



*How To Make:*

# A KETO SHAKE

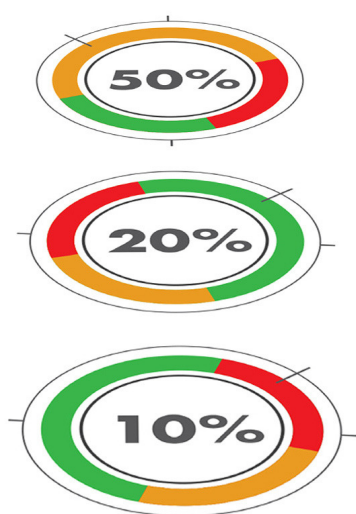






# ALORIE COUNTER

cts  
Fat 0  
Value\*  
0%  
0%  
0%  
0%



75-80%

**FAT**

<5%

**CARBS**

20%

**PROTEIN**

## The Typical Ratios Of A Ketogenic diet

A ketogenic diet is VERY low in carbohydrates, moderate in protein and high in fat. The first priority is to keep carbs as low as possible. The next priority is to not overdo protein.

When making your homemade ketogenic shake set your macronutrient ratio to the following:

- Fat: 75-80% of total calories (based on carb amount)
- Carbohydrates: 5% or less total calories
- Protein: 20% of total calories



