

MODULE 2 | LESSON 1

CLEAN KETO VS. DIRTY KETO

Katie Rodriguez, Nutritional Consultant





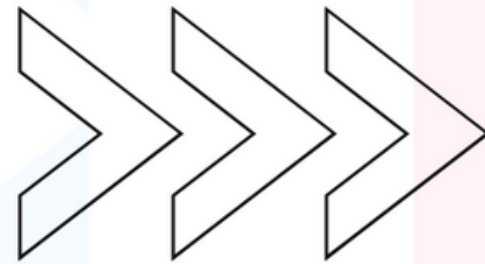
When properly formulated

THE KETOGENIC DIET HAS THE ABILITY TO:

- Reduce inflammation
- Repair the microbiome
- Balance hormones
- And SO much more!

**IN ORDER TO REAP
THE BENEFITS OF...**

- Improved gut health
- Hormone restoration
- Disease prevention



**YOU MUST CONSUME
FOODS THAT ARE...**

- Low-glycemic
- Nutrient-dense
- Anti-inflammatory

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DIRTY KETO MAY HELP YOU LOSE
WEIGHT, BUT IN THE LONG RUN,
YOUR HEALTH WILL TAKE A HIT.

What is dirty keto?

DIRTY KETO



Deep-fried (un-breaded) chicken wings with Hidden Valley Ranch



Bun-less burgers with American cheese and Hellman's Mayo



Chipotle taco bowl with double meat, cheese and sour cream



Coffee with basic butter, heavy whipping cream and keto syrup



Charcuterie— low budget meat and cheese spread (pumped deli meats and pasteurized cheeses)

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3 COMMON PITFALLS OF DIRTY KETO

1. Selecting the wrong fats
2. Consuming inadequate amounts of fibrous foods (especially veggies)
3. Eating “keto-friendly” processed foods





Pitfall #1:

SELECTING THE WRONG FATS

- Polyunsaturated fatty acids (PUFAs)
- Processed fats
- Omega 6's
- Trans fats

What is the "wrong fat"?

10 WORST SOURCES FOR FAT

1. Canola oil
2. Corn oil
3. Cottonseed oil
4. Flax oil
5. Grapeseed oil
6. Safflower oil
7. Sesame oil
8. Soybean oil
9. Peanut oil
10. Vegetable oil



Trans fats are inflammatory

3 TRANS FATS TO AVOID AT ALL COSTS

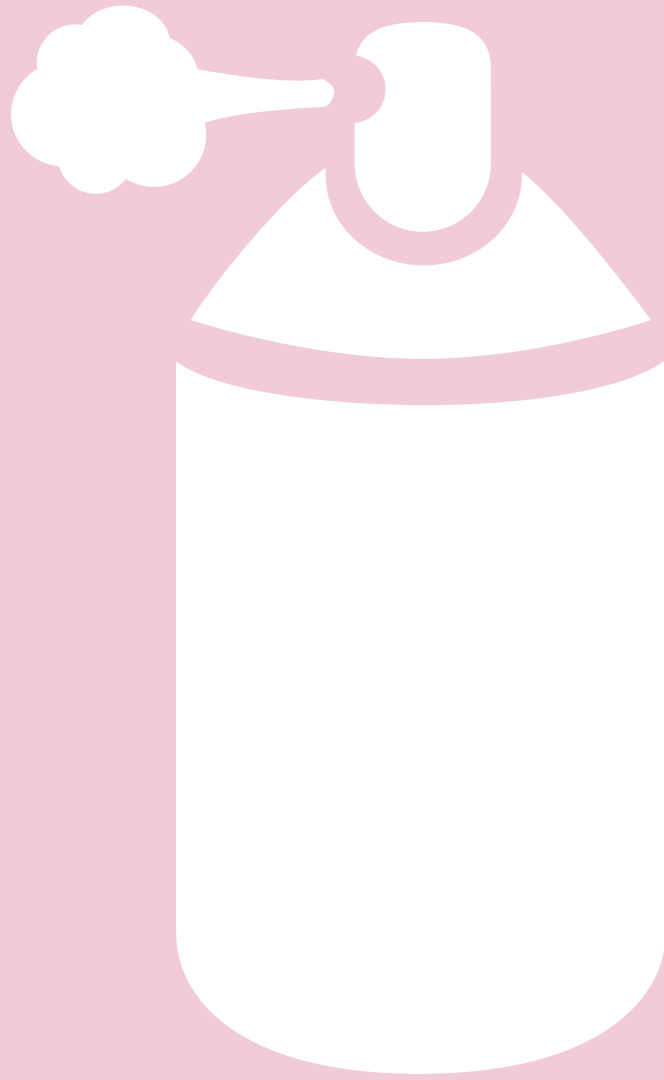
1. Hydrogenated or partially-hydrogenated oils
2. Margarine or Butter Spreads
3. Vegetable shortening





