

30 DAY
KETO
REVOLUTION
with Naomi Whittel

Traditional Keto

WEEKS
1&2

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Welcome to the beginning of your 30-Day Keto Revolution Challenge! I am so excited to help you achieve your goals for total health and beauty from the inside out. Whatever brought you here, I thank you for trusting me with your deepest desire to get better health in your life.

Over the next 30 days, you and I will be working together to take charge of your health. Based on cutting-edge science, expert advice from trusted physicians, research scientists and experienced practitioners in the health and wellness arena, my 30-Day Keto Revolution Challenge plan is designed to help you activate your true potential. In a very short time, you will begin to see improvements in your metabolic and general health as you use nutrition to normalize your body's response to stress, optimize digestion, balance hormones and properly utilize the science-based lifestyle "hacks" I've discovered to help you heal from a fast-paced lifestyle. In this process you may lose weight, enjoy new energy levels, experience revitalized skin and more. Together, we will learn how to truly invigorate your life. And it all starts with food and self-care!

This program is designed to "reboot" your body to help you maximize your results, help you become a fat burner, and stay burning that fat to reach your goals!

"A journey of a thousand miles begins with a single step." — Lao Tzu

I can't wait to show you what I've discovered and the 30-Day Keto Revolution will change your life. Let's get started!

Warmly,
Naomi

Naomi Whittel

About the 30 Day Keto Revolution

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Congratulations on getting started toward the most healthy and vibrant you! I can't wait to see how you'll transform throughout this program.

Your 30-Day Keto Revolution guides and workbooks are essential tools to help you navigate the details and logistics of this program with ease. Each week, we will dive into the Keto Diet and specific nutrition topics. You can use your guide to learn about the key concepts and science behind each step of this journey. Your workbook includes shopping lists, trackers, daily schedules and suggested journaling and self-care practices.

Perhaps you set aside some time at the beginning to review the guides and then review the workbook daily. It will help keep you accountable to the program and allow you to see the changes you'll make throughout each step.

30-Day Keto Revolution

Challenge Overview

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Weeks 1-2 Traditional Keto Plan

During the first two weeks of the 30-Day Keto Revolution you will practice the Traditional Keto Plan, following a specific meal plan that I've created for you or by tracking your diet and working to adhere to specific guidelines. This is the best way to begin your Keto journey and you'll become a pro at all of the Keto "rules" and tools.

Weeks 3-4 Intuitive Keto Plan

During the second half of the program, you can choose to continue with the Traditional Keto Plan if it works for you or use this time to modify Keto to make it work for your unique body. I call this Intuitive Keto. You can let go of some of the numbers and tracking and begin to really tune in to what your body is asking.

Let's Start the Revolution!

Wherever you may be as you begin this program, my ultimate goal for you is to learn about and experience the health-giving benefits of being fat-fueled. When your body burns fat as its primary source for energy rather than carbohydrates (glucose), it's called "being fat-adapted." This is something scientists and health professionals are learning is essential to our health and longevity. But first you must be fat-adapted to burn the fat for fuel. The quickest way to become fat adapted is by adopting a ketogenic diet.

Most Westerner diets are loaded with refined carbohydrates. If you feed your body carbs, you will burn carbs. It's not that carbs are "bad" — I believe in the virtue of any food that is real and whole. But there is a time and place for carbohydrates in the diet and most of us are not applying a thoughtful strategy to how and when we should be enjoying carbohydrates.

Over the next two weeks you will experience firsthand what happens when you nourish your body with fat in the form of a nutrient-dense, real foods, in conjunction with a low carbohydrate diet. This will allow you to implement the proper tactics necessary to begin to burn fat.

And that's what this program is about: strategically facilitating your movement away from a quick- burning low energy source and toward a long-lasting high energy one. When you make this switch, not only do you benefit from using a more efficient fuel than carbohydrates, but being fat-adapted has advantages that can transform your life in astonishing ways, such as:

- Burn body fat while resting
- Sustain weight loss with little effort
- Maintain lean muscle mass
- Prolong the quality of life; feel vital as you age
- Increase exercise tolerance
- Have fewer cravings
- Experience healing food addiction; no more "sweet tooth" binges
- Decrease your risk of blood sugar induced hills and valleys of hunger and energy during the day
- Experience fewer symptoms of erratic blood sugar ("hangriness," dizziness, brain fog, confusion, moodiness)
- Increase protection against neurodegenerative diseases
- Decrease risk of mortality from chronic metabolic disease (cardiovascular, diabetes, obesity, certain cancers etc.)

- Experience less inflammation and discomfort of aches and pains associated with it
- Improved skin: fewer rashes, less acne, wrinkles and fine lines
- Ability to go longer periods of time without food
- Having more resilience when fasting
- Improved sleep duration and quality
- Longer “health span;” more time in your life feeling well, vibrant and full of genuine zest and appreciation for your life

Burning Fat for Fuel is Your Natural Metabolic State

It's true that our ancestors were, by and large, fat-burners. They needed this ability to survive long periods of time during which food was not readily available. When they did eat, their food was stored as fat in their body so that when the time came when food was not readily available, that fat reserve could be used.

This process has permitted the human species to evolve and thrive over thousands of years. Humans could go prolonged periods of time without eating because their bodies were fat-adapted. They still needed to maintain certain glucose levels (as we also do), but the body was efficient enough to maintain blood sugar homeostasis without a constant intake of food. Certain organs (like the brain) require a little glucose, but even when humans did not have access to it, the body swiftly produced glucose through a process called gluconeogenesis. To this day, if your body requires glucose in the absence of it from your diet, your body will manufacture it for you. For this reason, you can trust that your body is working to keep you in balance and protect your highest health.

As you can see, your ability to use fat for energy is built right into your DNA. Let's use the example of your brain: the brain is one organ that utilizes the most amount of energy; it requires around 20% of your energy-intake even though the mass itself only comprises about 2% of your body. Historically, when humans experienced times of famine, it was necessary for the brain to run on ketones. Ketones, also known as “ketone bodies,” are byproducts that are released when the body breaks down fat for energy — a process that occurs when carbohydrate intake is low. The metabolism of ketone bodies also instigates the production of antioxidants and “turns on” anti-inflammatory genes that can improve your health span and overall wellbeing (in terms of energy, sleep, mental focus and mood). Your genes already possess the information to induce this metabolic process — we just have to provide it with the perfect environment.

With the increase of carbs and sugars in our current “standard American diet,” most individuals will have lost the ability to use ketones and instead, most burn glucose. Can you go more than a few hours without having cravings, mood swings, lightheadedness, headaches or shakiness due to lack of food? If you need to eat at every two to three hours, this is likely a sign that you are a sugar-burner. As such, you have much to look forward to during these two weeks!

A Day in the Life of a Sugar-Burner

While glucose is a good source of immediate fuel, the dependence on it as your sole source for energy has many disadvantages. Glucose is released from the breakdown of carbs. When you eat carbohydrates, they get digested into glucose molecules that cells then utilize for energy. The glucose itself can damage cells if concentrations are too high, and the body either uses it immediately or stores this extra fuel for later.

