

14 DAY

KETO

CHALLENGE



Diet Manual



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Diet Manual

By Joel Marion, CISSN

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THE 14 DAY KETO CHALLENGE DIET MANUAL

Did you know the Ketogenic Diet is now one of the world's most searched diets on Google?

In 2012, it was rated a score of 11 on the Google trends search engine and **now it's ranked over 100**. That's nearly a **one thousand percent increase**.

The Ketogenic Diet Is EXPLODING In Popularity...



**But is it causing more harm than good?
Keep reading to find out the REAL truth!**

Here's how the traditional version works: by drastically reducing carbohydrate intake, and replacing them with friendly fats, over the period of a few weeks this forces your body to produce ketones for fuel and will eventually put your body into a metabolic state called "ketosis".

When this happens, your body makes a shift and becomes incredibly efficient at burning



fat for energy. It can also provide energy for the brain by turning fats into ketones in the liver.

Sounds amazing, doesn't it?

While on the surface this sounds like a great idea, especially for people who are sedentary or inactive, there are several **negative consequences** of following this type of “traditional” ketogenic diet.

These symptoms are part of a condition known as the “KETO FLU”...

- Reduced Physical Performance
- Intense Cravings
- Digestive Discomfort & Constipation
- Bad Breath
- Insomnia
- Muscle Weakness & Fatigue
- Headaches
- Low Leptin Levels (known as the “fat burning hormone”)
- Mineral Deficiencies
- Suppressed Thyroid Function

Fortunately, each and every one of these negative side effects can easily be avoided with the solution below as you'll soon discover...

Here's the thing... according to doctors and ketogenic nutrition experts **it can sometimes take a few weeks, even a month, to enter “true” ketosis** depending on the individual.

Even if you're one of those rare individuals who can enter ketosis within the first week, the biggest issue with the traditional ketogenic diet outside of enduring the keto flu is that **it just isn't flexible.**



- **You like to eat carbs?**
You are out of ketosis.
- **Too much protein in that greasy steak you just ate?**
You are out of ketosis.
- **Want to have a glass (or two) of red wine, a few beers or cocktails?**
You are out of ketosis.

BOTTOM LINE:

**Permanent ketosis is NOT optimal OR realistic
for anybody to follow long term...**

The problem with the traditional 1924 version of the keto diet (originally created to treat epilepsy seizures in children)... the reason it causes the keto flu is because “true” ketosis is NOT healthy long term for the average person.

Conversely, if you follow the innovative system below, **you can still get all the amazing benefits of your body producing ketones WITHOUT actually being in true ketosis all the time**, which is the only thing that makes this disease fighting-fat loss diet **sustainable**.

When you follow a targeted approach instead...

- **You can still eat all your favorite “fatty” foods.**
- **You can still eat lots of carbs.**
- **You can still eat lots of protein.**
- **You don’t have to deprive yourself of your favorite alcoholic beverages.**
- **You can even reward yourself with your favorite sweet treats once or twice per week WITHOUT fat storage once you understand how to use a “targeted” keto approach.**



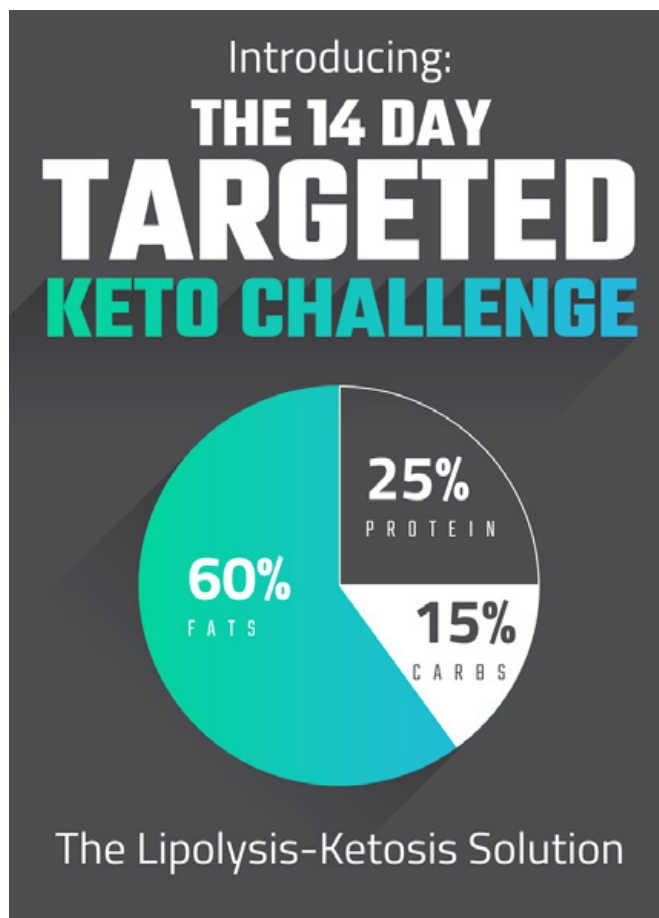
As you'll soon discover below, it's NOT about being in a constant state of ketosis.

It's about teaching your body to burn fat for fuel by coaxing your liver to produce more ketones.

This is also known as Lipolysis-Ketosis and research shows it's just as effective as the traditional 1924 ketogenic diet for losing belly fat and fighting disease [1]...

- ... WITHOUT suffering your way through the Keto Flu.
- ... WITHOUT giving up your social life or drinking alcohol.
- ... WITHOUT depriving yourself of your favorite carbs.
- ... WITHOUT the headache of peeing on keto strip or doing blood tests every day.

Let's take a close look at exactly how The 14 Day Keto Challenge "Targeted" Method works...





