

# KETOGENIC DIET - OVERVIEW



## TYPES of KETONIC DIETS

The difference between each keto diet type depends on **CARB INTAKE**.

### STANDARD Ketogenic Diet (SKD)



- 20-50 grams of net carbs per day

### TARGETED Ketogenic Diet (skd)



- 25-50 grams or less of net carbs
- 30 minutes-1 hour **before exercise**
- **Best for athletes and high activity**

### CYCLICAL Ketogenic Diet (skd)



- Eating low-carb keto for **several days**
- Then a couple days eating **higher-carb**

PERFECT KETO

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Mar 14, 2019 02:33 EDT

# Ketogenic Diet Food Market Worth Around 12.40 Billion USD by 2025 | Moderate CAGR 5.6% In Global Market

According to Ameco Research, the Global Ketogenic Diet Food Market is projected to grow at CAGR of around 5.6% over the forecast period and reach worth around 12.40 Billion USD by 2025.



# Ketogenic Diet

## Links to Major Global Players

<https://thrivemarket.com/diets/ketogenic>

<https://www.nestlehealthscience.com/Vitalo/patient/home>

<https://www.myketogenicdiet.co.uk/en/>

<https://myknowbrainer.com/collections/products>

<https://myknowbrainer.com/blogs/recipes>

<https://www.zenwisehealth.com/collections/keto>

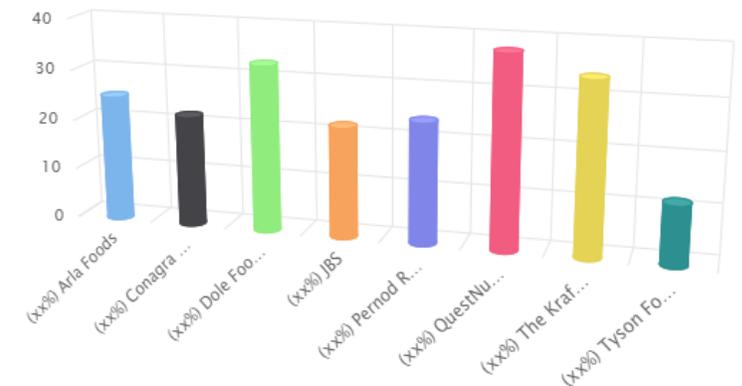
<https://www.amplemeal.com/products/ample-k>

<https://www.amplemeal.com/blogs/home>

<https://perfectketo.com/about/>

Global Keto Diet Market Share (%) By Players

www.amplemarketreports.com





# INDIAN KETO DIET FOR BEGINNERS: A COMPLETE

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# Easy Indian Vegetarian Keto Diet!!

featured by bhaveka arora, posted in health

For all my vegetarian friends, who are scared to start the keto diet, thinking that is difficult or impossible? **My reply to you is - It is not impossible.** It is similar to the non veg diet, however the options do seem limited as we are not used to having food like this. I have many friends who have successfully been on keto and have lost significant weight. **Just remember the following three things and you are set!!**

## MY CURRENT STATUS

Trying to keep calm and keto on !! Join me in my journey as i stumble through the sugar mountains!



<https://www.dlife.in/>

Research report x | keto-fresh x | Desserts | keto x | Amazon.in: ket... x | Kapiva MCT Oil x | Indian Low Carb x

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## Indian Low Carb High Fat LCHF & Keto Diet Success Stories

Only A Few of The 200+ Diabetes Reversal & Weight Loss Stories on Indian Low Carb High Fat LCHF & Keto Diet Are Posted Here.

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# Images Collection of Keto Diet

## Best Images of Successful Keto Diet on Internet

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SUNDAY, FEBRUARY 25, 2018

### Keto Diet Indian Meal Plan



### Indian Diet Plan for Weight Loss in 4 Weeks by Truweight

	WEEK 1	WEEK 2
Early morning	1 fruit of your choice + 3-4 mixed seeds	10 ml wheatgrass juice + 5 to 6 almonds and walnuts
Breakfast	Open paneer sandwich with mint chutney / 2 idlis with sambhar	2 medium vegetable uttapam with sambhar
Mid-morning	4 walnuts and 2 dates / Fruit of your choice	1 glass Whey protein shake with milk / assorted fruit platter
Pre-lunch	1 plate of preferred salad with vinegar dressing	1 bowl minestrone soup with more veggies and less of pasta
Lunch	2 multigrain roti / 1 Katori red or brown rice + 1 Dal + Veg	2 multigrain roti + 1 bowl vegetable subji / non-veg subji +