HYDROGENATED OR PARTIALLY- HYDROGENATED

- Subject to destructive processing methods
- Contribute to insulin resistance
- Create oxidative stress in the liver



MARGARINE OR BUTTERY SPREADS AND SPRAYS

- Margarine undergoes hydrogenation
- Butter spreads and sprays often contain hydrogenated oils



VEGETABLE SHORTENING

- Vegetable shortening undergoes hydrogenation
- Condensed trans fat



Pitfall #2:

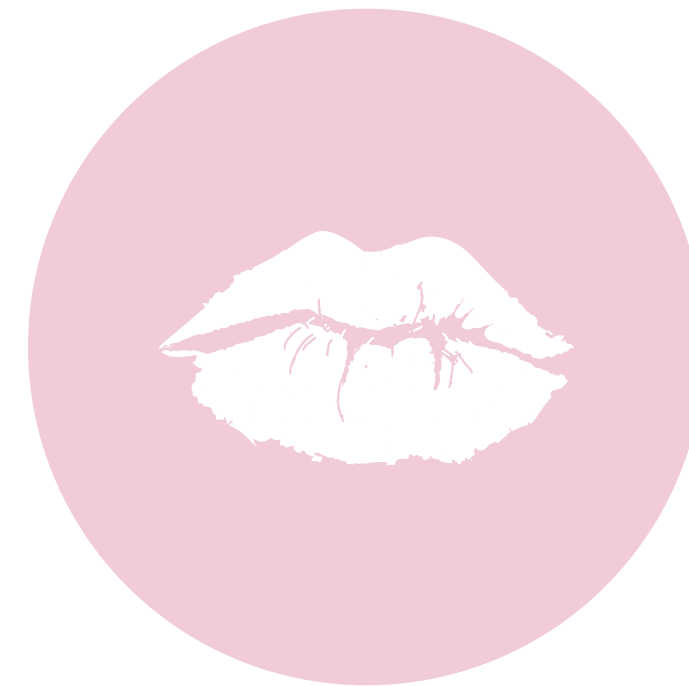
**CONSUMING INADEQUATE
AMOUNTS OF FIBROUS FOODS
(ESPECIALLY VEGGIES)**

- Green leafy vegetables
- Cruciferous veggies
- Almonds
- Berries