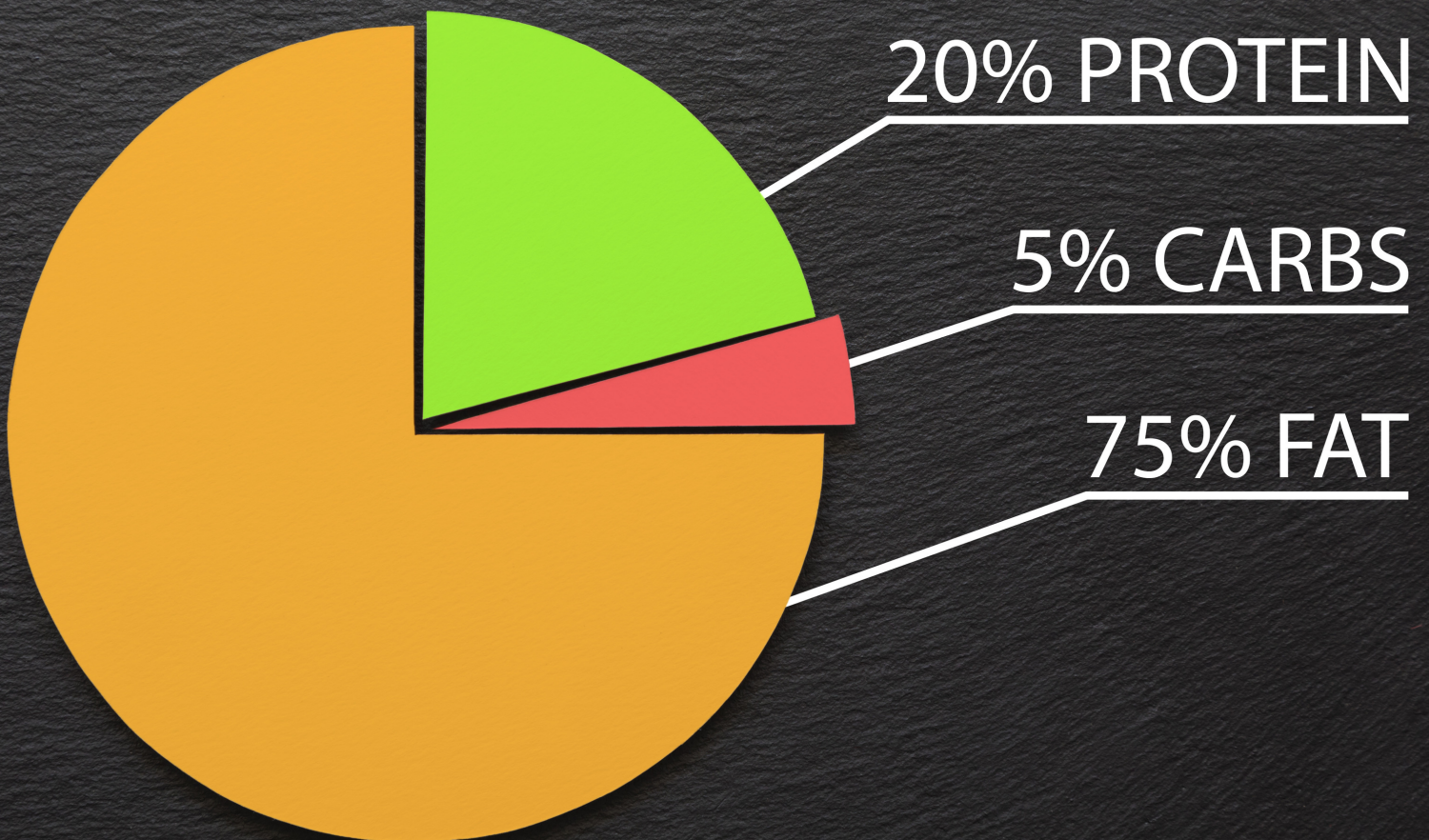
# 2 Methods For Keto Shake

## Method 1: Quick Method

- Very easy to do without thinking
- Works for most everyone
- Uses the 5:20:75 % macro ratio for carbs:protein:fat

## Method 2: Advanced Method

- Involves exact calculations
- For those who need exact calculations to stay keto
- Uses closer to a 0:20:80 ratio for carbs:protein:fat





A spiral-bound notebook lies on a light-colored, textured surface, likely a kitchen counter. The notebook's pages are white with handwritten text in black ink. Surrounding the notebook are various food items: a small wooden spoon filled with shredded cheese, a pile of almonds and blueberries, a bowl of butter, and a slice of avocado.

Quick Method:

Calculate ratios:

Protein g= Choose based on your  
desire or what is in your protein  
powder

Fat g= Multiply protein grams  $\times 2$   
to determine grams of fat

Carb g= Divide Protein grams by  
4 to calculate grams carb





Quick Method:

Example.....

Step 1 = Protein powder has 20g

Step 2 =  $20 \times 2 = 40$ .  
- Add 40g fat

Step 3 =  $20 \div 4 = 5$ .

- Keep total carb under 5g

Totals:

5g carb, 20g protein, 40g fat




A light blue ceramic bowl filled with several thick, rectangular sticks of pale yellow butter.

BUTTER

A light blue ceramic bowl filled with a thick, white, whipped cream.

CREAM


A white ceramic bowl with a gold rim, partially filled with a clear, yellowish oil.

OILS

A small wooden spoon with a handle that has "1 tsp" and "5ml" written on it. The spoon is filled with finely shredded, white coconut flakes.

