

21-Day Ketogenic Challenge



Your “Getting Started” Checklist

Written By:
Dave Fannin

21-Day Keto Challenge

WELCOME to The 21-Day Keto Challenge! We're thrilled to have you join us. Are you ready to get this Keto Party STARTED!? The following checklist will help set you up for success, and make sure that nothing falls through the cracks.

Before Your Challenge Starts:

- ☐ Join Our Private Keto Challenge Facebook Group
- ☐ Read the ENTIRE Success Manual
- ☐ Print, Complete, and Turn In My Goal Sheet
- ☐ Get My "Before" Measurements & Pics Taken
- ☐ Print Keto Week 1 Meal Guide & Grocery List
- ☐ Set Aside Time to Grocery Shop & Complete Meal Prep.
 - ☐ I'm committing to go grocery shopping: _____ (day & time)
 - ☐ I'm committing to meal prep: _____ (day & time)

Week 1:

- ☐ Set Aside Time From Fri through Sunday to Grocery Shop & Meal Prep
 - ☐ I'm committing to go grocery shopping: _____ (day & time)
 - ☐ I'm committing to meal prep: _____ (day & time)
- ☐ Post Your "Weekly Win" on our Private Facebook Page on Friday
- ☐ Sunday Weigh-In

Week 2:

- ☐ Set Aside Time From Fri through Sunday to Grocery Shop & Meal Prep
 - ☐ I'm committing to go grocery shopping: _____ (day & time)
 - ☐ I'm committing to meal prep: _____ (day & time)
- ☐ Post Your "Weekly Win" on our Private Facebook Page on Friday
- ☐ Sunday Weigh-In

Week 3:

- ☐ Set Aside Time From Fri through Sunday to Grocery Shop & Meal Prep

- ☐ I'm committing to go grocery shopping: _____ (day & time)
- ☐ I'm committing to meal prep: _____ (day & time)
- ☐ Post Your "Weekly Win" on our Private Facebook Page on Friday
- ☐ Sunday Final Weigh-In

Post Challenge:

- ☐ Get My Final "After" Measurements & Pics Taken
- ☐ Celebrate My Success by Doing Something FUN!!

If you have any questions, or need anything, we're here for you. Reach out to us any time at: 817-320-0743

Committed to your Success,
Dave Fannin
(TheBodyFirm.biz)

21-Day Ketogenic Challenge



Success Manual

Written By:
Dave Fannin

Disclaimer

Here's all the fun legal stuff my lawyer says I have to put in here. This program is for information purposes only. The information presented herein is in no way intended as medical advice or to serve as a substitute for medical counseling. Rather, as nutritional and exercise guide this is intended only to supplement, not replace, medical care or advice as part of a healthful lifestyle.

As such, the information should be used in conjunction with the guidance and care of your physician. You must consult your physician before beginning this program as you would with any exercise program. If you choose not to obtain the consent of your physician and/or work with your physician throughout the duration of your time using this product from The Body Firm, you are agreeing to accept full responsibility for your actions.

By utilizing the nutritional guidance and exercise strategies contained herein, you recognize that despite all precautions on the part of Dave Fannin or other staff or trainers of The Body Firm. There are risks of injury or illness which can occur with any program and you assume such risks and waive, relinquish and release any claim which you may have against Dave Fannin or other staff or trainers of The Body Firm or its affiliates as a result of any future physical injury or illness incurred in connection with, or as a result of, the use or misuse of this nutritional guide and exercise program for personal use.

***IMPORTANT: Again, more fun things from my lawyer: This program is copyrighted and to copy, share, or reproduce is in violation of the law and prosecution will be enforced.**

Welcome to Your Keto Challenge!

Are you ready for a life-changing journey!?

The next 3 weeks will teach you a LOT about fueling your body optimally.

During this challenge you'll discover a simple strategy that will turn your body into a fat-burning machine.... literally.

You'll be flipping the switch in your body from burning sugar to burning fat as a primary fuel source.

The benefits of this eating strategy stretch far beyond fat loss. It ranges from hormone balance, to gut-health, to protecting your brain from dementia and Alzheimer's and much more.

There may even be a few "firsts" for you during this challenge! There's a chance this will be your ...

- First "fat bomb"
- First cup of bulletproof coffee (you can thank me later)
- First time you're being told it's good to skip breakfast
- First time you'll try intermittent fasting

When I first began the keto diet, I didn't know what to expect. I was BLOWN away by the results, and couldn't wait to share it with you.

Plus, you're going to love the recipes and have lots of fun coming up with your own new meals!

Important notes

This plan is NOT for anyone with: a history of kidney problems, diabetes, or who is pregnant or breastfeeding. As stated above, be sure to check with your doctor!

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Plus, you're going to love the recipes and have lots of fun coming up with your own new meals!

Important notes

This plan is NOT for anyone with: a history of kidney problems, diabetes, or who is pregnant or breastfeeding. As stated above, be sure to check with your doctor!

We're all different. The diet required to get someone into the state of ketosis can vary from person to person. Each of our bodies is slightly different, so what works for me, might not necessarily work in the same way for you.

In the following pages, you'll learn how you can customize this diet for yourself to get the best results.

In addition, this diet is designed to teach you the foundations of the ketogenic diet.

This diet does NOT require you to test your blood or urine ketone levels, however if you choose to take it to that next level, I have provided a section on exactly how to do that.

Since this meal plan is very different from others you may have tried in the past, you'll likely have a few questions.

We're here to help and answer any questions you may have, no matter how big or small.

I want you to have the BEST possible experience and get the BEST possible results, so please reach out if you have any questions or concerns.

Thanks again for trusting us and joining us for the next 3 weeks.

Sincerely,
Dave Fannin

817-320-0743
The Body Firm.biz

Let's Get Started!

First...the BIG, FAT LIE.

We hear it all the time: fat is BAD for you! Drink skim milk instead of whole. Get fat-free yogurt instead of full-fat. Have an egg white omelet and get rid of the yolks! Trim the fat off your meat and remove the skin before you eat it!

But is this really the best advice?

On this keto diet, you're going to be eating more "fat" than you probably have in the past.

I want you to go in with full confidence that you're making a wise decision.

It's time to get the skinny on fat. Get ready for these facts:

* There is NO significant evidence that dietary saturated fats are associated with an increased risk for heart disease. (www.ncbi.nlm.nih.gov/pubmed/20071648)

* "Our findings suggest that diets lower in carbohydrate and higher in protein and fat are not associated with increased risk of coronary heart disease in women."
(<https://www.ncbi.nlm.nih.gov/pubmed/17093250/>)

* A diet very low in carbohydrates not only results in low triglycerides but also substantially lowers saturated fat in the blood, even if the diet includes a substantial amount of saturated fat.

* "No study to date has adequately shown any significant link between dietary and serum cholesterol levels or *any significant causative link between cholesterol and actual heart disease*" – Nora Gedgaudas, Primal Body Primal Mind (pg. 80)

In fact, about half of people admitted to hospitals with heart disease have normal cholesterol levels.

Also, it's important to understand that **eating fat does not make us fat.**

Now it's definitely important to not overeat your healthy fats, as too much of anything will have an impact on your waistline.

But if you're looking for a nutrient to blame when it comes to weight gain and a whole host of health issues, look no further than the "empty calories" in the

processed carbs, sugar, and the high-fructose corn syrup that finds its way into most everything we eat.

I encourage you NOT to take my word for it, but to do your own research! Check out the links above, and if you're feeling adventurous, do your own search on PubMed, which is basically an online catalog of scientific studies and reviews.

Taking your health and well-being in your own hands is INCREDIBLY POWERFUL.

You'll be blown away by what you find and also by the myths that will be shattered when you read the science.

The great news is that grass-fed beef, butter, and bacon are back on the menu!

Cholesterol is like Duct Tape:

I cited a book called Primal Body, Primal Mind by Nora Gedgaudas in the section above.

In chapter 8, Nora drove home a very important point:

"Cholesterol is the human body's version of duct tape. It travels to areas where there has been arterial damage and patches up lesions.

*Higher serum levels of cholesterol can serve as a message that "something is going on" for which it is needed. **Serum cholesterol is simply an indicator, not a diagnosis...***

Going in with statin drugs to stamp out cholesterol is the equivalent of preventing the firemen who arrive to put out a fire from doing their job-and blaming them for the fire. Elevated glucose or insulin levels, for instance, damage arterial walls and lead to an increased need for cholesterol to repair them."

With this understanding, you can see how taking statins (which lower cholesterol in the body) can be a very dangerous thing.

In fact, statins have never been scientifically proven to lessen the risk of developing a heart attack!

And there are literally thousands of studies into the side effects of statins. If you or someone you love takes this medicine, I strongly encourage you to look further into this.

If learning more about this interests you, be sure to pick up Nora's book, which covers a broad perspective of improving your health and longevity.

Benefits of Going Low-Carb or Ketogenic:

Here's a quick snapshot of the benefits of the ketogenic diet, and some of what you may experience over the next 21 days...

- Balanced blood sugar and insulin levels
- Hormone production and rebalancing
- Increased fat loss
- Reduced Triglycerides
- Increased your levels of HDL (the good cholesterol)
- You'll be able to go hours without eating because your body will tap into its own body fat for energy
- Blood pressure will naturally go down
- Improved brain health and increased protection against dementia and other disorders
- Improved memory and clear brain fog
- Improved digestion
- Has been shown to slow cancer and tumor growth
- Increased energy levels
- Better fertility
- Help you achieve higher quality and longer restorative sleep
- Decreased anxiety and mood swings

What is Nutritional Ketosis?

Your body's preferred method of fueling itself is carbs. When it runs out of carbs, it has a mechanism in place to turn fat into carbs (or glucose). A byproduct of that process is ketones.

"Being in ketosis" just means that you're burning fat!

If you intentionally (or unintentionally) deplete the glucose stored in your muscles and liver, your body is forced to resort to burning fat to produce energy to keep you alive.

Energy from Fat vs. Energy from Sugar:

The beauty of the ketogenic diet is that you're efficiently and effortlessly able to tap into your "fat stores" for energy whenever you need it.

To give you a little science, when you consume sugar, the energy that doesn't get used up immediately gets stored in your body (muscles and liver) as something called "glycogen." Whatever is left over is stored as fat.

The average 150-pound woman can store up to 2,000 calories worth of energy in their body as glycogen (sugar). Even if this woman is ONLY 10 percent body fat (extremely low), she is storing about 15 pounds of fat, which is equivalent to over 52,000 calories.

You may have heard of marathon runners "hitting the wall" before. This is basically when a "sugar-burner" has depleted all their available energy in the form of glycogen.

Even though this person has THOUSANDS of calories worth of fat to be able to pull from for energy, **their body is not efficient at the conversion process** – and they hit the dreaded wall.

"The wall" is dreaded by marathoners and endurance athletes world wide.

It's basically when their brain and vital organs are competing with their muscles for the last available amount of energy in the form of sugar. The brain and vital organs win the battle, and the muscles get shut down.

People who hit the wall feel an intense amount of pain, and sometimes can simply fall over, because their muscles stop working.