Insulin is the hormone that communicates with your cells to take in glucose and store the excess as fat or, in smaller quantities, as glycogen in the liver and muscles. After eating a meal rich in carbohydrates, your body undergoes a surge in blood sugar, quickly followed by a spike in insulin. What you feel as a rush of energy is merely a lot of glucose flooding your cells. However, it is not real energy innately manufactured within your cells. Due to this superficial spike in external energy from glucose, it is short-lived, and insulin is then released in quantities sent to match the amount of sugar circulating in the bloodstream, remove all excess glucose in the blood, and store it in your cells. When the excess glucose is stored for later use, your energy levels plummet. Soon enough, you are hungry again because your body requires additional sources of fuel to continue functioning. When this happens, you get hungry or experience signs of low blood sugar. These are cues from your body that tell you to eat in order to raise your blood sugar again. You may interpret this biochemistry as cravings for something sweet or a usual comfort food. But as soon as you eat more carbs, the cycle repeats itself. Many of us understand this struggle. Fortunately, there is a way to break this addictive cycle of carb-dependency. In these two weeks, you will implement the methods that allow for a total body renewal.

One of the reasons I get so excited about sharing how to become a fat-burner is so you see that your dependence on glucose is not allowing you to break down your own body's fat, which is a richer source of energy. Imagine how freeing it would feel if you could skip breakfast, but instead of hunger and weakness, you could sail right through to lunch, using your own body fat as a sustainable fuel source! The more carbs and sugar you eat, the less you are able to tap into your body's fat storage. If you want the ability to burn energy stored in excess body fat,

you first need to ensure that your insulin levels are low.

When your insulin is high, it “locks you out” of accessing your body’s own fat for energy. The longer elevated insulin levels are present, the more likely it is that your body will become resistant to it. This is how insulin resistance develops and eventually leads to type 2 diabetes; this condition is the polar opposite of being a fat-burner.

NOTE: If you are someone with diabetes or at risk of developing it, I welcome you to invite your endocrinologist or general practitioner to be part of your team as you progress through this program. Becoming a fat-burner can help people get off medications – this is how powerful this work can be! Please ensure you speak with your provider if you are currently on medication as you may need to modify your dosage.

How You Can Get Back to Burning Fat for Fuel

Insulin levels rise after eating carbs, and to a lesser extent, after eating protein too. Fat causes a minimal release of insulin, if any. If you become fat-adapted, you will be able to use dietary and stored fat as your main sources of energy. Likewise, you will avoid insulin crashes and the blood sugar rollercoaster ride. Your glucose levels will balance out, and you will rewire your physiology to prefer fats over sugars. It’s a clear and simple approach to access your ancestral health and efficiently use your fat to keep your organs and brain functioning properly.

Fat Burns Cleaner than Carbs

The actual breakdown of fats in your body is a much cleaner process than the breakdown of glucose. The main cellular “machine” responsible for the production of energy is called the mitochondria. These organelles live within the cell and produce ATPs as the unit of energy. Mitochondria can use both glucose or fats (in the form of ketones or fatty acids).

The metabolism of glucose will produce ATPs but also produces four reactive oxygen species. These are oxidized oxygen molecules that wear down your cell’s energy machinery (and your entire body). Conversely, a fat molecule will produce double the number of ATPs and only half the reactive oxygen species.

With time, the use of fats for fuel instead of sugar will ultimately provide you with increased energy and less oxidative stress. This type of stress essentially leads to weight gain, accelerated aging, systemic inflammation, and chronic disease.

Fat-Burning for Metabolic Flexibility

The benefits of switching to a fat-burning metabolism are real and sustainable. As you become a fat-burner, you will increase your metabolic flexibility. This does not mean you will only use fats, but rather, you will have the flexibility to go back and forth, depending upon factors like diet, exercise, and stress level.

Once you retrain your body to digest and utilize your fats, your energy-producing mitochondria and digestive enzymes will kick into high gear and function more efficiently. This translates to the ability to indulge in a carbohydrate-heavy meal or sweet treat once in a while without causing blood sugar imbalances, digestive issues, or inflammation immediately following consumption. You will be able to burn those sugars, and soon enough, go back into a fat-burning state.

It is important to maintain the use of fat-as-fuel most of the time, however. Otherwise you will lose this metabolic flexibility and revert back to sugar-burning. Who wants to live a life full of cravings, energy swings, and obsessing over food? More importantly, none of us want to develop diseases that can be entirely in our hands to prevent with the effort and focus we put into our lifestyle and diet.

The Ketogenic Diet Depends on Becoming a Fat-Burner

Ketogenic diets are the topic of myriad conversations in the health and wellness arena at-present because the health benefits are wide and varied. It's imperative to note that the diet itself should not be taken lightly. A steep decrease in carbs without first becoming a fat-burner may result in lightheadedness, brain fog, cravings, and overall discomfort (known as the "keto flu"). This occurs because many of us begin a keto diet as sugar-burners. Becoming a fat-burner is the first step towards a ketogenic lifestyle.

It's necessary to retrain your body with a fat-fueled diet in preparation to use fat as a source of energy instead of glucose. If you change your diet gradually, you will avoid negative symptoms and create an enduring experience with a ketogenic diet. In Week 3: Going Keto, we'll enjoy the benefits of decreased hunger, cravings, and sustained weight loss thanks to the prep work we complete in Week 2.

Is Everyone Better off Becoming a Fat-Burner?

Almost everyone, but if one of the following fits you, please consult your physician.

- Pregnant or nursing mothers and growing children cannot restrict their nutrient intake as they are in a production state that requires a larger supply of calories and nutrients. Limiting intake can affect growth and milk production. Individuals with diabetes should be cautious as the decrease in blood glucose needs to be supervised and any medications being taken need to be monitored.
- Athletes might want to consider the best time to start on a fat-fueled diet as their performance will be affected during the time it takes for the adjustment to take place (one to three months).
- If you have had your gallbladder removed, extra care is needed for the digestion of fats. Consider easily digestible fats like coconut oil.
- If you have a history of kidney stones, be aware that a fat-fueled diet may increase the acidity in your urine and produce uric acid and calcium oxalate formation. Potassium citrate found in lemon juice, leafy greens, and avocado can help alkalinize the urine.

You are likely here because the idea of burning your own body fat for fuel is appealing and you understand that the increased risk of metabolic disease is directly related to the foods you consume. There are plenty of preventative measures you can take to avoid disease, simply by shifting your metabolism toward becoming a fat-burner. Are you ready?

The ketogenic diet is a low carbohydrate, moderate protein and high-fat diet that decreases insulin resistance and increases metabolic flexibility. It is a way of eating that many people find incredible success with in terms of not only losing weight but supporting a variety of health conditions:

- Decreased inflammation
- Increased mental clarity and cognitive function
- Increased and sustained energy
- Decreased body fat
- Increased lean muscle mass
- Decreased accelerated agers
- Increased autophagy
- Skin healing and repair
- Fewer cravings and controlled appetite
- Ability to comfortably go meal-to-meal without snacking
- Increased HDL ("good") cholesterol
- Digestive support
- Better exercise performance
- Support for neurological conditions such as Parkinson's and Alzheimer's and other degenerative neurological diseases

Its popularity has taken off in recent years, and for good reason. Achieving a state of ketosis is a powerful tool in becoming both fat-adapted and metabolically flexible, both of which are metabolic states that will prepare for you water-fasting and changing your entire quality of life.

The human body is an incredible machine that works efficiently and effectively when given the proper tools. When you metabolize fat, your body produces ketone bodies, and these are used as fuel by the cells alongside of or in place of glucose. While there is a range in the amount of ketones considered necessary for "ketosis" the technical lower limit of ketosis is around 0.5 mmol/L. Part of your journey is discovering what amount of ketones in your blood are necessary for you to feel your best. Later I'll go into more detail on testing ketone levels, but first let's dive into a brief history of the ketogenic diet, and how ketones actually work in the body.

