



**SEO CONTENT BLOG POST.  
ENGAGING AND  
CATCHY TITLE AND CONTENT.  
DEFINITELY ORIGINAL!  
GRAMMATICALLY CORRECT.**

# About



Hi there! I am Daizylene P. Lopez, a blogger, creative writer, and a social media page manager. Thank you for choosing me to give you my services. Here are some of the samples of my articles from my blog “Health for All” <https://healthforall357018094.wordpress.com> and some screen captures of my posts from my Facebook page “The Right Keto Diet Plan for You” <https://www.facebook.com/HealthForAll04/>.

## Why do I write?

I write to live my passion! I am 23 years old, a mother of a 3-year old son. I graduated as a Mechanical Engineer last 2018 and later took the board exam and passed. I’ve entered the mechanical industry and worked as a field engineer for a year. But it seems like I’m still not finding my real purpose and passion until I’ve arrived to a decision to create my own blog and an FB page to endorse a product through affiliate marketing. But it’s still not working. I asked myself, why not showcase my writing skills and social media managing skills to online platforms to help other bloggers and writers to achieve their dream blog posts?

Again, thank you for choosing me! I promise that you’ll love my work.

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# What type of diet will give you the best result?



*"Those who think they have no time for healthy eating will sooner or later have to find time for illness."*

-Edward Stanley

Health is a state of physical, mental and social well-being in which disease and infirmity are absent. -Wikipedia

Staying fit and healthy is a basic obligation to one's self. Have you ever asked yourself these questions: Do you think you need to lose some weight? Do you want to prevent having diseases as you grow older? Do you want to remove your sugar cravings? Do you want to be fit and healthy all throughout your life?

**If you answered a big YES, then you need to consider changing your diet and lifestyle.**

Did you know that there's a diet called the Ketogenic Diet?



The Ketogenic Diet also known as the Keto Diet or Low Carb Diet is about consuming a lot of protein and fats but fewer carbs. This diet makes the body send the fats that we consume to the liver, which the latter transform it into energy to keep the body strong and active for

a long time without feeling tired quickly. A typical keto diet aims for meals with 75% fat, 20% protein, and 5% carbohydrate. Keto diet menu items often include seafood, meat, dairy products, eggs, vegetables, and nuts.

CUSTOMKETO DIET

## KETO FRUITS

TOMATOES AVOCADO BLACKBERRIES

RASPBERRIES STAR FRUIT STRAWBERRIES

This infographic displays six keto-friendly fruits arranged in two rows of three. Each fruit is shown with a small image and a corresponding label in a colored banner below it. The top row includes Tomatoes (red banner), Avocado (green banner), and Blackberries (dark blue banner). The bottom row includes Raspberries (red banner), Star Fruit (yellow banner), and Strawberries (red banner).

CUSTOMKETO DIET

## KETO PROTEINS

20% From These

80% From These

This infographic features a circular pie chart divided into two sections. The top section, representing 20% of protein intake, is labeled '20% From These' and includes images of salmon, chicken, fish, and bacon. The bottom section, representing 80% of protein intake, is labeled '80% From These' and includes images of steak, pork chops, and eggs.

CUSTOMKETO DIET

## KETO CARBS

20% From These

80% From These

This infographic features a circular pie chart divided into two sections. The top section, representing 20% of carb intake, is labeled '20% From These' and includes images of cauliflower, raspberries, and blackberries. The bottom section, representing 80% of carb intake, is labeled '80% From These' and includes images of various leafy greens like lettuce, spinach, and broccoli.

CUSTOMKETO DIET

## KETO FATS

20% From These

80% From These

This infographic features a circular pie chart divided into two sections. The top section, representing 20% of fat intake, is labeled '20% From These' and includes images of avocado, almonds, and cheese. The bottom section, representing 80% of fat intake, is labeled '80% From These' and includes images of butter, eggs, and meat.