When you're keto-adapted or living in nutritional ketosis, your body is ALWAYS efficient at tapping into these fat stores for energy, which means you'll never hit that wall.

But more than that, it also means you're not dependent on sugar for energy. You're now dependent on fat.

This means once you're keto-adapted you won't suffer from blood-sugar-related mood swings or get "hangry."

This is a big plus for the people who spend the most time with you 😊

Your Goal For This Challenge ...

Become Keto-Adapted. This simply means that your body becomes efficient at being able to efficiently burn fat...and function very well even in the presence of very little glucose.

By becoming keto-adapted, your body literally will become a fat-burning machine!

Personalize Your Plan & Calculate Your Macros

Working closely with a keto-specialized dietitian and personal chef for this challenge, we've put together a plan that provides a great framework for you.

As I mentioned earlier, each person is different and may require specific tweaks to get into ketosis.

Some people can metabolize carbs more quickly and can consume more than 60 grams of carbs per day and stay in ketosis. More likely however, you may even need to stay under 50 grams to get into ketosis.

The only true way to find out if your body is in ketosis or not, is to test. (see section on testing)

However, you can choose to customize this plan based on your own personal needs like energy expenditure, personal weight loss or weight gain goals, etc.

For this challenge, we went with approximately:

- 15% Nutrient Dense Carbohydrates
- 25% High Quality Protein
- 60% Healthy Fats

If you'd like to personalize your macronutrients, here's a GREAT calculator online that will help you figure out your specific percentages in more detail:

<http://keto-calculator.ankerl.com/>

You'll need your body fat percentage to complete the calculation. When you stop in for measurements, we will provide you with this number.

If you do end up adjusting the percentages, you'll have to make the appropriate changes in the recipes as well, as they are currently structured for the 15/25/60 ratio.

Adjusting this Plan for Men:

The meal plan as is, is the perfect amount of calories for women. If you're a man, you'll need to make a slight adjustment to the plan to ensure you're getting enough calories.

Do not fret! This is a super-simple thing to do. **All this means, is that EVERY DAY, you'll be adding an extra:**

- 2 tablespoons fat (butter, coconut oil, etc.)
- 2 oz protein (fish, chicken, red meat, etc.)
- 1.5 cups of mixed vegetables (whatever is on the plan that particular day)
- 1/2 cup fruit (strawberries or mixed berries)

to your diet. This will add about an extra 400 calories per day, and will still keep you in ketosis.

Avoiding the Keto-Flu

In the beginning, some people experience the "keto-flu" when they are transitioning into ketosis.

Many people who begin the ketosis process for the first time get flu-like symptoms, feel like all their energy is drained, and basically just feel like crap.

I'm going to teach you EXACTLY how to avoid it. Most people do this **WRONG**, so please make sure to follow these guidelines!

The primary reason people get keto-flu is because their electrolytes get out of balance.

1. **Drink a LOT of water.** You need to be drinking at LEAST half your body weight in ounces per day.
2. **Use Pink Himalayan Rock Salt.** About 1 tsp. per day should do the trick. A simple trick is to put 1 tsp. of pink sea salt in a bowl on the counter. By the end of the day, make sure you have used up the entire teaspoon.



Himalayan salt has more minerals and trace elements than other salts. It's also a very pure and unprocessed product. Sodium is an important electrolyte, so this is the perfect way to get high-quality salt in your diet! (Stay far away from white table salt.)

3. **CALM.** This is one of my favorite supplements. Magnesium not only helps combat stress in the body, but it's an important mineral that's required for more than 700 biochemical reactions in your body.
4. **Homemade Bone Broth.** This will help balance the vitamins and minerals in your body in the most incredible way. Broth is amazing for healing and promoting a healthy digestive tract, reducing joint pain and inflammation, and promoting hair and nail growth. *(And some say it can actually help with cellulite because it helps maintain the integrity of the cell walls!)*

During this challenge, you'll be drinking 1 cup of homemade bone broth per day. And lucky for us, bone broth has been a LOT more popular lately, so you can find it readily available at most higher-end grocery stores.

Additional Supplements

In addition to the supplements listed above for avoiding the keto-flu, I recommend taking the following supplements. These are optional and not required.

MCT Oil – This will help you to get into ketosis faster. MCT stands for Medium-Chain Triglycerides. It's basically a refined version of coconut oil that is 6x more potent.

Start with 1 teaspoon and build from there up to 1 tablespoon. I usually add 1 tablespoon (with some grass-fed butter) in the morning to my bulletproof coffee! You'll love what it does for your mental clarity. *(see recipe manual for ideas)*

You can get MCT oil at health food stores, nutritional supplement stores, online and even at some well-stocked grocery stores.

Probiotics – Did you know that up to 70% of your immune system resides in your gut? Probiotics can help restore balance back to your digestive system and give an overall boost to your immune system.

The bacteria in your body outnumber your cells by more than 10 to 1. Remember the good bacteria help to keep you in check. They help to fight against the "bad" bacteria, viruses and other pathogens.

It's really important to give these good bacteria an extra hand, because the toxins, chemicals, and any antibiotics we are exposed to will kill off these microscopic warriors.

Omega 3s (Fish Oil) – Omega 3s help reduce inflammation in the body, increase your ability to burn fat, strengthen your immune system, improve circulation, improve good cholesterol, and the list goes on and on.

Rhodiola – If you live a high-stress life, rhodiola can help combat some of the effects. It helps fight fatigue, boost memory, and increase work capacity to improve productivity.

Intermittent Fasting

You've probably already noticed on the meal plan there's no breakfast except bulletproof coffee/tea (on most days). There's also minimal snacking.

Don't freak out.

Yes, skipping breakfast contradicts pretty much everything we're taught about nutrition.

The thing is, when you're in nutritional ketosis... the rules change.

Remember that being in a ketogenic state means that your hunger levels are naturally regulated. This means that after the first few days, you won't wake up feeling hungry at all!

Eating within a certain 6-8 hour window during the day (for example eating only between the hours of 11 and 7) is called Intermittent Fasting (aka IF).

During nutritional ketosis, you're using BOTH stored body fat and dietary fat for energy. When you practice IF with nutritional ketosis, you're straight up using your body fat for energy.

I've integrated a moderate form of Intermittent Fasting into the plan for 4 main reasons:

1. Increased Fat Loss
2. Better Blood Sugar Regulation
3. Reduced Inflammation in the Body
4. Boosted Cellular Turnover and Repair

There are many different variations and time schedules people use for IF.

For the purpose of this challenge, we're going to aim to **keep your eating window to 8 hours per day.**

Important note: The first three days of this challenge, don't worry about limiting the time frame during which you eat – the goal is NOT to get hungry.

After the initial three days, following an IF plan means if you start eating lunch at 11 a.m., you'll finish dinner by 7 p.m. If you start at 10am, you'll finish by 6pm. Try to keep it as consistent as possible so that you **get a true 16 hours in your fasted state.** It's as simple as that!

The great news is that drinking your Bulletproof Coffee/Tea or Blended Drinks (recipes in the manual) for breakfast doesn't count as part of your "eating time," because these contain no carbs.

Be careful to stick to the recipes in the manual. The second you introduce a carb into the mix, you're going to bust out of your fasted state. *(As a general rule, don't consume caffeinated beverages past 12pm.)*

Choosing to use IF with your challenge is completely optional, however I'd recommend trying it to see how you feel!

Cyclical Ketosis

Cyclical ketosis is intentionally having "high-carb" days.

I recommend you sticking to this complete 21-day plan before integrating a higher amount of carbs into your diet.

Cyclical Ketosis is great for boosting hormone production, replenishing carbs for higher intensity based workouts, and for thyroid health (especially in women).

Once the 21-day plan is complete, women can practice cycling in higher carb days every 4 to 7 days, and men every 7 to 10 days.

After your 21-day challenge, introducing carbs back into your system for a day will knock you out of ketosis.

However because you'll be keto-adapted, you'll be able to pick right back up the following day with a ketogenic-style diet and won't skip a beat!

Testing Your Personal Ketone Levels

THIS PORTION IS COMPLETELY OPTIONAL. There are 3 different ways to test to see if you're in nutritional ketosis.

- **Blood Ketone Monitor**
- **Breath Monitor** – hard to find in the US <https://www.ketonix.com/>
- **Urine Strips** (not as accurate, as the data is pulled from excess ketones in the urine and can be skewed by hydration levels)

Testing can get expensive, so it's completely up to you if you choose to do it or not.

Since ketones are a byproduct of fat metabolism, you can actually measure the amount of ketones that are present in your body!

If two different people consume the same exact diet of 15% carbs, 25% protein, and 60% fat, one person may be able to achieve nutritional ketosis, while the other may need to adjust the breakdown a little bit.

The only way to know for sure is to test. Be sure to carefully follow the directions that come with whichever device you decide to use.

Nutrition ketosis is achieved when you've reached between (.5-3.0 mmol/L).

Now, you should know that achieving ketosis isn't an instant thing. It can take a little while.

If you test below .5mmol/L, then you're not yet in nutritional ketosis, and you need to change up your macro breakdown.

You'll likely need to add a bit more healthy fat and consume less carbs and/or less protein.

In fact, for some people, too much protein in the diet can knock them out of ketosis. Therefore, it's important to make sure you're not consuming too many carbs OR too much protein.

If you're reading higher than 3.0, you simply need to add a little more protein and/or carbs into your diet.

Keep this in mind: More ketones is not better! Having more than 5-6mmol/L present in your body is indicative of "*starvational ketosis*."

This is when your body will start breaking down muscle for energy.

With this 21-day plan, I've provided you with a very moderate approach, so you shouldn't have to worry about getting up too high.

When to Test:

You'll find your ketones are typically highest in the morning. That's because you just fasted while you were sleeping.

You can test at various times per day- just be consistent.

Throughout this challenge, you'll be moving in and out of nutritional ketosis.

You'll absolutely see phenomenal results if you stick to the plan- regardless if you test or not.

It's just a fun and nerdy way to track exactly what is going on in your body ☺

Where Can I Get This Stuff?

You might not have seen or heard of some of the items on the food list. No worries – it's all readily accessible! Most of it can be purchased at your grocery store.

Don't hesitate to ask grocery store personnel, either – with more people embracing this way of eating, demand for these products is increasing and the store might be willing to stock these items on their shelves.

Grass-fed butter: Most grocery stores carry the Kerrygold brand, but check the dairy case because this is growing in popularity, and many localities carry locally sourced options.

Himalayan rock salt: check the salt or spice rack at your grocery store. It's also available at natural food stores.

Coconut oil: Once a hard-to-find item, it's now on the shelves of most grocery stores.

Nutritional yeast: If your grocery store has a "natural foods" section, check near the condiments area. You also can find this in natural foods stores and online. (Note: this isn't the same as the yeast you use to bake bread!)

Coconut milk: You want to purchase 100 percent coconut milk, like Aroy brand. This often comes in a can (usually found in the ethnic area of the grocery store) but also can be boxed. It's also available online.

Spiralizer: Completely optional! Using a spiralizer lets you more easily make "noodles" out of veggies. You also can use a vegetable peeler.

Have Fun & Stick to the Plan!

In order to get the best benefit from this transformation challenge, remember: you have to stick to it!

