

**1.These are only suggestions and you do not have to follow this menu plan.**

**2. Depending on what your goal is, you will have to follow the instructions on the "How to Use the 5 Day Experience Pack" to figure out how to incorporate which ketones into your daily diet at what times of the day.**

**3. This is simply a menu with 3 different meal ideas for each day of the week with a 60 day Keto fast scheduled for the beginning of week 3. The food suggestions are a combination of Metabolic Effect/Paleo/Keto, which all really line up with each other for the most part. There are many that are not able to follow the traditional high fat Ketogenic diet, so this is modified to help everyone be able to follow it. I have hand- picked recipes I enjoy and have seen work well with most people. Read through all of them and pick/choose/adjust how you wish. They do not have to be eaten in this exact layout. Make it work for your life.**

**4. It is easy to substitute or change out a meal that works better for you. For example, people with thyroid issues or who take thyroid medication want to avoid cruciferous veggies like broccoli and cauliflower. Some may be allergic to seafood and pork, so on days where seafood is suggested, I will need to replace it with chicken or beef. Simply look at your Fat Loss "Food Choice List" and pick a different item.**

**5. Up to 2 of the meals can be substituted with approved meal replacement shake. We approve of Isagenix for your shake. You can also use your Fat Loss Food Choice List to choose items and create your own menu as well.**

**6. Be economical. If you have leftovers from any of the meals, be sure to make another meal out of them rather than follow the meal that is listed on the plan. You will notice I have dishes that use some of the same ingredients in the same week to help out with this.**

**7. As you eat, pay attention to how you respond to foods, healthy or unhealthy and make a list of the ones that don't do well with you and the ones that do.**

**8. Consider pre-emptive cheating rather than full out cheat meals this month. For example have a small piece of dark chocolate, 5 chips, limit yourself to 5 bites of something not on plan to keep you satisfied without going overboard.**

**9. Never allow yourself to become hungry. The ketones normally help keep you naturally from being hungry, but not always. Have a protein/fiber snack to help you out.**

**Being hungry = hormones out of whack = potential fat gain.**

**10. Make sure you are eating enough. Some may never feel hungry while taking KETO OS. When ketones fuel your brain, it naturally staves off hunger because you are using your fat stores for energy. It is important to get enough food. Some people only eat 2 meals a day with KETO and that is fine, pending those meals have enough nutrition and calories. If you do not eat enough, you will overcompensate later in the form of overeating or gaining any weight lost back quickly.**

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| WEEK ONE | Fork |

|  | MEAL 1 | MEAL 2 | Meal 3 |
| --- | --- | --- | --- |
| Monday | Omelet (2 whole eggs, 4 egg whites) veggies & berries | [Pesto Chicken Salad,](http://peaceloveandlowcarb.com/blta-pesto-chicken-salad-low-carb-gluten-free-paleo) 1 apple or pear | Lean Hamburger or Turkey patty Shredded Brussel sprouts  |
| Tuesday | [Perfect Protein Pancakes](https://youtu.be/o1FeHNyq1rg)  and 2-3 slices of bacon | [Burger Stir Fry (use leftovers)](https://paleomagazine.com/paleo-burger-stirfry/) | Rotisserie Chicken, Steamed veggies, [Hassleback potato](https://youtu.be/TGAFCc36msM) |
| Wednesday | [Stuffed Breakfast Sweet Potato](http://www.plaidandpaleo.com/2014/04/paleo-twice-baked-breakfast-sweet-potatoes.html).  | [Avocado Tuna Salad](http://cookeatpaleo.com/paleo-avocado-tuna-salad/), Cucumber Slices | [Lemon Chicken Skillet](http://www.primallyinspired.com/lemon-chicken-skillet/)  |
| Thursday | 2-3 Fried eggs, turkey sausage, 1 cup of berries | Large salad using leftover Lemon Chicken, 1 pear | Lean Brisket, Roasted Brussels Sprouts, small sweet potato |
| Friday | [Egg White Veggie Muffins](https://ultimatepaleoguide.com/recipe/egg-white-veggie-muffins/) | Bun-less Turkey patty or leftover brisket, broccoli | [Almond Crust Pizza](https://youtu.be/r8PbkiP_qRo), loaded with plenty of lean protein & veggies. |
| Saturday | [Mini Egg Quiches](https://www.tasteaholics.com/recipes/low-carb-keto/mini-quiches/), 1 grapefruit | [Chicken Fajita Soup](http://peaceloveandlowcarb.com/chicken-fajita-soup-low-carb-paleo-gluten-free) | Grilled Salmon or chicken, large salad, 1 cup of raspberries |
| Sunday | Almond Joy Pancakes (use [protein pancake recipe](https://youtu.be/o1FeHNyq1rg), add 1 tsp almond extract, 1/4 c. of unsweet coconut, 1/4 c. of 60%+ dark chocolate pieces) | [Spinach Meatballs](https://youtu.be/k-3eZov2Ims), Steamed Green beans | [Italian Chicken & Cauliflower Casserole](https://www.tasteaholics.com/recipes/lunch-recipes/italian-chicken-cauliflower-casserole/) |

