

## **VIDEO - Part 1\_ Introduction (Eating keto with Kristie)**

**Kristie Sullivan:** One of the hardest parts of getting started or staying on a ketogenic or low-carb diet is figuring out what to eat. In this video series, we walk you through, step-by-step, what to eat and how to stay on plan. We focus on building a ketogenic plate. If you're used to having bread, pasta, potatoes or rice, we show you simple swaps that are delicious and easy to create your plate that would give you just the right ratios.

We talk about portions, not telling you exactly how much to eat but showing you the sample of what a portion actually is for proteins, vegetables, dairy and nuts. We take you into our kitchen and show you all the basic staples that you want to stock in your refrigerator, your freezer, your pantry, and your spice drawer.

We also link to over 24 additional recipes that use the same ingredients to create simple and delicious meals for your family. We actually take you out to eat with us, showing you how to scan the menu, ask questions, find options, and enjoy your meal.

All of those videos together come with written materials that, some of which are downloadable and printable that you can actually take with you on the go. We hope that all of this material together makes low-carb simple, delicious, and leaves you empowered to find better health.