

# GABRIEL PESA AKA BRALGEI SHACKRY

if you need a guide, you know where  
to find me



## ANNEX 12 – Ketogenic Diet

# Ketogenic Diet – General Information

---

THIS PERIOD IS DEDICATED TO PROTEINS, GOOD FATS AND FIBERS.

ATTENTION: DO NOT CONSUME CARBOHYDRATES OR SUGARS DURING THIS PERIOD

THERE ARE A FEW SMALL EXCEPTIONS BECAUSE CERTAIN FOODS HAVE A VERY HIGH LOW CARBS) – 5-10%

THAT IS, SIMPLY PUT, THE MAIN DIET IS PROTEIN OF VARIOUS KINDS AND MANY FATS/OR FOODS CONTAINING FATS (60-80%),

TO WHICH IS ADDED THE INTAKE OF MANY VEGETABLES AND FIBERS (10-15%)

AND VERY FEW

CARBOHYDRATES (5-10%)

(CEREALS, SUGARS, FOODS HIGH IN STARCH OR WHICH BECOME SUGARS, GLUCOSE, ETC.)

The history of this type of nutrition is more complex, but the simplified version is that during the ketogenic diet you eat fat, protein, and little fiber (leaves, sprouts and fruits with a low carbohydrate index) in order to force the body to trigger the ketogenesis mechanism. The result is the production of ketones (ketones), which will be used as fuel instead of sugar.

The human body produces energy (ATP) using 2 types of fuel:

- Sugars or carbohydrates (slow-breaking sugars)
- And lipids or fats that they convert into ketones (ketones)

The triggering of the ketogenesis mechanism requires a decrease in the insulin curve and an increase in glucagon levels, a process that triggers the ketosis mechanism (the production of energy from lipids). Simultaneously, the brain can produce glucose through glycogenesis from fat.

Ketones, as a type of chemical energy, are more powerful and sustainable in the longer term than the energy produced from sugars and carbohydrates.

The secret to triggering the ketosis process is a diet low in carbohydrates and sugars. Be careful because the ketogenic diet needs to be kept in cycles that allow, depending on the intended purpose, to refuel the body at regular intervals with carbohydrates. More in Romanian, it's also a good carbohydrate snack from time to time. I'll explain it orally.

IT TAKES AT LEAST 4 DAYS FOR THIS KETOSIS PROCESS TO BEGIN.

ZPM Coaching SRL; IBAN: RO40INGB0000999906078308; Bank: ING Bank - Crystal Tower; Fiscal Code (C.U.I.): 36299893, J23/2846/11.07.2016  
Office: Str. Intrarea MORARILOR, Nr.1-3, Cam. 2, SAFTICA - BALOTESTI COMMUNE, County: ILFOV, Postal code: 077015; [www.gabrielpesa.com](http://www.gabrielpesa.com); [www.bralgei.com](http://www.bralgei.com)  
Copyright Gabriel Peşa - 2016-2026. All rights reserved. No part of this publication may be reproduced without the consent of the authors.

In this type of nutrition, the level of insulin in the blood decreases and the level of glucagon increases. On average, after 4-5 days of the ketogenic diet, the body begins to produce ketones and actually feeds on fat; The important thing is not to provide him with sugars, carbohydrates or alcohol. Any auxiliary carbohydrate needs are metabolized directly by the liver from fat. The body can produce these carbohydrates on its own. The difference is that it will produce exactly what it needs, you won't have excess in your body.

From time to time you can still eat sugars or carbohydrates, but only after you have triggered the ketosis process, which you need to maintain. For example, after 5 days you can eat few carbohydrates on the 6th day as a kind of reward, but then return to the ketogenic diet. Balance is everything. Nothing is set in stone.