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| WEEK TWO | Fork |

|  | MEAL 1 | MEAL 2 | Meal 3 |
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| Monday | [Tomato Frittatas](http://civilizedcavemancooking.com/recipes/breakfast/tomato-frittatas/) 1 cup of berries, 1/2 grapefruit | [Stuffed Peppers](https://www.ourpaleolife.com/paleo-stuffed-peppers/) | [Broiled Chipolte Tilapia with Avocado Sauce](https://www.hamiltonbeach.com/broiled-chipotle-tilapia-with-avocado-sauce), Side Salad |
| Tuesday | Boiled Eggs, Turkey Sausage or bacon, 1 grapefruit or 1 cup of berries | [Avocado Egg Salad](https://www.pinterest.com/pin/533395149594612230/) Side salad. | [Creamy Cauliflower and Beef Skillet](http://thehealthyfoodie.com/creamy-cauliflower-ground-beef-skillet/) |
| Wednesday | Protein Shake with 1 cup of berries | Guacamole Burger (place 1/4 c. guacamole on patty) Cucumber/Tomato Salad  | [Salmon Stew](https://paleomagazine.com/salmon-stewkitchen-sink-soup/) |
| Thursday | [Breakfast Hash](https://ketodietapp.com/Blog/post/2014/11/18/Keto-Breakfast-Hash) | [Smoky Tuna Pickle Boats](http://www.ibreatheimhungry.com/2016/08/smoky-tuna-pickle-boats-low-carb-gluten-free.html) Sliced Cucumbers | [Beef Burgundy](https://paleomagazine.com/paleo-beef-bacon-bourguignon-red-wine-stew/) , Side Salad |
| Friday | [Eggs baked in Avocado](https://www.popsugar.com/fitness/Baked-Eggs-Avocado-Recipe-30787252) 1 apple or pear | Leftover Beef Burgundy with a Strawberry Spinach Salad | [Coconut Chicken Curry](https://paleomagazine.com/coconut-chicken-curry/) |
| Saturday | [Bacon cups](https://paleomagazine.com/make-your-own-bacon-cups/) filled with scrambled eggs & veggies | [Zesty Shrimp in Garlic Sauce](https://www.tasteaholics.com/recipes/quick-bites/zesty-shrimp-in-garlic-sauce/), [Cauliflower Rice](https://www.healthfulpursuit.com/recipe/cauliflower-rice/) | [Slow Cooker Pork](https://paleomagazine.com/slow-cooker-pork/) [Paleo Coleslaw](http://paleogrubs.com/homemade-coleslaw) , side salad |
| Sunday | [Perfect Protein Pancakes](https://youtu.be/o1FeHNyq1rg)  and 2-3 slices of bacon | [Rainbow Stir Fry](https://wholenewmom.com/recipes/grain-free-stir-fry-recipe/) (use leftover pork) | [Chicken Broccoli Casserole](https://www.grassfedgirl.com/chicken-broccoli-casserole/) |

