

# The Keto Cure

A new life in 14 days

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*The recipes in this book are for two people unless otherwise indicated.*





# Why have I written The Keto Cure?

"I'm on a ketogenic diet." How often have I heard people telling me that? "So, what do you eat then?" I reply, intrigued. When I find out what they actually do eat, I often have to conclude that they're not following a ketogenic diet, but are eating low-carb, the same way of eating that I've been promoting in my books.

"Keto" has become a popular term, but there is a lot of confusion about it. What exactly does keto mean? With this book, I hope to provide insight into what a ketogenic (keto for short) diet is and how it differs from my way of eating, which I call "moderately low-carbohydrate" and promote in all my other books. This will help you understand what the difference is and decide if this diet will work for you.

Why would anyone want to follow a ketogenic diet in the first place? It is, after all, restrictive and relatively extreme: extremely few carbohydrates (carbs for short) and extreme amounts of fat. This is why it's important to be well-informed so you can make the right choices.

My faithful readers will know that my passion lies with the moderately low-carb way of eating. Most people achieve the desired result with this way of eating: staying slim and healthy while enjoying delicious food. But I understand that some people need to take that extra step to achieve the same results, particularly in terms of weight loss. That may be the most popular reason for following a ketogenic diet, especially when losing weight cannot be achieved by simply eating low-carb foods. A ketogenic diet can also be used as a treatment for conditions such as epilepsy, type 2 diabetes, and cancer. When it comes to the medical side of things, I believe it's important to get professionals involved. That's why I have asked Professor Hanno Pijl, lecturer in diabetology at the University of Utrecht and someone who has plenty of experience with the ketogenic diet, to contribute to my book. I have also asked Doctor William Cortvriendt, with whom I wrote *Pure & Lighter*, to help me with *The Keto Cure*. William Cortvriendt has just authored a book about cancer in which he recommends the ketogenic diet as a form of treatment. And don't forget that keto is a diet that is still in its early stages. That's why I feel that the scientific research behind it is so important. Because keto is becoming increasingly important in many aspects of life, that's what makes it so fascinating. There are currently 83 studies being conducted worldwide regarding the ketogenic diet as it relates to certain medical conditions, including two in Belgium and two in the Netherlands. (<https://clinicaltrials.gov/ct2/results?term=%22ketogenic+diet%22&recrs=abdf>)



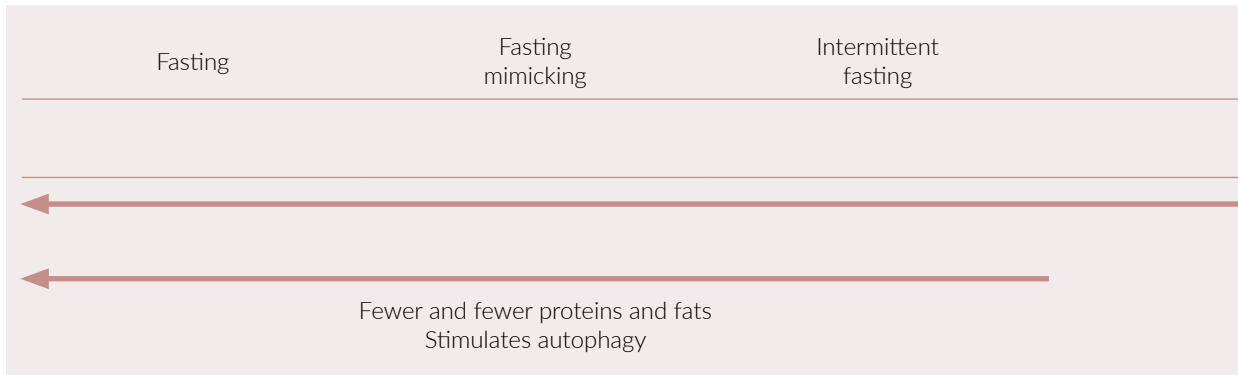
With this book, I hope to give you a thorough understanding of what a ketogenic diet is, so you can decide for yourself whether this diet is the right fit for you. If you decide to follow the diet, you can start straight away with a 14-day keto plan. You can extend this to three weeks with the extra recipes in the back of this book. These are recipes from my other books, supplemented by new recipes, but I have adapted them all to contain the correct proportions of carbs, protein and fats you need to help you reach ketosis fast and keep you there so you can instantly get to where you want to be and hopefully see some quick results. The weekly menus have been carefully planned, taking into consideration amounts of fiber, the presence of certain nutrients and sufficient intake of fluids to make the transition from burning sugar to burning fat as effortless as possible. If you decide to try them out, I wish you luck!