#### BASIC RULES:

- THE FIRST AND MOST IMPORTANT RULE IS: THE FOODS USED SHOULD BE AS LITTLE PROCESSED AS POSSIBLE (I.E. NOT HAVE INGREDIENTS WITH 100 ELEMENTS ON THE LABEL; PLAIN MEAT, PLAIN CHEESE, VEGETABLES, SIMPLE LEAVES, THAT IS, AS THEY ARE IN NATURE. WE COMBINE THEM AT THE TABLE AND ADD OILS, FLAVORS, SPICES, VINEGAR; ALL IN THE MOST NATURAL FORM POSSIBLE AND WITHOUT PROCESSING OR E. THIS IS THE SECRET AND IT IS IMPORTANT.
- First of all, the ketogenic diet, regardless of its type, is not used in the long term. This type of nutrition is a very effective tool, but you need to know how to use it. Using this type of nutrition to the extreme is harmful to the body.
- BREAKS OF 1-2 DAYS OR MORE ARE NECESSARY FROM TIME TO TIME, ESPECIALLY FOR WOMEN (ESPECIALLY DURING MENSTRUATION WHEN I DON'T RECOMMEND THE KETO DIET; HOWEVER, IF YOU WANT TO STAY KETO DURING THAT PERIOD, I RECOMMEND A HIGH INTAKE OF CORRECT CARBOHYDRATES; SUCH AS SWEET POTATO, BEANS, RICE, ETC.)
- In the ketogenic diet, snack meals, intermediate meals and snacks are not recommended at all. Meals on the ketogenic diet should be ample, saturated, and preferably at fixed times. You need to learn to feed yourself.
- Meals on the ketogenic diet should not exceed 2/day. There are exceptions, but here we are talking about general guidelines.
- Breakfast or eating at 11-12 AM is not recommended.
- The last meal must be until 20.00 and then you should not go to bed earlier than 3 hours after the last meal.
- In the first part of the day, water, lemon water, ginger tea or other unsweetened vitalizing teas (hibiscus, berries) are consumed.
- If the hunger is great, you "fool yourself with Ayran or kefir, fatty yogurt (to this I prefer to add water. To all this add salt for satiety. 1-2 servings of ayran can calm you down for many hours. It's water, salt, fat and a little milk. And keto
- Main meals need to contain a large amount of food to saturate you. Quantity is not so important (within the limits of common sense), but its quality and composition matter.
- Between meals, you can consume vegetable or nut juices and seeds with a high fat content (preferably unfried). These should also be consumed in moderation; the equivalence of one hand/day. They are difficult for many of us to digest, especially if we have problems with our liver or digestive system.
- These rules are not set in stone, but are adapted from case to case, depending on the patient.

#### MAIN TYPES OF KETOGENIC DIETS:

- Moderate or Medium Ketogenic Diet (MKD): Here we have few carbohydrates (5-15%), many fats (65-75%) and proteins (20%).
- Standard Ketosis Diet (SKD): Here we have very few carbohydrates (5%), lots of fat (75%) and protein (20%).
- Cyclical Ketogenic Diet (CKD): This diet almost completely restricts carbohydrates and sugars for 5-6 days then takes a 2-day break in which you can consume few carbohydrates.
- Targeted ketogenic diet (TKD): In this diet, no carbohydrates or sugars are eaten except for some very well chosen moments to counterbalance certain intense energy needs (example: certain cures or workouts)

- High-protein ketogenic diet (HPKD): A kind of Atkins or keto diet with a high percentage of 60% protein, 35% fat and 5% carbohydrates.

Depending on what purpose we propose, we can choose one of the options although they all work. I prefer a standard ketogenic diet or a Targeted ketogenic diet because I can do cycles where I can still eat carbs from time to time. Ex: during the week I go on SKD and on Saturday and Sunday I eat few carbohydrates, so for the pleasure of the taste. Now it also depends on the will and tastes.

#### BASIC FOODS:

Which can be combined in salads or complex meals.