#### ABOUT ME

**Keto Diet**

[View my complete profile](#)

#### BLOG ARCHIVE

- ▶ 2019 (3)
- ▼ 2018 (455)
  - ▶ December (34)
  - ▶ November (40)
  - ▶ October (34)
  - ▶ September (39)

# KETO FOR INDIA



## About Priya Dogra – Indian Keto Coach

My name is Priya Dogra, an Indian Keto Coach and nutritionist. This is my personal story of success, of getting fit and losing weight, by switching to a Ketogenic Lifestyle. The journey has inspired me to share my story with all those looking for inspiration to lose weight and get healthy again.

It is not easy to live in any country, neighborhood, locality or apartment if you are fat and unhealthy. You get stared upon, snubbed and made fun of by anybody and



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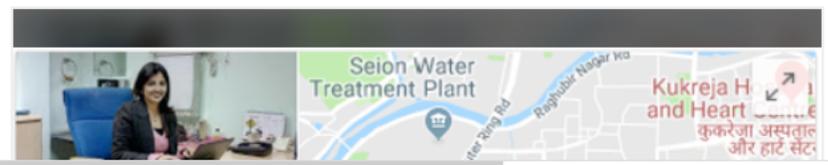
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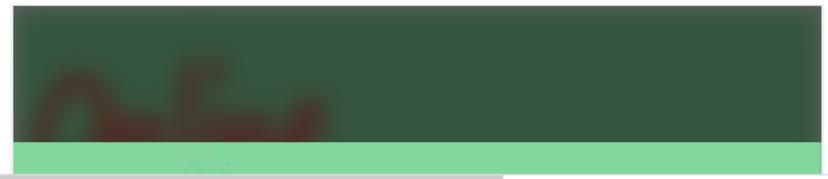
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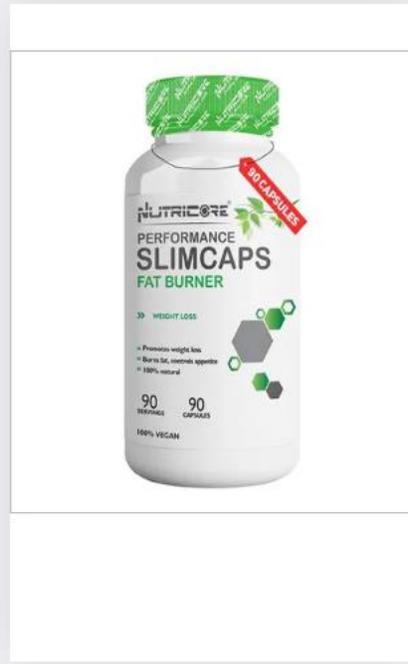
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NUMBER OF DAYS

- 3
- 12
- 30
- 60
- 90
- Other

RS. 3000 ~~RS. 5340~~  
(250 PER MEAL)