If you decide that the ketogenic diet is not for you, you can still use these recipes. Don't eat these dishes one after the other but alternate with a breakfast of fruit or a dish with lentils or root vegetables. That way you're eating low-carb, the way of eating I promote in my other books. I can promise you it will be a fascinating experience!

*I wish you all the best on this exciting  
and insightful journey!*

*Pascale*

# How does the ketogenic diet relate to other ways of eating?



Percentage of energy from carbs = the daily energy we receive from carbs

Low-carb keto, intermittent fasting ... they're all up-and-coming diets that you should really see as a reaction to the extravagant western way of eating. They differ mostly in how few carbs, proteins and fats they contain.

There was a time when we approached health from the viewpoint of undernutrition: how can we best feed the body? In a world where more than half the population is struggling with being overweight, this approach has completely changed - the question is now: how can we get an overweight body back into its healthy state? That's why these relatively new diets are more focused on fewer carbs and fewer proteins. You will see that the low-carb, ketogenic diet is the opposite of traditional western nutrition patterns, which are rich in fast carbs, just like intermittent fasting is the opposite of the constant snacking and eating we do in the western world. The longer you follow a typically western eating pattern and the more extreme the body's reaction is to that eating pattern, for example obesity or type 2 diabetes, the more extreme the solution. Extremes lead to extremes.

But this time the extreme is overnutrition instead of undernutrition. This requires a completely different approach, one which involves fewer instead of more carbs, fewer instead of more proteins (the only thing that we should be eating more of is high-quality food).

I believe that is the reason why traditional nutritionists have trouble with these new up-and-coming diets. Their training has taught them to think from an approach of feeding the body and giving it the nutrients it needs. But what if the body has too many nutrients? In that case, less is more. The one thing these diets all have in common is that they involve some form of fasting.



Keto	Low-carb	traditional western diet
< 50 g from carbs	20 to 40 percent of energy from carbs	55 to 70 percent of energy from carbs
Fewer and fewer carbs		

The many health benefits of fasting have been proven time and time again, especially in a world where food is overabundant.

The only diet you can follow effortlessly year in, year out is the moderately low-carb diet. Because it is moderate. If you think longevity is important, and if your mind and body can handle fasting, then you can also integrate intermittent fasting, fasting mimicking or even full fasting into your life.

Another important note: there are many other healthy and balanced ways of eating out there, such as the Mediterranean diet, and variations on that diet, as well as the eating habits of people in certain areas in Japan, or in the so-called blue zones (the places on Earth where people become remarkably old and age well).

Depending on where you live, your history, your culture, your genes, how your body reacts to food, and your health, you need to look for a way of eating that fits you. In the long term, this will always be a way of eating that strikes the right balance for you. We should let go of the idea that we all must eat the same way.

**Fasting:** No solids, only water or juices. Follow this only under the guidance of a health professional.

**Fasting mimicking:** A diet launched by longevity researcher Valter Longo. As the name implies, fasting is mimicked using this method. In other words: you can still eat something (1100 calories on the first day and 800 calories the four days after that) and nevertheless experience the health benefits of fasting. Consuming fewer carbs and fewer proteins are key here. For more information, see [www.valterlongo.com](http://www.valterlongo.com).

**Intermittent fasting:** Fasting from time to time. That could be anything from skipping a meal to eating nothing or little for a few days.



A close-up, artistic photograph of a kitchen workspace. In the foreground, a wooden cutting board holds a pile of green olives and some nuts. To the right, a clear glass jar with a dark lid is partially visible. In the background, a dark bowl contains more food items, and the overall lighting is dramatic, highlighting the textures of the ingredients and the wood.

# What is a ketogenic diet?

A ketogenic diet fits into the whole low-carb movement and is the strictest version of eating low-carb.

You will find ketogenic recipes in my other books—even in my very first book—but eating a keto meal from time to time is completely different to being in ketosis. To achieve ketosis, you need to eat very few carbs (sugars and starches), moderate amounts of protein and plenty of fats, day in, day out, for breakfast, lunch, dinner and whenever you consider putting something in your mouth. Your body is then forced to switch from burning sugars to burning fats. Ketones are produced during this process, a new fuel for your body. Hence the name “ketosis”, also known as nutritional ketosis. People following a strict ketogenic diet only have one aim: to achieve ketosis and remain there.