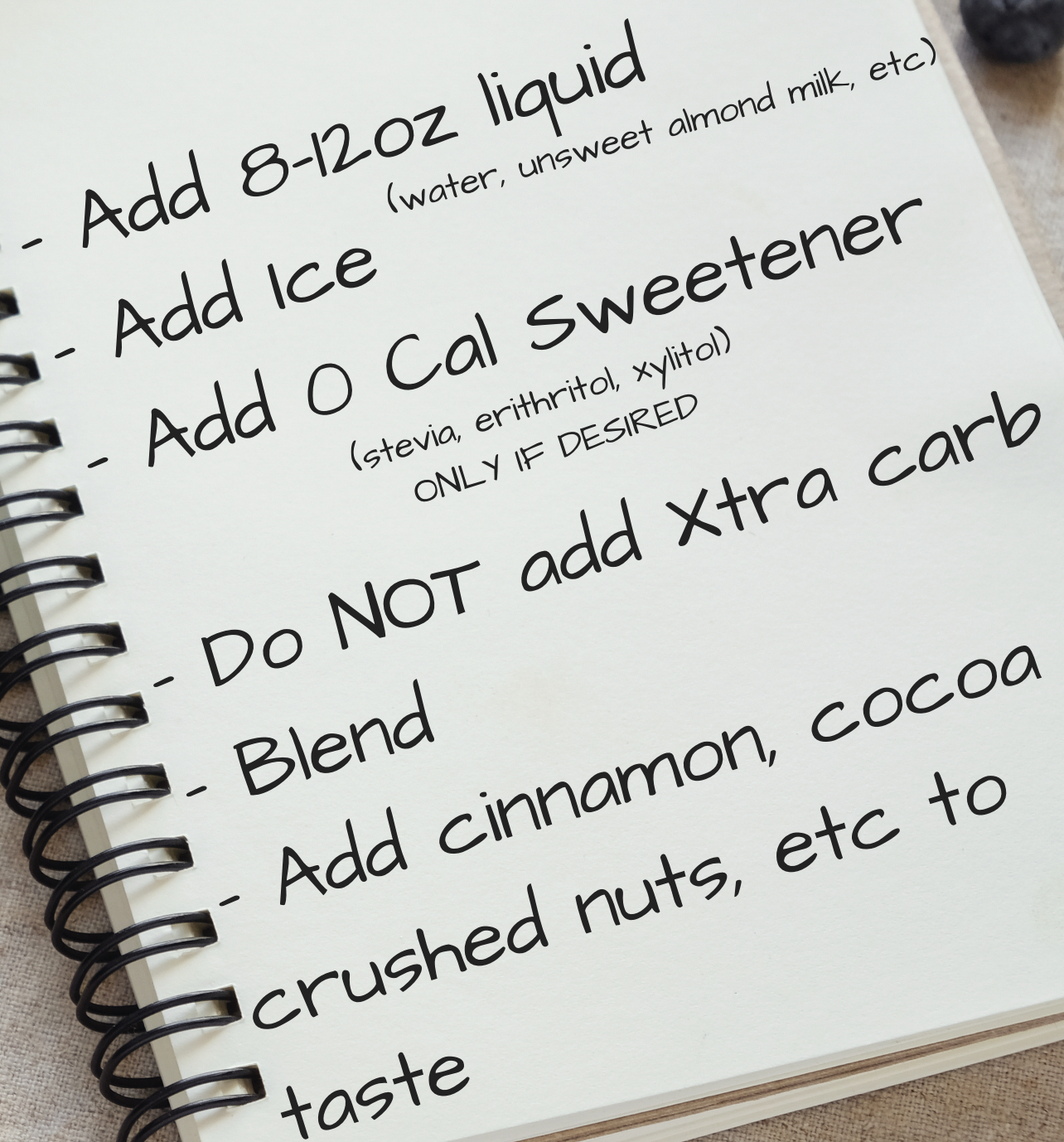
Coconut

AVOCADO

A collection of fresh ingredients on a light-colored, textured surface. There are several dark blue blueberries and four whole, light brown almonds.

NUTS & SEEDS



- 
- Add 8-12oz liquid  
(water, unsweet almond milk, etc)
  - Add Ice
  - Add 0 Cal Sweetener  
(stevia, erithritol, xylitol)  
ONLY IF DESIRED
  - Do NOT add Xtra carb
  - Blend
  - Add cinnamon, cocoa  
crushed nuts, etc to  
taste









Advanced Method:

Step 1:

Find a low carb  
protein powder.  
With at least 20g  
protein per scoop &  
5g or less of carbs





**LOW CARB  
WHEY**





step 2:

Calculate the calories  
of your Keto shake  
based on the grams  
of protein in 1 scoop  
of protein powder





Step 2:  
cont.....