- Over
- Seafood and shellfish with a high concentration of fat (here are some with 5% carbohydrates).
- Meat of all types (Liver of some animals contains 5% carbohydrates)
- Eggs, especially yolk. Quail eggs altogether. You can eat a lot of eggs, not just 2 a day.
- Insects if you are on the new guidelines or you like them (they have a very high concentration of proteins); personally I don't recommend them; I prefer beef, high-density catch fish and pork.
- Spirulina, Chlorella, Hemp Seeds
- Purines and other legumes (These can also contain carbohydrates between 3-15%; purines are eaten in moderation in the first few days, then it's ok)
- Fatty and preferably unprocessed dairy products (cheddar, goat or sheep cheese, heavy cream, blue cheese or mozzarella). For dairy products, I recommend supplementing with enzymes based on DPP 4 (Dipeptidyl Peptidase IV's (DPP IV - Enzyme that digests gluten and casein), because we no longer produce them and in this way we can metabolize them correctly.
- Ripe avocado
- Butter with fat over 80% (as much as possible) and Ghee (clarified butter)
- Cold-pressed olive oil from preferably organic sources,
- Organic and active coconut oil (not the one processed for cooking and no longer smelling)
- Any other non-hydrogenated or non-estered oil. These oils are generally obtained by cold pressing the seeds: pumpkin, sunflower, sesame, etc
- Omega 3 oils – preferably DHA and EPA. There are 3 types of omega 3 oil.
  - (They must be non-oxidized; PAY ATTENTION to this aspect as it is important)
  - 2 from animal sources - DHA (docosahexaenoic acid) and EPA (eicosapentaenoic acid). These are the most preferable. The daily amounts needed vary depending on many factors.
  - Main sources: Fish and seafood (salmon, sardines, krill, etc.)
  - 1 from vegetable sources - ALA (alpha-linolenic acid) which is generally obtained from flax and hemp seeds but also other seeds such as chia seeds. The human body can metabolize DHA and EPA from ALA, but with difficulty and in small amounts.
- Nuts and seeds: Brazil nuts, Macadamia nuts, Pecans, Walnuts, Almonds, Hazelnuts, Cashews, etc
- TCM oil but in moderation; I prefer natural coconut oil but don't overdo it
- Cocoa and cocoa butter
- Leaves, vegetables and foods rich in fiber and with a low concentration of carbohydrates:
- All kinds of leaves: lettuce, arugula, endive, radicchio, lettuce, red chard, kale, romaine lettuce, cabbage, red cabbage, Chinese cabbage, etc
- Root stems: onion, garlic, celery, rhubarb, artichoke, radicchio, endive, fennel, etc
- Fruit-type vegetables (Solonaceae) – IN MODERATION.
  - here it is advisable not to exaggerate because they are also called the fruits of the night;
  - These vegetables are slightly acidic and cause acidity, so we need to eat them in moderation: tomatoes (preferably cherry tomatoes), peppers, eggplant
  - I DON'T RECOMMEND WHITE OR RED POTATOES – EXCEPTION: SWEET POTATO, VENISON, BUT IN VERY SMALL QUANTITIES OR ON EXCEPTIONAL DAYS (LIKE WEEKENDS)
- Legumes (Purine): beans, peas, lentils, chickpeas (Humus), grain (**ATTENTION: these are eaten in moderation because they have in addition to proteins and a large amount of carbohydrates**)
- Other vegetables: avocado, asparagus, cucumber (curcubitaceous family), green beans, green peas, edamame (green soybeans)
- Mushrooms: different types