14 Day Keto Challenge Rules & Guidelines

- 1: It's not necessary to count calories but make sure you consume a fat source from your approved grocery list in every meal—except post workout meals.
- 2: Download a cronometer app to count all fat grams you consume on a daily based on your meal plan overview above and do NOT exceed total grams per day. I like the free app called “Lose It”.
- 3: Count all impact carb grams you consume. Total carb grams minus fiber grams equals impact carb count. Typical carb serving will be the size of your clenched fist.
- 4: Consume a fatty or lean protein source in every meal unless it's a fat snack to meet your daily 25% protein requirements. Protein portions should be the size of a deck of cards or the palm of your hand. Serving sizes listed on your grocery list
- 5: Drink at least 75 to 120oz of water daily—preferably filtered.
- 6: Liberally salt the foods in your high fat meals with Himalayan sea salt or other high-quality rock salt. Avoid table salt since it's loaded with toxic additives. Sipping on bone broth (I use Kettle N' Fire brand) or using it for cooking is also the perfect way to replenish depleted minerals from high fat-low carb intake.
- 7: Only eat foods from your grocery list unless it's a cheat meal and make sure to avoid deep fried foods, too much alcohol, and processed fructose (crystalline fructose, high fructose corn syrup, etc.) when you re-feed or have a cheat meal.
- 8: Plan and prepare as many meals ahead of time as you can. Blocking off a few hours on Sunday to prep your food for the week is a great strategy that will save you tons of time and keep you on track.
- 9: Try to avoid eating out and limiting alcohol for the first 2 weeks. If you do eat out,



please refer to your 14 Day Keto Challenge Restaurant Cheat Sheets. After the first 14 days feel free to consume alcohol in moderation a few days per week with (or after) your re-feed or cheat meals.

10: Do NOT skip eating your keto carbs after exercise sessions as it will only induce keto flu symptoms, slow down metabolic rate, and prevent you from optimizing hormones properly.

11: Always try to perform some type of exercise about an hour before your weekend re-feed / cheat meal and always consume your keto carbs within 45 minutes after exercise. This will help you achieve the hormonal effect necessary and prevent fat storage, while getting your liver to start producing ketones again as fast as possible.

NOTE: You have the choice of eating refeed meals or cheat meals on weekends. A Refeed is a high carb healthy meal. Feel free to eat liberally. This is for those who are still trying to aggressively lose body fat.

Cheat meals are also acceptable, just make sure you don't binge or stuff.

14 Day Keto Challenge Meal Types

On your Meal Plan Templates below you'll see two different type of meals listed:

1. **F + P + V** = Fat, Protein, and Veggie (most common daily meal type)
2. **F + P + SF** = Fat, Protein, Starch OR Fruit (consume post workout or on the weekend for a re-feed / cheat meal)
3. **F + P + RS** = Fat, Protein, Resistant Starch (can be consumed post workout for exercisers and on weekends for a re-feed / cheat meal)
4. **F + P + B** = Fat, Protein, Berries (acceptable post workout, weekends, or in small amounts at other times)
5. **F** = Fat Snack (use one or two fat snacks per day as necessary to meet daily fat gram requirements)



Fat or Oil Requirements

1. General fat gram range is 80-90 grams per day for women and 100-120 grams per day for men.
2. Consume a liberal serving of fat at each meal—unless it’s post workout. Shoot for 20 grams per meal if you’re a female and 30 grams per meal if you’re male.
3. Add in a fat snack or two if necessary to meet daily fat requirements / grams.
4. You do NOT need to be exact but just make sure to use your cronometer app to track all carbs, proteins, and fats. As long as you’re within this general range you’ll have less hunger, sustained energy, and your liver will adequately produce ketones.

Targeted Keto Grocery List

Beverages		
Kombucha Coffee	Tea Water	Sparkling Water (that doesn't contain added sugar)
Meats		
Ground Beef or Steak Bacon Sausage Prosciutto Pork Chops Ham Chorizo	Venison Bison Chicken Breast Chicken Thigh Turkey (light meat) Turkey (dark meat) Duck	Chicken Sausage Quail Ground Lamb Lamb Chops Veal
Fats and Oils		
Coconut Meat Coconut Butter Coconut Oil Olives Olive Oil Avocados Avocado Oil Duck Fat	Grass Fed Organic Butter Lard Tallow Olive Oil Based Mayonnaise Healthy Ranch Dressing Organic Krill or Fish Oil (supplement)	MCT Oil Pistachios Almonds Macadamia Nuts Cashews Walnuts Pecans Brazil Nuts



Fats and Oils		
Sunflower Seeds Pumpkin Seeds	Chia Seeds Flaxseeds	Natural Nut Butters
Fish		
Salmon Butterfish Anchovies Chilean Sea Bass Trout Eel Shad Whitefish	Halibut Catfish Cod Grouper Flounder Mackerel Mahi Mahi Snapper	Sardines Oysters Clams Lobster Crab Mussels Squid Tuna
Vegetables		
Asparagus Green Beans Broccoli Cucumber Lettuce Romaine Lettuce Spring Mix Cabbage Cauliflower	Spinach Radishes Celery Mushrooms Peppers Arugula Tomatoes Spaghetti Squash Kale	Collard Greens Bok Choy Swiss Chard Pickles Kimchi Raw Fermented Sauerkraut
Dairy		
Whole Eggs Heavy Whipping Cream	Full Fat Cream Cheese Full Fat Source Cream	Full Fat Greek Yogurt Full Fat Hard Cheese
Sedentary Keto Carbs (non-exerciser carb choices)		
Green, unripe bananas Raw Oats Cooled potatoes Cooled white rice	Chilled pasta Chilled lentils Chilled beans	White Beans Raw potato starch High-Maize flour

Post Workout Keto Fruits		
Ripe bananas Cherries Apples Kiwi Watermelon Peaches	Cranberries Papaya Plums Pineapple Nectarines Tangerines	Pears Grapes Melons Oranges Grapefruit Apricots
**Note that strawberries, raspberries, blueberries, and blackberries can be added to other points during the day other than post workout as well due to their lower carb/sugar content.		
Post Workout Keto Starches		
Corn Peas Squash Carrots Sweet potato Potatoes Gluten Free steel cuts oats Wild rice Brown rice	Black rice White rice Quinoa Gluten Free Pasta Legumes Kidney Beans Black Beans Black-Eyed Peas Lima Beans	Red Beans Chickpeas Pinto Beans Butter Beans Navy Beans Lentils Ezekiel Bread Millet Ezekiel Wraps

To help you get a better idea of what you can replace your current diet with that’s keto friendly, check out our Buy This, Not That chart below. Follow these suggestions and you’ll be eating keto-friendly in no time.

Buy THIS – Not THAT

Buy This	Not That
Coconut or Ezekiel Wraps Ezekiel Bread Green Bananas Raw, Sugar Free Nut Butters (almond, peanut, cashew, etc) Olive Oil Based Mayonnaise Coconut, Avocado, or Olive Oil Grass Fed Butter Kombucha Bacon Whole Eggs Full Fat Greek Yogurt Raw Nuts Chickpea or Shirataki pasta	White or Whole Wheat Wraps White or Whole Wheat Bread Yellow Bananas (ok for post workout) Commercial Nut Butters Regular Mayonnaise Vegetable or Canola Oil Margarine Soda Deli Meat Egg Whites Fat Free Fruit Flavored Yogurt Roasted Nuts Brown rice or whole wheat pasta

Macro Symbol (F) = Fats and Oils

NOTE: For the highest quality nutrition always choose cool temperature, expeller pressed, organic and grass fed fats and oils whenever possible.

