

STRICT KETO

- Under 20g net carbs daily
- Count all macros and calories
- No processed foods

Best for goal-oriented people

LAZY KETO

- 20-30g net carbs daily
- Focus on limiting carbs but not counting macros
- Mostly unprocessed, but not strict

Best if trying to keep it simple

DIRTY KETO

- 20-30g net carbs daily
- Includes more processed and fast foods
- Don't care so much about the quality of food

Only goal is to be in ketosis