**Based on research and studies, here are some major benefits of a Keto Diet.**

## **1. Weight loss.**

Without a doubt, weight loss is the primary goal of the keto diet. It works because it makes the body look to its fat reserves to power its metabolism. When the body is deprived of carbs, it enters a state of ketosis. Blood sugar and insulin levels fall when that happens. As the body taps the energy in fat cells, they release considerable quantities of water, making for some great weight loss. The fat cells are then able to enter the bloodstream and make their way to the liver, where they are turned into ketones for energy processing. As long as your diet allows you to stay in a caloric deficit, you get to enjoy the weight loss benefits of the keto diet.

## **2. It takes the edge off your appetite.**

When your diet isn't heavy on carbs, you'll find that you don't crave as much food as before. Many people who get on the keto diet are able to fast most of the day, and only eat at mealtimes. They are simply not as hungry as before.

## **3. Improved ability to focus.**

When you choose a regular diet that puts carbs into the body, your brain has to deal with the rise and fall in sugar levels that happens as a result. Inconsistent energy levels can make it hard for the brain to focus.

With the keto diet, however, the energy source is constant and consistent. The brain is better able to stay focused.

#### **4. You feel more energetic.**

When you are on a regular diet, your body is always on the verge of running out of energy. You need to constantly eat and refuel. With a keto diet, however, the body taps its fat reserves, a nearly unending energy source. The body, then, is able to maintain constant energy levels throughout the day. The result is, you end up feeling a lot more energetic.

However, one sign that ketosis is working on you is you might feel muscle cramps or spasms if you are dehydrated and has an imbalanced electrolyte. People in ketogenic diet needs to make sure that they ensure that they are getting enough electrolytes from the food they eat to avoid these muscle pains or other symptoms of imbalance.

#### **5. It helps you fight Diabetes.**

When you suffer from Type II diabetes, your body experiences high levels of insulin. Since the keto diet takes excess sugar from your diet, it helps stabilize HbA1c counts, and reverse Type II diabetes.

#### **6. You get improved levels of good cholesterol.**

HDL cholesterol helps get rid of the body's bad cholesterol reserves. When you're on keto, your body's triglyceride levels fall and your HDL cholesterol levels rise.



## **7. You get better blood pressure.**

When you're on the keto diet, it drops your blood pressure. Many people on the keto diet find that they are able to stop taking blood pressure medicine altogether.

Can you imagine the benefits this Keto Diet might give you? Now ask yourself,

**"Am I gonna continue living unhealthy and later having many diseases or should I take the healthy path right now and live my life to the fullest?"**

If you are ready to start, you might choose also the right guide to accompany you to your journey on becoming FIT, HEALTHY, and a BETTER you.

# I've Found the Right Keto Plan for You



Keto diet or Low Carb Diet is the best diet it is given that it has many benefits to your health. But for it to be very effective, a diet plan should be followed. And here's [Custom Keto Diet](#) to guide you every step of the way. They will allow you to create your very own keto diet plan based on your health condition, food preferences, daily activity levels, height, weight and target weight goals.



Custom Keto Diet uses scientific research and proven studies to create personalized ketogenic diet plans that will maximize fat burning via the correct calories and macronutrients for each individual.

CUSTOMKETO DIET

# KETO POTATO SALAD



- 1 Large Cauliflower
- 4 Hard Boiled Eggs
- 1/2 Cup Mayonnaise
- 1/4 Cup Sour Cream

CUSTOMKETO DIET

# KETO TOMATO SOUP



- 1 Can Tomato Paste
- 1/4 Cup Water
- 1 Tsp Minced Garlic
- Asiago Cheese
- 1 Tsp Oregano
- 1 Cup Heavy Cream

CUSTOMKETO DIET

# KETO STRAWBERRY MILK SHAKE



- 3/4 Cup Coconut Milk
- 1/4 Cup Heavy Cream
- 2 tsp Strawberry Liqueur
- 1 tsp Melon Oil
- 7 Ice Cubes
- 1/4 Tsp Xanthan Gum

CUSTOMKETO DIET

# KETO TORTILLAS



- 1 Cup Coconut Flour
- 2 Cups Hot Water
- 1/4 Tsp Cumin
- 1/2 Cup Butter
- 4 Tsp Psyllium Husk Powder
- 1/4 Tsp Garlic Powder