CURRENT DIETARY GUIDELINES



Men: 34g of fiber



Women: 28g of fiber

<https://www.fns.usda.gov/>

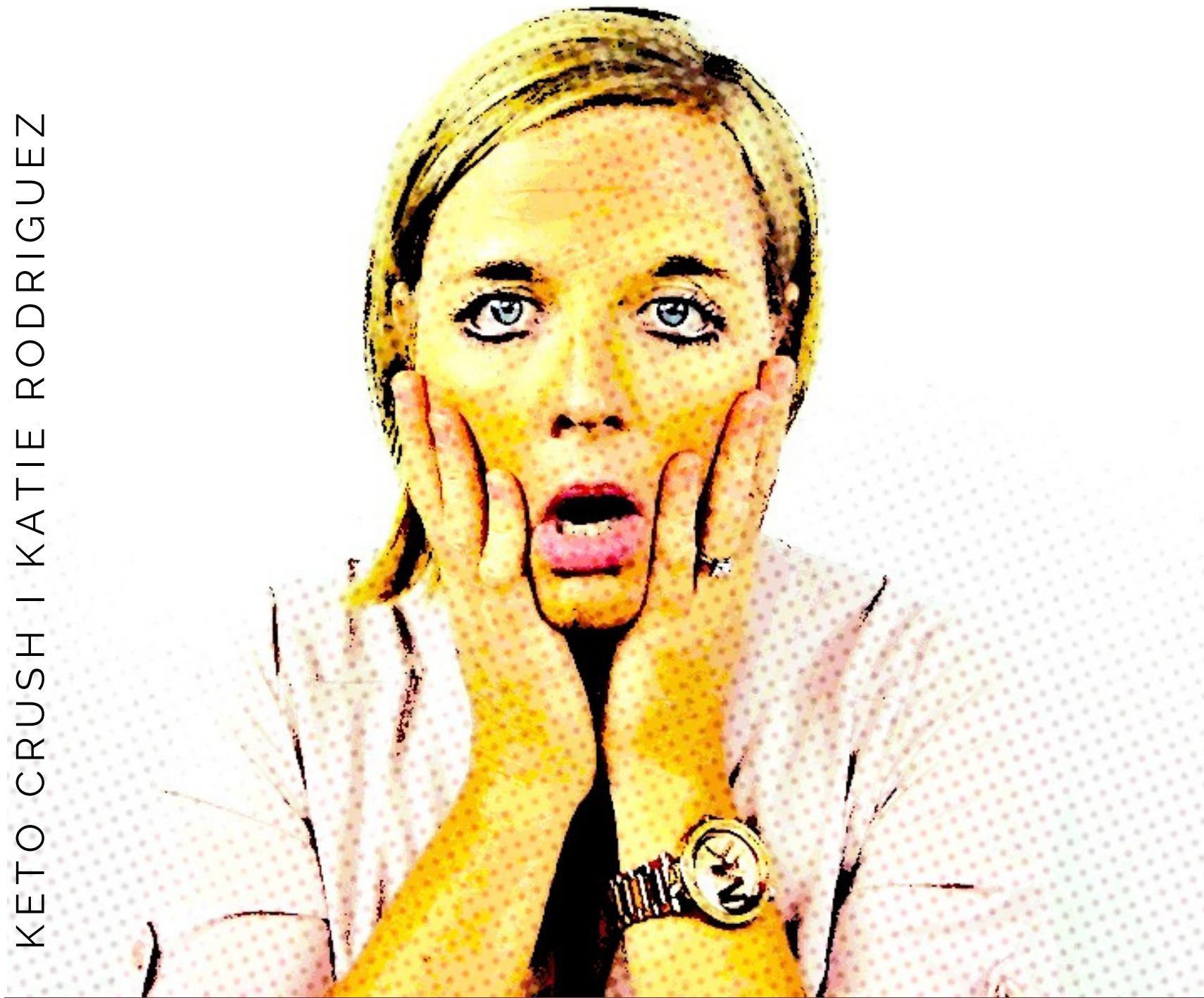
KETO CRUSH | KATIE RODRIGUEZ

Low-Carb, High-Fiber Foods

10 HIGH-FIBER (KETO-APPROVED) FOODS

1. Avocados
2. Berries
3. Green leafy vegetables
4. Coconuts
5. Cruciferous veggies
6. Nuts
7. Mushrooms
8. Seeds
9. Prebiotic veggies
10. Psyllium Husk





Pitfall #3:

EATING “KETO-FRIENDLY” PROCESSED FOODS

- Rebel ice cream
- Wilde chicken chips
- Lily's peanut butter cups
- Moon cheese

Keto Processed Food Products



Rebel

dang



What is clean keto?