Brief History of the Ketogenic Diet

The ketogenic diet was developed in the 1920s as a treatment for epilepsy in children. Doctors and researchers at the Mayo Clinic noted that their pediatric epileptic patients were having fewer seizures when they fasted, and this prompted them to create a diet that mimicked starvation mode but could be safely sustained on a longer-term basis.

In more recent years, a wave of interest has overtaken the world of health and wellness, as increasing studies have positively supported the many therapeutic benefits of a ketogenic diet. One of the first incredible benefits associated with the ketogenic diet were cognitive improvements, particularly increased alertness, improved memory and decreased irritability. Newer research is also exploring the diet's potential for treating neurodegenerative disorders including Alzheimer's and Parkinson's disease, as well as its unparalleled ability to support insulin-related disorders such as pre-diabetes, diabetes and metabolic syndrome. It could even play a potential role in cancer treatment and prevention.

All About Ketones

There are three types of ketones, each with their own chemical structure and serving their own purpose in reaching and maintaining a state of ketosis. They include acetoacetate (AcAc), beta-hydroxybutyrate (BHB), and acetone. AcAc is the first ketone produced by the body breaking down fat, which in turn creates BHB. Acetone is a side product of AcAc and is excreted quickly via both breath and waste.

Burning ketones for energy is a normal metabolic occurrence and is likely the body's most preferred and utilized fuel source throughout human history. If you think back to our Paleolithic ancestors who lived off the land, food was naturally available in ebbs and flows depending on the season, climate and other factors. This made the state of ketosis not only natural, but also necessary.

Fast-forward to today's modern diet, and you find a day's worth of food full of not only carbohydrate-rich foods, but also processed and refined carbohydrates and sugar used as the body's primary fuel source instead of fat. The assumption is made in today's diet paradigm that glucose must be the body's preferred fuel source and for that reason, you must continually eat carbs to refill glycogen stores.

Hand-in-hand came the logical conclusion that the best way to do this was to eat regularly (perhaps every two to three hours) to maintain regulated blood sugar levels, and to burn off these calories, you then must workout hard every day in

the form of long-duration cardio. Unfortunately, this paradigm is not only terribly skewed, but downright harmful.

I want you to shift from this carb-based paradigm to a fat-based paradigm, as fat truly is the body's preferred fuel source for several important reasons. Let's use fire as a simple analogy. If you build a fire using only kindling and newspaper, your fire will rage and flame but only for a short time, then will need fuel more quickly. However, if you feed it with slow-burning logs that create a slow and steady flame, this will not only allow your fire to burn for hours on end but will produce a cleaner burn. It might sound too simplistic, but this genuinely is the same principle that can be applied to the body. Metabolically speaking, carbs are the kindling, and fats are the slow, clean-burning logs.

To get a little more scientific, it's proven that skeletal muscle and even the brain can effectively use fat in the form of ketones for sustained energy. A huge difference between fat versus carbs for fuel is that fat creates far less oxidation and more energy. Ketones provide more energy per unit of oxygen used, and interestingly, being in the metabolic state of ketosis actually increases how much energy your cells can make by increasing the mitochondria — the main energy-producing units of your cells. Additionally, eating a low carbohydrate diet and depending on fat as your primary fuel source decreases glucose oxidation (also known as glycolysis), which in turn has a direct impact on levels of systemic inflammation. This is why fat is thought to be a more “clean-burning” fuel than carbohydrates. Many studies have concluded that systemic inflammation is the root cause of a myriad of chronic diseases, so any and all methods of decreasing it truly is critical to health and longevity.

Macronutrients and the Ketogenic Diet

Macronutrients are substances (foods) that all living organisms require for survival. On the other hand, micronutrients including vitamins, minerals, phytonutrients and other smaller compounds are also needed in trace amounts by the human body. The three macronutrients are protein, carbohydrates and fat. Out of those three, fat is the slowest burning, meaning it takes the longest to break down in the body, followed by protein and then carbohydrates.

Carbohydrates are made up of short and long chains of sugars broken down in the digestion process to glucose. Each gram of carbohydrate contains four calories. Protein also provides four calories per gram and can be considered the building blocks for all your cells. It is comprised of amino acids that are essential for repairing and regenerating body tissues, healthy immune function and muscle maintenance and growth, among other functions. Fats provide nine calories

per gram and are essential for hormone production and function, cognitive development, proper organ and cell function and absorption of many key micronutrients not to mention serving as a clean source of energy for the body to run on.

I firmly believe that no macronutrient should be demonized, and all offer important value and health benefits in your diet. Ultimately, you need to do the detective work to find what macronutrient ratio allows your body to feel its best. Experimenting with a ketogenic diet or some variation of it, allows you to more quickly achieve a fat-adapted and metabolically flexible state and discover how a lower carb diet model makes you feel. You might determine that the traditional macronutrient breakdown of a ketogenic diet (outlined on the following pages) is exactly what you need to feel energized, experience fewer cravings and more mental clarity, or you might find that taking a more intuitive approach to keto is best.

The Traditional Keto Plan is the “classic” approach to a ketogenic diet and is a more intense and restrictive plan. It involves specific macronutrient tracking and attention to detail. The exact breakdown is 75% fat, 20% protein and 5% carbohydrates.

Suggested Apps for Counting Macros

You might already have an app that you love or discover a new one, but here are several suggestions to consider if you are taking the traditional keto approach:

- My Fitness Pal: for keto and non-keto dieters alike, this app is known for being user-friendly and having a large food database.
- Cron-o-meter: also, for everyone, the main advantage of this app is that it also tracks your micronutrients, which is a fun and interesting way to learn how many vitamins and minerals you are getting. Of course, you will be eating a whole-foods diet, so deficiencies likely won't be an issue.
- Carb Manager: a keto and low-carb specific app, they offer a free and paid version with various features to choose from. This app does have a very wide base of foods and a barcode scanner.

There are also many online keto calculators if you prefer not to use an app. You might think of tracking as a temporary tool to learn exactly what the macronutrient breakdown is of the foods you eat, and what type of ratios truly make you feel your best. While it might work perfectly for some, tracking all macronutrients long-term isn't necessary. At its worst, tracking long-term has the potential to lead to an unhealthy and obsessive mindset around food, and this certainly is not the goal. Check in and be honest with yourself, always valuing self-love and care above all else.

How Do You Know When You're in Ketosis?

Macronutrient tracking is step number one and an excellent strategy to learn about and personalize your perfect keto plate. During this program, many of you will likely ask the question: “Am I in ketosis?” This is a wonderful question, and I'm going to discuss several ways to answer it, ranging from signs and symptoms to blood testing.

Becoming Fat-adapted and Metabolically Flexible Overrides Being in Ketosis
You might be surprised to know that you can be in ketosis without actually being

fat-adapted. Your body could be producing ketones but be unable to effectively use them for fuel, therefore your body still predominantly burns sugar. In other words, being in ketosis is not always the same thing as being fat-adapted. I mention this because you probably know by now that my ultimate goal for you is to achieve a fat-adapted and metabolically flexible state, not constantly be in a state of ketosis. When you are truly able to burn fat for fuel, you'll be able to eat higher-carb meals or snacks once in a while and easily slip back within hours to a fat-burning state without negative signs or symptoms. This is the epitome of metabolic flexibility. Lastly, it is perfectly feasible that someone reaches a state of ketosis by unhealthy means. You could be eating low-quality, processed foods that are low enough in carbs to achieve and maintain ketosis, which goes to show that testing for ketones in the blood is not an end-all-be-all measure of health.

