



KETO KICK START

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.**

WEEK ONE



KETO KICK START

	MEAL 1	MEAL 2	MEAL 3
MONDAY	Omelet (2 whole eggs, 4 egg whites) veggies & berries	Pesto Chicken Salad , 1 apple or pear	Lean Hamburger or Turkey patty Shredded Brussel sprouts
TUESDAY	Perfect Protein Pancakes and 2-3 slices of bacon	Burger Stir Fry (use leftovers)	Rotisserie Chicken, Steamed veggies, Hasselback potato
WEDNESDAY	Stuffed Breakfast Sweet Potato .	Avocado Tuna Salad , Cucumber Slices	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	Bun-less Turkey patty or leftover brisket, broccoli	Almond Crust Pizza , loaded with plenty of lean protein & veggies.
SATURDAY	Mini Egg Quiches , 1 grapefruit	Chicken Fajita Soup	Grilled Salmon or chicken, large salad, 1 cup of raspberries
SUNDAY	Almond Joy Pancakes (use protein pancake recipe , add 1 tsp almond extract, 1/4 c. of unsweet coconut, 1/4 c. of 60%+ dark chocolate pieces)	Spinach Meatballs , Steamed Green beans	Italian Chicken & Cauliflower Casserole

WEEK TWO



KETO KICK START

	MEAL 1	MEAL 2	MEAL 3
MONDAY	Tomato Frittatas 1 cup of berries, 1/2 grapefruit	Stuffed Peppers	Broiled Chipolte Tilapia with Avocado Sauce , Side Salad
TUESDAY	Boiled Eggs, Turkey Sausage or bacon, 1 grapefruit or 1 cup of berries	Avocado Egg Salad Side salad.	Creamy Cauliflower and Beef Skillet
WEDNESDAY	Protein Shake with 1 cup of berries	Guacamole Burger (place 1/4 c. guacamole on patty) Cucumber/Tomato Salad	Salmon Stew
THURSDAY	Breakfast Hash	Smoky Tuna Pickle Boats Sliced Cucumbers	Beef Burgundy , Side Salad
FRIDAY	Eggs baked in Avocado 1 apple or pear	Leftover Beef Burgundy with a Strawberry Spinach Salad	Coconut Chicken Curry
SATURDAY	Bacon cups filled with scrambled eggs & veggies	Zesty Shrimp in Garlic Sauce , Cauliflower Rice	Slow Cooker Pork Paleo Coleslaw , side salad
SUNDAY	Perfect Protein Pancakes and 2-3 slices of bacon	Rainbow Stir Fry (use leftover pork)	Chicken Broccoli Casserole

WEEK THREE



KETO KICK START

	MEAL 1	MEAL 2	MEAL 3
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	Grilled Salmon and Roasted Asparagus
THURSDAY	Avocado Salmon Boat 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
SATURDAY	Omelet with leftover brisket and veggies	Grilled chicken or choice of meat on large salad	Crock Pot Roast, Roasted Gold Potatoes , Steamed Green Beans
SUNDAY	Chocolicious Protein Donuts , 1 cup of berries	Leftover Pot Roast, baked potato, side salad	Skinny Eggplant Rollatini Grilled salmon or chicken, side salad

WEEK FOUR



KETO KICK START

	MEAL 1	MEAL 2	MEAL 3
MONDAY	Sweet Potato Breakfast Skillet	Cucumber Sushi Rolls (make ahead for quick lunch!)	Lasagna Boats , side salad
TUESDAY	Egg Clouds , 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	Taco Stuffed Zucchini Boats (made ahead of time for quick lunch) Side Salad	Slow Cooker Lime Chipotle Chicken , Cauliflower Rice
THURSDAY	Blueberry Protein Pancakes (use protein pancake recipe ,, add 1 cup of blueberries	Roasted Turkey Breast, Roasted brussels sprouts with bacon	Flank Steak with Coconut Sweet Potato Mash , Green Beans
FRIDAY	Spicy Shrimp Omelet	Tuna Salad made with Avocado instead of Mayo with a large salad	Oven Baked Bacon Wrapped Chicken Tenders , baked sweet potato fries , Salad
SATURDAY	Chocolate Almond Banana Bread , Eggs, 1 cup of berries	Flat Iron Steak Salad	Slow Cooker Jerk Chicken , Spinach & Almond Stir Fry
SUNDAY	Eggs Benedict 1 grapefruit	Leftover jerk chicken and spinach almond stir fry	Grilled Tilapia with Avocado Pear Sauce , side salad