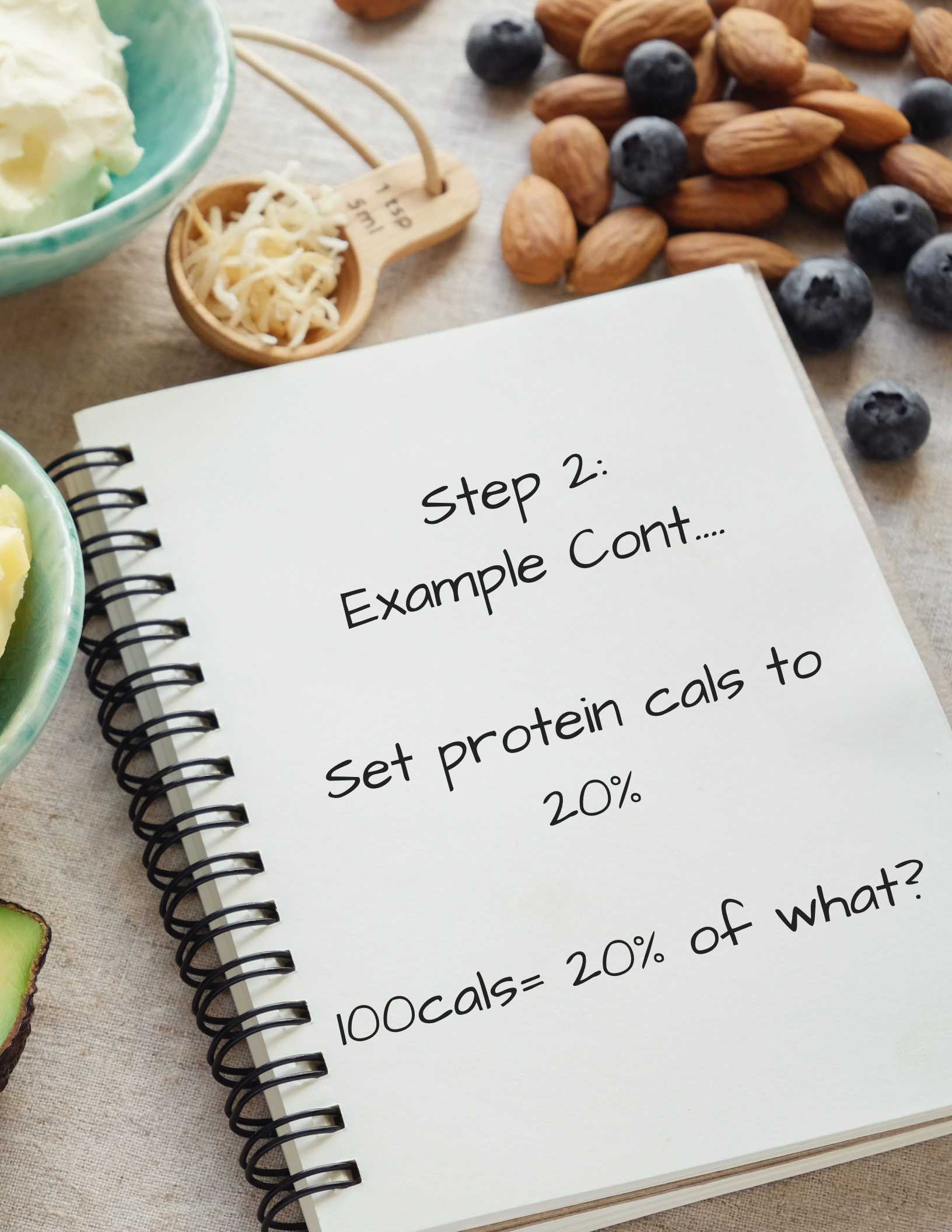
Example:

