

# *When Can I Eat Carbs With The Keto Lifestyle?*

Some signs you are fat adapted and ready to move into the next phase are:

- Little to no sugar cravings
- Wake up without being hungry
- Can go 14 hours without food and feel fairly great
- Don't get hangry (hungry + angry)
- I feel satisfied after eating
- Eating at least 10 Keto Fat Points
- Have transitioned into this new eating plan for at **least 3 weeks sometimes it takes 4-6 weeks**
- May only be consuming 2 meals a day and feel great

Take a look at your food journal and see where you felt the best with your fat, carb, protein intake, sleep, energy and mental clarity. Many women do well under 50 carbs or (2.5 Keto Carb Points) a day. You will find your sweet spot and some days you may feel you need 10-20 carbs (1 Keto Carb Point)

## **What kind of carbs and how many can I eat?**

One of the best way to check your carb tolerance is to add a starchy vegetable like sweet potatoes, pumpkin, lentils, chick peas, rice, beans, or low glycemic fruit. If you find you want something else then go for it. It may be a pizza, pasta or ice cream, so go for the cleaner version that is gluten free, hormone-free, chemical-free and uses wholesome ingredients. Most people choose one of the above for a carb refeed day. Start with maybe ½ the normal portion size and see how you feel the next day (bloated, tired, sugar cravings, feeling like you did before you got keto adapted) or get out your ketone blood meter and check your levels. If your numbers fall in between 0.5 and to 3.0 mmol/L then you are good and have found what works for you. If you are out of the range and feel any of the symptoms mentioned then you're probably out of ketosis and your body doesn't do well with that food.

## **How often can I eat carbs or do a carb refeed?**

As mentioned before as long as you are fat adapted, a carb refeed should not be attempted. Most ladies do well with 1-3 days of carb refeed days with the average of 2 per week and it's usually only one meal. Some even do it once every 2 -3 weeks. Listen to your body and find what works for you because your body chemistry is always changing (just like our bank

accounts). You may find that one week you need to do a carb refeed 2 times that week and not have another carb refeed day or meal for a month.

Many are able to get back into ketosis much quicker when they have been fat adapted for a several months and usually don't care to have too many carb refeed meals.

### **How Do I Know I need to do a carb refeed?**

When you feel:

your workouts are flat

bit tired

sluggish

achey joints

taking longer to recover from workouts

These are some good signs that maybe it's time to have a carb refeed meal.