- Coconut meat or coconut butter (88% fat)
 - 1-2 tbsp
- Coconut oil (100% fat)
 - 2-3 tbsp when cooking
 - 1-2 tbsp when using in nutrition shake or Keto coffee
- Olives (75% fat)
 - Handful (4 big olives or 6 smaller olives)
- Olive Oil (100% fat)
 - 2-3 tbsp when cooking
 - 1-2 tbsp when using on veggies or salad



- Avocados (also considered a fruit -- 82% fat)
 - o 1 avocado
 - o ½ if slicing on salad with other oils
- Avocado oil (100% fat)
 - o 2-3 tbsp when cooking
 - o 1-2 tbsp when using on veggies or salad
- Duck fat (100% fat)
 - o 2-3 tbsp (usually for healthy frying)
- Butter (grass fed, organic preferred -- 80% fat)
 - o 1-2 tbsp when cooking
 - o 1 tbsp when melting on veggies or in Keto coffee
- Ghee (clarified butter -- 100% fat)
 - o 1-2 tbsp when cooking
 - o 1 tbsp when melting on veggies or in Keto coffee
- Lard (99% fat)
 - o 2-3 tbsp when cooking
- Tallow (100% fat)
 - o 2-3 tbsp when cooking
- Avocado or Olive Oil Mayonnaise
 - o 2 tbsp
- Healthy Ranch Dressing (Primal Ranch)
 - o 2 tbsp
- **Organic krill or fish oil** (99% fat)
 - o 2 to 3 grams (1,000mg = 1 gram)



- MCT oil (100% fat)
 - o 1-2 tbsp

Raw Nuts & Seeds

RULES AND GUIDELINES: Always try to buy raw, monitor portion sizes carefully and make sure you count carb grams as certain nuts do contain carbs.

The best serving size is the palm of your cupped hand, which will be approximately one ounce.

- Pistachios
- Almonds
- Macadamia nuts
- Cashews
- Walnuts
- Pecans
- Brazil nuts (limit to 3 or 4 per day)
- Sunflower seeds
- Pumpkin seeds
- Chia seeds
- Flax seeds
- Nut butters (make sure to buy raw and watch sugar content)

Dairy Fats

RULES AND GUIDELINES: Make sure to count impact carbs from all dairy sources and always choose full fat versions to avoid hidden sugars.

Always try to buy raw, organic, and grass fed sources of dairy and limit servings sizes since too much dairy can be inflammatory in certain individuals.



Kite Hill brand makes an amazing Dairy Free alternatives for cheese, cream cheese and yogurts: <http://www.kite-hill.com/>

- 2 ounces of Full Fat Hard Cheeses (Raw, Grass Fed 100 Day Aged is recommended because it has NO lactose) 74% fat (NOTE: Over-the-counter processed cheese is “ok” but monitor portion sizes carefully since it lacks enzymes and friendly fats)
- 2-3 Whole Eggs (not technically “dairy” but cage free or farm fresh are best) 61% fat
- ¼ cup of Heavy Whipping Cream (try to buy organic) 45% fat
- 2 tablespoons Full Fat Cream Cheese (try to buy organic) 88% fat
- ¼ cup of Full Fat Sour Cream (try to buy organic) 88% fat

Fat Snacks

NOTE: You can also refer to your keto snacks and hacks guide for some fat bomb recipes along with pre and post workout snacks to use when you’re in a hurry.

- Smoked fatty fish: 2-3 ounces
- Olives: 10 if small / 7-8 if large
- A handful of raw nuts or seeds: 1 ounce
- Raw, grass fed cheese: 2 ounces
- 90% dark chocolate: 1-½ ounces
- ½ cup Full-fat Greek yogurt or full-fat cottage cheese mixed with 1 ounce raw nuts
- Berries and heavy whipping cream: ½ cup with ¼ cup
- Celery with salsa and guacamole: 3 sticks with ¼ cup guacamole
- Beef Jerky: 2-3 ounces
- Hard boiled eggs: 2 if large / 3 if small



- Celery with raw nut butter or cream cheese (3 sticks with 2 tablespoons nut butter or cream cheese)
- Avocado: 1 sliced (add sea salt and pepper to taste)
- Bacon: 2-3 pieces

Macro Symbol (P) = Proteins

RULES AND GUIDELINES: Try to choose protein sources that have a liberal amount of fats and try to buy grass-fed, organic, hormone and antibiotic free, along with free range poultry.

Lean cuts are still healthy sources of high quality protein, but higher fat meats and fish should be your staples. If you do consume a leaner cut (chicken or turkey breast, venison, veal) make sure to add another fat source to the meal—**unless it's a post workout meal with keto carbs** (details below).

Serving sizes listed below, but the easiest way is to consume a fatty protein serving that's the size of the palm of your hand or deck of cards.

Meat, Pork, & Poultry (protein and fat source)

- **Ground Beef or Steak:** (try to use grass fed-fatty cuts) 70% ground beef is 60% fat, Venison (add fat source)
 - o Men: ~6 ounces
 - o Women: ~4 ounces
- **Pork:** Bacon (69% fat), Sausage, Prosciutto, Pork Chops, Ham, Chorizo
 - o Men: ~6 ounces
 - o Women: ~4 ounces
- **Poultry:** Chicken and turkey thighs or legs with skin (add fat source if using turkey breast—too lean), Duck, Chicken breast (add fat source), Chicken



sausage, Quail

- o Men: ~6 ounces
 - o Women: ~4 ounces
- **Ground Lamb, Lamb chops, Veal** (add fat source)
 - o Men: ~6 ounces
 - o Women: ~4 ounces

Keto High Fat Protein Chart

Keto Protein Source	Calories	Fats (g)	Net Carbs (g)	Protein (g)
Ground beef (4 oz., 80/20)	280	23	0	20
Ribeye steak (4 oz.)	330	25	0	27
Bacon (4 oz.)	519	51	0	13
Pork chop (4 oz.)	286	18	0	30
Chicken thigh (4 oz.)	250	20	0	17
Chicken breast (4 oz.)	125	1	0	26
Salmon (4 oz.)	236	15	0	23
Ground lamb (4 oz.)	319	27	0	19
Egg (3 large)	210	15	1.5	18
Almond butter (2 tbsp.)	180	16	4	6