We're always here to help if you need anything. Enjoy the journey!

Dave Fannin

21-Day Ketogenic Challenge



Goal Setting Worksheet

My 21-Day Keto Transformation Goals

Name: _____ Starting Date: _____

Describe your Goal (be S.M.A.R.T.):

WHY is it so important for you to achieve this goal?

Three steps you are going to take to achieve your goal:

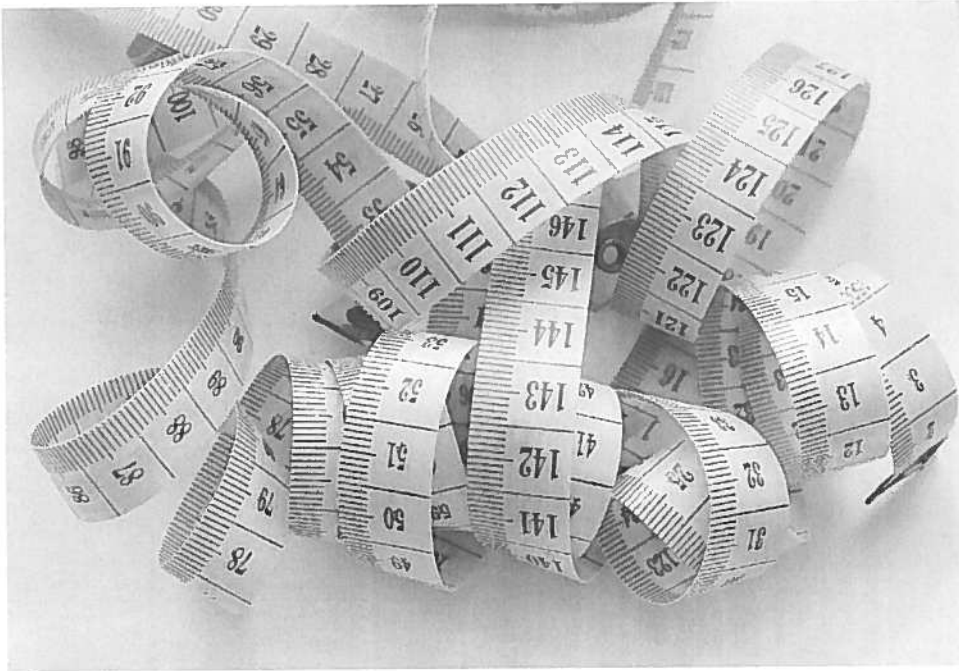
What is it going to feel like in 21-days, after you've achieved your goal?

Signature: _____ Deadline to Achieve Date: _____

***HOMEWORK:

1. Email Dave@thebodyfirm.biz with your goals within 2 Days!
2. Write your goals down on an index card. Read them first thing in the morning and last thing before bed during EVERY day during this challenge. This will be KEY to your success.

21-Day Ketogenic Challenge



Measurement Worksheet

Written By:
Dave Fannin

Keto Challenge Measurements

*"Success is the sum of small efforts, repeated day in and day out." ~
Robert J. Collier*

Name: _____

Age: _____

Tape Measurements:

	START DATE	END DATE	Total Change
Chest			
Waist (small)			
Waist (bb)			
Hips			
Thigh			
Bicep			
Weight			

Body Fat Measurement:

Date:	START DATE	END DATE	Total Change
Body Fat %			

Weight:

Date:	Starting Weight	Day 7	Day 14	Day 21
Weight				

Total Inches Lost: _____

Total Body Fat % Lost: _____

Total Pounds Lost: _____

Keto Challenge Meal Plan - Week 1

bold means meal prep / cooking is required. Non-bold means leftovers, or minimal prep.

	Breakfast	Lunch	Dinner	Snacks
Monday	1/2 ounce Raw Pecans 1/2 ounce Raw Walnuts 1/3 cup Mixed Berries 1/3 cup full-fat Coconut Milk	1 serving Portuguese Kale Soup	1 serving Tomato & Cucumber Salad 1 serving Tzatziki Sauce 1 serving Roasted Chicken Thighs	8 ounces Chicken Bone Broth
Tuesday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 1/2 servings leftover Chicken Thighs 1 serving Tzatziki Sauce 1 serving Tomato & Cucumber Salad	1 serving Island Salmon 1 serving Tartar Sauce	8 ounces Chicken Bone Broth 1/4 cup whole Almonds
Wednesday	1 cup coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 serving Portuguese Kale Soup 2 Tbsp Almonds	1 serving Island Salmon 1 serving Tartar Sauce	8 ounces Chicken Bone Broth 1 serving Coconut Fat Bomb
Thursday	1 cup coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 serving Kale & Avocado Salad 1 serving Leftover Chicken Thighs	1 serving Bison Burgers 1 serving Plain Zucchini Noodles 2 slices Bacon	8 ounces Chicken Bone Broth
Friday	1 cup coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended 1 egg yolk, blended into coffee mixture	1 serving Bison Burgers 1 serving Side Salad w/ Lemon Vinaigrette	1 serving Chicken Curry 1 serving Plain Zucchini Noodles 1 serving Coconut Cauliflower Rice	8 ounces Chicken Bone Broth
Saturday	1 cup coffee (or tea) 1/2 tablespoon MCT Oil 1/2 tablespoon grassfed butter Blend all ingredients	1 serving Spring Salad with Bacon & Eggs 1 cup Organic Plain Greek Yogurt 1 cup Raw Strawberries 1/4 cup Shredded Unsweetened Coconut	1 cup Boston Lettuce 1 serving Chicken Curry 1/2 sliced Green Bell Pepper (Made into wraps)	8 ounces Chicken Bone Broth 1/4 cup Raw Blueberries 1/4 cup Whole Raw Almonds

Sunday	1 cup coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	Eggs, Veggies, & Avocado with 1 serving Roasted Veggies	1 1/2 servings Mom's Meatloaf 1 serving MCT Ketchup 1 serving Roasted Veggies	8 ounces Chicken Bone Broth 5 ounces Organic Greek Yogurt
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Keto Challenge Meal Plan - Week 2

bold means meal prep / cooking is required. Non-bold means leftovers, or minimal prep.

	Breakfast	Lunch	Dinner	Snack
Monday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 1/2 servings Mom's Meatloaf 1/2 cup Raw Strawberries	1 serving Prosciutto Salad with Butternut Squash	1 cup Beef Bone Broth
Tuesday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Prosciutto Salad with Butternut Squash	1 serving Chicken Divan	1 cup Beef Bone Broth 1 cup Organic Plain Greek Yogurt + 1/4 cup strawberries
Wednesday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Chicken Divan	1 serving Yes, You Can Eat Shrimp Scampi 1 serving Sautéed Red Bell Peppers	1 cup Beef Bone Broth 1 coconut fat bomb (optional)
Thursday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Yes, You Can Eat Shrimp Scampi 1 serving Side Salad w/Lemon Vinaigrette	1 1/4 servings Mom's Meatloaf 1 serving Sautéed Broccoli	1 cup Beef Bone Broth 1 cup Organic Plain Greek Yogurt
Friday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 tablespoon MCT Oil	1 cup Raw Strawberries 1 1/2 Servings Spring Salad with Eggs & Bacon	1 serving Spaghetti Squash Carbonara Over Porkchop	1 cup Beef Bone Broth Coconut Fat Bomb (optional)

Saturday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Spaghetti Squash Carbonara Over Porkchop + 1 serving Sauteed Broccoli	1 serving Colorful Salmon Salad	1 cup Beef Bone Broth 1 tablespoon Shredded, Unsweetened Coconut 1/4 cup Raw Strawberries
Sunday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Colorful Salmon Salad	1 serving Fat Burning Buffalo Chicken 1 serving Greek Yogurt Ranch 1 serving Simple Spaghetti Squash	1 cup Beef Bone Broth

Keto Challenge Meal Plan - Week 3

bold means meal prep / cooking is required. Non-bold means leftovers, or minimal prep.

	Breakfast	Lunch	Dinner	Snack
Monday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Simple Spaghetti Squash 1 serving Greek Yogurt Ranch 1 serving Fat Burning Buffalo Chicken	1 serving Grass-Fed Bison & Veggie Pasta	1 cup Chicken Bone Broth 1/4 cup Raw Blueberries 2 Tbsp Almonds
Tuesday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Grass-Fed Bison & Veggie Pasta	1 serving Roasted Chicken Thighs 1 serving Caesar Salad w/ Keto Caesar Dressing	1 cup Chicken Bone Broth 1/4 cup Raw Almonds 1 cup Raw Strawberries 1 cup Organic Plain Greek Yogurt
Wednesday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Zucchini Salad with Bacon & Blue Cheese 1 serving Roasted Chicken	1 serving Neighborhood Thai Shrimp Salad	1 cup Chicken Bone Broth 1 cup Raw Blueberries 1 cup Greek Yogurt
Thursday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Neighborhood Thai Shrimp Salad	1 serving Roasted Chicken Thighs 1 serving Caesar Salad w/ Keto Caesar Dressing	1 cup Chicken Bone Broth 1/4 cup Raw Almonds 1/2 cup Raw Blueberries

Friday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Sausage Stuffed Peppers 1 serving Sauteed Broccoli	1 serving New Orleans Chicken Pasta	1 cup Chicken Bone Broth
Saturday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving New Orleans Chicken Pasta	1 serving Sauteed Broccoli 1 serving Sausage Stuffed Peppers	1 cup Chicken Bone Broth 1/2 cup Ricotta Cheese
Sunday	8 ounces brewed coffee (or tea) 1 tablespoon grassfed butter 1 Egg Yolk, blended into coffee	Eggs, Veggies, & Avocado	1 serving Kale & Avocado Salad 1 Roasted Chicken Thigh	1 cup Chicken Bone Broth 2 Tbsp Almonds

Keto Challenge: Grocery List Week 1

Vegetables

- ☐ 4 asparagus spears
- ☐ ½ cup broccoli
- ☐ 3 carrots
- ☐ 2 small heads cauliflower
- ☐ 2 cucumbers
- ☐ 1 garlic
- ☐ 10 ounces jicama
- ☐ 1 lemon
- ☐ 5 cups kale
- ☐ 1.5 cup mixed greens
- ☐ 1 cup Boston Bibb Lettuce
- ☐ 10 Kalamata olives
- ☐ 2 cups baby portabella mushrooms
- ☐ 1 red bell pepper
- ☐ 1 orange bell pepper
- ☐ 1 green bell pepper
- ☐ 2 large yellow onions
- ☐ 1 small rutabaga
- ☐ 2 medium tomatoes, chopped
- ☐ ½ cup cherry tomatoes
- ☐ 2 zucchini

Fruit: (Organic as much as possible)

- ☐ 2-3 Avocados (depending on size)
- ☐ 1 small container blueberries (organic if possible)
- ☐ 1 container strawberries (organic if possible)

Meat & Protein:

- ☐ 5 slices bacon
- ☐ 4 ounces chorizo sausage
- ☐ 3 lbs skin-on chicken pieces, thighs preferred
- ☐ ½ pound ground grass fed bison
- ☐ 2 pounds grass fed ground beef
- ☐ 20 ounces ground pork