Because your body starts burning fats during ketosis (both the fats obtained from the food you eat and the fats already stored in your body), this is an effective diet for people with trouble managing their weight. The ketones produced during this diet also have unique metabolic benefits for your general health, neurodegenerative conditions and in the treatment of cancer.<sup>1</sup>

If you want to remain in ketosis, it is important to eat as few carbs as possible every single day. One carb-rich meal is enough to kick you out of ketosis, defeating the purpose of the diet. So that's the main challenge for the beginning ketoer: reaching ketosis and staying there!

As soon as you and your body are familiar with ketosis, in other words, once your body has become a fat-burning machine, you will see that you may be able to eat slightly more carbs, but that varies from person to person. During the first few weeks, the recommended amount is fewer than 30 grams (less than an ounce) of carbs per day. Do you have trouble visualizing how much that is? To give you an idea: two slices of bread (and that includes whole-wheat bread) contain enough carbs for you to reach your daily limit. So if you're used to eating according to traditional western eating patterns, this will be a major change. For people used to eating low-carb the change will be less drastic, but it's still a major adjustment.

One thing is for certain: anyone who wants to reach ketosis will need to devote time and attention to their nutrition and be willing to make the effort to keep track of their macronutrient levels (fat, protein and carbs). This may be difficult in the beginning, but it is fascinating and insightful to see how your body reacts, and it makes you conscious of what you eat. We have given you the amount of carbs, proteins and fats per serving for every recipe in this book, making it easy to keep track of your macronutrient intake.

## WHY WOULD YOU WANT TO FOLLOW A KETOGENIC DIET?

A ketogenic diet has very few carbs and extreme amounts of fats, making it quite a controversial way of eating. Moreover, few if any long-term studies have yet been published on this diet and its effects. But I think most researchers will agree that if you follow a ketogenic diet for the right reasons and for a limited time, it can be a powerful way of getting your health back on track.

- **Overweight:** Losing weight or breaking through a weight-loss plateau is the most important reason why people switch to a ketogenic diet. It has been proven that you can lose weight quickly and effectively with a ketogenic or low-carb diet. I want to point out that for people wishing to lose weight, a ketogenic diet is not the only solution. You can also lose quite a bit of weight with low-carb nutrition. I would recommend following a ketogenic diet only when a moderately low-carb way of eating is not enough to help you lose weight.  
Perhaps one of the main reasons why you lose weight is the fact that your hunger and desire for food decreases with a ketogenic diet, causing you to eat less despite the fact that you eat a lot of fat.
- **Energy levels:** Many people feel more energized and say it helps them clear their minds. I want to add that I personally don't feel any difference at all. I have been experimenting for years with a light state of ketosis and I was in ketosis for quite a while as I was writing this book. That may be because I have been eating moderately low-carb for years, keeping my blood sugar levels on an even keel and gaining many benefits in terms of my energy levels and mental well-being. Anyone eating low-carb can regularly reach a state of light ketosis.
- **Type 2 diabetes:** A diet with few carbs has a positive effect on blood sugar levels. Many people have been able to put their type 2 diabetes into remission with a ketogenic diet. Depending on how far the condition has progressed, this can also be achieved with a moderately low-carb diet.
- **Cancer:** There are currently many promising studies into the link between the ketogenic diet and cancer. A ketogenic diet doesn't cure cancer, but it does help increase the effectiveness of traditional cancer treatments. To put it simply: cancer cells need plenty of glucose to survive and they can't handle ketones. With no glucose to feed them, they become weak and more vulnerable to classic treatments such as chemotherapy. For more information, read the article written by Dr. William Cortvriendt (see page 47). He has also written a book about cancer titled *Kankervrij* (Cancer-Free), in which he discusses the positive effects of a ketogenic diet on certain types of cancer.
- **Neurological conditions:** The ketones released during a ketogenic diet are believed to positively influence Alzheimer's disease and other neurological conditions. Ketones are a premium fuel for our brains, so to speak.

# 14-day meal planner

## How do you use this 14-day meal planner and the other recipes in this book?

The simplest way is to keep to the 14-day meal plan, but you can also replace recipes or use ideas from the extra recipes list. If you don't have much time, you can also make the same breakfast or lunch more often, but I want to inspire you, of course :-). Whatever you do, make sure that you don't exceed 30 grams of net carbs per day during the first week. If you are still enthusiastic after completing your first 14-day adventure into keto and would like to continue, this book contains enough recipes for a third week. After that, you're free to choose your own recipes as a full-fledged ketoer. You can find quite a few keto recipes in my other books as well.