CLEAN KETO



Deep-fried (un-breaded and fried in pork lard or duck fat) chicken wings with Primal Kitchen Ranch and celery sticks



Bun-less burgers with goat cheese, arugula and avocado mayo



Homemade taco bowl with avocado, sprouts and organic sour cream



Coffee with ghee butter, MCT oil and bone broth collagen



Charcuterie— grass-fed, sustainably sourced meat and raw cheese with olives

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3 ESSENTIALS OF CLEAN KETO

1. Eat heart-healthy fats
2. Reserve your carbs for nutrient-dense veggies
3. Select high-quality protein





Essential #1:

EAT HEART-HEALTHY FATS

- Saturated fatty acids (SFAs) are best
- Quality plays a HUGE role
- Unprocessed fats
- Omega 3's

What are the "right fats"?

10 BEST SOURCES OF FAT

1. Avocado oil
2. Beef or bison tallow
3. Cocoa butter
4. Coconut oil
5. Extra-virgin olive oil*
6. Ghee or grass-fed butter
7. Macadamia nut oil*
8. MCT oil
9. Red palm oil
10. Pork lard





Essential #2:

RESERVE YOUR CARBS FOR NUTRIENT DENSE VEGGIES

- Green leafy veggies
- Cruciferous veggies
- Non-starchy veggies

Best of Carbohydrates

10 BEST KETOGENIC CARBS

1. Kale
2. Broccoli
3. Arugula
4. Cauliflower
5. Spinach
6. Brussels sprouts
7. Swiss chard
8. Asparagus
9. Dandelion greens
10. Cabbage

