

MODULE 3 | LESSON 7

# CYCLICAL KETO FOR LIFELONG SUCCESS

Katie Rodriguez, Nutritional Consultant

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# Ketogenic diet for life?!

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IS A LONG-TERM KETOGENIC DIET  
SAFE?



# Long-Term Keto

- Do your research
- Listen to your body
- Draw your own conclusions

## HARVARD HEALTH

*“We do not know much about its long-term effects, probably because it’s so hard to stick with that people can’t eat this way for a long time.”*

**<https://www.health.harvard.edu/>**

## HOPKINS CHILDREN'S HOSPITAL

*“Despite its temporary side effects, we have always suspected that the ketogenic diet is relatively safe long term, and we now have proof.”*

*-Dr. Eric Kossoff*

<https://www.hopkinsmedicine.org/>

# Luis Villasenor- Founder of Ketogains

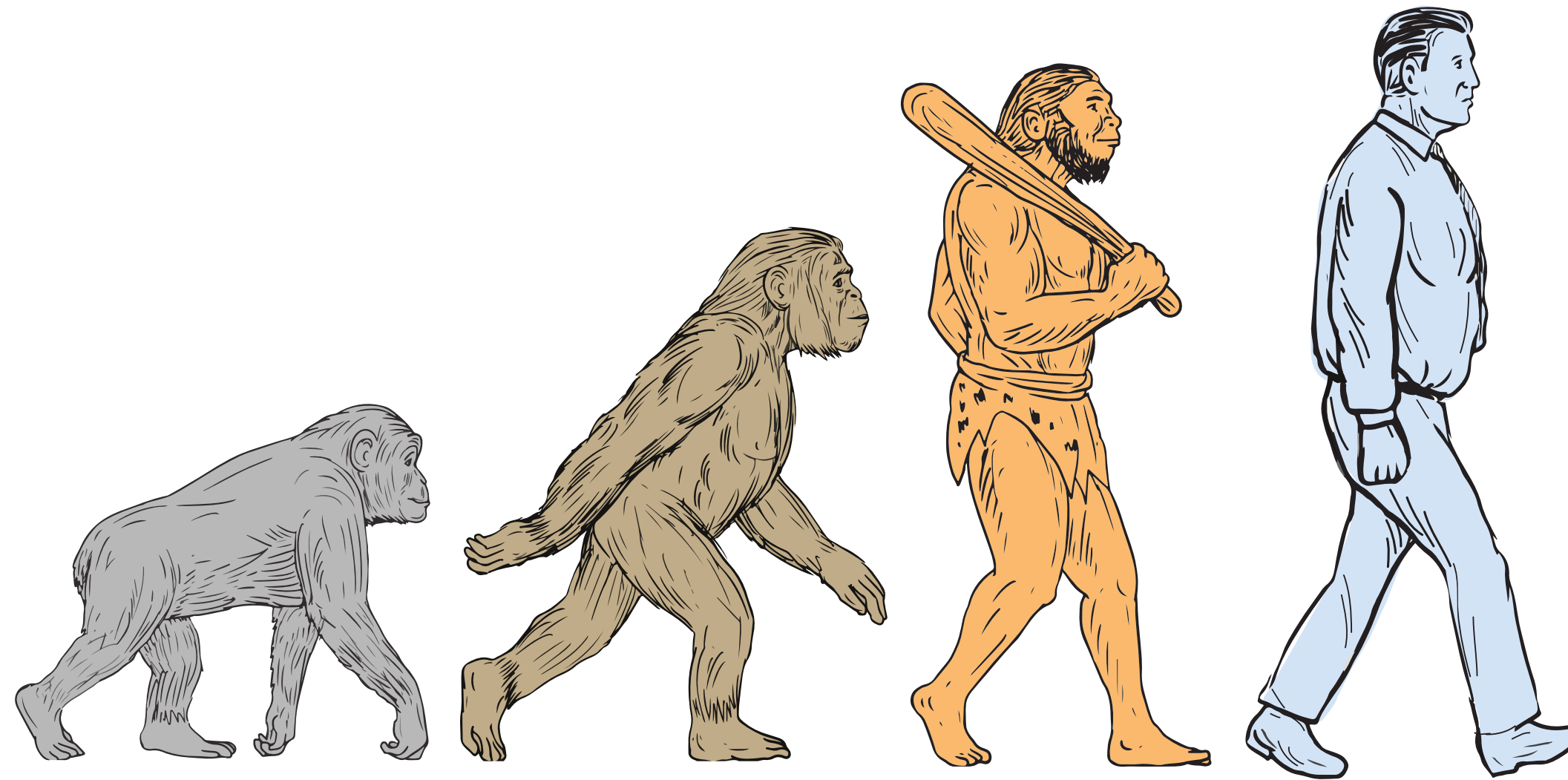
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EPISODE  
**363**

FEATURING  
**Luis Villasenor & Tyler  
Cartwright**





# Predominant ancestral dietary pattern

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# Potential issues associated with long-term keto

By maintaining low insulin levels for long periods of time, your cells may become somewhat resistant to insulin's signals. The basic idea is this: your body adapts to your eating pattern over time.





