

2019: THE NEW YOU AND KETO TOO

By Jim Urdiales

Over two thousand years have led to this moment: you are going to start working out and eating healthy for the new year—this is an excellent decision!

Getting into shape and developing healthier food habits are goals many people strive for as resolutions. Exercise, combined with a keto diet, is paving the way for healthy living.

Here's how you can implement workouts and ketogenic dieting to reach your new year's expectations:

SWITCHING FUEL

The human body primarily uses carbs to produce the energy it needs to perform vigorous exercises; however, a keto diet tends to focus on protein with a restriction on these carbs.

While you are dieting, your body will begin to use fat storages as a substitute for the missing carbs—this is a fantastic way to lose some weight!

MESTIZO AUTHENTIC MEXICAN DINING INCLUDES THE KETO-FOCUSED DISHES AND A VARIETY OF MEAL PREP ITEMS YOUR BODY DESIRES, SO STOP BY FOR A FRESH EXPERIENCE TO KEEP YOU ENERGIZED THROUGHOUT THE YEAR!

GETTING USED TO CHANGE

After a few weeks, your body will enter the stage of ketosis where fat will become the soul source of energy rather than sugar or outside carbs.

You may start to feel a bit weak or tired during this state, because your body is busy transitioning from carbs to stored fat for fuel.

You will eventually return to normal with an improved change in your energy levels. The wait is worth it!

EATING RIGHT

People who exercise regularly tend to have higher metabolism rates, and they require food more often as their bodies need to replenish the energy lost during physical activities.

This is when you need to be the most cautious! It is healthy to eat a variety of foods to restore strength, but you should be looking for the right kind of sustenance without overdoing it.

Overconsumption can undo the hard work you put in during your routine, and you could find yourself back at the start. Luckily, the protein-intensive keto diet you are undertaking provides renewed energy without leaving you bloated.

The keto diet focuses on lean, nutritious meats and other foods that keep you full and energized for the next big workout day.

Imagine a thinner, happier you without the everyday cravings!

Trim down for 2019's upcoming summer months with a steady physical routine and a healthy keto diet. Mestizo authentic Mexican dining includes the keto-focused dishes and a variety of meal prep items your body desires, so stop by for a fresh experience to keep you energized throughout the year!