Dairy Based Protein Choices

- Full Fat Cottage Cheese (watch sugar and carb count)
- Full Fat Greek Yogurt (watch sugar and carb count)
 - o Men: 1 cup
 - o Women: ½ - ¾ cup



Wild Caught Fatty Fish & Seafood

(protein and fat source)

- o Men: ~6 ounces
- o Women: ~4 ounces

- | | |
|--------------------|--|
| • Salmon | • Flounder |
| • Butterfish | • Mackerel |
| • Anchovies | • Mahi Mahi |
| • Chilean Sea Bass | • Snapper |
| • Trout | • Sardines (in olive oil is best) |
| • Eel | • Oysters |
| • Shad | • Clams |
| • Whitefish | • Lobster |
| • Halibut | • Crab |
| • Catfish | • Mussels |
| • Cod | • Squid |
| • Grouper | • Tuna (add olive or avocado oil since it's so lean) |

Protein Powder

[#1 Recommended Protein: BioTrust Low Carb protein powder](#)

RULE AND GUIDELINES: Make sure you count carbs and use a low temperature processed brand that low carb and uses all-natural sweeteners.

Always try to add 1-2 tbsp of a friendly fat source such as raw nut butter, raw nuts, coconut oil, coconut butter, MCT oil, or even olive oil to your protein shakes to maintain adequate ketone levels.



Note: Some protein powders have 10 to 12 grams of protein per scoop, while others are typically 20 grams of protein per scoop.

- o Men: 1½ - 2 scoops (30 to 35 grams)
- o Women: 1 – 2 scoops (20 to 25 grams)

Anytime, in-a-hurry KETO SUPER SHAKE:

- 2 Scoops [BT Low Carb](#)
- 1 Tablespoon of Raw Nut Butter
- 1 Tablespoon Olive Oil or Coconut Oil
- Blend with 4 to 6 ice cubes

Keto Vegetable Requirements & Serving Sizes:

1. Count any and all impact carb grams from vegetable intake. The impact carbohydrate amounts per cup are listed next to each.
2. Serving size (men and women) = 1 cup on all veggies (raw, steamed or minimally cooked in healthy fat or oil)
3. You can have vegetables at any meal just make sure to keep track of your impact carbs (subtract fiber grams from total carb count for impact carb count)

Macro Symbol (V) = Vegetables

***Make sure you count impact carb grams next to each veggie
for a one cup serving**

RULES AND GUIDELINES: Always add 1tbsp of olive oil, avocado oil, ghee, or grass fed butter to your servings of veggies. This will add more friendly fats to meet your daily targeted keto requirements and helps with absorption of nutrients from cruciferous veggies.



- Asparagus = 2
 - Green beans = 7
 - Broccoli = 4
 - Cucumber = 0
 - Lettuce or Romaine Lettuce = 1
 - Spring mix = 2
 - Cabbage = 5
 - Cauliflower = 3
 - Spinach = 1
 - Radishes = 0
 - Celery = 0
 - Mushrooms = 2
 - Zucchini = 4
 - Peppers = 4
 - Arugula = 3
 - Tomatoes = 4
 - Yellow Squash = 7
 - Spaghetti Squash = 7
 - Kale = 6
 - Collard Greens = 11
 - Olives = 1
 - Swiss Chard = 2
 - Pickles = 2
 - Kimchi (marinated cabbage) = 1
 - Raw Fermented Sauer Kraut = 6
- Higher carb veggies like Parsnips, Peas, Corn, and Carrots should be avoided altogether **OR** consumed post workout and treated as a starchy carbohydrate

Keto Carb Requirements & Serving Sizes:

1. Count any and all impact carb grams daily.
2. Serving size is typically $\frac{1}{2}$ - $\frac{3}{4}$ cup for women and 1 – $1\frac{1}{2}$ cups for men depending on carbohydrate source, but the best method is to consume 1 fist sized portion of starch OR fruit (post workout fruit list below) from this list with a high quality protein source within 45 minutes after exercise 3 or 4 days per week.
3. **If you don't exercise these carbs should be avoided at least 6 days per week, with one or two re-feed meals containing starches allowed.**
4. Resistant starches can be consumed any time after exercise and on weekends as well.



Macro Symbol (SF) = Starch OR Fruit (not both)

Post Workout Keto Carbs (Starches)

- o Women: $\frac{1}{2}$ - $\frac{3}{4}$ cup
- o Men: 1-1 $\frac{1}{2}$ cups

- Sweet potato
- Potatoes
- Gluten free slow cook oats/oatmeal
- Acorn and butternut squash
- Wild rice, brown rice, black rice, white rice (steamed/boiled not fried)
- Quinoa
- Gluten free / wheat free pasta: rice flour, chickpea, or black bean
- Legumes (avoid all canned beans and canned foods): kidney beans, black beans, black-eyed peas, lima beans, red beans, chickpeas, pinto beans, butter beans, navy beans, lentils
- Acceptable breads: Ezekiel, Millet, Rice (avoid all whole grains, wheat breads, or wheat based products)
- Acceptable wraps: Ezekiel or wheat/gluten free: rice flour or sprouted grain
- Corn (locally farmed only and limit intake)
- Peas
- Carrots

*Try to stick with starches from nature as much as possible. Limit your intake of processed carbs.



Macro Type (SF) = Starch OR Fruit (not both)

Post Workout Keto Carbs (Fruits)

RULES AND GUIDELINES: Limit fruit intake to 2 or 3 days per week. Consume 1 fist sized portion of fruit OR starch from approved list with a high quality protein source within 45 minutes after exercise 3 or 4 days per week. **If you don't exercise these fruits should be avoided at least 6 days per week, with one or two servings per day on weekends allowed.**

- o Women: ½-¾ cup
 - o Men: 1-1½ cups
-
- | | |
|--|--|
| <ul style="list-style-type: none">• Ripe Bananas• Cherries• Apples• Oranges• Grapefruit• Apricots• Kiwi• Mango• Watermelon• Peaches | <ul style="list-style-type: none">• Cranberries• Papaya• Plums• Pineapple• Nectarines• Tangerines• Pears• Grapes• Melon (honeydew, cantaloupe, etc.) |
|--|--|

Macro Type (RS) = Resistant Starches

Sedentary Keto Carbs

- o Men: 1 to 1½ cups
- o Women: ½ to ¾ cup

Resistant starches are a special type of starchy carbohydrate for several reasons.