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| WEEK THREE | Fork |

|  | MEAL 1 | MEAL 2 | Meal 3 |
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| Monday | 1 Packet KETO OS & Water | 1 Packet KETO OS & Water | 1 Packet KETO OS & Water |
| Tuesday | 1 Packet KETO OS & Water | 1 Packet KETO OS & Water | 1 Packet KETO OS & Water |
| Wednesday | Protein Shake or Eggs and 1 cup of berries  | [Chicken and Berry Summer Salad](https://www.tasteaholics.com/recipes/quick-bites/chicken-berry-summer-salad/) | Grilled Salmon and Roasted Asparagus |
| Thursday | [Avocado Salmon Boat](http://thenourishedcaveman.com/avocado-salmon-low-carb-breakfast/) 1 cup of mixed berries or 1 grapefruit | Large salad with 3-4 boiled eggs, 1 apple or pear | Shell-less Tacos. Use a large Romaine lettuce leaf for the shell. |
| Friday | Scrambled mixed with favorite veggies | Stuffed Brisket Potatoes. Roasted Asparagus | [Ranch Chicken with Veggies](http://www.primallyinspired.com/one-pan-meal-ranch-chicken-veggies/) |
| Saturday | Omelet with leftover brisket and veggies | Grilled chicken or choice of meat on large salad | [Crock Pot Roast, Roasted](http://www.ibreatheimhungry.com/2013/01/easy-paleo-pot-roast-whole-30-compliant.html) [Gold Potatoes](http://www.foodnetwork.com/recipes/food-network-kitchen/roasted-yukon-potatoes-with-rosemary-recipe-1928053), Steamed Green Beans |
| Sunday | [Chocolicious Protein Donuts](https://youtu.be/aUJWUuIrWRo)**,** 1 cup of berries | Leftover Pot Roast, baked potato, side salad | [Skinny Eggplant Rollatini](http://notenoughcinnamon.com/2014/05/14/skinny-eggplant-rollatini/) Grilled salmon or chicken, side salad |

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| WEEK Four | Fork |

|  | MEAL 1 | MEAL 2 | Meal 3 |
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| Monday | [Sweet Potato Breakfast Skillet](http://www.allergyfreealaska.com/2014/09/03/sweet-potato-breakfast-skillet-with-bacon/)  | [Cucumber Sushi Rolls](https://www.tasteaholics.com/recipes/low-carb-keto/cucumber-sushi-rolls/)(make ahead for quick lunch!) | [Lasagna Boats](https://youtu.be/5BaKuXl09hQ), side salad |
| Tuesday | [Egg Clouds](https://www.tasteaholics.com/recipes/breakfast-recipes/egg-clouds-bacon-weave/), 1 grapefruit, 1/2 cup berries | Leftover Lasagna boats, side salad | Shrimp (or chicken) Avocado Salad. Spinach, Kale, Cucumbers with lime juice |
| Wednesday | [Blackberry Egg Bake](https://www.tasteaholics.com/recipes/breakfast-recipes/blackberry-egg-bake-keto-egg-bake-recipe/) | [Taco Stuffed Zucchini Boats](http://www.sugarfreemom.com/recipes/low-carb-taco-stuffed-zucchini-boats/#_a5y_p=3609752) (made ahead of time for quick lunch) Side Salad | [Slow Cooker Lime Chipolte Chicken](http://allrecipes.com/recipe/218863/slow-cooker-cilantro-lime-chicken/), [Cauliflower Rice](https://www.healthfulpursuit.com/recipe/cauliflower-rice/) |
| Thursday | Blueberry Protein Pancakes (use [protein pancake recipe](https://youtu.be/o1FeHNyq1rg),, add 1 cup of blueberries | Roasted Turkey Breast, [Roasted brussels sprouts with bacon](https://www.tasteaholics.com/recipes/low-carb-keto/roasted-brussels-sprouts-with-bacon/) | Flank Steak with[Coconut Sweet Potato Mash](https://paleomagazine.com/coconut-sweet-potato-mash/)**,** Green Beans |
| Friday | [Spicy Shrimp Omelet](https://www.tasteaholics.com/recipes/breakfast-recipes/spicy-shrimp-omelette/) | Tuna Salad made with Avocado instead of Mayo with a large salad | [Oven Baked Bacon Wrapped Chicken Tenders](https://lowcarbyum.com/oven-baked-bacon-wrapped-chicken-tenders/) , [baked sweet potato fries](http://www.foodnetwork.com/recipes/paula-deen/baked-sweet-potato-fries-recipe-2013040) , Salad |
| Saturday | [Chocolate Almond Banana Bread](https://youtu.be/abukv3UeIyU), Eggs, 1 cup of berries | [Flat Iron Steak Salad](http://peaceloveandlowcarb.com/balsamic-flat-iron-steak-salad-low-carb-gluten-free-paleo-dairy-free-whole30) | [Slow Cooker Jerk Chicken](https://paleomagazine.com/slow-cooker-paleo-jerk-chicken/), [Spinach & Almond Stir Fry](https://paleomagazine.com/spinach-almond-stir-fry/) |
| Sunday | [Eggs Benedict](http://mariamindbodyhealth.com/eggs-benedict-2/) 1 grapefruit | Leftover jerk chicken and spinach almond stir fry | [Grilled Tilapia with Avocado Pear Sauce](http://www.caseysonlinekitchen.com/recipe/grilled-tilapia-with-avocado-pear-sauce/), side salad |