- Plant seed sprouts: buckwheat, quinoa, alfalfa, soybeans, onions, leeks, mustard, fennel, basil, watercress, arugula, lettuce, carrots, white, red or black radishes, peas, red, black and green lentils, chickpeas, mung beans, adzuki beans, clover and alfalfa, fenugreek;<sup>1</sup> (Here we can also consume wheat shoots or other cereals that are not indicated as mature seeds)
- Aromatic plants: basil, mint, macris, coriander, parsley, thyme, pepper, etc
- Fruits with low carbohydrate concentration:
  - Berries, Citrus Fruits – **WARNING: Although these fruits contain only very small amounts of carbohydrates, they are rich in fructose and glucose. For the severe ketogenic diet I do not recommend, especially in the first 5 days, when you need to start the ketone production process.**
  - Kiwi
  - **RULE: IF YOU EAT FRUIT OR CARBOHYDRATES, ADD SOMETHING FATTY, SUCH AS FULL-FAT YOGURT OR KEFIR, COCONUT OIL, BUTTER, ETC. THIS PROCESS IS CALLED "COATING CARBOHYDRATES IN FAT" – CARBS COATING.**

A list of the main foods without high carbohydrate concentration:

<https://www.healthline.com/nutrition/44-healthy-low-carb-foods>

#### EXAMPLES OF KETOGENIC NUTRITION-BASED MENUS

##### BREAKFAST

- I repeat, I don't recommend breakfast, but a larger consistency of the menus at Lunch and Dinner, but if you need to have some examples here:
- Eggs prepared in different ways (meshes, poise, omelette, scrambled) with salads especially cucumbers, cherry tomatoes and leaves. Other spices are welcome. Oil or butter as it contains
- Bacon and jumari
- Eggs with tomatoes, basil leaves, cheese and olives, hard cheese/cedar
- Eggs, Avocado with ham/bacon and olive salad
- Full-fat yogurt , and berries
- Milk with cocoa and different nuts, you can also use cocoa seed milk.
- Omelette with mushrooms and salads
- Omelette with bacon/ham and salads
- Prosciuto with salads and mozzarella
- Salmon with sautéed and capers

##### LUNCH

- Complex salads with various leaves and stalks to which a form of protein is added: Fish, chicken, beef, etc. Avocados should be present at lunch as a rule.
- Salmon with asparagus cooked in butter and salad
- Complex salads with avocado and goat or sheep cheese
- Avocado (Guacamole) with endive and cheese and mushrooms perped in butter
- Grilled beef with wok or steamed vegetables
- Different forms of prosciuto or hamon with fatty cheeses and some nuts. Leaf and cherry tomato salad can accompany them
- Burgers with meat or vegetables (ideally without bun; if possible, or a little bun), served with salads and fatty cheese
- Purine fish (beans, peas, lentils, etc.) – I do not recommend this option in the first 5 days of the ketogenic diet. Then it's ok.
- Hummus with salad and halumi cheese
- Eggplant salads with fatty cheese and tomato and cucumber salad, olive oil, etc
- The above breakfast recipes or combinations of the 2 can also be used if breakfast is not served.
- Use your creativity and examples from the internet as long as you follow the ingredients described above in Basic Foods.
- If you serve low-carb fruits, they are eaten before a meal or after a meal if it has been digested.

##### CHINA

**MOST OF THE TIME I EAT ONLY DINNER ONE OF THE MOST FOODS ARE PORK CHOPS AND LEAVES OR STEAK AND LEAVES IN LARGE QUANTITIES; AND THAT'S ALL. MANY DAYS YOU CAN LIKE THIS.**

<sup>1</sup> Ligia Pop – [Shoots](#)

WHEN YOU CAN NO LONGER INTRODUCE THE VARIETY DESCRIBED IN THIS EATING PATTERN AND RETURN TO SIMPLE AND DENSE THINGS THAT NOURISH WELL. AND SO ANOTHER DAY PASSES. I ALSO TRICK MYSELF WITH AN AYRAN AT NOON AND I TAKE MANY ESSENTIAL AMINO ACIDS THAT REALLY KEEP ME HUNGRY AND NOURISH THE BODY, MUSCLES AND BRAIN.

- STEAK OF DIFFERENT SHAPES AND LEAVES
- Fish of different types cooked with butter or coconut butter, served with spinach and arugula salads and olives, olive oil, etc
- Leafy or cruciferous fish
- Mushrooms and vegetables steamed or cooked in different ways with cheese and egg or prosciutto
- Chicken, turkey, duck with Caesar salad without croutons, celery sprouts and endives with lemon juice and olive oil
- If you go for simpler menus, increase the quantity or double the menu in quantity.
- Other combinations can be borrowed from lunch or breakfast.