**By choosing Custom Keto Diet, here's the great deal that you'll get:**

- An eight-week meal plan created based on the expertise of certified nutritionists, personal trainers, and chefs.
- Meals that have calorie and macronutrient content tailored to your specific situation and goals.
- A nutrition plan with food variety to ensure you will get a wide range of nutrients and boost the likelihood of sticking to their diet.
- Meals that are based on your personal food preferences to make your diet enjoyable and help you stay on track with their plan.
- Detailed recipes with step-by-step instructions to make meal preparation super simple (no prior cooking experience needed).
- A downloadable shopping list each week that details every needed ingredient you will need in the upcoming seven days.
- Options on how you can customize every meal even more to suit your taste buds.
- We'll show you what to eat every day to reach their goals in the fastest and most enjoyable way.

To show you some example of step-by-step cooking procedure that you'll get, here's an example of recipe from Custom Keto Diet.

## Keto Chicken Taco Soup



**Servings:** 1

**Ingredients:**

- 50g diced Chicken Breasts
- 2 Tbsp diced White Onion
- 1 Tbsp diced Red Bell Pepper
- 1 clove Garlic, crushed
- 1 Tbsp minced Jalapenos
- 1.5 cups Chicken Stock
- 1/3 cup sugar-free Tomato Sauce
- 1 Tbsp Olive Oil
- 2 tsp Taco Spice Mix

50g diced Avocado  
Fresh Cilantro for garnish

**Procedure:**

- 1) Sear chicken pieces slightly in olive oil.
- 2) Add garlic, onions, bell peppers, and jalapenos. Sweat until aromatic.
- 3) Add spice mix, stock and tomato sauce. Simmer for 10-15 minutes.
- 4) Ladle into a bowl and top with avocados and cilantro.

**Nutritional Information:**

Energy – 300 kcal  
Protein – 12g (16%)  
Fat – 25g (74%)  
Carbohydrates – 7g (9%)  
Fiber – 4g

**Want more recipes like this one? Want to have the right meal plan for you and get started? Grab yours here now!**

# Foods needed for the Keto Diet



Ketogenic Diet or Low-carb Diet is about consuming proteins and fats with lower carbs. A typical keto diet aims for meals with 75% fat, 20% protein, and 5% carbohydrate. Starting this diet requires the right knowledge of what foods to eat and to avoid. In this article, we will break down these nutrients your body needs for a Keto diet.

**When you're in Keto, these foods should be included in your diet:**

## 1. Seafoods



Seafoods include fish and shellfish which are totally keto-friendly foods. They are rich in Vitamin B, omega-3, potassium, selenium, and is totally carb-free. Eating Omega-3 rich foods have been found to lower insulin levels and increase insulin sensitivity in overweight and obese people.

## 2. Meat and Poultry



Since Keto is about consuming high amount of protein that is needed to help preserve muscle mass during the diet, fresh meat and poultry are going to contribute a lot for this. Meat and poultry contains no carbs and they are also rich in vitamins and minerals.

Eating grass-fed meat is more recommended than grain-fed animal because these animals that eat grass produce meat with higher amounts of omega-3 fats, conjugated linoleic acid and antioxidants. Also, do not choose processed meats for it often contains added carbs.



### 3. Eggs



Eggs are one of the healthiest and most convenient food throughout the world. This is an ideal food for Keto. A one large egg contains less than 1 gram of carbs and fewer than 6 grams of protein. Studies have also shown that eating eggs trigger hormones that increase the feelings of fullness and keep the blood sugar levels stable.

### 4. Cheese



Cheese is a rich source of calcium, protein, phosphorus, sodium and saturated fat that is perfect for the Keto Diet. A 28-gram serving of cheddar cheese contains about 7 grams of protein and 202 milligrams of calcium. Studies show that eating cheese regularly may help reduce the loss of muscle mass and strength that occurs with aging.

## 5. Butter



Butter is about 80% fat, and the rest is mostly water. It's basically the fatty portion of milk that has been isolated from the protein and carbs. Some believe that butter contributes to heart disease due to their high saturated fat contents. But studies have shown that a moderate consumption of high-fat dairy may possibly reduce the risk of heart attack and stroke.