With that said, it's generally a good idea to master the rules before breaking them, and this is why I recommend measuring your ketones in the beginning. While you certainly don't have to test, measure or monitor your ketone levels for a long period of time to excel on a ketogenic diet, it can be a useful tool for learning about your body and how it reacts to foods, stressors and lifestyle factors.

Urine Testing

Ketone bodies can be found in your urine, breath and blood. Keep in mind that more ketones doesn't necessarily mean better. In fact, more can mean that you simply aren't utilizing any. Urine tests typically check for acetoacetate. This is thought to be the least accurate testing method since the urine only collects excess ketones that have spilled over and haven't been metabolized. Hopefully, you are well fat-adapted and utilizing your ketones, which means you won't have many in excess circulation and spilling over into your urine.

Breath Testing

Breath tests for acetone. While this method is generally considered more accurate than urine testing, it is rather costly and not always accurate.

Blood Testing

Blood tests for beta-hydroxybutyrate and is the most reliable and accurate approach. Look for a range of 0.5 to 3.0 mmol/L to know if and to what extent you are in ketosis. Keto-Mojo makes a high-quality meter that tests both ketones and blood sugar levels. For the best results, consider the following:

- Test in the morning in a fasted state. Ideally, test blood sugar levels as well. If you've been in the above-mentioned range of ketosis with fasted blood sugar levels in the 70s or 80s, this is a fairly sure sign that you are fat-adapted.
- Do not take MCT oil, coffee or tea prior to testing.
- If you wake up and exercise first thing before testing, your ketone levels might be higher or lower depending on if you did aerobic or anaerobic activity.
- Optimally, test first thing in the morning before exercise or any other activity.

Observational Testing

If you prefer not to use blood testing for any reason, there are other ways to gauge how well your body is becoming fat-adapted. Here are several things to look for to determine if your body is effectively burning fat for fuel:

- You can go at least four to five hours between meals without feeling shaky, lightheaded or weak.
- You don't feel like you have "keto flu" symptoms such as headaches, fatigue, nausea, irritability, etc.
- Your energy levels feel consistent and steady throughout the day.
- You can comfortably complete fasted workouts.
- Decreased hunger.
- Increased energy and mental focus.

Whichever testing methods you choose, don't be discouraged if numbers aren't what you expect or desire. Fat-adaption is a process that can take up to six weeks or longer for many people, so keep doing what you are doing and trust that your body's innate wisdom will guide you in the right direction.

You've read through the science and theory behind the "why" of keto. Now, I want to dive into the "how", which really is where the fun begins!

What You'll Be Eating and Why

As keto has become popularized and trendy, many packaged and processed keto foods have come on the market, many of questionable quality. I want you to focus on real, whole foods from nature that provide your body with the nutritional tools necessary to achieve optimal health and become metabolically flexible.

Foods to eat on a ketogenic diet include (but are not limited to) the following:

- **Fat:** A variety of nourishing good fats such as olive, avocado, coconut, macadamia and flax oils, grass-fed butter, ghee, MCT oil, nuts, seeds and their respective butters, olives, coconut products and avocado.
- **Non-starchy Vegetables:** Including but not limited to leafy greens like spinach, kale and swiss chard, lettuce, celery, cauliflower, broccoli, asparagus, green beans and more.
- **Low-carb Fruits:** Blackberries, strawberries, raspberries, blueberries, avocados and lemons. The carb count of some fruits adds up quickly, so be sure to enjoy these in moderation.
- **Meat and Fish:** Grass-fed beef and other wild meats such as bison, organ meats such as liver, pork, lamb, chicken, turkey, salmon, sardines and other fatty fish.
- **Eggs:** Whenever possible opt for eggs from pasture-raised chickens. Refer to the egg guide in Week 1.
- **Full-fat Dairy:** Cheese, cottage cheese, plain, whole-fat yogurt and Greek yogurt, cream.

What You Won't Be Eating

- Processed/packaged foods
- Trans-fats (anything that says hydrogenated or partially hydrogenated)
- Vegetable oils such as soybean, canola, corn, safflower, sunflower, cottonseed and rapeseed oils.
- Refined sugars
- Refined flour and grains
- Artificial sweeteners
- Processed soy

What you MIGHT Be Eating

Depending on individual factors such as your goals, food tolerances, preferences and personal beliefs, there are certain foods you might be eating. Coming back to the concept of biochemical diversity, the exact same diet that works for me might not work for you, which is why the following foods are a “maybe” throughout the entirety of this program and beyond. Thankfully as you have learned, there is no one “right way” to keto!

- **Dairy:** Some people are either lactose intolerant or sensitive and/or allergic to dairy altogether. If you are only somewhat sensitive to lactose, you might experiment with eating low-lactose dairy like hard cheese and butter, and/or taking a lactase enzyme supplement before eating dairy. If none of the above options work or you already know that dairy must be avoided, you can easily eliminate it from your ketogenic diet. Instead, replace dairy products with animal and plant-based fats and oils, a wide variety of seafood, meat and poultry, nuts, seeds, vegetables and dairy alternatives like unsweetened coconut, macadamia and almond milk.
- **Meat and Animal Products:** You can also follow a ketogenic diet as a vegan or vegetarian, however it does take some careful planning.
- **Nuts and Seeds:** Nuts and seeds can be a major irritant for some people and having to avoid them can also make a ketogenic diet feel difficult. However, nuts and seeds are included primarily for their healthy fats and fiber, so replacing them with other forms of fats and oils and plenty of vegetables for fiber works well.
- **Keto-approved Fruits:** While the previously-mentioned fruits are keto-approved in small quantities (except for avocado, which you can eat in abundance), some people simply don't tolerate fruit well. Even low-sugar fruits come with their naturally occurring fruit sugars (fructose) and do cause an insulin response. If you find that eating fruit increases carb and sugar cravings and/or keeps you from a state of ketosis, you might need to eliminate them for a short time until you reach a solidly fat-adapted state.
- **Keto-approved Sweeteners:** Similar to fruit, even non-caloric, keto-approved sweeteners that don't have much effect on blood sugar levels still can prompt the body to produce a rise in insulin. For this reason, you might be better off avoiding them if you're having trouble becoming fat-adapted and are still experiencing intense carb and sugar cravings. One goal of this program is to lower your overall need for sweetness by being satiated by healthy fats, which has the incredibly beneficial long-term benefit of lowered insulin levels.

Why Quality Matters

The ketogenic diet truly aims at eating the most nutrient-dense foods possible to maximize every bite.

