

# KETO: Your shortcut to (part of) being attractive or how you can get shredded in 4 months.

May 2, 2018 | 26 upvotes | by [Tebulus](#)

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Some people stumble upon the right formula and don't need/want help and see results on their own, but more often than not you will see weeks/months of writing maybe consistent progress pics all based on some preconceived notions about diet/metabolism they learned when they were younger and healthier and wrongly associated with their lifestyle at the time. Then at the end of the time sink they are acutely aware of two things and frustrated. 1. They are still fat. 2. They are acutely aware they are still fat after all this time and they have wasted the time. Fuck that noise. Try this:

[This guy went from 25% bodyfat to 9-10 percent in four months.](#)

[Seriously, look at the picture:](#)

Now notice the top comments:

| Dude holy shit. That before is me right now. This is hella inspiring. Grats man, giving HIIT another go thanks to this post.

Could this be you saying this? Have you been struggling? What have you got to lose (hah), clearly whatever bullshit you are doing is not working.

| It's more about the diet then the training!

To which OP chimes in to support. To those of you thinking: "Oh I dont want to be a crazy person like that guy and lift 6 times per week or fast or do interval training on hills". Not all of us want to commit at that level which is perfectly fine. However the takeaway is that this guy identified the problem (fat), came up with a plan that included some well known practices for shredding yourself, and stuck to it and achieved incredible results in a few months. You cant make it more map compatible. If you struggle with fat, do it.

Resources:

[Why you got fat](#) (clip from Fathead, excellent documentary on Netflix)

[Reddit Keto FAQ](#)

[Marks Daily Apple](#)

**My FAQ:**

Q: How/Why does Keto work:

A: [Keto works by removing sugar and restricting carbohydrate to a moderate/low level.](#) In doing so, your body recognizes carbohydrate as a resource is no longer available (which it is designed to accommodate for) and your liver begins to produce ketones as a byproduct of metabolizing fatty acids (body fat) for energy. When your body does this autonomously as a preference, you are in ketosis and "fat adapted". Because most people carry more than enough fat on them at all times and they have repaired their metabolism to respond to insulin properly again (insulin is one of the bigger hormones when it comes to fat storage) those fatty acids are free flowing on demand. That mechanism is also what allows people to fast for extended periods of time while intermittent fasting, and also what prevents from feeling that stabbing hunger pang you are probably used to hitting right after a large meal or shortly before your first meal. This is a barebones simplified (and probably minorly incorrect) summary, read into the reddit keto

faq/resources if you would like to learn more.

You can play with the details a lot, but that is the core.

Q: "But *insert myth about nutrition/lifting*".

A: Thats retarded. Read the faq fag.

Do with it what you will. Keto is just a variable here. Lots of previously fat now attractive men got the same results with a different diet/macros/plan. It works exceptionally well for me and probably will for you too, but it does not for everyone so keep that in mind.

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## Comments

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BobbyPeru • 13 points • 2 May, 2018 11:34 PM

I'm a big fan of fasting and just a healthy eating regimen- reduce *bad/empty* carbs, increase protein, veggies, and fruit, and cut out processed foods. It's a long term lifestyle change.

This is probably the unpopular opinion, but I've seen too many guys lose a bunch on keto and then put half of it back on . All I'm saying is have a healthy lifestyle lined up after keto- that is the long-term key.

ArticulateSavage • 4 points • 3 May, 2018 02:07 PM

Keto is a life hack for people looking to take life's little shortcuts. There is no substitute for hard work, applied diligently over time. Dudes ask me for workout plans all the time. "Bro, could you make a plan for me?" Trouble is they never stick with it because they aren't genuinely interested in working hard. What they are actually saying is: "dude, you look amazing, obviously you have some secret method you're not sharing with the rest of us - let's hear it."

Here's the secret: There is no substitute for hard work, applied diligently over time.

edit: there's a pretty pro-keto documentary on Netflix at the moment entitled "The Magic Pill." It's worth a watch although I will never understand the demonization of carbs, especially complex carbs. I doubt there's a single high-performance athlete on the planet who practices a low-carb diet.

vorverk • 5 points • 3 May, 2018 08:10 AM

This is the only advice most people need.

Which diet works? The answer: all of them.

The problem is people take drastic changes to their diet and they can never stick to. The best diet is the one that you can stick to for life.

resolutions316 • 1 point • 3 May, 2018 12:37 PM

I also think there's a genetic component we have yet to really figure out.

I have no doubt that Keto works, but I also feel like the wide variance in experiences points to some underlying component - were probably headed towards a "personalized diet" based on genetics.