## 6. Nuts and Seeds



Nuts and seeds are high-fat and low-carb foods. They are also good sources of protein, fibers, vitamins and minerals. Each variety of nuts and seeds come with different amount of carbs and fats in it. Cashews contain a relatively high carb (8 grams net carbs, 9 grams total carbs) while macadamia nut has (2 grams net carbs, 4 grams total carbs) and Pecan nut has (1 gram net carbs, 4 grams total carbs).

## 7. Coconut Oil



Coconut oil is rich in Medium-Chain Triglycerides (MCTs), which is important in ketone production. Studies show that it promotes the loss of weight and belly fat.

## 8. Avocado



Avocado is a great source of vitamins, omega-3 fatty acids, and minerals including potassium. Studies show that a higher potassium intake may help make the transition to a ketogenic diet easier. About one-half of a medium avocado, contain just 2 grams of carbs.

## 9. Low- Carb Vegetables



Being on Keto means eating lower carbs. The recommended low-carb vegetables for Keto diet are asparagus, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, green beans, kale, peppers, spinach, olives, zucchini, lettuce, kale, swiss chard, and tomatoes.

## **10. Berries**



Berries are fruits that are low in carbs. They're typically high in fiber, vitamin C, and antioxidant polyphenols. This includes blackberries, blueberries, raspberries and strawberries.

These are the foods needed to be included in a Ketogenic Diet. Consuming the right amounts of these will lead you to a successful diet.

If you have trouble planning the meals and nutrients you need for your diet, you can ask for help from some experts that will guide you.