- **Grass-finished or Grass-fed Meats:** Grass-finished meats offer superior nutritional value, particularly when it comes to fatty acid composition and micronutrient content. Grass-finished meat should be your go-to if possible or grass-fed.
- **Pastured Pork and Poultry:** Also of the highest quality, pastured pork (and this also includes bacon) and poultry such as chicken and turkey is sure to come without hormones, antibiotics or steroids, be GMO-free, and from animals that led happy and healthy lives.
- **Eggs from Pasture-raised Hens:** These eggs come from the happier and healthier chickens discussed previously, and similarly provide higher nutritional value mainly due to a natural diet of worms, insects and plants instead of grains, as in the case of conventionally-raised chickens. If you can't access pasture-raised eggs, look for free-range organic eggs.
- **Wild Fish:** Fish and seafood is a fantastic source of anti-inflammatory omega-3 fatty acids and key vitamins and minerals. Whenever possible, choose wild-caught fish and seafood for a superior nutritional profile. My personal favorite is wild salmon, which truly tops the list of superfoods.
- **Organic Vegetables and Fruits:** To avoid pesticides, herbicides and as many harmful chemicals as possible, opt for organic produce if possible. Remember that frozen organic produce is often less expensive and still maintains its nutritional value.
- **Eating Local:** Purchasing as much food locally as possible not only does the environment a huge favor and supports local farmers, but is almost always more flavorful, more nutritious and it encourages seasonal eating.

Keep in mind that making these choices is the best-case scenario, and I completely understand that they aren't always feasible for various reasons.

An Important Note About Fats

During this program, you will hear a lot about the importance and profound health benefits of healthy fats. I want to take a moment here to accentuate the importance of not only getting a plethora of healthy fats but avoiding toxic fats.

What do I mean by toxic fats? In today's modern-day food culture based largely around profit and shelf-life, the fats I'm specifically referring to are oxidized (rancid) omega-6 fatty acids that are found in highly processed vegetable oils

and all processed foods that use these oils. Vegetable oils that are commonly used for cooking and lurk in most restaurant kitchens include canola, soybean, corn, safflower, sunflower, cottonseed and rapeseed oils. The reason these fats are so commonly used is because they are cheap and have a seemingly never-ending shelf-life due to the fact that they are so highly processed. Essentially, they have already gone bad before even leaving grocery store shelves, so they will not “go bad” once you get them home, as would real whole foods. For food manufacturers, although a serious detriment to your health means a major boost in their profits. Don’t let their business steal your health.

Processed vegetable oils are very unnatural in large amounts, and are also linked with systemic inflammation, cardiovascular disease, neurodegenerative conditions and many others. An overabundance of polyunsaturated omega-6 fatty acids throws off the natural omega-3:omega-6 balance of the body’s cells. While omega-6 fatty acids are natural and healthy, the fatty acid composition and balance is critical for health.

Experts agree that throughout human evolution, the omega-3:omega-6 ratio was likely 4:1 or even 2:1. Shockingly, today in the Standard American Diet, this ratio has been out of whack to the tune of 200:1! This uncanny imbalance is likely at the root of the diseases mentioned above. In addition, this imbalance also damages vital structures like DNA, and can actually lead to structural changes in the very membranes of your cells.

As you continue throughout this program, always keep oxidized vegetable oils in the forefront. Especially interesting with a ketogenic diet is the stall phenomena: between four weeks to two months, after an exciting run of rapid weight loss, people notice a weight loss stall or plateau. Maybe you’ve tried keto before but it hasn’t worked for you? On a ketogenic diet, it is NOT enough to simply eat fat; you must eat good fats. Consider if these types of bad fats could be the culprit behind your stagnation or stall. And realize they could be hiding in unsuspecting places (establishments where you eat out, catered food, hot bars, “healthy” packaged meals, etc.). So always have your detective glasses on, read labels and ask questions. It’s not a bad idea to stash some good fats in your travel bag, your office, or even your purse!

Top Keto Power Foods

This is not a complete list of all foods that can be a healthy and delicious part of a ketogenic diet, but they are some of my favorites in terms of nutrient-density. And barring just a few, these foods fit into most everyone's ketogenic diet, whether you include animal products or eat strictly a plant-based diet.

KETO POWER FOOD

MCT Oil

BENEFITS

- Highly bioavailable energy source
- Supports weight loss
- Increases exercise performance

USES

- Add to smoothies, Autopha Tea, herbal teas or coffee.
- Begin with 1 teaspoon and slowly increase as needed, usually 1 TBS per serving is adequate.

Coconut Oil

- Supports weight loss
- High in lauric acid which is a natural antimicrobial, antiviral and antibacterial agent.
- Raises "good" HDL cholesterol.
- Add to smoothies, tea or coffee

- Use for medium-high heat cooking
- Use as a natural skin moisturizer
- Can be used in oil pulling for dental health.

KETO POWER FOOD

Coconut Butter

BENEFITS

- Mix of coconut oil and meat, highly satiating and can be eaten like nut butter, by the spoonful.
- 1 tablespoon provides 2 grams of fiber
- Similar nutritional benefits to coconut oil, but higher in carbohydrates and protein

USES

- Add to smoothies
- Eat alone for a snack
- Use in keto and low-carb baking
- Use as a spread
- Melt and drizzle over plain Greek or plain yogurt

Coconut Milk and Cream

- Rich, thick and creamy, opt for full fat
- High in MCTs, vitamins and minerals
- Great dairy alternative

- Use in coffee & tea
- Add in smoothies
- Use as the base for curries and soups

Avocado Oil

- Rich in oleic acid
- Benefits heart health
- High smoke point for cooking
- High in lutein which functions as an antioxidant for eye health
- Anti-inflammatory

- Use in cooking, as a dip or in salad dressings

Macadamia Oil

- High in antioxidants
- Rich in oleic acid, supportive of healthy cholesterol levels
- High smoke point for cooking

- Can be used in skin and hair care
- Use in cooking, as a dip or in salad dressings

KETO POWER FOOD

Pili Nuts

BENEFITS

- High in protein
- A good source of magnesium
- High in minerals phosphorus, potassium and calcium
- Rich in heart-healthy monounsaturated fats.

USES

- Have them as a snack or include them in a salad.

Macadamia Nuts

- Contain a wide range of nutrients
- High in fat and low in carbs
- Linked with heart health

- Have them as a snack or include them in a salad
- Use them in fat bombs and keto desserts

Avocado

- Contain more potassium than a banana and are incredibly nutritious
- Rich in heart-healthy monounsaturated fats
- High in fiber
- Linked with lower triglyceride levels
- Supports weight loss

- Eat alone sprinkled with sea salt
- Include in salads or on the side of any dish
- Use in smoothies
- Make a mouth-watering avocado chocolate mousse

Wild Salmon

- High in anti-inflammatory omega-3 fatty acids
- Good source of B vitamins, selenium and potassium
- Linked with lowered risk of heart disease
- Improved cognitive function

- Enjoy with any meal alongside non-starchy vegetables, avocado and/or any other fat.
- Bake, steam or poach for maximum benefit.

KETO POWER FOOD

Raw Apple Cider Vinegar

BENEFITS

- Aids digestion
- Natural antibacterial agent
- Lowers blood sugar levels
- Supports weight loss
- Improves heart health

USES

- Take 1 to 2 TBS in water before a meal to support digestion
- Use it in salad dressings or homemade mayonnaise

Bone Broth

- High in minerals such as calcium, magnesium, phosphorus and potassium
- An absorbable source of protein
- Supports digestive health
- Fights inflammation
- Improves immune function
- Rich source of collagen

- Use as the base for soups, stews and sauces
- Use in cooking
- Sip like tea throughout the day

Cruciferous Vegetables (Arugula, bok choy, broccoli, sprouts, cabbage, cauliflower, kale, radish)

- Cancer-fighting
- High in fiber
- Low calorie and nutrient-dense

- In salads
- Steamed, baked or sauteed with your favorite fat, herbs and spices

Fermented Foods

- Provides key probiotics for gut health
- Improves immunity
- Adds fiber and nutrients to your diet

- Add as a side to any meal, beginning with 1/3 cup and increasing from there.
- Try raw sauerkraut, kimchi, unsweetened kefir, plain yogurt or a low-sugar kombucha tea.