FYI: I've never done keto properly myself so what do I know? Only cut back extremely on carbs, which led to insane amounts of brain fog and low energy.

I did notice on a recent 23 and Me that it said I have some genotype that would "gain weight on a low carb, high fat diet," which I found really interesting.

That said, I believe I was eating too much protein for a pure keto diet, and did work carbs back in (ie I doubt I was ever in ketosis), so again - many grains of salt.

mindfulbutgutless • 1 point • 3 May, 2018 02:11 PM

This is probably the unpopular opinion, but I've seen too many guys lose a bunch on keto and then put half of it back on

In my experience this is accurate. I lost about 160lbs then put 35 back on since I have let up on the strictness. I think what most people don't realize is that we are addicted to carbs, that when we remove them we get all the positive side effects. Then try and start adding carbs back into your diet and not understanding what it is

going to do.

To piggy-back your other point, learning how to balance your diet in the long term is better than getting shredded in 4 months. We are not trying to fit in a wedding dress in 4 weeks.

SBIII • 12 points • 2 May, 2018 11:08 PM

I wonder if he asked his wife if she'd let him grow his beard like that.

alphasixfour • 2 points • 2 May, 2018 11:14 PM

Ha! Well played.

fuckmrp • 5 points • 3 May, 2018 02:06 AM

Do the uncomfortable thing. Go hungry, lift heavy, run hard. Do it consistently. Oh and tren, tren is god mode.

creating\_my\_life • 13 points • 2 May, 2018 11:43 PM\*

Keto works by removing sugar and restricting carbohydrate to a moderate/low level.

This is less true than more true. Keto works to lose weight because it reduces the overall calories you consume, many of which are empty, sugary, simple carbs. It's really damn hard to overeat on protein and healthy fats. You just feel stuffed. But it's easy to down a bag of potato chips and still be hungry.

The mechanism you described is HOW your body burns fats for energy, but not WHY you lose bodyfat adhering to a keto diet.

The other behavioral component of a keto diet is that you reduce the caloric intake WHILE NOT FEELING HUNGRY. This is why people think it's magic.

The insulin response benefits of not chowing down on sugars and carbs are also a good thing.

The actions are correct, but the mechanisms are still simple. It's just calories.

Keto also encourages adequate protein intake (yay for muscles!) and adequate fat intake (yay for hormonal regulation!). It's also impossible to meet your keto carb target while drinking alcohol.

Tebulus[S] • 5 points • 2 May, 2018 11:45 PM

well said.

pouwman • 3 points • 3 May, 2018 06:09 AM

M D approves this message.

Reach180 • 5 points • 3 May, 2018 03:18 PM

Spare me. MD endorsement means jack shit when it comes to diet.

markpf73 • 3 points • 4 May, 2018 02:41 AM

I'd give this 10 upvotes if I could

resolutions316 • 1 point • 3 May, 2018 12:38 PM

Excellent points

drty\_pr • 1 point • 3 May, 2018 01:16 PM

5 boneless skinless chicken breasts is roughly 1000cal

2 peanut butter sandwiches is roughly 750cal

1 cup of grapes, 1 cup of bell peppers, 1 cup of carrots, 1 cup of strawberries, 1 cup of apple slices is roughly 250cal

Whats the least filling way to get 500cal of those 3?

[deleted] • 3 points • 3 May, 2018 12:30 PM

Also found you can jump start ketosis with a 2-4 day water-fast to begin. Also makes switching to intermittent fasting and low/no carb food a lot easier.

gameoflibidos • 3 points • 3 May, 2018 01:20 PM

I just want to make a note here that I think is important.

When I was 22, I had just finished weeks of my college senior project, which required hours and hours and hours on the computer. Just eating whatever BS I had around. During those 3 months or so, I went from 180 to 215 pounds. ... Well 22 year old me afterwards just simply changing my diet... Nothing drastic, just no pizza or fast food. No gym, no running, nothing. Dropped from 215 back to 185 in a few months.

41 year old me... had gotten up to 230lbs by 39. Way out of shape. I have been in the gym 3-5 days a week for 2 years and eating super clean. My body composition has changed a lot, but I'm still 202lbs as I sit here. Body fat now comes off as easy as trying to scrape dried super glue off my hands. It is tremendously more difficult now.

Point being... if you aren't in your 20's, do not expect to do what that guy did in 12 weeks. Ain't happening, at least not without the assistance of roids to help burn it... or starving yourself and losing lots of precious lean muscle mass.

johneyapocalypse • 5 points • 2 May, 2018 10:17 PM

Keto + intermittent fasting = easy fat loss.