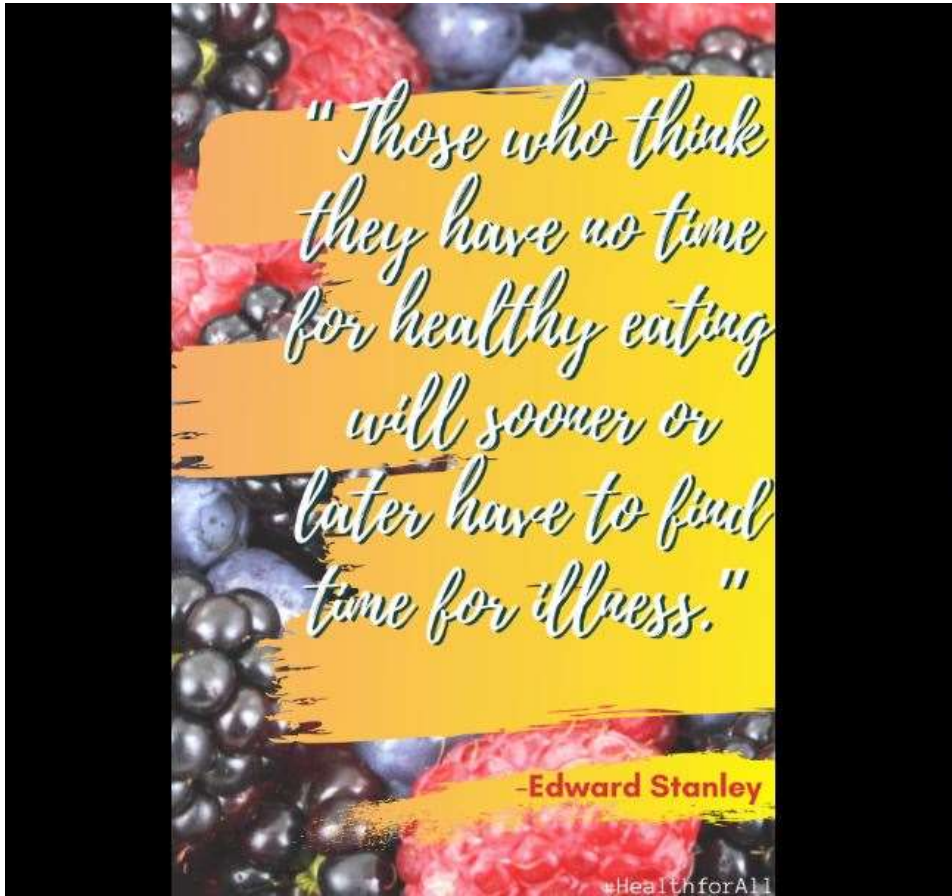


## There's no excuse for not being healthy and fit.

 THE RIGHT KETO DIET PLAN FOR YOU · TUESDAY, APRIL 14, 2020 ·

In our page, you'll learn what is Keto Diet , it's importance and health benefits, and some Keto recipes you might want to try. Starting a Keto Diet needs some thorough researching of what foods are allowed and what are need to be avoided. It also depends on your age, gender, health condition and meal preferences. That's why all the help you need is compiled into 1 course meal plan. In Custom Keto Diet ,you can create your own 8-week meal course plan with the help of expertise. They will guide you in your Keto Diet Journey and will make sure you will achieve your goal. Try now and start being healthy!

**The Cover Page of “The Right Keto Diet Plan for You”**



 **The Right Keto Diet Plan for You** · 14 hrs · 🌐

We should always be mindful of our health. Being fit not only means a good figure, but a healthy body free of diseases. 😊

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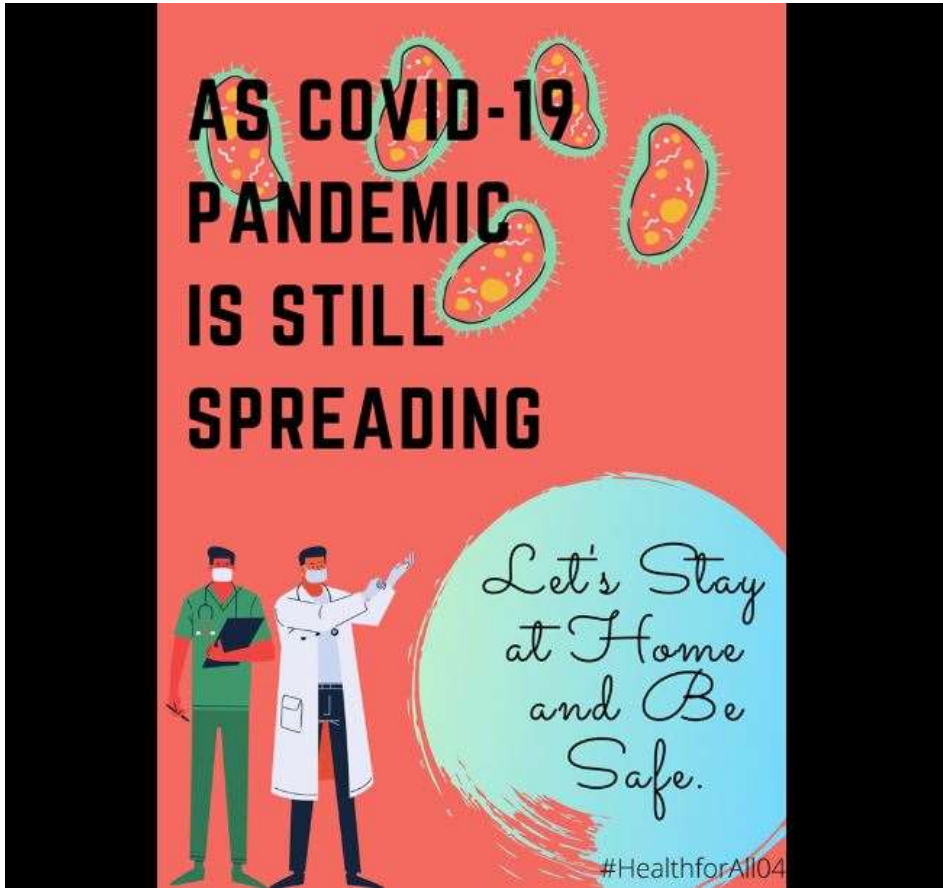
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**Post from "The Right Keto Diet Plan for You"**



The Right Keto Diet Plan for You



- April 25 -

In this time of world pandemic, we should not worry ourselves too much. Instead, we should pray and keep ourselves healthy all the time. 🙏💪 Stay at home and be safe! ❤️❤️❤️  
#Covid19 #WeHealAsOne #StayatHome #BeSafe

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