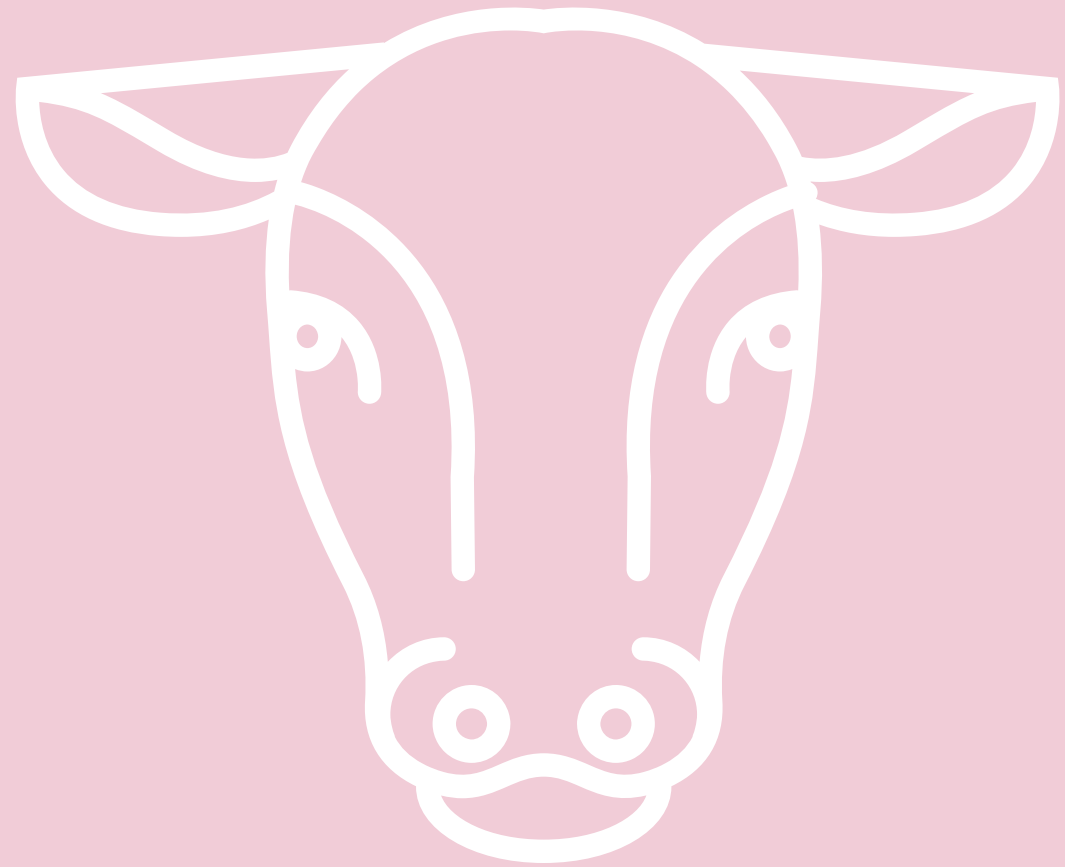




Essential #3:

SELECT HIGH-QUALITY PROTEIN

- Certified Organic
- Certified Humane
- Animal Welfare Approved



FACTORY FARMS (CAFOS)

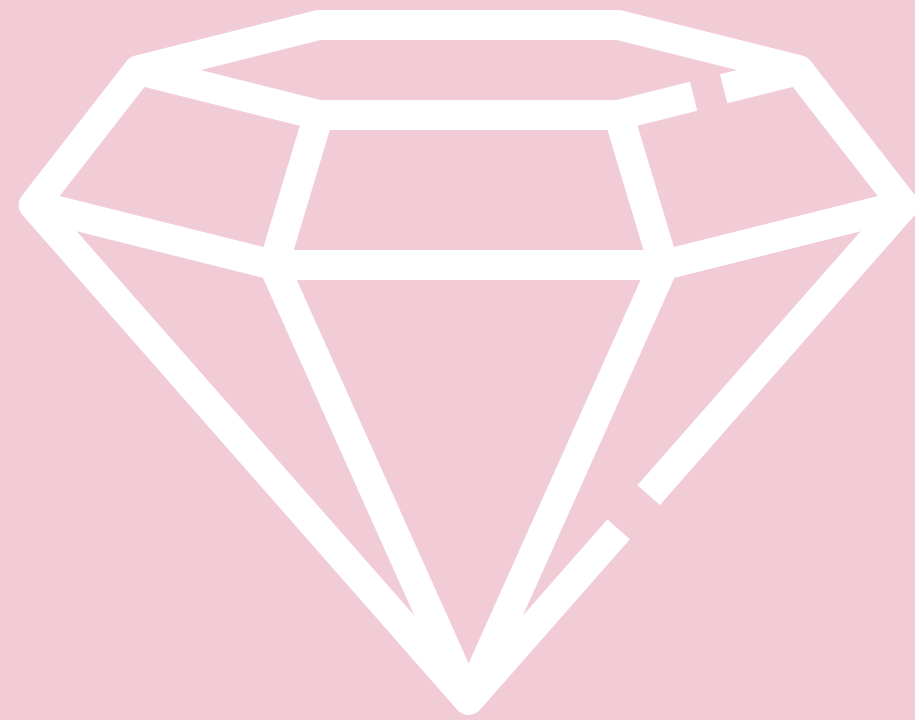
- Tyson
- JBS
- Cargill
- Smithfield
- Perdue

Selecting High-Quality Meat

- **Hormone-free**
- **Antibiotic-free**
- **Certified Organic**
- **Certified Humane**
- **Animal Welfare Approved**
- **MSC Certified Seafood**



IN ORDER TO CASH IN ON ALL THE
HEALTH BENEFITS KETO HAS TO
OFFER, YOU'VE GOT TO FOCUS ON A
CLEAN KETOGENIC DIET.



ACTION STEP:

Don't Skip Module 2!

Module two is where you take your nutritional knowledge from beginner to advanced.

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