If 1 scoop = 25g protein

Then  $25\text{g} \times 4\text{ cals/g} =$   
100cals protein in  
Keto Shake

because there are 4 calories per  
gram of protein



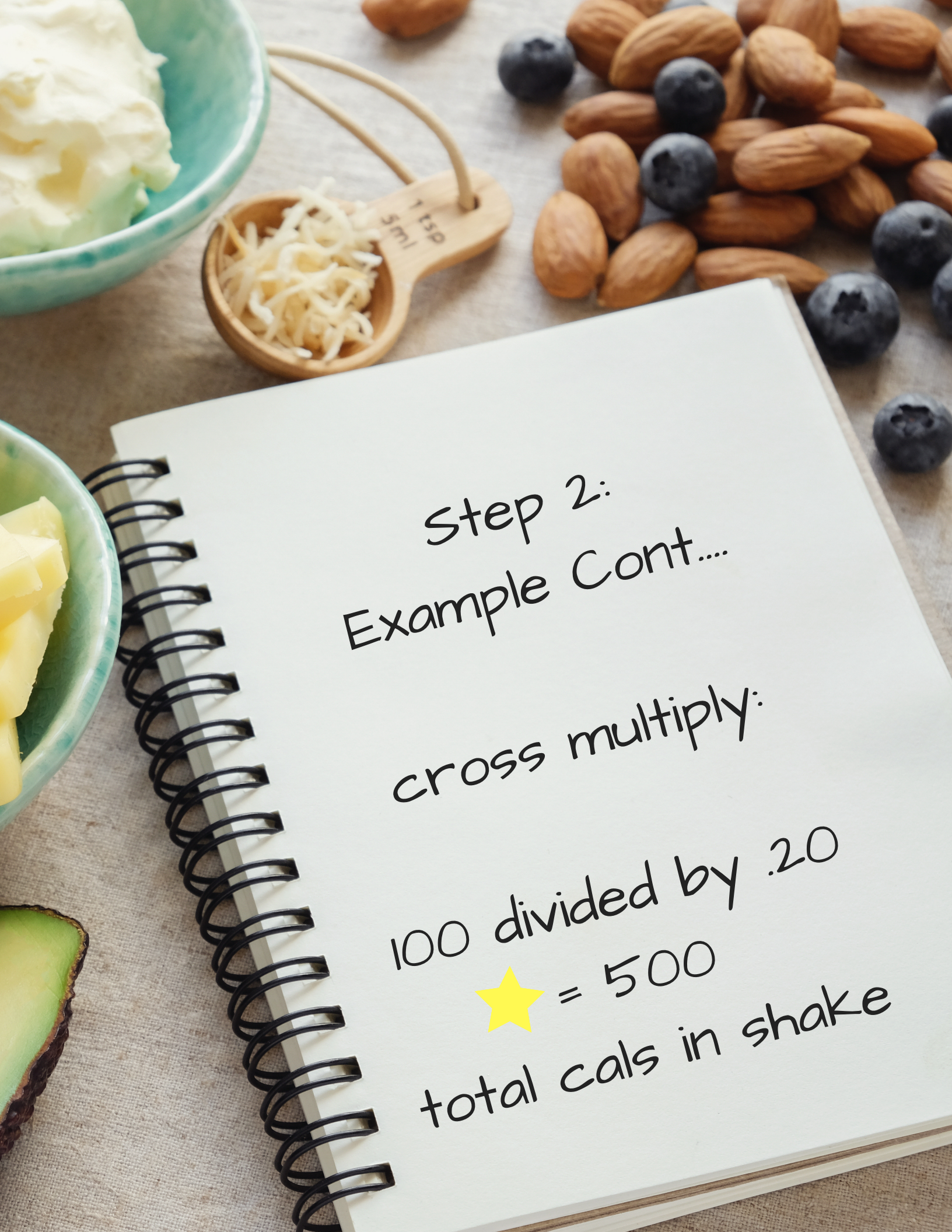


Step 2:  
Example Cont....

Set protein cals to  
20%

100cals = 20% of what?