KETO POWER FOOD

Cacao

BENEFITS

- Rich in minerals iron, magnesium, copper and manganese
- Healthy fatty acid profile
- Power source of antioxidants
- May lower blood pressure
- Linked with a reduced risk of heart disease
- Improved cognitive function

USES

- Enjoy in an 80% or more dark chocolate
- Make a keto hot chocolate
- Use in fat bombs and keto desserts

AutophaTea

- Promotes autophagy
- Increases satiety and wards off cravings
- Rich in polyphenols

- Enjoy it alone or with 1 teaspoon to 1 TBS of MCT or coconut oil

Sea Salt

- Rich in trace minerals
- Helps balance fluids and avoid dehydration
- Important electrolyte source
- Key for muscle, nervous system and brain function

- Add a pinch to each glass of water
- Use it to flavor foods

Bitter Foods

- Stimulates HCL production and promotes healthy digestive function
- Controls sweet cravings
- Supports detoxification
- Boosts metabolism

- Add bitter greens (especially dandelion greens) to salads and other prepared dishes
- Use a bitters tincture before meals to support digestion

KETO POWER FOOD

Sea Vegetables (Kombu, dulse, wakame, nori, hijiki and arame)

BENEFITS

- Low in carbs and high in nutrients
- Great source of thyroid-supportive iodine
- Cancer protective

USES

- Add spirulina to a smoothie
- Include in soups, stews or sprinkled over salads
- Use agar as a vegetarian substitute for a gelatin-based dessert
- Buy them in powder for flake form to sprinkle over foods

What to Expect: You May Feel Worse Before Better

In the process of transitioning into ketosis your body is undergoing significant biochemical shifts, literally changing its source of fuel from sugars to fats. Your body undergoes fluctuations in blood sugar, hormones and electrolytes during this time as it adjusts to this new fuel source. Here are some key supplements that I've strategically selected to help support your body as you transition into ketosis. These supplements will help minimize the risk of you experiencing the dreaded "keto flu", an unpleasant collection of symptoms that some people experience as they transition into ketosis.

These supplements are optional and you can use them for the entire 30 days or as needed.

Please consult with your doctor prior to beginning a new supplement program, especially if you take prescription medications.

Digestive Enzyme:

Similase (Integrative Therapeutics): 1 to 2 capsules at the start of meals
Biogest (Thorne): 1 to 2 capsules at the start of meals for those that need additional support with fat digestion/absorption (cannot be taken with NSAID medications)

Digestive enzymes provide your body, with extra support for breaking the fats, proteins, carbohydrates and various components of food down into the form that is most absorbable by your body. This helps your body get in the most nutrition possible. Deficiencies in calcium, magnesium, B vitamins, iron and omega-3 fats can contribute in increased cravings. Having optimal amounts of the minerals: zinc, magnesium, chromium, vanadium, manganese and copper are needed for healthy blood sugar regulation in the body. The more balanced your blood sugar is during this time, the better you will feel as you become fat-adapted over the next few weeks.

Keto Electrolytes: Take 1 capsule 3 - 4 times a day, with breakfast, lunch, dinner & pre - workout

Electrolytes are key nutrients in your blood that are important for certain functions in your body including: muscular contraction, neurological function, regulation of heartbeat, control of body temperature and bladder control.

The main electrolytes in your body are calcium, potassium, magnesium, phosphate, sodium and chloride. Your body requires an optimal amount of these electrolytes in your blood and body fluids at all times. Electrolyte imbalances can not only leave you feeling unwell but can be life-threatening if it becomes severe. Imbalances in electrolytes can occur from:

- Body fluid loss (excessive sweating, vomiting, diarrhea)
- Nutrient deficient diet
- Certain medications
- Kidney disease
- Hormonal imbalances

The keto diet can also cause shifts in electrolyte levels that could lead to an electrolyte imbalance if you are not proactive. This is what is responsible for the dreaded “keto flu” that some people experiencing while transitioning onto a keto diet. The “keto flu” can be experienced as heart palpitations, headaches, muscular cramps, constipation, bloating, weakness, dizziness and feeling light-headed.

Blood Sugar Support Capsule (Perfect Keto): Take 4 capsules a day with dinner

As you make the transition from being a sugar-burner to being a fat burner in ketosis, you will experience an adjustment period. In this phase you will not be giving your body the constant supply of carbohydrates it is used to and your body will not yet be efficient at burning fats as fuel and producing ketones. This period of adjustment typically takes 2 to 6 weeks and is known as fat adaptation. You might experience ups and downs in your blood sugar levels during this time.

Some symptoms of blood sugar dysregulation are:

- Lightheadedness
- Fatigue
- Irritability
- Shakiness
- Nausea
- Low mood
- Anxiety
- Cravings
- Sleep disturbances
- Struggle with exercise performance and recovery

Blood Sugar Support Capsules provide you with a nice blend of herbs, vitamins and minerals that are scientifically proven to support optimal blood metabolism including:

- Biotin
- Chromium Piccolinate
- Gymnema Sylvestre Leaf Powder
- Bitter Melon Extract
- Cinnamon Extract
- Berberine Bark Extract
- Banaba Leaf Extract

Blood Sugar Support Capsules will help ease your transition into becoming fully fat-adapted. This formula is also nice for helping to get your body back into ketosis after eating a higher-carb meal. Have it with dinner especially if you are following the Intuitive Meal Plan and add a serving of gentle carbohydrates to your dinner.

How to Handle Hunger During These Two Weeks

If you find yourself feeling hungry on this meal plan, then I want you to eat something fat-based. Please try to avoid going for additional carbs as your first choice. If you add more fat and that doesn't satisfy you, then at the next meal you might try adding a little more protein to see if that is what your body prefers.

How to Handle Cravings During These Two Weeks

If you find yourself experiencing cravings, bone broth is an excellent way to give your body the nutrients it needs. I've included bone broth in the meal plan as either an afternoon snack or to have with dinner. As you decrease the amount of

starchy carbs you eat at dinner, bone broth can be an excellent way for your body to adjust to the change and help you manage cravings and energy levels. Bone broth will help you to:

- Lower inflammation
- Boost immunity
- Heal your gut
- Efficiently absorb fats
- Become a natural fat-burner
- Promote restful sleep
- Supply your body with essential trace minerals

Use bone broth as a base for soups and stews or in place of water if you make grains in the evening. Enjoy it plain or seasoned with sea salt. For a really delicious treat, stir in a tablespoon of pesto after it's been heated. I've included an Easy Crockpot Bone Broth recipe if you want to make your own, or you can order my Bone Broth Boost at Naomiwhittel.com or through companies such as Kettle and Fire or Pete's Paleo who also offer high-quality bone broths.

The Traditional Plan

Your Meal Plan for Weeks 1 and 2) was designed with a traditional ketogenic plan where meals contain approximately 75% of calories from fat, 20% pf calories from protein and 5% pf calories from carbohydrates.

A traditional ketogenic diet has to be restrictive in order for the body to learn how to burn fat for fuel, otherwise it will do what it is accustomed to doing, burning carbohydrates (if there are enough of them around) as its main fuel source.