1: They don't spike insulin or raise blood sugar like normal starches, which can help keep the body in a fat burning environment and help with ketone production.

2: They escape or resist digestion and pass directly through to the large intestine where it acts like dietary fiber.

3: Many studies are now showing that these resistant starches improve insulin sensitivity, increase healthy gut bacteria, reduce blood sugar, and decrease your appetite.

4: Most starches and ripe fruits are rapidly digested and absorbed as glucose into the body through the small intestine and subsequently used for short-term energy (glycogen replenishment) needs. Or, if consumed in excess can be stored as fat.

NOTE: Consume in minimal amounts preferably on weekends if you're not exercising. Exercisers can feel free to consume resistant starches after any exercise session or on weekends.

- o Women: $\frac{1}{2}$ - $\frac{3}{4}$ cup
- o Men: 1-1 $\frac{1}{2}$ cups
- Green, Unripe Bananas (don't like the taste? Throw it in a smoothie or protein shake with some nut butter or a tablespoon of coconut oil)
- Raw Oats (blend in a nutrition shake or mix it with some high fat, sugar free yogurt or Greek yogurt)
- Cooled potatoes (make a healthy cold potato salad with cage free eggs, primal mayo, and apple cider vinegar)
- Cooled white rice
- Chilled or cooled pasta (this is amazing with olive oil pesto)
- Chilled or cooled lentils
- Chilled or cooled beans



- White beans
- Raw Potato Starch
- Hi-Maize Flour

Macro Type (B) = Berries

Other Targeted Keto Acceptable Fruits

RULES AND GUIDELINES: Try to buy organic or from a local farm and consume berries in moderation preferably after exercise or add to re-feed meals on weekends. Can also be consumed in moderation as noted on meal plan.

- Serving size = 1 cup
- Blueberries
- Strawberries
- Blackberries
- Raspberries

Recommended (but optional) Targeted Keto Supplements

Although supplements are not necessary, here are some I've found useful.

1. **MCT oil** provides energy and helps increase ketone levels when added to drinks like coffee or on the go snacks like Greek yogurt or full fat cottage cheese. Make sure to use a brand that uses caprylic acid (aka- C8).
2. **Bone Broth &/or Minerals:** Himalayan sea salt, high quality unrefined rock salt, and bone broth are recommended to help with changes in water and mineral balance.
3. **Caffeine:** When consumed in moderation caffeine has evidence-based benefits for energy, fat loss and performance.



4. **Exogenous ketones:** Although most are expensive, exogenous ketones can help raise the body's ketone levels and increase exercise performance.
5. **Creatine** provides numerous benefits for general metabolic health and performance, which can be a big help when combining a ketogenic diet with exercise.
6. **Whey or plant protein powders:** Protein shakes blended with raw almond butter or raw nuts can be used as great on the go meal replacements when you're in a hurry and need something quick. [#1 Recommended Protein: BioTrust Low Carb protein powder](#)

Targeted Keto Post Workout Nutrition (the one time to avoid lots of friendly fats)

There is really only one time you'll want to make sure to avoid fats when following a targeted keto diet—post workout meals.

Here's the logical evidence-based reasons why.

When you eat keto carbs from starches or ripe fruits, you increase insulin; the body's storage hormone.

Although insulin is very anabolic and can help you gain lean muscle by increasing glycogen synthesis (storage of glucose from carbs inside of muscle and liver tissue)...

If too much fat is present in the blood stream, insulin will do its job by storing that fat instead of replenishing glycogen from the glucose based keto carb intake.

This is why the combination of fat + starches and/or sugar should be avoided as much as possible (unless it's a cheat meal).

Think of it this way: **Keto Carbs + Too Much Fat = Fat Storage**

Try to keep your fat intake below 20 grams in your post workout meals.



It will not make or break your plan if you eat a low carb, high fat keto meal after exercise, but be conscious of too much fat in post workout meals that contain keto carbs.

NOTE: Resistant starches are the exception to this rule, since they escape digestion and don't spike insulin.

Week 1: Meal Plan Overview

	MON	TUES	WED	THURS	FRI	SAT	SUN
	DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7
Type of Day	Keto	Keto	Targeted Keto Carb Re-Feed	Keto	Keto	Keto	Targeted Keto Carb Re-feed Cheat Day
Starch or Fruit amount (not both)	Zero	Zero	1x Exercisers Post Workout Non-Exercisers 1 cup of berries	Zero	Zero	Zero	2x 1 cheat meal allowed on this day (don't binge or stuff)
Total Impact Carb Count Per Day*	Under 25 grams	Under 25 grams	Under 50 grams	Under 25 grams	Under 25 grams	Under 25 grams	Women: 50-75 grams Men: 100-125 grams
Total Fat Grams Per Day	Women 75-90 grams Men 100-120 grams	Women 75-90 grams Men 100-120 grams	Women 75-90 grams Men 100-120 grams	Women 75-90 grams Men 100-120 grams	Women 75-90 grams Men 100-120 grams	Women 75-90 grams Men 100-120 grams	Women: 75 grams Men: 80-100 grams
Total Protein Grams Per Day	Women 50-60 grams Men 75-100 grams	Women 50-60 grams Men 75-100 grams	Women 50-60 grams Men 75-100 grams	Women 50-60 grams Men 75-100 grams	Women 50-60 grams Men 75-100 grams	Women 50-60 grams Men 75-100 grams	Women: 75 grams Men: 80-100 grams

***To calculate impact carbs subtract fiber grams from total carb grams**

IMPORTANT: Week 1 is specifically designed to get your body “fat adapted” by rapidly depleting glycogen (stored energy from carbs) and coaxing the liver to produce more



ketones through lipolysis-ketosis. After you make the initial sacrifice of carb depleting the first 7 days your body will now be primed for long term fat loss as more carbs are added during week 2 and beyond.

Day 3 re-feed and day 7 cheat meal are very important because they'll minimize keto flu symptoms and optimize hormones while your body makes “the shift” from burning carbs to burning stored fat for energy.

