

Undo Diabetes

QUICK START GUIDE

You don't need perfection to start. You just need a direction.

These simple steps will help you take control of your health starting right now.

The 4 Big Wins



Cut Sugar Like Your Life Depends On It

Eliminate sugary drinks like: soda, juice, and energy drinks.

Watch for hidden sugars: Read labels and look for hidden sugars like **maltodextrin**, **corn syrup**, and **dextrose**.



Control Carbs

Skip bread, rice, pasta, potatoes—Swap with low-carb alternatives like riced cauliflower, zucchini strips.



Prioritize Protein & Healthy Fats

Build your plate around protein's such as, **beef, chicken, pork, fish, eggs**. Grass-fed and pasture-raised if possible.



Embrace Healthy Fats

Add fats that keep insulin low and fuel your body: Olive oil, avocado oil, butter or ghee, and full-fat dairy (cheese, cream)

Go-To-Foods

- Eggs
- Avocado
- Beef, Chicken, Fish
- Leafy Greens
- Olive oil
- Butter
- Low-carb veg

Use Smart Swaps

Say goodbye to bread, rice, pasta, potatoes, and cereal.

- Replace with low-carb vegetables (broccoli, cauliflower, spinach, zucchini).
- Use smart swaps:
- Rice → Riced Cauliflower
- Spaghetti → Zucchini Noodles
- Lasagna → Roasted Egg Plant Slices
- Mashed Potatoes → Mashed Cauliflower with Butter

STOP using seed oils: canola, corn, soybean.



Low-Carb Foods

The Rule

If it's on the list, you can eat it. No starving. No complicated rules. Just stick to the list and enjoy your food.

Let Them Eat

You don't have to give up **flavor or comfort**.

Casseroles, stir-fries, lasagna, even dessert, it's all possible. Just make it with ingredients from the list.

Mindset Reminder

This isn't a punishment diet. It's freedom.

You're not going hungry, you're finally eating in a way that heals your body.

Meat

Beef
Chicken
Turkey
Pork
Lamb
Veal
Wild Game
Bison
Organ meats
Eggs
Bacon

Fish

Catfish
Flounder
Haddock
Mackerel
Salmon
Sardines
Squid
Tilapia
Trout
Tuna

Seafood

Crab
Lobster
Oysters

Scallops
Shrimp

No-Starch Vegetables

Artichoke
Asparagus
Bamboo Shoots
Bean Sprouts
Bok Choy
Broccoli
Brussels Sprouts
Cabbage
Cauliflower
Celery
Collard Greens
Cucumbers
Eggplant
Field Greens
Green Beans
Jicama
Kale
Kohlrabi
Leeks
Mushrooms
Mustard Greens
Okra
Onions
Peppers
Radishes
Spinach

Summer Squash
Swiss Chard
Tomatoes
Zucchini

Fruit

Raspberries
Blackberries
Avocados
Coconuts
Lemons
Limes
Olives

Dairy

Full-fat Yogurt (Unsweetened)
Heavy Cream
Half & Half
Sour Cream
Cheeses
Butter

Nuts (In Moderation)

Pecans
Brazil Nuts
Macadamias
Walnuts
Hazelnuts

Pine Nuts
Chia Seeds
Hemp Seeds
Flaxseeds
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds

Nut Butter

Almond Butter
Cashew Butter,
Sunflower Butter
Macadamia Butter
(Natural) Peanut Butter

Fat

Avocado Oil
Coconut Oil
Mayonnaise
MCT Oil
Olive Oil
Walnut Oil
Lard
Tallow

Fermented Food

KimChi
Sauerkraut
Apple Cider Vinegar
Kiefer

Remember, you're working up to a carb-free lifestyle. The goal is to develop a repertoire of carb-free recipes to transition. You can prepare food anyway you like, just do not add foods that are high in carbohydrates.



Why Keto Works and Why Fat Is Your Friend

The ketogenic approach flips the old “low-fat diet” advice on its head. Instead of cutting fat, you cut carbs. Why? Because carbs are what drive blood sugar and insulin sky-high, and insulin is the hormone that locks fat away, making weight loss nearly impossible.

When you lower carbs, insulin drops. This tells your body to tap into its fat stores for fuel. Suddenly, fat isn’t the enemy, it’s your ally. Fat keeps you full, gives you steady energy, and supports your body as it transitions from sugar-burning to fat-burning.

Think of it this way: carbs are quick fuel that burn out fast, while fat is a clean, long-lasting fuel that keeps you going. The trick is learning which foods help you stay in that fat-burning zone, and which ones kick you out of it.

That’s where these simple Do’s and Don’ts come in.