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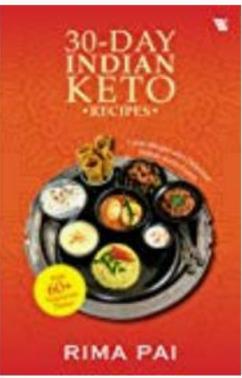
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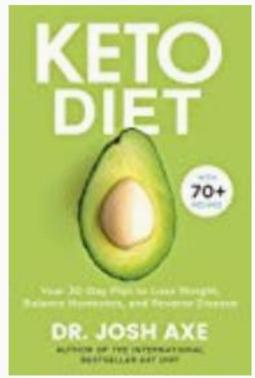
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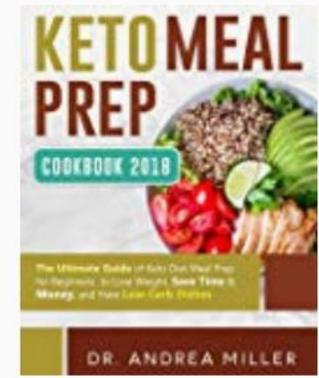
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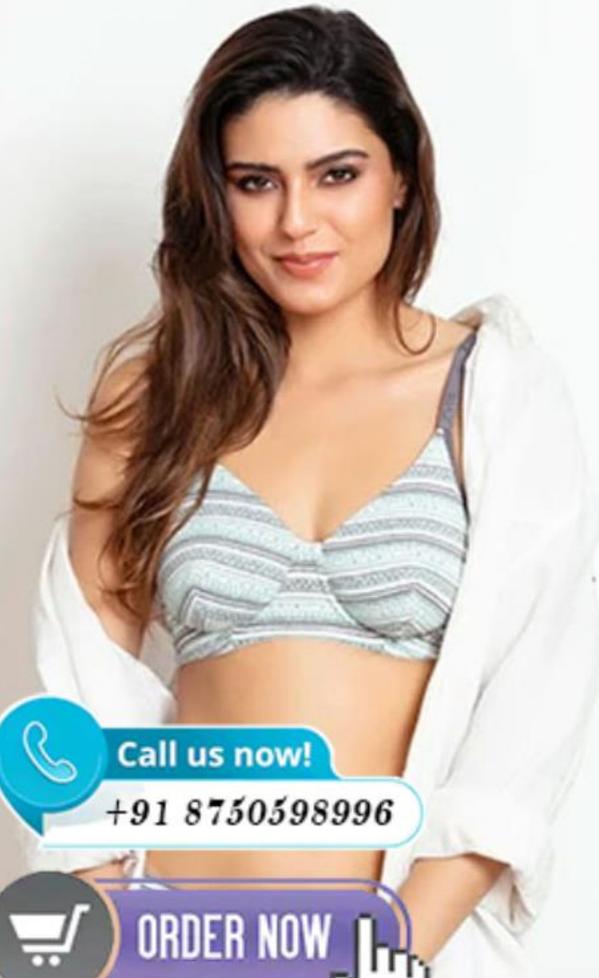
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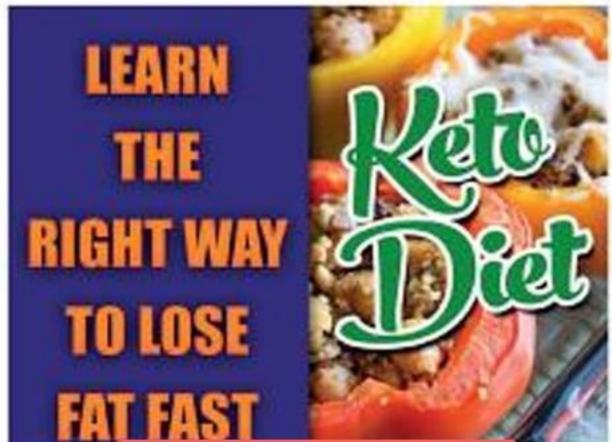
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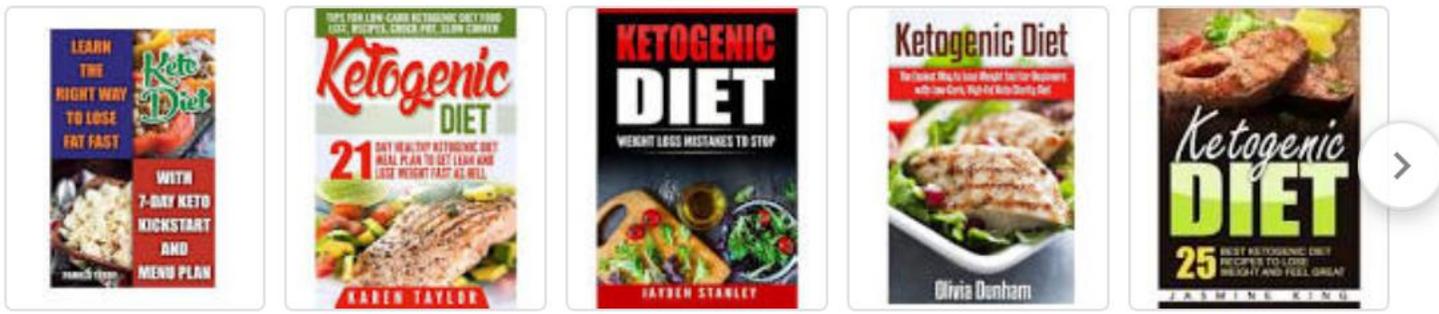
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# Fast Moving product for India