PAY ATTENTION TO THE GENERAL RULES OF CARBOHYDRATE MANAGEMENT: SEE THE FOLLOWING PAGES AS A REMINDER IF YOU DON'T ALREADY KNOW THEM

---

**Nutrition and Biohacking - Copyright Gabriel Peşa – 2016-2025**

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is intended for general education. The information in this document is not a substitute for expert medical advice.

**DISCLAIMER AND DISCLAIMER**

The information provided herein and the products referred to or provided by this document/website ([www.bralgei.com](http://www.bralgei.com)) are not intended to diagnose, treat, cure, or prevent any disease or condition.

The information provided by this document/web site and by the materials published or transmitted is not a substitute for a consultation with a specialized doctor and does not represent medical advice of any kind.

We certify that there is a possibility that the information provided by this document/site or certain information in the pages or documents included, may be erroneous from a medical allopathic point of view. By using this information, or by reading it, the user assumes and accepts that the entire responsibility belongs to him in full, exonerating from any legal liability the team [www.bralgei.com](http://www.bralgei.com) the owners of the website, employees, partners, collaborators and suppliers mentioned or who have participated in the provision of information or services mentioned within this website, including even the wrong information provided through negligence.

The use of the information and techniques described in this document/site is entirely at your own risk.

If you do not agree with this disclaimer and disclaimer, please do not read further by deleting any downloaded documents.

[www.bralgei.com](http://www.bralgei.com)

## RULES FOR THE MANAGEMENT OF GLUCOSE, SUGARS AND STARCHES (INCLUDING THEIR BY-PRODUCTS)

1. **Do not eat breakfast (ideal is to skip it)**, If you eat, the first meal should be without carbohydrates. ZERO.
  - a. You can eat protein; such as eggs, kefir, bacon, etc.; One of the best tricks is to eat a few cubes of good Parmesan cheese that is well dried and contains tyrosine crystals
  - b. These can be combined with at most some fiber, that is, leaves or green vegetables. Example: lettuce/green leaves, arugula, endive, zucchini, cucumber, maybe some cherry tomatoes.
  - c. Nothing sweet; No pasta, no rice, no bread, no potatoes, no fruits, none of that stuff
  - d. Coffee can be plain, unsweetened or with butter. Ideally, you should switch to tea.
    - i. Permitted sweeteners: green sugar, stevia
    - ii. No vegetable milk or other junk
2. **Every day and ideally before each meal, take a tablespoon of apple cider** (Bragg/Organic Cider or other variants with a high concentration of cider), if you can't find it, ask me to give you a picture) with a little water. Works better than Metformin or Glucophage (pharma variant)
  - a. You take it directly or dissolved in water; I take it directly and at most I drink some water afterwards.
  - b. This will slow down and prevent a significant percentage of carbohydrates and sugars from being absorbed into the bloodstream
  - c. I will suggest special supplements to short-circuit the absorption of sugars from carbohydrates, increase GLP1 levels (for satiety) and prevent insulin levels in the blood from rising.
3. **At main meals, start with leaves/vegetables/fiber.**
  - a. Raw or perpelleted/steamed/boiled. Fiber before meals slows down the absorption of carbohydrates from carbohydrates and sugars. You can use the same vinegar/cider or a combination of cider with olive oil and flavorings. It's ok to have a few crushed mihdale or with a little parmesan on top for taste.
  - b. Then eat the main course on the keto/paleo pattern (If you don't know what that is, google it or I'll send you examples)
  - c. **If you eat carbohydrates, never eat them plain, but together with a form of fat:** butter; oil. Ghee; kefir, sana, etc.; - The principle is to coat the carbohydrates (coating the sugars) to make their absorption slower.  
**THIS IS ONE OF THE MOST IMPORTANT SECRETS IF YOU STILL CONSUME SWEET THINGS. Always with a form of fat**
4. **After a meal, you need to move for 10 minutes.**
  - a. And if you sit on the chair, you do heel raises for 10 minutes, but I would prefer you to walk.