Week 2: Meal Plan Overview

	MON	TUES	WED	THURS	FRI	SAT	SUN
	DAY 8	DAY 9	DAY 10	DAY 11	DAY 12	DAY 13	DAY 14
Type of Day	Targeted Keto	Targeted Keto	Targeted Keto	Targeted Keto	Targeted Keto	Keto Carb Re-feed Cheat Day	Keto Carb Re-feed Cheat Day
Starch and/or Fruit amount	1 serving of starch OR fruit post workout only	Zero	1 serving of starch OR fruit post workout only	Zero	1 serving of starch OR fruit post workout only	1 cheat meal allowed on this day (don't binge or stuff)	1 cheat meal allowed on this day (don't binge or stuff)
Total Impact Carb Count Exerciser	Women 50 grams total 30 post workout Men 75 grams total 50 grams post workout	Women 30 grams total Men 50 grams total	Women 50 grams total 30 post workout Men 75 grams total 50 grams post workout	Women 30 grams total Men 75 grams total	Women 50 grams total 30 post workout Men 50 grams total 50 grams post workout	Women: 75 grams total Men: 100-125 grams total	Women: 75 grams total Men: 100-125 grams total
Total Impact Carb Count Non-Exerciser	Women 30 grams or less Men 50 grams or less	Women 30 grams or less Men 50 grams or less	Women 30 grams or less Men 50 grams or less	Women 30 grams or less Men 50 grams or less	Women 30 grams or less Men 50 grams or less	Women 50-75 grams Men 100 grams	Women 50-75 grams Men 100 grams

Total Fat Grams Per Day	Women 75-90 grams	Women 75-90 grams	Women 75-90 grams	Women 75-90 grams	Women 75-90 grams	Women: 50-75 grams	Women: 50-75 grams
	Men 100-120 grams	Men 100-120 grams	Men 100-120 grams	Men 100-120 grams	Men 100-120 grams	Men: 75-100 grams	Men: 75-100 grams
Total Protein Grams Per Day	Women 50-60 grams	Women 50-60 grams	Women 50-60 grams	Women 50-60 grams	Women 50-60 grams	Women 50-60 grams	Women 50-60 grams
	Men 75-100 grams	Men 75-100 grams	Men 75-100 grams	Men 75-100 grams	Men 75-100 grams	Men 75-100 grams	Men 75-100 grams

***To calculate impact carbs subtract fiber grams from total carb grams**

RULES AND GUIDELINES: Non-exercisers and sedentary people should avoid starches and fruits other than berries or small amounts of resistant starches (see grocery list) during the week.

Everybody is allowed to have 1 or 2 refeeds or cheat meals on the weekend. Don’t binge or stuff and try to exercise about an hour or two before your refeed / cheat meals whenever possible.

NOTE ABOUT REFEEDS VS CHEAT MEALS: **You have the choice of eating refeed meals or cheat meals on weekends. A Refeed is a high carb healthy meal. Feel free to eat liberally. This is for those who are still trying to aggressively lose body fat.**

Cheat meals are also acceptable, just make sure you don’t binge or stuff.

Week 2 can be used as a long term targeted ketogenic maintenance plan as well. Over time, you’ll learn when you need to add in more carbs and/or re-feeds based on your activity level and how you feel.



Foods to Avoid on a Targeted Ketogenic Diet

It's pretty obvious these days what foods need to be avoided for the most part. But there's still a lot of misinformation (read: lies) and labeling loopholes out there that allow food companies to tout certain foods as healthy, when they're far from it.

Of course, there are the obvious offenders as well. Here's your list of foods to either avoid altogether or strategically consume post workout or for re-feed / cheat meals.

- **Sugar:** Soda, smoothies, cake, ice cream, candy, desserts, etc.
- **Most grains and starches:** Wheat-based products, breads, buns, pasta, processed cereal, granola, granola bars, etc. See your approved foods grocery list for a list of allowable post workout starches.
- **Brown, black, or white rice** is allowed post workout, re-feed, or cheat meals only.
- **Fruit:** All fruit, except small portions of berries like blueberries, strawberries, blackberries, or raspberries unless post workout, re-feed, or cheat meal.
- **Beans or legumes:** Peas, kidney beans, lentils, chickpeas, etc. unless post workout, re-feed, cheat meal, or resistant starch.
- **Root vegetables and tubers:** Potatoes, sweet potatoes, carrots, parsnips, etc. unless post workout, re-feed, or cheat meal.
- **Low-fat and sugar free diet foods or nutrition bars:** These are highly processed and often high in carbs, sugar, or sugar alcohols, which can negatively affect ketone production.
- **Some condiments or sauces:** Watch for hidden sugars and other harmful



preservatives.

- **Unhealthy fats:** Limit your intake of processed vegetable oil, canola oil, corn oil, or other high heat processed inflammatory oils. Refer to your grocery list for healthy oils to consume.
- **Beer, wine, or sugary cocktails:** Due to its carb content, many alcoholic beverages can throw you out of ketosis or limit ketone production. Vodka, gin, rum, and red wine can all be consumed in moderation after the first week, but it's recommended to splurge on weekends after your re-feed / cheat meal.
- **Artificial Sweeteners:** Limit intake of sucralose, aspartame, saccharine, and other forms of fake sugar.

Day 1: Monday Meal Plan Template

MEAL	MACROS
1	F/P/V
2	F/P/V
3	F
4	F/P/V

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
2. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.



Day 2: Tuesday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F
4	F/P/V

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
2. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 3:

Wednesday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3 NON-Exerciser	F/P/RS or F/P/B
3 Post Workout for Exercisers	P/SF or P/B
4	F/P/V

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to avoid insulin and fat being present together in the blood stream.
2. The above example food plan shows 4 meals. Meal 4 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
6. Remember to count any and all fat grams from your protein sources. For

example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 4: Thursday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F
4	F/P/V

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
2. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 5:

Friday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F
4	F/P/V

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
2. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 6:

Saturday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F
4	F/P/V

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
2. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 7: Sunday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/B or F/P/RS
3	Re-Feed Cheat Meal
4	Optional Fat Snack

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies (non-starchy)**
SF = Starch or Fruit (not both) **B = Berries** **RS = Resistant Starch**

DAILY GUIDELINES AND DIRECTIONS

1. Feel free to swap Saturday and Sunday if necessary to move your cheat / re-feed meal.
2. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time.
3. Don't binge or stuff when eating your cheat meal and avoid alcohol the first week if possible. If you insist on drinking, do it in moderation after your cheat / re-feed meal and stick with red wine or clear liquors (vodka, rum, gin).
4. It's not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
5. Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
6. Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.

Day 8: Monday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3 NON-Exercisers	F/P/V or F/P/RS
3 Post Workout for Exercisers	P/SF or P/B
4	F

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)
SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.

6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 9: Tuesday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F/P/B or F/P/RS
4	F

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)
SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
5. Use gram ranges from meal plan overview chart and include a high quality

protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.