The following guide will show you what your plate will look like when following the Traditional Meal Plan:

- Breakfast Plate: 80% Fat, 20% Protein, negligible carbs
- Lunch Plate: 50% non-starchy carbs, 20% protein (around 2 to 4 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)
- Dinner Plate: 50% non-starchy carbs, 20% protein (about 2 to 4 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)
- Snacks: 80 to 100% fat

In the Meal Plan you'll notice I've included fat bombs as snacks as an option if you need to manage cravings for a sweet treat and your energy levels as you become fat-adapted.

I've also included bone broth as a snack or to accompany dinner since this is an ideal "snack" to help you segue between lunch and dinner. Bone broth is incredibly nourishing and even helps you to become fat-adapted.

Remember to include a serving of fermented food each day to support healthy digestion. I've recommended meals where you can add sauerkraut, but feel free to include kimchi as well. I do recommend avoiding kefir or fermented starchy vegetables at first in order to limit your carb intake and to become fat-adapted.

Traditional Plan:

CARBS	CALORIES	5% CARBS	10% CARBS	15% CARBS	20% CARBS
	1,500	19 grams	38 grams	56 grams	75 grams
	2,000	25 grams	50 grams	75 grams	100 grams
	2,500	31 grams	63 grams	94 grams	125 grams
PROTEIN	CALORIES	20% PROTEIN	30% PROTEIN		
	1,500	75 grams	113 grams		
	2,000	100 grams	150 grams		
	2,500	125 grams	188 grams		
FAT	CALORIES	60% FAT	70% FAT	75% FAT	
	1,500	100 grams	117 grams	125 grams	
	2,000	133 grams	156 grams	167 grams	
	2,500	167 grams	194 grams	208 grams	

Keto Sweeteners

As I briefly touched on earlier, one of my hopes for you over the duration of this program and beyond is to rely less and less on sweetness as a centerpiece of your diet. Undoubtedly, some sweeteners are far healthier and less damaging than others, but all sweet tastes will induce an insulin response in the body, which can perpetuate cravings for sugars and carbohydrates. With that in mind, take the following suggestions with a grain of (sugary) salt and strive to use them in moderation.

1. Stevia

Stevia is native to South America and has been used both as a sweetener and medicinally for centuries. The two primary compounds in stevia that gives it its sweet taste are Rebaudioside A and Stevioside, the compound of the two primary compounds that is responsible for many of stevia's health benefits including lowered blood pressure and blood sugar levels.

The tricky part with stevia is that as its popularity has grown, seemingly endless stevia-based products have been created with less desirable ingredients

Truvia, for example (developed by Coca Cola and Cargill) is a combination of Rebaudioside A, natural flavors and erythritol without the benefits of Stevioside.

The best option when it comes to stevia is pure, green leaf stevia, which is about 30 to 40 times sweeter than table sugar and offers by far the most health benefits.

2. Erythritol

Sugar alcohols like erythritol have also become very popular as non-caloric sweeteners and are increasingly used in many food products. Erythritol seems to have far less potential for digestive upset than other sugar alcohols and is likely tolerated well in small amounts by most people. It is 60 to 70% as sweet as table sugar and tastes fairly similar to sugar without the unpleasant aftertaste that some find with stevia. Sugar alcohols also seem to have a fairly neutral effect on blood sugar and insulin levels.

3. Monk Fruit

Pure monk fruit sweetener has come onto the scene of non-caloric sweeteners recently and is personally one of my favorites. Compounds in monk fruit have antioxidant activity, and animal studies have found it to lower blood sugar and oxidative stress and improve blood lipids. The downside of monk fruit sweetener is that it tends to be the most expensive of keto sweeteners.

Weeks 1&2 WORKBOOK

Traditional Keto

In this workbook you will find:

- Quizzes to establish your baseline
- Your shopping list, 1 week arranged meal plan, recipe bank and meal guidelines
- Tracking info and your tracker for the next 2 weeks
- Your daily schedule
- Journaling and self-care suggestions

ESTABLISH YOUR BASELINE

Studies show that people who track their health have a 50% higher success rate than those who do not. It's important to take note of specific qualities related to your current physical, biological, emotional and psychological states. This 30 Keto Revolution Challenge will help you make positive developments in all of these areas. You will feel accomplished when you look back on the progress you make along the way.

I know the act of tracking yourself might not be easy or convenient, which is why I have streamlined the process by providing you with the tools necessary to jump right in. Here is how you can start establishing your baseline:

1. Take your three initial program quizzes:
 - a. Keto Revolution Quiz
 - b. Better Every Day
 - c. Back to Basics
2. Complete optional lab work
3. Take "before" pictures and upload to Facebook group or save them

Quiz 1: The “Keto Revolution”

If you answer ‘yes’ to more than one of the following questions, then you are in the right place and this program can help you:

1. Have you put on weight in recent years that you can’t lose?

☐ Yes

☐ No

2. Do you think of food often or feel like you are constantly dieting?

☐ Yes

☐ No

3. Do you have elevated blood sugar, blood pressure, or cholesterol levels?

☐ Yes

☐ No

4. Do you have a family history of cancer, heart disease, diabetes, or neurological conditions like Multiple Sclerosis, Huntington’s Disease, or Parkinson’s Disease?

☐ Yes

☐ No

5. Do you crave more energy and stamina in your day?

☐ Yes

☐ No

6. Is it hard to recover from exercise? Do you feel tired and sore the next day?

☐ Yes

☐ No

7. Is it hard to fall asleep or stay asleep?

☐ Yes

☐ No

8. Do you wake up more than twice per night to use the bathroom?

☐ Yes

☐ No

9. Does your skin look dull and your hair feel dry and limp?

☐ Yes

☐ No

10. Do you feel you need to wear makeup whenever you leave the house?

☐ Yes

☐ No

This will help you to not only defy the visible signs of aging, but the invisible ones as well. It's true that even invisible aggressors we cannot see, touch, taste, or feel can have a major impact on our health. However, adverse health conditions such as elevated blood sugars, inflammation, high blood pressure, an overabundance of AGEs (proteins that literally age you), and countless other determinants of your health are within your power to change.

You will boost your body's innate ability to detoxify and heal so you can naturally combat the environmental toxins, outside stressors, and other factors contributing to accelerated aging and decreased wellness. By presenting you with the right foods to eat, the ideal nutritional supplements to take, the most effective ways to exercise (without spending a lot of time), and the unique ways to improve your outlook, this program will assist you in the journey to reinvigorating your health and boosting your self-confidence.

The best part? It only takes 7 days to set the stage for these miracles to unfold! Let's get detoxing!

Quiz 2: Better Every Day

Use the following information to get to know your current level of well-being. This assessment measures all aspects of wellness — physical, mental, emotional — because inner and outer radiance can both be reflective of your health.

Answer the following questions to the best of your ability in regard to your current state of health. And take the opportunity of taking this quiz again at the end of the program to see the progress you have made.