Fish & Seafood:

- ☐ 2 x 6 ounce Salmon Filets

Eggs, Dairy, & Nut Milks:

- ☐ Grass-Fed Butter (KerryGold is great)
- ☐ 2 ¼ cups full-fat Coconut Milk
- ☐ 10 eggs
- ☐ 2 cups Greek Yogurt (organic, full-fat)

Nuts / Seeds / Oils:

- ☐ 3 tablespoons hemp seeds (hulled)
- ☐ 2 cups shredded coconut (unsweetened)
- ☐ 5 ounces Raw Almonds
- ☐ 1/2 ounce Raw Pecans
- ☐ 1/2 ounce Raw Walnuts
- ☐ 2 tablespoons Pumpkin Seeds
- ☐ 1 cup coconut butter
- ☐ Avocado Oil
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ Balsamic Vinegar
- ☐ Red Wine Vinegar
- ☐ White Wine Vinegar

Spices:

- ☐ Cinnamon
- ☐ Curry powder
- ☐ Cayenne Pepper
- ☐ Dill (dried)
- ☐ Ground Ginger
- ☐ Mustard Powder (dry)
- ☐ Fresh Ground Black Pepper
- ☐ Paprika (optional)
- ☐ Himalayan Pink Salt
- ☐ Vanilla extract
- ☐ Nutmeg

Miscellaneous:

- ☐ 6 cups coffee (brewed) (or black tea, if preferred)
- ☐ 2 dill pickles (small)
- ☐ Ketchup (unsweetened, organic if possible)
- ☐ MCT Oil
- ☐ Stevia (alcohol-free)
- ☐ Worcestershire sauce
- ☐ Yellow Mustard
- ☐ Nutritional Yeast

Chicken Broth:

Option #1: You can buy 10 cups premade organic chicken bone broth, or make your own.

Option #2: If you make your own, you'll need:

- ☐ 1 whole pasture-raised chicken OR 3-4 pounds bony chicken parts (ex. necks, backs, breast bones, wings)
- ☐ 2 celery sticks
- ☐ 2 cups fresh parsley
- ☐ 2 teaspoons fresh thyme
- ☐ 1 bay leaf
- ☐ 1 tablespoon whole black peppercorn
- ☐ 2 chicken feet
- ☐ 1 chicken head if you're feeling adventurous - feel free to omit
- ☐ 2 tablespoons vinegar
- ☐ 2 large onions
- ☐ 2 carrots

Keto Challenge: Grocery List Week 2

Vegetables

- ☐ 2 bunches of asparagus
- ☐ 6 cups broccoli
- ☐ 1/2 cucumber
- ☐ 1 garlic
- ☐ 1-2 lemons
- ☐ 6 cups red kale
- ☐ 3 cups arugula
- ☐ 2 cup mixed greens
- ☐ 1 red bell pepper
- ☐ 1 yellow bell pepper
- ☐ 1/2 green bell pepper
- ☐ Fresh chopped parsley
- ☐ 1 large yellow onion
- ☐ 2 cups butternut squash (1 small)
- ☐ 1 large spaghetti squash (at least 4 cups)
- ☐ ½ cup cherry tomatoes (you may already have this from last week)

Fruit: (Organic as much as possible)

- ☐ 1 Avocado
- ☐ 2 cups strawberries (organic if possible)

Meat & Protein:

- ☐ 3 slices bacon
- ☐ 8 ounces Prosciutto (deli)
- ☐ 8 skin-on chicken thighs
- ☐ 2 x 4 ounce pork chops (small)

Fish & Seafood:

- ☐ ¾ pounds peeled & deveined shrimp
- ☐ 10 ounces salmon fillet

Eggs, Dairy, & Nut Milks:

- ☐ 1/2 cup full-fat Coconut Milk
- ☐ 4 eggs
- ☐ 3 cups Greek Yogurt (organic, full-fat)
- ☐ 3/4 cup fresh grated Parmesan cheese

Nuts / Seeds / Oils

- ☐ 2 Tbsp. Sliced Almonds
- ☐ ¼ cup cashews
- ☐ 1/2 cup Raw Pecans
- ☐ 1 tablespoon whole ground flaxseed
- ☐ Flaxseed Oil (organic)

Spices:

- ☐ Chili Powder
- ☐ Garlic Powder
- ☐ Dried Basil
- ☐ Cumin
- ☐ Dried Thyme
- ☐ Red Pepper Flakes

Miscellaneous:

- ☐ 7 cups coffee (brewed), (or black tea, if preferred)
- ☐ 1 Tbsp. Tomato Paste
- ☐ ¼ cup white table wine

Items You Should Already Have - Replace As Needed:

- ☐ ½ cup Chicken Broth
- ☐ Cayenne Pepper
- ☐ Curry Powder
- ☐ Dill (dried)
- ☐ Paprika
- ☐ Himalayan Pink Salt
- ☐ Fresh Ground Pepper
- ☐ Grass-Fed Butter (KerryGold is great)
- ☐ Coconut Oil
- ☐ Olive Oil
- ☐ MCT Oil
- ☐ Pumpkin Seeds (3 Tbsp)
- ☐ White Wine Vinegar
- ☐ 1 Tbsp. shredded coconut (unsweetened)

Beef Broth:

Option #1: You can buy 7 cups premade organic beef bone broth, or make your own.

Option #2: If you make your own, you'll need:

- ☐ 2 pounds beef bone marrow
- ☐ ½ cup apple cider vinegar
- ☐ 3 pounds meaty beef bones
- ☐ 3 large onions
- ☐ 3 medium carrots
- ☐ 3 celery stalks
- ☐ 2 cups fresh parsley
- ☐ 2 teaspoons fresh thyme
- ☐ 1 bay leaf
- ☐ 1 tablespoon whole black peppercorns
- ☐ 2 pounds beef knuckle
- ☐ 1 pig foot, bone in

Keto Challenge: Grocery List Week 3

Vegetables

- ☐ 4 asparagus spears (may have leftover)
- ☐ 4 ½ cups broccoli
- ☐ 1 cucumber
- ☐ 1/2 cup cilantro
- ☐ 2 cloves garlic
- ☐ 1 lemon
- ☐ 1 lime
- ☐ 4 cups kale
- ☐ 4 cups spinach
- ☐ 3 cups romaine lettuce
- ☐ 2 ½ red bell pepper
- ☐ 2 peppers- your choice of colors
- ☐ 1 yellow squash
- ☐ 1 spaghetti squash (2 cups worth)
- ☐ 1 cup zucchini noodles (or sliced zucchini)
- ☐ 1 zucchini

Fruit: (Organic as much as possible)

- ☐ 1 Avocado
- ☐ 1 ¾ cups blueberries
- ☐ 1 cup strawberries

Meat & Protein:

- ☐ 3 slices bacon
- ☐ 3 pounds skin-on chicken thighs
- ☐ 1/2 pound ground grass-fed bison
- ☐ 2 Italian sausage links
- ☐ 2 Andouille chicken sausage links (about 4 ounces)

Fish & Seafood:

- ☐ 3/4 pounds peeled & deveined shrimp

Eggs, Dairy, & Nut Milks:

- ☐ 1/2 cup full-fat Coconut Milk
- ☐ 3/4 cup coconut cream
- ☐ 5 eggs
- ☐ 2 cups Greek Yogurt (organic, full-fat)
- ☐ 1 cup Ricotta Cheese
- ☐ 1/2 ounce blue cheese

Nuts / Seeds / Oil

- ☐ 1 cup Sliced Almonds

Spices

- ☐ Oregano

Miscellaneous:

- ☐ 7 cups coffee (brewed) (or tea)
- ☐ 1 cup tomato sauce
- ☐ 1 ounce anchovy fillets
- ☐ ½ tablespoon stone-ground mustard

Items You Should Already Have - Replace As Needed:

- | | |
|--|---|
| <input type="checkbox"/> Cayenne Pepper | <input type="checkbox"/> Coconut Oil |
| <input type="checkbox"/> Hemp Seeds | <input type="checkbox"/> Olive Oil |
| <input type="checkbox"/> Paprika | <input type="checkbox"/> MCT Oil |
| <input type="checkbox"/> Dried Thyme | <input type="checkbox"/> Nutritional Yeast |
| <input type="checkbox"/> Red Pepper Flakes | <input type="checkbox"/> Balsamic Vinegar |
| <input type="checkbox"/> Himalayan Pink Salt | <input type="checkbox"/> White Wine Vinegar |
| <input type="checkbox"/> Fresh Ground Pepper | |
| <input type="checkbox"/> Grass-Fed Butter (KerryGold is great) | |

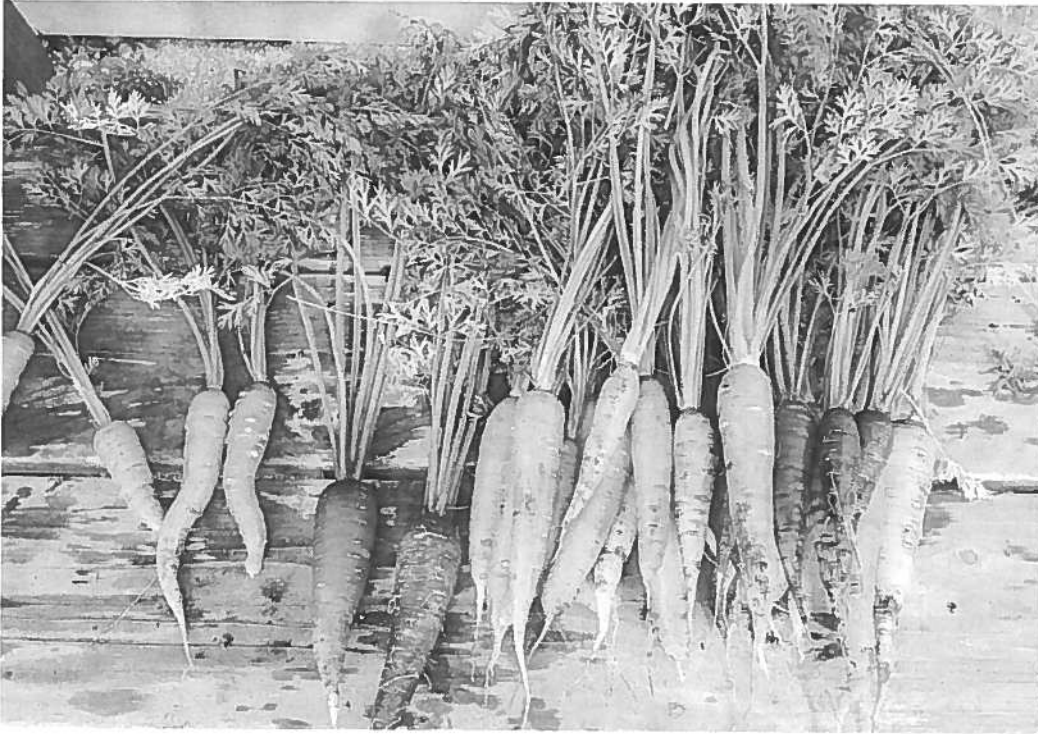
Chicken Broth:

Option #1: You can buy 7 cups premade organic chicken bone broth, or make your own.