The image shows two overlapping screenshots of Amazon India product pages. The top screenshot displays the product page for 'KETO FUEL MCT Keto Oil Powder with Coconut Oil for Coffee & Shakes 500g (Unflavored)'. The product is shown in a brown paper bag with 'ORIGINAL UNFLAVORED' branding. The price is ₹ 1,599.00, marked down from ₹ 1,999.00. It has 33 ratings and is an Amazon's Choice product. The page includes options to 'Add to Cart' or 'Buy Now', a 'Subscribe & Save' option for 5% off, and a '100% Purchase Protection' badge.

The bottom screenshot displays the product page for 'Wellversed Keto Oil - Unsweetened-500ml'. The product is shown in a white bottle with a label that reads 'KETO OIL 100% Pure MCT OIL'. The price is ₹ 899.00. The page includes a 'Select delivery location' dropdown, a 'Sold by Wellversed Health (4.8 out of 5 | 652 ratings) and Fulfilled by Amazon.' badge, and a '2 offers from ₹ 899.00' badge. The product is described as a 'Vegetarian product' and is listed with several benefits:

- The best source of energy for people of a KETOGENIC Diet - Digests rapidly and releases ketones in the body for sustained energy
- Excellent source of nutrition to put your body back into Ketosis after accidentally consuming excess CARBS
- 100 % Coconut Sourced With No Palm Oil - Rich in Essential Fats and Micro-nutrients
- Flavorless and Odorless, 100% Vegan, All Natural, Gluten Free, No Isolate or artificial compound added, No Artificial Flavors, No Added Sugar or Starch, No Added Preservatives or Colour

Both screenshots show the Amazon India interface, including the browser address bar, navigation icons, and the Windows taskbar at the bottom.

# Chicken Biryani Becomes India's Favourite Dish, People Literally Ordered 95 Plates Every Minute

KC Archana | Updated: Dec 24, 2019, 16:41 IST 821 SHARES FACEBOOK TWITTER REDDIT SAVE

If there is one thing that unites us Indians, it is our love for food especially biryani. In 2019 alone, 95 plates of chicken biryani were sold every minute because that's how obsessed the nation is with this mouthwatering dish. A report by food-delivery platform Swiggy revealed the food habits of people across the country, and biryani won hands down.

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## Indian Ketogenic Diet: Top 5 Desi Dishes That You Didn't Know Were Keto-Friendly

Indian ketogenic Diet: All spices, as well as paneer and legumes are keto-friendly, leaving desi keto diet followers with a whole world of Indian dishes to include in their meals.

The NEWS Minute bodor Fiber Laser Cutting Mach

India loves its biryani. And this was proved yet again with biryani topping the list of the most ordered dish on Swiggy for the third year in a row. According to Swiggy's StatEATistics 2019, Indians ordered an average of 95 biryanis per minute or 1.6 biryanis every second. While Chicken biryani was the most ordered food, the country's favourite south Indian dish, Masala Dosa came second. Paneer butter masala, chicken fried rice and mutton biryani made up the top 5. The analysis is pan-India for the period between starting Jan 2019 until Nov 2019. Indians love their biryani so much, that variants of it were three of the top 10 most ordered dishes: Mutton biryani at the fourth spot, and chicken dum biryani at the sixth spot. In fact, Swiggy claims that there are 35,056 varieties and combos of biryanis available for users across the platform with boneless chicken biryani,

## Keto Lunch

Ketofresh Chicken Curry From RS. 250.00 This is an easy chicken curry to make. It's not got a lot of spices or ingredients. It's also fai... Ketofresh Chicken Briyani From RS. 300.00 The king of rice dishes - The Biryani, now made Keto It's no-guilt biryani time! Say hello to cau...