Quick Start Guide: Do’s & Don’ts

Do’s

Eat Full-Fat Dairy

- Whole dairy creates a lower insulin response compared to low-fat versions. When fat is removed, the balance shifts toward sugar and protein, spiking insulin more.

Choose Real, Whole Foods

- Stick to meat, eggs, fish, vegetables, nuts, seeds, and natural fats. These foods keep you fuller longer and stabilize blood sugar.

Use Healthy Fats Generously

- Avocado, olive oil, butter, coconut oil—these support fat adaptation, satiety, and steady energy.

Stay Hydrated with Electrolytes

- Low-carb eating lowers insulin, which makes your kidneys flush water and minerals faster. Replacing electrolytes helps avoid fatigue and “keto flu.”

Move Every Day

- Walk 10–20 minutes after meals.
- Light activity is better than none. Consistency matters more than intensity.

Don’ts

Don’t Eat “Diet” or Low-Fat Products

- These often have added sugars, starches, or artificial fillers. They cause bigger insulin spikes and leave you hungrier.

Don’t Drink Your Calories

- Skip juice, soda, lattes, or smoothies. Liquid carbs (and even protein shakes) hit the bloodstream fast, driving up insulin and blocking fat burning.

Don’t Fear Salt (Within Reason)

- Cutting carbs changes how your body handles sodium. Being too restrictive can lead to headaches, fatigue, and cramps.

Don’t Chase Perfection

- Progress matters more than perfection. Slip-ups happen—just get back on track at the next meal.

Resources

Dr. Benjamin Bikman – YouTube @benbikman

Dr. Jason Fung – YouTube @DrJasonFung

Dr. Pradip Jamnadas – YouTube

@pradipjamnadasmd

Dr. Sten Ekberg – YouTube @drekberg



Why Keto Works and Why Fat Is Your Friend

Get Over Your Fear of Fat

For decades, dietary fat has been unfairly vilified. The truth is, not all fats are created equal. Healthy fats, such as those found in avocados, nuts, seeds, and olive oil, are crucial for maintaining bodily functions and can even aid in weight loss. These fats help you feel satiated, reducing the urge to overeat. Embrace whole food sources of fat and ditch the low-fat products that often compensate with added sugars and chemicals.

Why it works

Healthy fats support brain function, hormone production, and the absorption of fat-soluble vitamins (A, D, E, and K). They also help keep you full, which can curb overeating.

Avoid “Diet” Food Products

Many so-called “diet” products are anything but healthy. They often contain artificial sweeteners, preservatives, and other additives that can sabotage your weight loss efforts. Instead of reaching for the latest diet soda or low-calorie snack, focus on eating real, whole foods. These foods are naturally nutrient-dense and free from unnecessary chemicals.

Why it works

Why it works: Whole foods provide the nutrients your body needs to function optimally, without the hidden chemicals and sugar.

Eliminate Sugar

Sugar is one of the biggest culprits in weight gain and numerous health problems. It's hidden in many processed foods, making it easy to consume more than you realize. Eliminating added sugars can significantly enhance your weight loss efforts and overall well-being. Pay close attention to labels and avoid foods with high sugar content, opting instead for naturally sweet options like fruits.

Why it works

Reducing sugar intake helps stabilize blood sugar levels, reduce cravings, and prevent insulin resistance, which is a key factor in weight gain.

Steer Clear of Processed Foods

Processed foods are typically high in unhealthy fats, sugars, and sodium, and low in essential nutrients. These foods can lead to weight gain and numerous health issues, including heart disease and diabetes. By eliminating processed foods from your diet and focusing on fresh, whole ingredients, you can support your body's natural weight loss processes.

Why it works

Whole foods are rich in fibre, vitamins, and minerals that promote a healthy metabolism and prevent overeating.

Your First 24 Hours

Morning

- Eat eggs + fat
- Drink electrolytes
- Remove all sugar from the house

Afternoon

- Eat a protein-heavy lunch
- Walk 10–20 minutes

Evening

- Keep dinner simple (meat + veg)
- Prepare tomorrow's food so you don't guess

Before Bed

- Remind yourself why you're doing this
- Go to sleep—not the pantry

Troubleshooting: If You Feel Bad

Headache or Fatigue?

→ Add ½ tsp salt in water. Electrolytes fix 80% of early symptoms.

Cravings?

→ Eat more protein and fat. You're not supposed to starve.

Constipation?

→ Add magnesium glycinate or citrate + leafy greens.

Not Losing Weight?

→ You're still adapting. Fat loss speeds up once insulin drops.

→ Keep carbs low and protein steady—your body will respond.