Option #2: If you make your own, you'll need:

- | | |
|--|--|
| <input type="checkbox"/> 1 whole pasture-raised chicken OR 3-4 pounds bony chicken parts (ex. necks, backs, breast bones, wings) | <input type="checkbox"/> 2 large onions |
| <input type="checkbox"/> 2 chicken feet | <input type="checkbox"/> 2 carrots |
| <input type="checkbox"/> 1 chicken head if you're feeling adventurous - feel free to omit | <input type="checkbox"/> 2 celery sticks |
| <input type="checkbox"/> 2 tablespoons vinegar | <input type="checkbox"/> 2 cups fresh parsley |
| | <input type="checkbox"/> 2 teaspoons fresh thyme |
| | <input type="checkbox"/> 1 bay leaf |
| | <input type="checkbox"/> 1 tablespoon whole black peppercorn |

21-Day Ketogenic Challenge



Keto Swaps & Substitutes

Written By:
Dave Fannin

Keto Swaps & Substitutes

Want to make changes in your keto meal plan? No worries. Here's how you can customize your eating plan to suit your personal tastes (or what you have in the fridge!).

Basically, you always want to be sure to swap LIKE for LIKE – **portion sizes should remain similar**. Fats get swapped with other fats, proteins get swapped with other proteins, veggies with other veggies, etc.

If you're choosing a very low-fat protein like chicken breast, bison or many game meats, be sure to add a little extra fat to your meal.

A quick grab & go option (depending on your portion size) would be 3 to 6 ounces of protein and a cup of veggies with grass-fed butter.

Always be sure you include FAT in your meal.

When choosing carbs (fruits and veggies), think HIGH FIBER, LOW CARB and NON-STARCHY. Especially with fruits, watch your portion sizes – a good rule of thumb to watch for with fruits is fewer than 7 grams of carbs per 100 grams.

Protein

- | | | |
|---|------------------------------------|---------------------------------------|
| ● Pork (including bacon) | ● Pig's feet | ● Bison |
| ● Shrimp | ● Organ meats (heart, offal, etc.) | ● Game meat (venison, elk, etc.) |
| ● Prosciutto and uncured nitrate-free deli meats (like Applegate Farms) | ● Whole eggs | ● Fatty fish (salmon, sardines, etc.) |
| | ● Shellfish | |
| | ● Beef | |
| | ● Poultry (Chicken, turkey, duck) | |

Fat

- | | |
|-----------|---|
| ● Ghee | ● Egg yolks |
| ● Butter | ● Most oils: coconut, olive, avocado, MCT |
| ● Avocado | ● Olives |
| ● Nuts | |

Veggies

- Kale
- Spinach
- Broccoli
- Dark leafy greens
- Cauliflower
- Brussels sprouts
- Celery
- Onion
- Cucumber
- Zucchini

Fruit

- Strawberries
- Blueberries
- Blackberries
- Raspberries

21-Day Ketogenic Challenge



Recipe Manual

Written By:
Dave Fannin

Salad

Caesar Salad

Makes 2 Servings

3 cups chopped romaine lettuce
Keto Caesar Dressing (recipe below!)

Mix and serve, add chicken thighs for protein.

Tomato & Cucumber Salad

Makes 2 Servings

1 cucumber, chopped
1/3 cup red wine vinegar
½ teaspoon Himalayan rock salt
2 medium tomatoes, chopped
10 Kalamata olives
1 tablespoon olive oil

Toss all ingredients and serve.

Prosciutto Salad with Butternut Squash & Flaxseed Dressing

Makes 2 Servings

2 cups cubed, baked butternut squash
2 cups raw arugula
2 cups raw shredded kale
¼ cup fresh grated Parmesan cheese
¼ cup raw pecans
4 ounces prosciutto
1 serving Flaxseed Dressing

Peel & cube a butternut squash and bake at 350 for 20-35 minutes, until tender. Let cool and toss with remaining ingredients and dressing.

Kale & Avocado Salad

Makes 1 Serving

5 ounces raw shredded kale (*Tip for eating raw kale in a salad... "massage" it. Once it's chopped, take a handful and rub it between your hands vigorously. This will brighten the color and make taste a little more tender and less bitter*)

- 1 large hard-boiled egg
- 1 tablespoons hulled hemp seeds
- ½ tablespoon extra virgin olive oil
- 1 tablespoon balsamic vinegar
- pinch Himalayan Pink salt
- pinch black pepper
- ½ medium avocado
- ¼ cup nutritional yeast flakes

Add kale, egg, avocado and hemp seeds to a bowl and set aside. Whisk together the yeast, olive oil, vinegar and spices to a separate bowl. The mixture will be pretty thick, so either spread with a knife or drop onto lettuce to serve.

Side Salad with Lemon Vinaigrette

Makes 1 Serving

- 1 cup mixed greens
- ½ lemon for juice
- 1 teaspoon white wine vinegar
- Dash black pepper
- ½ green bell pepper, chopped or sliced
- ½ cup sliced cucumber
- ½ cup cherry tomatoes
- 1 teaspoon olive oil
- Himalayan rock salt to taste

Combine salt, pepper, lemon juice and olive oil and whisk. Toss ingredients together and serve.

Zucchini Salad with Bacon & Blue Cheese

Makes 1 Serving

- 1 zucchini
- 1 cup shredded kale (see note on raw kale in the Kale & Avocado Salad recipe)
- 1/2 ounce blue cheese
- 1 hard boiled eggs, chopped
- 2 slices uncured, nitrate-free bacon, cooked
- 1 dash pepper
- 1 dash Himalayan sea salt

Spiralize, shred, or slice zucchini and toss with remaining ingredients (except bacon). Crumble bacon on top.

Spring Salad with Bacon & Eggs

Makes 1 Serving

1 teaspoon coconut oil
2 large eggs, beaten
½ cup raw shredded kale
2 pan fried slices of uncured, nitrate-free bacon
1/3 avocado
½ cup spring mix / mixed greens
1 teaspoon olive oil
2 tablespoons pumpkin seeds

Add coconut oil to sauté pan and heat over medium heat. Add egg and scramble. When almost done, add kale and heat through until color changes, and remove from heat. Cook bacon over medium heat. Place sliced avocado on lettuce mix topped with pumpkin seeds and olive oil. Add eggs and bacon to plate. Salt and pepper to taste.

Colorful Salmon Salad

Makes 2 Servings

2 filets (around 5 ounces each) salmon, cooked (grilled or broiled)
1-2 tablespoons olive oil
2 teaspoons lemon zest
1 yellow bell pepper, chopped
2 tablespoons sliced almonds
16 asparagus spears, boiled and drained
3 cups chopped red kale

In small bowl, combine olive oil, salt, and lemon zest. Toss with remaining ingredients and place on a plate. Top salad with salmon.

Soup

Portuguese Kale Soup

Makes 2 Servings

1 tablespoon olive oil
1 large garlic clove, peeled and minced
½ large onion, chopped
2 cups chicken bone broth
2 cups water
1 small head organic cauliflower, chopped into large florets
4 ounces chorizo sausage, sliced thin
4 ounces ground pork (wrap and freeze remaining pork from the package...you will use more in other recipes throughout the challenge)
3 cups thinly sliced kale, minus stems

Sauté onion and garlic in olive oil in a large heavy saucepan 2-3 minutes over medium heat until they turn colorful and glassy. Do not burn. Add the cauliflower and sauté, stirring constantly, 2-3 minutes or until they also change color. Add broth and water, cover and boil gently over moderate heat for 10 minutes until cauliflower is soft.

Meanwhile, fry the sausage and pork in a skillet over low heat, 10-12 minutes until most of the fat has cooked out.

When the cauliflower is soft, mash it slightly in the pan in the soup mixture. Add the sausage, pork, salt and pepper and return to moderate heat, cooking for another 5 minutes. Add the kale and simmer uncovered 5 minutes until tender and bright green.

Poultry

Chicken Divan

Makes 2 Servings

4 skin-on chicken thighs, pre-roasted & heated (see next recipe if you need to make more)
2 tablespoons grass-fed butter (or ghee)
2 cups broccoli
¼ cup cashews
2 garlic cloves
1 cup onions, chopped
1 teaspoon Himalayan rock salt
½ teaspoon curry powder
Dash ground cumin
Dash black pepper
1 tablespoon whole ground flaxseed
1 tablespoon **MCT Mayonnaise**
½ cup chicken bone broth

Boil cashews in 2 cups of water. As soon as the water reaches a rolling boil, turn off the heat, cover and let rest for 30 minutes to an hour. Drain the water and set the cashews aside.

Heat a large skillet or sauté pan to medium high and add butter or ghee. Once hot add the broccoli florets to the pan. Cover and steam for about 5 minutes.

Once broccoli is steamed to your desired doneness remove the broccoli from the pan and set aside with the cooked chicken. Add the cashews, chopped onion, garlic cloves, cumin, curry, salt and black pepper to the food processor or blender. Pulse several times to break down the cashews.

Add the chicken stock and the mayo and let the processor run until the sauce is as creamy as you can get it. Once the broccoli has steamed and the sauce is complete, mix together and serve over chicken. Sprinkle dish with flax seed and any salt/pepper to taste.

Roasted Chicken (Thighs or Legs)

Makes 6 Servings

3 pounds skin-on chicken pieces, thighs preferred
2 tablespoons olive oil
1.5 teaspoons Himalayan rock salt
¾ teaspoon black pepper
Any other spices you enjoy (be creative...oregano and basil; dill, parsley and garlic, etc.)

This recipe is recommended to make each week, so that it's easier to make the other chicken recipes, including salads. Make all your chicken at the beginning of the week to reduce your cooking time and increase your odds of sticking to your diet!

Heat oven to 375. Spread the olive oil in the bottom of a roasting pan, foiled cookie sheet, or casserole dish. Mix spices together, and sprinkle chicken with spices, salt and pepper.

Place chicken skin-side down in pan, and bake 40 minutes. Flip chicken over and keep cooking until chicken reaches an internal temperature (measured away from the bone) of 160 degrees. Depending on the size of your individual pieces of chicken, cook time may vary.

Baked Chicken Wings

Makes 4 Servings

1 ½ pounds bone-in, skin-on chicken wings and drums
4 drops alcohol-free stevia
2 ½ teaspoons black pepper
1 ½ teaspoon Himalayan sea salt
1 teaspoon dried thyme
1 teaspoon paprika
½ teaspoon oregano
½ teaspoon red pepper flakes

Preheat oven to 350. Mix all spices with stevia and sprinkle mixture over chicken. Place on wire rack over cookie sheet and bake 20 minutes, or until cooked through.

Egg, Veggies, & Avocado

Makes 1 Serving

1 slice uncured, nitrate-free bacon
2 eggs
½ cup chopped broccoli
4 asparagus spears
¼ avocado, cut into thin strips
Himalayan salt and pepper to taste

Place bacon in frying pan and cook over medium heat for 3-4 minutes, until crisp. Set bacon aside and place avocado strips into grease and cook 2-3 minutes per side, until crisp. Set avocado aside.

