

Download How To Cheat On Your Diet

How to Cheat on Your Diet and Still Lose Weight. Diet 'cheat days' can actually boost your chances of weight loss success. Another option when you're thinking about a cheat meal is to look for ketogenic diet versions of the food you crave to eat instead. This will help you stay in ketosis while satisfying that craving in a keto-friendly way. Free! (Printable) "Cheat-Sheet" of Keto Diet Foods. To make things easy for you at the grocery store and in the kitchen, I also put together a printable "cheat sheet" of keto foods. A visual cheat sheet for eating low carb on a ketogenic diet. Lists the most common high-carb foods and what you can use to replace them with.