I've been working out fasted and dig it.

Dude's man boob reduction is perhaps more impactful than the six-pack.

Week ten is when he hit his stride.

Wears his underwear three inches lower, too.

[deleted] • 2 points • 3 May, 2018 10:14 AM\*

Keto by itself is bullshit. Keto as a tool to reduce overall calories while remaining satisfied to maintain a diet is gold. I try and use a day of keto before a 40 hr fast to make the fast go easier. Throw in heavy cardio when fasted and repeat weekly and you will be be drowning in pussy. Just make sure you are lifting heavy as well

Reach180 • 2 points • 3 May, 2018 05:13 PM\*

Keto is equal parts religion and diet.

The apologetics sound almost identical.

It works, sure. Christianity "works", too.

pridebrah • 2 points • 4 May, 2018 05:25 PM

Just do what bodybuilders have been doing since the 70s (and especially the 90s) to get peeled: calorie deficit, ~1g of protein per lb, fat set around 60-80g depending, rest carbs. Set total cals around BW x 15 to start. Use intermittent fasting too if you want.

Nutrition and losing fat is simple and there's nothing special about keto unless you have specific health issues going on.

amalgamator • 2 points • 2 May, 2018 11:07 PM

You can also not lose weight on keto if you eat too much. Ultimately it's just calories in vs calories out. Most people will lose a ton of water weight, some fat and then plateau since keto food is super calorie dense. Also keto can make weight lifting a real grind. Find someone who is ripped - chances are 99% they eat carbs.

If you really want to drop the fat quick - try a version of keto called PSMF (protein soaring modified fast). Nothing is faster while preserving muscle.

NoCoast82 • 1 point • 3 May, 2018 03:54 AM\*

Just dont forget low carb diet combined with exercise can lead to decreased testosterone! (Don't take my word for it, google that shit for medical studies dating back 30+yrs)

Abs are great (I have them, and must say they don't suck. I pretty much look like the dude on the left but wear my underoos higher and I bet he is 3-6" taller) but have been suffering the low T effect, most likely from a low carb diet (onset of syptoms align with diet change, symptoms severity increased inline with diet duration, blood tested low T etc.). Still trying to find the most resonable method for T replacement because; I am fairly strong, lean as fuck, and a bunch of carbs do not fit into the meal plan I have adopted and enjoy. Would prefer a prescription for a needle in my ass over 200+ gr carbs a day

Keto = Great way to drop fat fast, but dont plan on getting bigger/stronger/hornier, unless your really overweight

broneilbro • 1 point • 3 May, 2018 09:04 AM

You should get blood work done. I read that if you replace the minerals that come from the carbs it can help boost the T levels. I started taking Zinc and Mg as I felt that I was missing some boosters. I've leaned out and put mass on but feeling better...got that prowl that you get when T levels are high.

ReddJive • 1 point • 3 May, 2018 03:36 PM

Alright. How do you do this and powerlift? I have run into many issues with energy, libido issues.

This was me. The only way to fix it was go back to a more balanced diet. I am not fat but I am not shredded lean any more.

I still haven't found the right balance.

[deleted] • 1 point • 4 May, 2018 03:39 AM

Honestly I don't think you can be a shredded powerlifter (unless you're on gear - check out Ben Pollock, though I don't think he admits it). I mean, I'd love to be one, but I don't think it's realistic as an almost 50-year old. I was fat as fuck when I hit my lifetime PR deadlift, and after losing 25 lbs I lost about 10% of my top pull, but I look so, so much better. I just seem to need me some carbs to fuel a decent gym session. Lifting in a heavy deficit just doesn't work for me. I can do it, but I wind up having to significantly derate all my sets - what used to be 10 reps becomes 6 reps, and so on.

Tebulus[S] • 1 point • 3 May, 2018 04:35 PM

I cant find a whole lot of studies that are relevant to specifically testosterone and keto, however I did find this. I would agree with the reasoning that what would cause it is getting your daily vitamins/minerals, and consuming enough calories.

The effect ketogenic dieting has on testosterone comes down to a few things, most likely:

Are you eating enough food?

Are you consuming testosterone-supporting nutrients like zinc, cholesterol, magnesium, saturated fat, and vitamin A?

Are you noticing any negative changes in libido?

Are you using it to lose weight — and succeeding?

I'd love to hear from people reading this: how has ketogenic dieting affected your testosterone?

[deleted] • 1 point • 3 May, 2018 05:08 AM

or just track your calories and eat tums