6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 10: Wednesday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3 NON-Exercisers	F/P/B or F/P/RS
3 Post Workout for Exercisers	P/SF or P/B
4	F

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)
SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase

nutrient absorption.

- 4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
- 5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- 6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 11

Thursday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3	F/P/B or F/P/RS
4	F

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- 1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
- 2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.

- 3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- 4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
- 5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- 6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 12

Friday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/V
3 NON-Exercisers	F/P/V or F/P/RS
3 Post Workout for Exercisers	P/SF or P/B
4	F

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch



DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 13

Saturday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/B or F/P/RS
3	Re-Feed Cheat Meal
4	Optional Fat Snack

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)

SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. Feel free to swap Saturday and Sunday if necessary to move your cheat / re-feed meal.
2. The above example food plan shows 4 meals, but meal 4 is an optional fat snack.
3. Don't binge or stuff when eating your cheat / re-feed meals and try to avoid alcohol until AFTER you eat your higher carb meals to help with glycogen (i.e. energy from glucose) replenishment.
4. It's not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
5. Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
6. Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.

Day 14:

Sunday Meal Plan Template

MEAL	TYPE
1	F/P/V
2	F/P/B or F/P/RS
3	Re-Feed Cheat Meal
4	Optional Fat Snack

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)

SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack.
2. Don't binge or stuff when eating your cheat / re-feed meals and try to avoid alcohol until AFTER you eat your higher carb meals to help with glycogen (i.e. energy from glucose) replenishment.
3. It's not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
4. Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
5. Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.

Reference: 1) <http://ajcn.nutrition.org/content/83/5/1055.abstract>

Day 1:

Monday Meal Plan Template

MEAL	MACROS	FOOD
1	F/P/V	Scrambled Eggs with Diced Vegetables, Raw Cheese, and Salsa
2	F/P/V	Chicken Thighs With Spinach and Vegetable Salad With Olive Oil Dressing
3	F	Handful of Olives Or Piece of Raw Cheese
4	F/P/V	Ribeye or NY Strip Steak, Steamed Broccoli with Grass Fed Butter, & Side Salad with Olive Oil

Type Key:

F = Fat or Oil

P = Protein

V = Veggies

(non-starchy)

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 2:

Tuesday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Ham & Raw Cheese 3-Egg Omelet Served with Sautéed Spinach, Onions and Garlic
2	F/P/V	Salad with Sliced Steak, Avocado, & Olive Oil; add veggies of choice
3	F	2 Hard Boiled Eggs
4	F/P/V	Grilled Salmon served olive oil pesto with Grilled Cauliflower

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.



Day 3: Wednesday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	3 Pieces of Bacon served with Sautéed peppers, mushrooms, and onions
2	F/P/V	Chicken Thighs Spinach Salad served with Olive Oil Dressing; add veggies of choice
3 NON-Exerciser	F/P/RS OR F/P/B	Protein Smoothie w/ Green Banana & Raw Almond Butter or Full Fat Cottage Cheese & Blackberries
3 Post Workout for Exercisers	F/P/RS OR F/P/B	Protein Smoothie with Ripe Banana and 1 tbsp. Raw Almond Butter or Protein Smoothie w/ Strawberries and 1 tbsp. Raw Almond Butter
4	F/P/V	Sliced Avocado with Sea Salt & Pepper

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies (non-starchy)**
SF = Starch or Fruit (not both) **B = Berries** **RS = Resistant Starch**

DAILY GUIDELINES AND DIRECTIONS

1. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to avoid insulin and fat being present together in the blood stream.
2. The above example food plan shows 4 meals. Meal 4 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.

- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 4: Thursday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Hard Boiled or Scrambled Eggs served over Sautéed Spinach Drizzled with Olive Oil
2	F/P/V	Ground Lamb burgers served over Mixed Vegetable Salad with Almonds Slivers & Olive Oil
3	F	Piece of 90% Dark Chocolate
4	F/P/V	Turkey Thighs pan-fried in Ghee along with sliced mushrooms and peppers

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.

- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 5: Friday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	3 Egg Omelet cooked in ghee or grass fed butter with Raw Cheese and Asparagus
2	F/P/V	Halibut baked with Cheddar Cheese and Broccoli w/ Grass Fed Butter
3	F	Handful of
4	F/P/V	Raw Nuts
		Chicken Thighs Served with steamed Cauliflower w/ melted Grass Fed Butter on top

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- Feel free to add a small lettuce and cucumber salad with apple cider vinegar and

- 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
 - Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 6: Saturday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Pasture Raised Sausage served with salted sliced Tomatoes and Cucumber Drizzled w/Olive Oil
2	F/P/V	Canned Tuna mixed with mashed Avocado, Primal Mayo and diced tomatoes and peppers
3	F	Blueberries with full fat Heavy Whipping Cream
4	F/P/V	Ribeye Steak served with pan-fried Asparagus drizzled with Balsamic Vinaigrette and Olive Oil

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** (non-starchy)

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals. Meal 3 is an optional fat snack that can be consumed at any time to meet daily fat gram requirements.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.

3. Feel free to add a small lettuce and cucumber salad with apple cider vinegar and 1 tablespoon of extra virgin olive or avocado oil to one or two of your daily meals.
4. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
5. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 7: Sunday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Chicken Sausage served with pan-fried Cabbage in Coconut or Olive Oil
2	F/P/B OR F/P/RS	2-3 Eggs Over Easy w/ side of Fresh Raspberries or Eggs Over Easy with Raw Cheese & Salsa, Green Banana on side
3	RE-FEED/CHEAT MEAL	Re-Feed / Cheat Meal
4	F	Handful of Raw Nuts

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** **(non-starchy)**
SF = Starch or Fruit (not both) **B = Berries** **RS = Resistant Starch**

DAILY GUIDELINES AND DIRECTIONS

1. Feel free to swap Saturday and Sunday if necessary to move your cheat / re-feed meal.
2. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time.
3. Don't binge or stuff when eating your cheat meal and avoid alcohol the first week

if possible. If you insist on drinking, do it in moderation after your cheat / re-feed meal and stick with red wine or clear liquors (vodka, rum, gin).

- 4. It’s not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
- 5. Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
- 6. Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.