In the same pan, add asparagus and broccoli, cover and cook about 2-3 minutes. Stir eggs in with the veggies and scramble until cooked to your liking. Salt and pepper to taste. Enjoy!

Fat-Burning Buffalo Chicken

Makes 2 Servings

½ cup full fat coconut milk
4 raw chicken thighs
1 tablespoon olive oil
½ teaspoon pink salt
1 pinch garlic powder
1 tablespoon tomato paste
1 teaspoon chili powder
½ teaspoon paprika
½ teaspoon cumin
1 teaspoon cayenne

Mix all spices together with olive oil and tomato paste. Rub paste all over chicken, then soak in coconut milk for 20 minutes (in refrigerator).

Preheat oven to 375 degrees.

Remove chicken from refrigerator and place on broiler rack in oven. Spoon any remaining marinade over chicken. Bake for 15 minutes or until cooked through. Serve with celery sticks if desired.

Chicken Curry

Makes 2 Servings

2 servings chicken thighs, with skin (pre-roasted at beginning of week)
1 tablespoon coconut oil
¼ cup full-fat coconut milk
½ teaspoon curry powder
Cayenne pepper to taste
1 teaspoon Himalayan rock salt

Warm pre-cooked chicken in oven or microwave, or bake fresh according to recipe above. Chop into ½ inch pieces and set aside.

Melt coconut oil in skillet over medium-high heat. Add coconut milk and spices, and bring just to a boil, stirring constantly. Once boiling, remove from heat and let rest for 1 minute. Place in a bowl and add chicken. Toss.

Serve with Coconut Cauliflower Rice, or in a lettuce wrap.

New Orleans Chicken Pasta

Makes 2 Servings

4 skin-on roasted chicken thighs
2 Andouille chicken sausage links
¾ cup coconut cream
2 cups spaghetti squash (about half of 1 large)
½ teaspoon cayenne
½ teaspoon paprika
½ teaspoon pink salt
½ teaspoon pepper
¼ teaspoon oregano
¼ teaspoon thyme
2 tablespoons grass fed butter + tablespoon melted for brushing
Himalayan rock salt to taste

Preheat oven to 350. Line cookie sheet with foil and brush on 1 tablespoon butter. Cut squash in half, remove seeds, and lay face down on coated foil. Bake 40-60 minutes or until it's easy to pierce the flesh with a fork. Scoop out the squash noodles with a fork and set aside.

While squash is baking, prepare chicken by sprinkling with salt, pepper (or, use pre-cooked chicken if you cooked all of your chicken at the beginning of the week)

Bake chicken at 350 for 10-15 minutes, or until internal temperature reaches 160.

On a separate baking pan, bake sausage for 20-25 minutes. Flip sausage and continue baking for another 15-20 minutes or until internal temperature reaches 160.

While the chicken and sausage are cooking, heat cream, butter, and spices over medium heat. Stir constantly. When it begins to bubble, add spaghetti squash and reduce to a simmer over medium-low heat.

Sauce should reduce slightly while cooking, and thicken after removed from heat. There should still be some liquid remaining.

Serve chicken over squash noodles, and spoon over remaining liquid, adding more Cajun seasoning and a dash of Himalayan Sea Salt if desired.

Sunday Scramble

Makes 2 Servings

8 ounces gluten free chicken sausage, removed from casing
3 large eggs, whisked
½ tomato, diced
1 small yellow squash, chopped
½ red pepper, diced
¼ teaspoon oregano
¼ teaspoon thyme
¼ teaspoon rosemary

½ avocado

Add sausage to frying pan and cook completely over medium heat. Once cooked, remove to a plate, leaving fat in pan.

Slightly reduce heat, and saute squash, pepper, and tomato for a few minutes. Reduce heat to medium low and slowly pour in whisked eggs. Season with oregano, rosemary, thyme, and salt and pepper. Allow them to settle a little before stirring. Stir, and then cook until your liking. Slice avocado on top and enjoy!

Beef & Red Meat

Bison Burgers

Makes 2 Servings

½ pound ground grass fed bison
½ teaspoon Himalayan rock salt
½ teaspoon black pepper
1 teaspoon Worcestershire sauce
¼ cup onion, finely minced
1 avocado, sliced

Mix bison, Worcestershire, onion, salt and pepper with your hands and form into two patties. Grill over medium heat, turning once (about 5 minutes total) and top with avocado.

Mom's Meatloaf

Makes 6 Servings – Freezes easily

1 tablespoon Worcestershire Sauce
2 teaspoons dry mustard powder
2 teaspoons ground ginger
½ large onion, finely minced
2 teaspoons Himalayan rock salt
1 teaspoon black pepper
1 large carrot, shredded
¼ cup shredded unsweetened coconut
2 pounds grass fed ground beef
1 pound ground pork
2 tablespoon grass fed butter, melted
1 tablespoon coconut milk
2 cups baby portabella mushrooms, chopped
1 large egg

Preheat oven to 350. Prepare baking sheet with foil and brush with butter. Mix all remaining ingredients together with a fork (not your hands). Form into 3 ovals and bake for 60 minutes or until internal temperature reads 160 degrees.

Grass-Fed Bison & Veggie Pasta

Makes 2 Servings

2 tablespoons butter / bacon grease / coconut oil
½ pound ground grass-fed bison
½ red pepper, diced
1 small yellow squash
1 cup tomato sauce
2 cups spinach
4 tablespoons nutritional yeast
1 cup zucchini noodles or sliced zucchini
Himalayan rock salt and ground pepper, to taste

Over medium heat, add butter or oil to a sauté pan and brown meat (about 5-6 minutes). Add red pepper and squash and sauté for 3-4 minutes. Add tomato sauce and spinach. Reduce heat to low and simmer for about 15 minutes. Stir in nutritional yeast, and season with salt and pepper. Serve on top of zucchini noodles.

Pork Dishes

Spaghetti Squash Carbonara Over Pork Chop

Makes 2 Servings

2 x 4 ounce pork chops
1 cup raw arugula
1 cup boiled asparagus
2 cups spaghetti squash, cooked (save leftover for future recipe)
2 tablespoons olive oil
4 slices prosciutto
2 ounces Parmesan (from block, not processed)
2 tablespoons grass-fed butter
1 large egg

Preheat oven to 350. Cut squash in half and remove seeds. Brush each half with olive oil, and place cut-side down on foiled baking sheet. Bake 20-30 minutes or until a fork easily pierces the outer flesh. Allow to cool slightly, then use fork to shred out the squash. Place on a plate, cover with foil and set aside.

*****NOTE:** Make the whole spaghetti squash. You'll need this for Week 2 Friday, Sat, & Sunday. Also week 3 on Monday.

While squash is cooking, heat remaining olive oil in skillet. Finely chop prosciutto and add to pan. Cook over medium heat until prosciutto crisps slightly. Remove prosciutto, cover and set aside.

Salt and pepper pork chop and cook 4-6 minutes per side in the prosciutto fat. Remove when cooked and set aside (covered with foil).

Slice asparagus and add to skillet. Cook until bright green and done, about 4 minutes. Add arugula and cook until just wilted, about 1 minute. Add butter to pan and melt. Add spaghetti squash and make sure it gets hot. Once spaghetti squash is hot, remove from heat and immediately add egg.

Toss mixture so that egg heats up but does not scramble. If you need to put the skillet back on the heat, go ahead, but keep it low, just enough to warm the egg and slightly cook it. Place spaghetti mixture on top of pork chop. Sprinkle each serving with equal amounts of parmesan and prosciutto.

Sausage Stuffed Peppers

Makes 2 Servings

2 large bell peppers (color of your choice, top removed and inside hollowed out)

½ cup ricotta cheese
2 cups raw kale, shredded
2 Italian sausage links
1 tablespoon coconut oil
½ teaspoon oregano
½ teaspoon thyme
1 teaspoon Himalayan rock salt

Preheat oven to 350

In large pan, melt coconut oil and cook pork over medium heat. Once cooked through, mix in spices, ricotta, and kale.

Immediately remove from heat and fill peppers evenly with the meat mixture. Place in oven and bake for 5-10 minutes, until peppers are tender but still hold their shape. If you have trouble getting the peppers to stand up, cut a little of the bottom off of them.

Fish & Shellfish

Yes, You Can Eat Shrimp Scampi!

Makes 2 Servings

¾ pound shrimp, peeled and deveined
1 ½ tablespoons olive oil
½ teaspoon Himalayan rock salt
2 large garlic cloves, minced
Dash crushed red pepper flakes
¼ cup white table wine
1 tablespoon fresh chopped parsley
½ tablespoon lemon juice
2 tablespoons grass-fed butter
Black pepper to taste

Heat oil in large skillet over medium heat. Cook shrimp 2-3 minutes (they should not be done), then add garlic. Cook until garlic is fragrant but not burning. Pour in wine and lemon juice and simmer for 5

minutes. Add red pepper flakes, parsley, salt, and butter and stir until combined. Continue to simmer over medium-low heat until sauce thickens, about 5 more minutes. Let stand 2 minutes before serving.

Neighborhood Thai Shrimp Salad

Makes 2 Servings

¾ pound shrimp
½ cup cilantro
½ tablespoon lime juice
½ cup full-fat coconut milk
2 medium red bell peppers
1 cucumber
¼ cup almonds
2 cups spinach
½ teaspoon (or to taste) red pepper flakes
2 tablespoons coconut oil

Heat coconut oil in skillet over medium-high heat. Peel and devein shrimp, and add to skillet. Cook until pink and curled. Remove from heat and set aside. Pour remaining oil from pan into small bowl. Add lime juice, chopped cilantro, red pepper flakes, coconut milk, and reserve for later. Arrange spinach, bell peppers and chopped cucumber on plate. Top with shrimp and pour coconut milk mixture over as dressing. Garnish with almonds.

Island Salmon

Makes 2 Servings

2 filets (around 6 ounces each) salmon
1 red bell pepper, sliced thinly
1 orange bell pepper
Himalayan rock salt & fresh ground pepper
1 tablespoon bacon grease / coconut oil
10 ounces jicama, sliced like matchsticks

Preheat oven to 375 and place salmon on baking sheet. Sprinkle with salt and pepper. Bake 8-10 minutes or until salmon is flaky and done at least medium. Salmon is best when there's still a little translucence in the middle. But cook to a temperature/texture you're comfortable with.

Preheat a separate sauté pan over medium heat. Add bacon grease or coconut oil, jicama, bell pepper, and season with salt and pepper. Sauté about 5-8 minutes, until all ingredients are browned. Remove from heat, and serve on a platter!

Sides & Snacks

How to Make Bacon

Makes 1 Serving

1-2 slices Nitrate-Free Bacon (whatever the recipe calls for)

In a cold saute pan, place 1-2 slices of bacon. Turn on the heat to medium. Flip when the edges start to brown. Cook to your desired doneness. Remove from the heat to let cool. Enjoy! *(don't forget to save that bacon grease for cooking in the future!)*

Ricotta Parfaits

Makes 1 Serving

1 cup part skim ricotta

1 cup strawberries

¼ cup slivered almonds

Measure out cup of ricotta. Using a clear highball glass or mason jar, take a couple spoons of ricotta and place in the bottom. Sprinkle almonds on top, then strawberries. Repeat until you're out of ingredients. For extra flavor, you can mix in a drop of vanilla extract in the ricotta. This is optional.