# The Solution: Cyclical Keto

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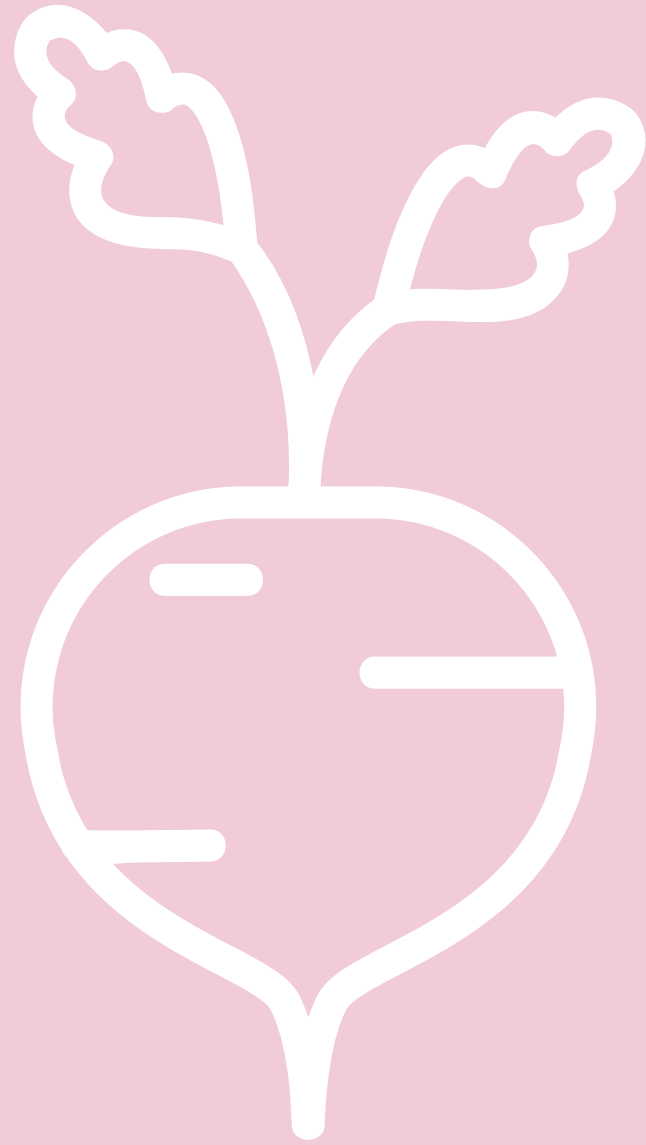
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# What is Cyclical Keto?

THE MOST POPULAR METHOD INVOLVES:

- **5-6 Days of Restricted Carbs**  
(20-50 grams per day)
- **1-2 Days of “Re-feeding” Carbs**  
(150-200 grams per day)



# Who is Cyclical Keto Ideal For?

- Fully fat-adapted folks
- Long-term keto enthusiasts (plateau)
- Athletes

WHAT SHOULD I EAT WHILE CARB  
RE-FEEDING?

# TOP 5 CARBS FOR RE-FEED DAYS

1. **Starchy Vegetables** (sweet potatoes, beets, butternut squash)
2. **Wild Rice** (not to be confused with brown rice)
3. **Legumes** (lentils, chickpeas, beans)
4. **High-Fiber Fruit** (apples, bananas, dragon fruit)
5. **Gluten-Free Grains** (quinoa, buckwheat, steel-cut oats)



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LOWER YOUR FAT INTAKE ON CARB  
REFEED DAYS



# What Day is BEST for Re-feeding?

I would suggest scheduling your re-feed for a day that you plan on hitting the gym hard. By planning your re-feed day to correlate with your workout schedule you're likely to maximize the benefits of cyclical keto.



# Build in a Cheat Day!

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INSTEAD OF TELLING YOURSELF "NO,"  
YOU'RE TELLING YOURSELF, "LATER."



# My Personal Approach

## 80/20 APPROACH

- **80%** of the time I eat super clean
- **20%** of the time I make delightfully poor choices



# TAKE ACTION!

## Track Your Progress

- Track your progress by filling out the **Mid-Crush Evaluation Form**
- Increase your accountability by posting within the **Keto Crush Facebook Group**

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