A spiral-bound notebook lies on a light-colored, textured surface. The notebook's page is white with handwritten text in black ink. Surrounding the notebook are various items: a small wooden spoon filled with shredded cheese, a pile of almonds and blueberries, a bowl of butter, a bowl of pineapple, and a slice of avocado.

step 2:  
Example Cont...

cross multiply:

100 divided by .20

★ = 500

total cals in shake









step 3:

Calculate fat to add

$500 \text{ cals} \times .75-.80$   
 $= 375 \text{ to } 400$   
calories of fat



A spiral-bound notebook is open on a light-colored, textured surface. The notebook has handwritten text in black ink. Surrounding the notebook are various ingredients: a bowl of white cream, a bowl of yellow butter, a bowl of green avocado, a wooden spoon with shredded cheese, and a pile of almonds and blueberries.

Step 3:  
cont.....

There are 9cals  
per gram fat.  
So.....

divide 375 to 400  
by 9

★ = 41 to 44g fat  
to Add





Possible Fat To ADD:

Butter

Heavy Cream (yum)

Egg Yolks

Avocado (great in smoothies)

Coconut Cream & Oil

Cocoa Butter

Add the amount of fat in grams  
calculated from last step  
into the shake









## Step 4

- Add 8-12oz Ocarb liquid
- Add Ice
- Add 0 Cal Sweetener  
(stevia, erithritol, xylitol)  
ONLY IF DESIRED
- Do NOT add Xtra carb
- Blend
- Add cinnamon, cocoa  
crushed nuts, etc







# Keto Shake

## Nutrition Facts

Serving Size tablespoons (30g)