## GlucoseGoddess®

### **Hack 1: Eat foods in the right order**

The right order to eat our food in to minimize a meal's glucose spike is: 1) Fiber, 2) Protein and fats, 3) Starches and sugars.

### **Hack 2: Veggie starters**

Veggie starters reduce the glucose spike of the meal that follows them. The objective is for the veggie starter to make up about 30% of the meal.

### **Hack 3: Stop counting calories**

Counting calories doesn't necessarily improve health outcomes. And not all calories are equal: calories derived from fructose are more detrimental than those from glucose.

### **Hack 4: Savoury breakfast**

A savoury breakfast is composed of protein (the centerpiece), fat, fiber (if possible), optional starches, and nothing sweet except optional whole fruit (just for taste).

## THE GLUCOSE HACKS

### **Hack 5: Have any type of sugar, they're all the same**

All sugar is made of glucose and fructose. They all have an impact on our body, so have the one you prefer.

### **Hack 6: Pick dessert over a sweet snack**

If we want to eat something sweet, it's better for our glucose to have it as dessert after a meal than as a snack between meals.

### **Hack 7: Vinegar**

Vinegar can be taken as 1 tablespoon in a tall glass of water (with a straw), or as a salad dressing, ideally up to 20 minutes before a meal. This reduces the spike of your meal by up to 30%.

### **Hack 8: After you eat, move**

After your meals, when you can, use your muscles for 10 minutes to reduce the glucose spike of the meal. Examples: walking, tidying your house, doing calf raises, etc.

### **Hack 9: If you have to snack, go savoury**

Sweet snacks give us pleasure, savoury snacks give us energy. Savoury snacks include proteins, healthy fats, and fiber.

### **Hack 10: Put "clothes" on your carbs**

Putting "clothes" on our carbs means adding protein, fat, or fiber to starches and sugars. This reduces the speed of glucose absorption in our body.

### **Hack 11: Take Anti-Spike**

Take 2 Anti-Spike capsules before your meal of the day highest in starches or sugars. This will reduce the spike of your meal by up to 40%.

## DISCLAIMER AND COPYRIGHT

### **Nutrition and Biohacking - Copyright Gabriel Peşa – 2016-2026**

All rights reserved. No part of this publication may be reproduced, stored in a retrieval system, or transmitted in any form or by any means, electronic, mechanical, photocopying, recording, or otherwise, without the prior written permission of the authors. The authors do not claim or guarantee any physical, emotional, mental, spiritual or financial results. All information provided by the authors is intended for general education. The information in this document is not a substitute for expert medical advice.

### **DISCLAIMER AND DISCLAIMER**

The information provided herein and the products referred to or provided by this document/website ([www.bralgei.com](http://www.bralgei.com)) are not intended to diagnose, treat, cure, or prevent any disease or condition.

The information provided by this document/web site and by the materials published or transmitted is not a substitute for a consultation with a specialized doctor and does not represent medical advice of any kind.

We certify that there is a possibility that the information provided by this document/site or certain information in the pages or documents included, may be erroneous from a medical allopathic point of view. By using this information, or by reading it, the user assumes and accepts that the entire responsibility belongs to him in full, exonerating from any legal liability the team [www.bralgei.com](http://www.bralgei.com) the owners of the website, employees, partners, collaborators and suppliers mentioned or who have participated in the provision of information or services mentioned within this website, including even the wrong information provided through negligence.

The use of the information and techniques described in this document/site is entirely at your own risk.

If you do not agree with this disclaimer and disclaimer, please do not read further by deleting any downloaded documents.

[www.bralgei.com](http://www.bralgei.com)