Simple Spaghetti Squash

Makes 1 Serving

1 cup spaghetti squash, cooked
1 tablespoon olive oil
Himalayan rock salt and pepper to taste

Heat skillet over medium heat, add oil. When oil is hot, add squash and cook until heated through. Salt and pepper to taste.

Coconut Cauliflower Rice

Makes 1 Serving

1 tablespoon unsweetened shredded coconut
1 tablespoon coconut oil
1 ½ cup raw cauliflower
1 tablespoon hemp seed

Shred raw cauliflower in food processor or using box grater. Add coconut oil to skillet over medium heat. Cook cauliflower for about 1-2 minutes, until tender. Mix in coconut and hemp. Serve hot.

Plain Zucchini Noodles

Makes 2 Servings

1 large zucchini
2 teaspoons olive oil

Send zucchini through spiralizer (or slice if you don't have one). Lay zucchini out on paper towels sprinkled with a small amount of salt. Cover with additional paper towel. Let sit 5 minutes to "sweat." Heat oil over medium, and add zucchini, tossing until done. If zucchini has not sweat enough, you may need to drain some moisture from the pan during cooking.

Sauteed Broccoli

Makes 1 Serving

2 cups raw broccoli florets
1 tablespoon olive oil
1 clove garlic, minced

Heat skillet over medium heat. Add olive oil, and when ready, add garlic, stirring rapidly so garlic doesn't burn. Add broccoli and sauté until it reaches desired softness.

Roasted Veggies

Makes 2 Servings

2 medium carrots, coarsely chopped
1 large onion, coarsely chopped
½ rutabaga, peeled and chopped into ½ inch pieces
1 large zucchini, coarsely chopped
1 tablespoon olive oil
½ teaspoon Himalayan rock salt
¼ teaspoon black pepper

Preheat oven to 375. In large bowl, toss veggies with olive oil, salt and pepper. Spread on foiled baking sheet, in single layer. Bake for 20-30 minutes or until carrots and rutabaga are tender.

Sautéed Bell Peppers

Makes 1 Serving

1 bell pepper (any color)
½ garlic clove
2 teaspoons olive oil

Slice bell pepper and chop garlic. Heat oil over medium-high heat and add pepper and garlic. Sauté until done, about 3 minutes.

Bone Broth

Classic Chicken Bone Broth

Makes 16 (1 cup) Servings

1 whole pasture-raised chicken OR 3-4 pounds bony chicken parts (ex. necks, backs, breast bones, wings)
2 chicken feet
1 chicken head if you're feeling adventurous - feel free to omit
2 tablespoons vinegar
4 quarts filtered water
2 large onions, ends cut off and coarsely chopped
2 carrots, coarsely chopped

2 celery sticks, coarsely chopped
2 cups fresh parsley
2 teaspoons fresh thyme
1 bay leaf
1 tablespoon whole black peppercorns

If you're using a whole chicken, remove the neck, fat glands, and innards from the cavity. Use the neck in this recipe, discard the innards or use for another purpose.

Place the chicken with its neck, or the chicken parts in a large stockpot. Add the feet and head (if using), then add the vinegar and enough water to cover the bones. Let stand 30-60 minutes. Place over medium heat, uncovered, and bring to a bare simmer. Carefully spoon any scum that rises to the top.

Add onions, celery, carrots, herbs, and peppercorns and return to a simmer. Then lower the heat to low. Cook at a bare simmer with the lid off or slightly askew for 4-6 hours, occasionally skimming scum from the top as needed, checking to ensure that the bones remain covered with water and adding more water as needed.

Remove the whole chicken and bones with tongs and a slotted spoon. If you are using a whole chicken, let cool and remove meat from the carcass. Reserve the meat for other dishes (it's perfect for the chicken salad recipes, but make sure to add fat since you won't have skin).

Strain the stock through a fine mesh strainer or cheesecloth to remove solids. Strain into heatproof bowl, and it's ready to use. If not using right away, cool to room temperature, then refrigerate uncovered for several hours, until the fat rises to the top and congeals. If desired, skim off this fat for use in cooking other dishes, and transfer the stock to containers. Cover and store in the refrigerator for up to 5 days, or in the freezer for several months*.

*You'll be consuming this broth daily. We've varied the type by week, so it's best to take what you'll need for a week and keep it in the refrigerator, then freeze the rest for the next time you need it. We'll also use this in several recipes, instead of using store-bought broth.

Classic Beef Bone Broth

Makes 16 (1 cup) Servings

2 pounds beef bone marrow
½ cup apple cider vinegar
Water
3 pounds meaty beef bones
3 large onions
3 medium carrots
3 celery stalks
2 cups fresh parsley
2 teaspoons fresh thyme
1 bay leaf
1 tablespoon whole black peppercorns
2 pounds beef knuckle

1 pig foot, bone in

Preheat oven to 350. Place beef marrow and knucklebones and optional foot in a stockpot. Add the vinegar and enough cold filtered water to cover the bones. Let stand for 30-60 minutes.

Meanwhile, place the meaty bones in a roasting pan. For a particularly aromatic stock, brush the bones with tomato paste. Place in the oven and roast, turning once or twice, for about 30 minutes, until well browned. Add bones to the pot. Pour the fat out of the roasting pan (and reserve for another use), add a little cold filtered water to the pan, and set the pan over high heat. Bring to a boil, stirring to loosen up any browned bits, and add this liquid to the stock pot. Add additional water to cover the bones if necessary.

Place over medium heat, uncovered. Bring to a simmer and carefully spoon any scum that rises to the top. Add the onions, carrots, celery, herbs and peppercorns and return to a simmer. Reduce the heat to low, and cook at a bare simmer with the lid off or slightly askew for at least 12 and no longer than 24 hours. You should occasionally skim the scum from the top, and add any water necessary to keep the bones covered during the length of cooking.

Remove the bones and meat with tongs and a slotted spoon. Strain the stock through a fine-mesh strainer or cheesecloth into a large heatproof bowl or container. If not using right away, cool to room temperature, then refrigerate uncovered for several hours, until the fat rises to the top and congeals. If desired, skim off this fat for use in cooking other dishes, and transfer the stock to containers. Cover and store in the refrigerator for up to 5 days, or in the freezer for several months*.

*You'll be consuming this broth daily. We've varied the type by week, so it's best to take what you'll need for a week and keep it in the refrigerator, then freeze the rest for the next time you need it. We'll also use this in several recipes, instead of using store-bought broth.

Fat Bombs

Coconut Fat Bomb

Makes 10 Servings

1 cup coconut butter
1 cup coconut milk
1 cup shredded unsweetened coconut
1 teaspoon vanilla extract
½ teaspoon nutmeg
½ teaspoon cinnamon
1 teaspoon alcohol-free stevia

Place a glass bowl over a saucepan with a few inches of water inside, creating a double broiler. Place all ingredients except shredded coconut into double broiler and heat over medium heat.

Mix the ingredients as they melt, then remove from heat. Place the bowl in the refrigerator until the mixture is hard enough to roll into balls, around 30 minutes. Form the mixture into 1 inch balls and roll

through coconut shreds. Place balls on a plate and refrigerate at least 1 hour. Each ball is 1 serving. Freeze leftovers.

Fudgy Fat Bomb

Makes 4 Servings

¼ cup cacao butter, melted
¼ cup cacao powder
4-5 drops alcohol-free stevia
½ ounce chopped macadamia nuts

Add ingredients to a small bowl and stir to combine. Divide mixture into a silicone candy or ice cube mold and transfer to freezer to chill for 1 hour. The cacao butter can be replaced with bacon grease if you want a little extra flavor.

Swiss Almond Fat Bombs

Makes 2 Servings

2 tablespoons almond butter
1 tablespoon heavy whipping cream
1 tablespoon coconut oil
1 tablespoon cocoa powder
¼ teaspoon allspice
4-5 drops alcohol-free stevia

Put 2 tablespoons of almond butter into a cup, mold or container. Add 1 tablespoon coconut oil, 1 tablespoon heavy cream, 1 teaspoon cocoa powder, and ¼ teaspoon allspice to the mixture. Stir well and freeze about 2 hours.

Dressings & Condiments

Lemon Herb Mayonnaise

Makes 2 Servings

2 tablespoons MCT Mayonnaise
1 tablespoon olive oil
1 teaspoon Himalayan rock salt
½ teaspoon black pepper
½ cup lemon juice
½ cup chopped parsley
¼ cup white wine vinegar

Shake it up and enjoy over salad.

Tzatziki Sauce

Makes 2 Servings

½ cup organic cucumber
½ tablespoon olive oil
½ teaspoon Himalayan rock salt
1 garlic clove, crushed
1 teaspoon dried dill
½ teaspoon red wine vinegar
½ cup organic full fat Greek yogurt
½ tablespoon nutritional yeast

Chop cucumber into fine pieces. Mix all ingredients together and refrigerate for at least ½ an hour before serving.

MCT Mayonnaise

Makes 20 Servings

2 pastured eggs
1 tablespoon fresh lemon juice
2 teaspoons white wine vinegar
1 teaspoon yellow mustard
pinch of paprika (optional)
¼ teaspoon sea salt
½ cup avocado oil
½ cup MCT oil

Add eggs, lemon juice, vinegar, mustard, salt, and paprika (optional) to food processor. Blend on high for 1 minute until fully incorporated. Reduce speed to medium, and slowly pour in olive oil. Then slowly pour in MCT oil. Should take about 2-3 minutes to pour in oil so the mayo comes together. Pour slowly! :-)

Tartar Sauce

Makes 2 Servings

2 small dill pickles or other pickled vegetable (chef's choice – I like pickled zucchini), chopped finely
3 tablespoons MCT Mayonnaise
pinch of Cayenne

Mix all of the ingredients in a bowl and serve

MCT Ketchup

Makes 1 Serving

Combine 1 tablespoon unsweetened ketchup and ½ tablespoon MCT Oil

Greek Yogurt Ranch

Makes 2 Servings

1 teaspoon dried dill
1 teaspoon garlic powder
½ teaspoon dried basil
1 teaspoon raw fresh parsley
⅔ cup full fat Greek yogurt
2 tablespoons parmesan
1 teaspoon lemon juice
salt and pepper to taste

Mix all ingredients in a food processor. Serve cold. This mixture will be thick.

Mustard-Parsley Vinaigrette

Makes 4 Servings

3 tablespoons extra virgin olive oil
1 tablespoon apple cider vinegar
1 teaspoon stone ground Dijon mustard
2 tablespoons fresh chopped parsley
½ teaspoon Himalayan rock salt
¼ teaspoon black pepper

Whisk all ingredients and serve.

Flaxseed Dressing

Makes 2 Servings

3 tablespoons organic flaxseed oil
3 tablespoons extra virgin olive oil
1 clove minced garlic
¼ teaspoon dried thyme
¼ teaspoon paprika
¼ teaspoon dried basil
Dash cayenne

Mix all ingredients and serve.