| Serving Size (approx.)   | Servings Per Container |
|--|------------------------|
| 1/2 cup (125 mL)   | 10                     |
| 1/4 cup (62.5 mL)  | 20                     |
| 2 tablespoons (30 mL)  | 40                     |
| 1 tablespoon (15 mL)   | 80                     |
| 1/2 tablespoon (7.5 mL)  | 160                    |
| 1/4 tablespoon (3.75 mL)   | 320                    |
| 1/2 teaspoon (1.25 mL)   | 640                    |
| 1/4 teaspoon (0.625 mL)  | 1280                   |
| 1/8 teaspoon (0.3125 mL)   | 2560                   |
| 1/16 teaspoon (0.15625 mL)   | 5120                   |
| 1/32 teaspoon (0.078125 mL)  | 10240                  |
| 1/64 teaspoon (0.0390625 mL)   | 20480                  |
| 1/128 teaspoon (0.01953125 mL)   | 40960                  |
| 1/256 teaspoon (0.009765625 mL)  | 81920                  |
| 1/512 teaspoon (0.0048828125 mL)   | 163840                 |
| 1/1024 teaspoon (0.00244140625 mL)   | 327680                 |
| 1/2048 teaspoon (0.001220703125 mL)  | 655360                 |
| 1/4096 teaspoon (0.0006103515625 mL)   | 1310720                |
| 1/8192 teaspoon (0.00030517578125 mL)  | 2621440                |
| 1/16384 teaspoon (0.000152587890625 mL)  | 5242880                |
| 1/32768 teaspoon (0.0000762939453125 mL)   | 10485760               |
| 1/65536 teaspoon (0.00003814697265625 mL)  | 20971520               |
| 1/131072 teaspoon (0.000019073486328125 mL)  | 41943040               |
| 1/262144 teaspoon (0.0000095367431640625 mL)   | 83886080               |
| 1/524288 teaspoon (0.00000476837158203125 mL)  | 167772160              |
| 1/1048576 teaspoon (0.000002384185791015625 mL)  | 335544320              |
| 1/2097152 teaspoon (0.0000011920928955078125 mL)   | 671088640              |
| 1/4194304 teaspoon (0.00000059604644775390625 mL)  | 1342177280             |
| 1/8388608 teaspoon (0.000000298023223876953125 mL)                                       | 2684354560             |
| 1/16777216 teaspoon (0.0000001490116119384765625 mL)                                     | 5368709120             |
| 1/33554432 teaspoon (0.00000007450580596923828125 mL)                                    | 10737418240            |
| 1/67108864 teaspoon (0.000000037252902984619140625 mL)                                   | 21474836480            |
| 1/134217728 teaspoon (0.0000000186264514923095703125 mL)                                 | 42949672960            |
| 1/268435456 teaspoon (0.00000000931322574615478515625 mL)                                | 85899345920            |
| 1/536870912 teaspoon (0.000000004656612873077392578125 mL)                               | 171798691840           |
| 1/1073741824 teaspoon (0.0000000023283064365386962890625 mL)                             | 343597383680           |
| 1/2147483648 teaspoon (0.00000000116415321826934814453125 mL)                            | 687194767360           |
| 1/4394967296 teaspoon (0.000000000582076609134674072265625 mL)                           | 1374389534720          |
| 1/8789934592 teaspoon (0.0000000002910383045673370361328125 mL)                          | 2748779069440          |
| 1/17579869184 teaspoon (0.00000000014551915228366851806640625 mL)                        | 5497558138880          |
| 1/35159738368 teaspoon (0.000000000072759576141834259033203125 mL)                       | 10995116277760         |
| 1/70319476736 teaspoon (0.0000000000363797880709171295166015625 mL)                      | 21990232555520         |
| 1/140638953472 teaspoon (0.00000000001818989403545856475830078125 mL)                    | 43980465111040         |
| 1/281277906944 teaspoon (0.000000000009094947017729282379150390625 mL)                   | 87960930222080         |
| 1/562555813888 teaspoon (0.0000000000045474735088646141895751953125 mL)                  | 175921860444160        |
| 1/1125111627776 teaspoon (0.00000000000227373675443230709478759765625 mL)                | 351843720888320        |
| 1/2250223255776 teaspoon (0.000000000001136868377216153547393798828125 mL)               | 703687441776640        |
| 1/4500446511552 teaspoon (0.0000000000005684341886080767736968994140625 mL)              | 1407374883553280       |
| 1/9000893023104 teaspoon (0.00000000000028421709430403838684844970703125 mL)             | 2814749767106560       |
| 1/18001786046208 teaspoon (0.000000000000142108547152019193424224853515625 mL)           | 5629499534213120       |
| 1/36003572092416 teaspoon (0.0000000000000710542735760095967121124267578125 mL)          | 11258999068426240      |
| 1/72007144184832 teaspoon (0.00000000000003552713678800479835605621337890625 mL)         | 22517998136852480      |
| 1/144014288369664 teaspoon (0.000000000000017763568394002399178028106689453125 mL)       | 45035996273704960      |
| 1/288028576739328 teaspoon (0.0000000000000088817841970011995890140533447265625 mL)      | 90071992547409920      |
| 1/576057153478656 teaspoon (0.00000000000000444089209850059979450702667236328125 mL)     | 180143985094819840     |
| 1/1152114306957312 teaspoon (0.000000000000002220446049250299897253513336181640625 mL)   | 360287970189639680     |
| 1/2304228613914624 teaspoon (0.0000000000000011102230246251499486267566680908203125 mL)  | 720575940379279360     |
| 1/4608457227829248 teaspoon (0.00000000000000055511151231257497431337833404541015625 mL) | 1441151880758558720    |
| 1/9216914455658496 teaspoon (0.000000000000000277555756156287487156689167222705078       |                        |

Amount Per Serving

|                 |                     |
|-----------------|---------------------|
| <b>Calories</b> | Calories from Fat 0 |
|-----------------|---------------------|

% Daily Value\*

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**Total Fat** 0g **0%**

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**Saturated Fat 0g** **0%**

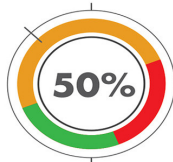
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Trans Fat 0g

|                        |           |
|------------------------|-----------|
| <b>Cholesterol</b> 0mg | <b>0%</b> |
|------------------------|-----------|

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**Sodium** 0mg **0%**



~ 80%

# FAT



$\sim 0-5\%$

# CARBS



20%

# PROTEIN