Day 8:

Monday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Scrambled Eggs with Asparagus and Sliced Avocado
2	F/P/V	Ground Lamb Burger pan fried in Coconut or Olive oil served over a bed of mixed Greens, Broccoli w/ Grass Fed Butter
3 NON-Exercisers	F/P/V OR F/P/RS	Protein Smoothie w/ Coconut milk served with Raw Veggies on side or Protein Smoothie with Coconut Milk blended w/ Raw Oats
3 Post Workout for Exercisers	P/SF OR P/B	Protein Smoothie w/ Ripe Banana or Egg Whites Topped with Salsa and fresh Blackberries on the side
4	F	Full Fat Raw Cheddar or Handful of Raw Nuts

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch



DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to avoid fats in ANY post workout meals that have a starch or fruit to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 9:

Tuesday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Full Fat Greek Yogurt w/ Raw Nuts Mixed In; raw veggies of choice on side
2	F/P/V	Grouper topped with raw cheese served with steamed Brussels Sprouts w/ grass fed butter on top
3	F/P/B OR F/P/RS	3 Hard Boiled Eggs w/ Blueberries on side or Chicken Thigh served with Chilled Lentils
4	F	2-3 pieces of bacon

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
- To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
- Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.

- Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 10:

Wednesday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Bacon & Eggs served with Steamed Broccoli and melted Butter
2	F/P/V	Chicken Legs served with Sautéed Asparagus drizzled with Olive Oil or Grass Fed Butter
3 NON-Exercisers	F/P/B OR F/P/RS	Protein Smoothie w/ Full Fat Whipping Cream, Unsweetened Almond Milk and fresh Strawberries or Chicken Breast served with Sliced Avocado and Cooled Potatoes or Rice
3 Post Workout for Exercisers	P/SF OR P/B	Protein Smoothie w/ Baked Potato on side or Protein Smoothie w/ Blueberries
4	F	Celery with Full Fat Cream Cheese or Raw Nut Butter

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
- To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY**



post workout meals that have a starch or fruit to prevent insulin and fat being present together in the blood stream.

- 3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
- 4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
- 5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
- 6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 11

Thursday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Chicken Sausage served with Mushrooms & Onions pan fried in ghee or grass fed butter
2	F/P/V	Poached Eggs over Cauliflower Rice and topped with Raw Cheese
3	F/P/B OR F/P/RS	Full Fat Cottage Cheese w/ Raw Nuts and Strawberries or Grass Fed Bun-less Hamburger w/ raw cheese tomato, onion, & White Beans on side
4	F	Handful of Raw Nuts

Type Key: **F = Fat or Oil** **P = Protein** **V = Veggies** **(non-starchy)**
SF = Starch or Fruit (not both) **B = Berries** **RS = Resistant Starch**



DAILY GUIDELINES AND DIRECTIONS

1. The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
2. To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
3. Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.
4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of carbs or palm of your hand.
6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 12

Friday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	3-Egg Omelet with Green Beans or Broccoli & Raw Cheese
2	F/P/V	Sirloin Steak pan-fried in Ghee and served with Spring Mix with Olive Oil dressing; veggies of choice
3 NON-Exercisers	F/P/V OR F/P/RS	Chicken Thighs served with Stir-fried Kale in Coconut Oil or Chicken Thighs served with cooled White Rice
3 Post Workout for Exercisers	P/SF OR P/B	Chicken Breast served with baked Sweet Potatoes or Protein Smoothie with Fresh or Frozen Berries
4	F	Handful of Raw Nuts or 2 Pieces of Bacon

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals, but meal 4 is an optional fat snack that can be consumed at any time to meet daily fat requirements.
- To minimize fat storage and optimize hormones, make sure to **avoid fats in ANY post workout meals that have a starch or fruit** to prevent insulin and fat being present together in the blood stream.
- Try to add a tablespoon of olive oil, grass fed butter, or ghee to your servings of veggies to help meet your daily requirements friendly fat intake and increase nutrient absorption.



- 4. Feel free to add a small lettuce and cucumber salad with vinegar and 1 tablespoon of extra virgin olive oil to at least two meals daily to help meet daily fat requirements.
- 5. Use gram ranges from meal plan overview chart and include a high quality protein source from approved food list in every meal (except fat snacks). Portion size for protein should be a deck of cards or palm of your hand.
- 6. Remember to count any and all fat grams from your protein sources. For example, most red meats, full fat dairy, egg yolks, pork chops, and dark meat from poultry (chicken thighs, turkey legs, duck) all contain friendly fats that need to be added to your daily total.

Day 13

Saturday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	Chicken Sausage served with Sliced Tomatoes and Cucumber drizzled with olive oil
2	F/P/B OR F/P/RS	Full Fat Greek Yogurt served with Blueberries or Full Fat Cottage Cheese with raw almonds & Cooled Lentils on side
3	RE-FEED/CHEAT MEAL	Re-Feed Cheat Meal
4	F	90% Dark Chocolate

Type Key: F = Fat or Oil P = Protein V = Veggies (non-starchy)
SF = Starch or Fruit (not both) B = Berries RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- 1. Feel free to swap Saturday and Sunday if necessary to move your cheat / re-feed meal.

- The above example food plan shows 4 meals, but meal 4 is an optional fat snack.
- Don't binge or stuff when eating your cheat / re-feed meals and try to avoid alcohol until AFTER you eat your higher carb meals to help with glycogen (i.e. energy from glucose) replenishment.
- It's not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
- Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
- Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.

Day 14:
Sunday Meal Plan Template

MEAL	TYPE	FOOD
1	F/P/V	1 Egg over easy, 3 pieces of Bacon served with vegetables of choice
2	F/P/B OR F/P/RS	Full Fat Cottage Cheese served with Raspberries and raw Walnuts or Grilled Chicken Thighs served with Cooled Potatoes
3	RE-FEED/CHEAT MEAL	Re-Feed Cheat Meal
4	F	2 Hard Boiled Eggs

Type Key:

F = Fat or Oil

P = Protein

V = Veggies (non-starchy)

SF = Starch or Fruit (not both)

B = Berries

RS = Resistant Starch

DAILY GUIDELINES AND DIRECTIONS

- The above example food plan shows 4 meals, but meal 4 is an optional fat snack.



2. Don't binge or stuff when eating your cheat / re-feed meals and try to avoid alcohol until AFTER you eat your higher carb meals to help with glycogen (i.e. energy from glucose) replenishment.
3. It's not necessary to count calories or grams on this day, but using your cronometer or other tracking app will help.
4. Drink extra water before, during, and after your Re-Feed / Cheat Meal. This will prevent overeating and help with glycogen replenishment from the extra carb intake.
5. Try to perform some type of low intensity cardio workout or 15 minute Keto HIIT an hour or two before your cheat / re-feed meal to help increase nutrient partitioning and glycogen replenishment.