## breakfast

### WEEK 1

Smoked salmon with avocado and purslane

Smoked salmon with mascarpone and fish eggs

Seeds and nuts with full-fat sour cream

Roasted nuts and seeds with sour cream

Overnight macadamia nut chocolate mousse

Philippine-style eggplant

Spinach omelet roll-up with mushrooms and cheese

### WEEK 2

Mini-quiche with ham

Mini-quiche with ham

Creamy cheese with roast tomatoes and fresh herbs

Seeds and nuts with full-fat sour cream

Roasted seeds and nuts with full-fat sour cream

Brown mushrooms with poached egg and avocado sauce

Greek-style yogurt with berries and seeds

# lunch

Warm feta with vegetables and pecans

Asian chicken broth

Instant cold spinach and avocado soup

Burrata with tomatoes, cream and pesto

Avocado with bacon and snow peas

Zucchini noodles with pine nuts and basil pesto

Stuffed avocado with crawfish

Brown shrimp with guacamole

Eggplant noodles

Avocado with mushrooms and dry-cured ham

Zucchini with smoked salmon,  
soy sauce and capers

Spinach soup with sliced almonds

Spinach with tomato, turmeric and feta

Stuffed avocado with crawfish

# dinner

Chicken broth with spinach

Pointed cabbage with shrimp

Lamb chops with cauliflower,  
cream and sautéed green beans

Spiced fish with coconut milk,  
lime and tomatoes

Pizza

Cod with green curry and cherry tomatoes

Chicken with olives and mushrooms

Beef broth with savoy cabbage  
and marrow bones

Beef broth with tomato and cream

Zucchini with smoked salmon,  
soy sauce and capers

Cod with spinach, tomato, eggplant  
and pistachio pesto

Vegetables with hazelnuts

Pointed cabbage spaghetti with olives

Cooked chicken with vegetables



first week





*A festive breakfast :-)*



# Smoked salmon

## WITH AVOCADO AND PURSLANE

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*Ready in less than 10 minutes - serves 2*

10 1/2 oz (300 g) smoked salmon  
2 avocados  
1 bunch purslane 3 1/2 oz (100 g)  
4 spring onions  
1 oz (30 g) dill (optional)  
black sesame seeds (optional)  
1 1/2 oz (40 g) olive oil

Arrange the ingredients on a plate and top with the finely chopped spring onions, dill, and black sesame seeds. Drizzle olive oil over the salad, especially the purslane.

Tip: ketosis

If you would like to reach ketosis quickly, or if you can't reach ketosis, this is an ideal breakfast, and certainly one of the healthiest. It contains few carbs, many healthy omega-3 fats from the salmon and unsaturated fats from the avocado, and lots of potassium and fiber from the avocado and the purslane. Moreover, smoked salmon contains quite a bit of salt, which comes in handy because you lose a lot of body fluids during the first days of a ketogenic diet. That's why it's also highly recommended that you drink plenty of fluids. Enjoy your breakfast!

Tip: why is avocado such an ideal ingredient in the ketogenic diet?

Avocados are not only delicious and versatile in the kitchen, they also contain lots of healthy fats such as monounsaturated fats, and few net carbs. They do contain a lot of carbs but most of these are fiber and don't affect your blood sugar level. Avocados are also exceptionally nutritious and rich in potassium and fiber. If you leave off the carbs in a recipe and replace it with avocado, chances are that you have an ideal keto recipe. The only downside is ... as delicious as they are, even avocados can get boring after a while ;-)

Per serving: 39g P (20%) / 67.9g F (77%) / 5.2g NetC (3%)

DAY 1  
BREAKFAST

# Warm feta

## WITH VEGETABLES AND PECANS

*Ready in 25 minutes - serves 2*

- 7 oz (200 g) feta
- 1 head of broccoli (14 oz/400 g)
- 2 spring onions
- 1/4 red bell pepper (2 1/2 oz/70 g)
- 1 oz (30 g) pecans
- 2 oz (60 g) olives (your favorite olives)
- 1 1/2 oz (40 g) olive oil

Preheat the oven to 400 °F (200 °C).

Slice the feta in two, place the slices in an ovenproof pan and bake 10 minutes in the oven or until the feta starts to color slightly on the corners.

Chop the broccoli into florets, the spring onions into thin rings and the bell pepper into cubes. Sauté the vegetables in the olive oil. Add your favorite olives; it doesn't matter if they're green or black, as long as you like them. Season with salt and black pepper.

Coarsely chop the nuts.

Place a slice of feta on each plate and arrange the vegetables next to the cheese. Garnish with the nuts.

Per serving: 23g P (15%) / 56g F (81%) / 7g NetC (4%)

*I love making this dish: it's tasty, surprising and simple. Feel free to experiment with other keto-friendly vegetables.*

