-parfait-banana-ice-cream-raspberry-chia-pudding-coconut-yogurt>

**5. Grilled Vegetable Skewers with Mexican quinoa**

If you’re looking for a light, savory snack that’s going to energize you, these grilled vegetable skewers with a Mexican quinoa are perfect. They’re especially well-suited to vegans and are quick and simple to make.

A slice of pizza on a grill

Description automatically generated

You’ll need seasonal vegetables, smoked tempeh, lime juice, tamari, olive oil, oregano and ground cumin. Check out the recipe below.

<https://www.julieslifestyle.com/en/blog/detail/grilled-vegetable-skewers-with-mexican-quinoa-vegan-raw-2>

These are some of the best keto recipes for energy. So, whenever you need a little pick-me-up, try any of the recipes above and see how energized you feel.

# Top Supplements You’ll Want to Take on a Keto Diet

When you’re following the keto diet, after a while you could start to experience a number of side effects. These are typically down to not getting the right amount of nutrients from the diet.

If you develop a nutrient deficiency, your health is going to suffer. So, for this reason it’s often a good idea to take supplements when following a long-term keto diet.

Here, you’ll discover the top supplements you’ll want to take on a keto diet.

**MCT oil**

MCT oil is a popular keto supplement and it’s short for Medium Chain Triglycerides. The liver breaks them down before they enter the bloodstream where they are used to fuel the muscles and the brain.

While you can get these MCT’s from coconut oil, it is a good idea to invest in MCT oil supplements instead. These provide a higher concentration of MCT than most food sources.

A picture containing table, plate, cup, indoor

Description automatically generated

Taking this type of supplement can speed up weight loss, boost your fat intake and leave you feeling fuller for longer.

**Magnesium**

Magnesium is really important for energy and it also helps to support the immune system and regulate blood sugar. On the keto diet, you’re at a particular risk of developing a magnesium deficiency due to most magnesium-rich foods being high in carbs.

For this reason, you will want to seriously consider taking magnesium supplements if you’re following the diet long term. If you do take them, you’ll find they help to combat sleep troubles, minimize muscle cramps and help reduce irritability.

**Vitamin D**

Vitamin D is crucial for the health and it’s also one of the most difficult vitamins to get enough of. This is because it’s largely absorbed into the body through direct sunlight. Few foods provide the vitamin, which means on a strict diet like keto, there’s a large risk of suffering a deficiency.

A picture containing table

Description automatically generated

Vitamin D supplements also often contain calcium too – another thing you’ll need on this type of diet.

**Exogenous Ketones**

Finally, you’ll also want to consider taking exogenous ketones. These are basically external ketones which help the body to remain in ketosis.

In particular, you’ll find these supplements really help to boost your energy levels. They can also boost weight loss, decrease inflammation and increase your focus.

The above supplements will help to ensure you don’t become deficient in any essential vitamins and nutrients on the keto diet. They’ll also help to ensure you don’t struggle through the side effects of the diet too. There’s a lot of different types of supplements out there, but the ones above are the main ones you’ll want to consider.