Caesar Salad Dressing

Makes 2 Servings

2 tablespoons extra virgin olive oil
1 ounce chopped anchovy fillets
1 tablespoon MCT mayonnaise
1 tablespoon lemon juice
½ tablespoon stone-ground mustard
½ tablespoon white wine vinegar
1 clove garlic
Himalayan rock salt and pepper to taste

Add all ingredients to blender or food-processor and blend until smooth. You can also add a sprinkle of nutritional yeast when serving.

Bulletproof Coffee

Blended Coffee

Makes 1 serving

For your morning cup of blended coffee with butter/MCT Oil, you have options!

After you brew your cup of coffee, put in in the blender with up to 1 tablespoon total of **YOUR CHOICE**
OF:

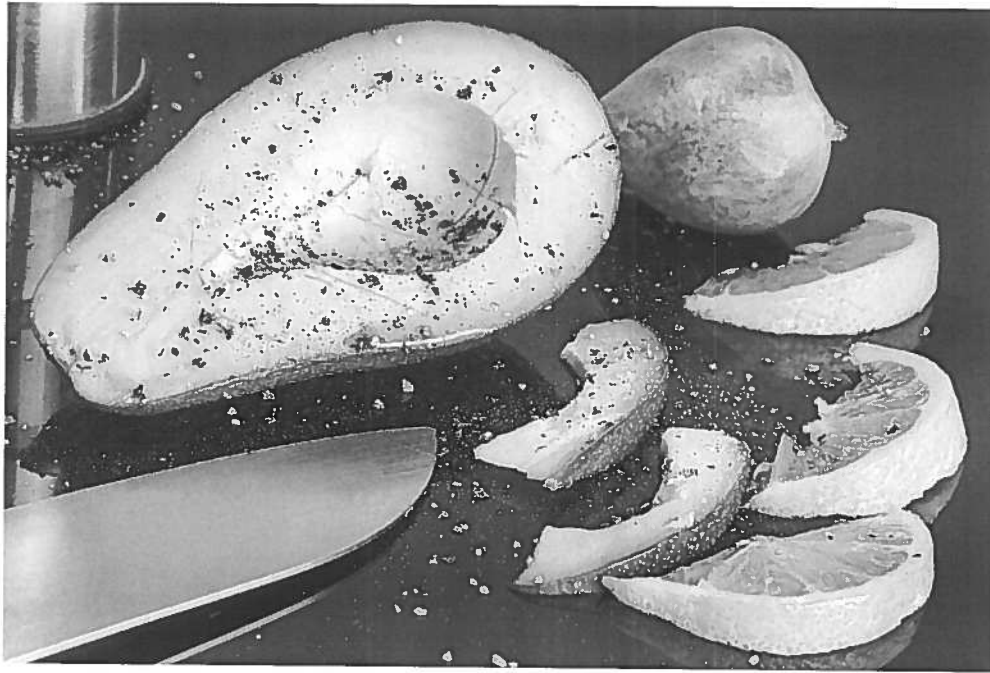
- 1/2 - 1 tbsp. of Grass-fed Butter
- 1/2 -1 tbsp. of MCT Oil (6x stronger than coconut oil)
- 1/2 -1 tbsp. of Coconut Oil

Don't want to blend? No worries. You can let it melt but be sure to stir it vigorously.

Don't love coffee or tea? No problem! Try:

- Chicory Root "Coffee" (you can find this on Amazon - Worldwide Botanicals brand)
- Dandelion Root (you can find this on Amazon - Feel Good Organics brand)

21-Day Ketogenic Challenge



Macronutrient Breakdown

21-Day Keto Challenge (Week 1)

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1711	Calories	1629	Calories	1513	Calories	1587	Calories	1530	Calories	1565	Calories	1529
Fat	122g	Fat	121g	Fat	115g	Fat	110g	Fat	113g	Fat	120g	Fat	99g
Carbs	58g	Carbs	37g	Carbs	61g	Carbs	42g	Carbs	40g	Carbs	33g	Carbs	54g
Fiber	17g	Fiber	13g	Fiber	25g	Fiber	21g	Fiber	15g	Fiber	16g	Fiber	19g
Sugar	21g	Sugar	12g	Sugar	18g	Sugar	10g	Sugar	16g	Sugar	8g	Sugar	23g
Protein	104g	Protein	105g	Protein	72g	Protein	113g	Protein	101g	Protein	96g	Protein	112g
Cholesterol	401mg	Cholesterol	442mg	Cholesterol	188mg	Cholesterol	509mg	Cholesterol	582mg	Cholesterol	726mg	Cholesterol	717mg
Sodium	4200mg	Sodium	4287mg	Sodium	3662mg	Sodium	2880mg	Sodium	2496mg	Sodium	2497mg	Sodium	2866mg
Vitamin A	12508IU	Vitamin A	5559IU	Vitamin A	12901IU	Vitamin A	5298IU	Vitamin A	2076IU	Vitamin A	6118IU	Vitamin A	15554IU
Vitamin C	201mg	Vitamin C	140mg	Vitamin C	271mg	Vitamin C	64mg	Vitamin C	197mg	Vitamin C	88mg	Vitamin C	113mg
Calcium	500mg	Calcium	331mg	Calcium	360mg	Calcium	196mg	Calcium	215mg	Calcium	369mg	Calcium	547mg
Iron	14mg	Iron	10mg	Iron	9mg	Iron	12mg	Iron	11mg	Iron	12mg	Iron	11mg

21-Day Keto Challenge (Week 2)

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1537	Calories	1691	Calories	1647	Calories	1704	Calories	1635	Calories	1676	Calories	1712
Fat	121g	Fat	137g	Fat	122g	Fat	110g	Fat	131g	Fat	127g	Fat	125g
Carbs	45g	Carbs	55g	Carbs	50g	Carbs	45g	Carbs	48g	Carbs	54g	Carbs	49g
Fiber	13g	Fiber	14g	Fiber	13g	Fiber	11g	Fiber	22g	Fiber	17g	Fiber	11g
Sugar	14g	Sugar	14g	Sugar	11g	Sugar	17g	Sugar	16g	Sugar	15g	Sugar	14g
Protein	73g	Protein	69g	Protein	89g	Protein	129g	Protein	75g	Protein	88g	Protein	102g
Cholesterol	263mg	Cholesterol	308mg	Cholesterol	607mg	Cholesterol	674mg	Cholesterol	657mg	Cholesterol	345mg	Cholesterol	418mg
Sodium	2345mg	Sodium	3024mg	Sodium	2619mg	Sodium	2605mg	Sodium	1687mg	Sodium	1790mg	Sodium	1901mg
Vitamin A	26832IU	Vitamin A	26112IU	Vitamin A	4725IU	Vitamin A	8532IU	Vitamin A	9528IU	Vitamin A	16856IU	Vitamin A	16122IU
Vitamin C	102mg	Vitamin C	143mg	Vitamin C	447mg	Vitamin C	261mg	Vitamin C	103mg	Vitamin C	388mg	Vitamin C	229mg
Calcium	490mg	Calcium	508mg	Calcium	309mg	Calcium	670mg	Calcium	686mg	Calcium	749mg	Calcium	574mg
Iron	10mg	Iron	10mg	Iron	8mg	Iron	10mg	Iron	14mg	Iron	13mg	Iron	14mg

21-Day Keto Challenge (Week 3)

7 days

Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Calories	1743	Calories	1717	Calories	1769	Calories	1808	Calories	1644	Calories	1644	Calories	1590
Fat	123g	Fat	116g	Fat	115g	Fat	135g	Fat	131g	Fat	131g	Fat	115g
Carbs	56g	Carbs	51g	Carbs	47g	Carbs	39g	Carbs	51g	Carbs	51g	Carbs	41g
Fiber	16g	Fiber	14g	Fiber	11g	Fiber	11g	Fiber	13g	Fiber	13g	Fiber	20g
Sugar	26g	Sugar	24g	Sugar	22g	Sugar	16g	Sugar	14g	Sugar	14g	Sugar	7g
Protein	114g	Protein	129g	Protein	143g	Protein	123g	Protein	74g	Protein	74g	Protein	106g
Cholesterol	447mg	Cholesterol	475mg	Cholesterol	894mg	Cholesterol	669mg	Cholesterol	367mg	Cholesterol	367mg	Cholesterol	994mg
Sodium	1463mg	Sodium	1483mg	Sodium	2031mg	Sodium	1439mg	Sodium	3550mg	Sodium	3550mg	Sodium	2178mg
Vitamin A	8254IU	Vitamin A	9004IU	Vitamin A	15525IU	Vitamin A	8965IU	Vitamin A	13274IU	Vitamin A	13274IU	Vitamin A	6380IU
Vitamin C	148mg	Vitamin C	194mg	Vitamin C	223mg	Vitamin C	178mg	Vitamin C	331mg	Vitamin C	331mg	Vitamin C	66mg
Calcium	537mg	Calcium	787mg	Calcium	877mg	Calcium	419mg	Calcium	493mg	Calcium	493mg	Calcium	302mg
Iron	14mg	Iron	12mg	Iron	9mg	Iron	8mg	Iron	9mg	Iron	9mg	Iron	11mg

21-Day Ketogenic Challenge



Transitioning Out of Keto

Written By:
Dave Fannin

How to Transition Out of Keto

Hopefully, you LOVED this experience and new way of eating over the last 21 days! If you want to continue, AMAZING!

If you don't want to continue the keto diet, I'm going to show you how to safely transition to a more "normal" diet. In fact, it's just as important to have a plan for coming OFF a ketogenic diet, as it is for following one.

Being strategic can help you to avoid putting any weight you may have lost during the program, back on!

It'll also help you avoid the uncomfortable physical effects of suddenly bombing your fat-adapted body with more carbs and/or sugar than it's used to. That's because ramping up your carb intake too quickly can leave you feeling achy, "fuzzy," exhausted and even nauseated.

For the best results, BE PATIENT and LISTEN TO YOUR BODY.

Transition Phase One.

For the first two weeks after the program ends, start by eating about 50 grams of complex carbs each day, spread among different meals – make sure these are "real food" choices (nothing processed).

Common choices, with their carbohydrate content:

- 1 cup cubed sweet potato: 27 g carbs
- 1 medium apple: 25g carbs
- 1 cup cooked quinoa: 30g carbs
- 1 cup blueberries: 20g carbs
- 1/2 cup cooked brown rice: 2 g carbs

Phase 1 will help you learn how YOUR body works. Listen to the cues your body gives you as you reintroduce foods – chances are, you'll find out what foods make your body feel best.

Transition Phase Two.

After Phase 1, slowly increase your carb intake to 100 grams per day, spread throughout the day.

IMPORTANT: As you increase the number of carbs you eat, be sure to lower your fat intake, as this can help you avoid unwanted fat gain.

Portion sizes are critical when it comes to your transition period, so be sure to keep an eye not only **WHAT** you're eating, but **HOW MUCH**.

As with Phase 1, pay attention to how you feel when adding new foods, or more of the same foods.

You'll learn what kind of fuel your body functions best on, and can tailor your meals to *your* unique needs.

As always, if you have any questions or need anything, reach out any time!