WHAT THE 0-4 MEANS:

- 4 = Never or almost never have the symptom
- 3 = Occasionally have it, effect is not severe
- 2 = Occasionally have, effect is severe
- 1 = Frequently have it, effect is not severe
- 0 = Frequently have it, effect is severe

	SYMPTOM	RATING BEFORE PROGRAM	RATING AFTER PROGRAM	DIFFERENCE
ENERGY LEVELS	Tired, Fatigue, Sluggishness	4 3 2 1 0	4 3 2 1 0	
	Hyperactivity	4 3 2 1 0	4 3 2 1 0	
	Restlessness	4 3 2 1 0	4 3 2 1 0	
	ENERGY LEVELS Subtotal			
EMOTIONAL HEALTH	Mood Swings	4 3 2 1 0	4 3 2 1 0	
	Anxiety, Fear, or Nervousness	4 3 2 1 0	4 3 2 1 0	
	Anger, irritability/ short temper	4 3 2 1 0	4 3 2 1 0	
	Stress	4 3 2 1 0	4 3 2 1 0	
	Depression	4 3 2 1 0	4 3 2 1 0	
	EMOTIONAL HEALTH Subtotal			
SLEEP	Trouble falling asleep	4 3 2 1 0	4 3 2 1 0	
	Interrupted sleep, waking one or more times per night	4 3 2 1 0	4 3 2 1 0	
	Need an alarm to wake up	4 3 2 1 0	4 3 2 1 0	
	SLEEP Subtotal			

SKIN AND BEAUTY

Acne			
Hives, rashes, or eczema	4 3 2 1 0	4 3 2 1 0	
Redness or rosacea	4 3 2 1 0	4 3 2 1 0	
Dull or dry complexion	4 3 2 1 0	4 3 2 1 0	
Age spots	4 3 2 1 0	4 3 2 1 0	
Fine lines or wrinkles	4 3 2 1 0	4 3 2 1 0	
Bags or dark circles under eyes	4 3 2 1 0	4 3 2 1 0	
Sagging/loss of firmness	4 3 2 1 0	4 3 2 1 0	
Thinning of skin	4 3 2 1 0	4 3 2 1 0	
Large pores	4 3 2 1 0	4 3 2 1 0	
Cellulite	4 3 2 1 0	4 3 2 1 0	
Hair Loss	4 3 2 1 0	4 3 2 1 0	
SKIN AND BEAUTY Subtotal			

SENSUALITY

Lack of confidence/self-doubt	4 3 2 1 0	4 3 2 1 0	
Lack of vitality/apathy	4 3 2 1 0	4 3 2 1 0	
Dissatisfaction with appearance	4 3 2 1 0	4 3 2 1 0	
Loss of libido/feeling sexy	4 3 2 1 0	4 3 2 1 0	
SENSUALITY Subtotal			

WEIGHT	Binge eating/drinking			
	Craving certain foods	4 3 2 1 0	4 3 2 1 0	
	Excessive weight	4 3 2 1 0	4 3 2 1 0	
	Underweight	4 3 2 1 0	4 3 2 1 0	
	WEIGHT Subtotal			
HEAD	Poor Memory	4 3 2 1 0	4 3 2 1 0	
	Poor concentration/lack of focus	4 3 2 1 0	4 3 2 1 0	
	Difficulty making decisions	4 3 2 1 0	4 3 2 1 0	
	Headaches	4 3 2 1 0	4 3 2 1 0	
	Brain fog	4 3 2 1 0	4 3 2 1 0	
	Dizziness	4 3 2 1 0	4 3 2 1 0	
	HEAD Subtotal			
DIGESTION	Constipation or diarrhea	4 3 2 1 0	4 3 2 1 0	
	Bloated feeling	4 3 2 1 0	4 3 2 1 0	
	Belching or passing gas	4 3 2 1 0	4 3 2 1 0	
	Heartburn or intestinal pain	4 3 2 1 0	4 3 2 1 0	
	DIGESTION Subtotal			
GRAND TOTAL: Add all subtotals to get your score				

Key to Quiz: Based on your score please follow the recommendations below:

Above 150: Your health is optimal: Doing the Keto Revolution Challenge will help to optimize it further.

100-149: Your health is mildly diminished: Start the Keto Revolution Challenge

50-99: Your health is moderately diminished: Start the Keto Revolution Challenge preferably with additional supplements

0-49: Your health is severely diminished: Start the Keto Revolution Challenge, preferably with additional supplements

Optional Lab Testing

While lab testing is optional during the Keto Revolution Challenge, I highly recommend it. Understanding your lab work will give you immediate and objective feedback on how dramatically and quickly your body responds to the right information in diet and lifestyle. The important thing is to test at the beginning of your program and then incrementally as you progress throughout the weeks so you can make the necessary adjustments to get better results. I suggest testing once during Week 1, then again after the program.

If you haven't had your blood checked in a while, it's a good idea to meet with your doctor as they may want you to add in other markers that are unique to your needs. You may also need to fast prior to testing. They'll report whether your numbers are normal, high, or low in each of the areas. You certainly won't be able to get blood tests every week, so ask your doctor to have the next one after you finish the Challenge. You can track your results in your health tracker and/or here:

BLOOD WORK	BEFORE CHALLENGE	AFTER CHALLENGE	6 MONTHS
Total Cholesterol			
HDL			
LDL			
Fasting blood glucose			
Triglycerides			

Take A “Before” Photo

Take a picture of yourself before you begin your Keto Revolution Challenge. You won't believe the changes you will experience! As you go through the program, you will be thrilled to see the shifts in all facets of your well-being: your metabolic health, your skin's radiance, and the bloom in your self- confidence! It's rewarding to keep a record of your “before self ” to see how far you've come. So, go ahead and get that selfie!

Upload your picture in the Facebook group, or keep it for you to see your progress!

Gather Your Supplies

Weeks 1&2: Shopping List

I've made a list to help make your shopping experience easy. It includes all the essential needs for your first two weeks of the program. First, use this comprehensive checklist to find what you may already have in your home. If you have an item on the list, check it off. Everything else can be found in your local supermarket, neighborhood superstore or online.

PANTRY

- Almond butter
- Almond flour
- Apple cider vinegar
- Artichoke hearts – frozen or canned
- AutophaTea or earl grey and green tea
- Avocado oil
- Baking soda
- Baking powder
- Bergamot extract
- Bone broth – beef & chicken (Kettle & Fire or Pete's Paleo)
- Cacao powder
- Capers
- Cashew butter
- Coconut aminos
- Coconut butter
- Coconut flour
- Coffee
- Collagen peptides/protein
- Crushed tomatoes – canned or in a glass jar
- Dijon mustard
- Dry white wine
- Flax Seeds
- Hemp seeds
- Lemon extract
- Macadamia nuts
- Matcha green tea powder
- Mild green chilies (canned)
- Miso paste
- Monk fruit
- Olive oil
- Olives – black, green, Kalamata
- Peanut butter
- Rice vinegar
- Sauerkraut (refrigerated)
- Sea salt
- Shredded coconut
- Simply GOODFATS Coconut Oil
- Simply GOODFATS MCT Oil
- Simply GOODFATS French Vanilla Creamer
- Simply GOODFATS Coconut Creamer
- Tahini
- Vanilla (real) powder or extract
- Walnuts
- Xanthan gum or arrowroot

PROTEINS

- Bacon – nitrate-free
- Beef chuck
- Bison – ground
- Chicken breasts
- Chicken thighs
- Eggs (pasture-raised)
- Grass-fed beef – ground
- Pork – ground
- Smoked salmon
- Turkey- ground
- Wild salmon
- Wild shrimp
- Whole chicken/chicken bones

HERBS/SPICE

- Basil (fresh)
- Black pepper
- Butter lettuce
- Cayenne powder
- Ceylon cinnamon
- Chili powder
- Chipotle powder
- Chives (fresh)
- Cilantro (fresh)
- Cumin
- Dill (fresh)
- Fennel seeds
- Garlic powder
- Marjoram (dried)
- Mushrooms
- Onion powder
- Oregano (dried)
- Parsley (fresh and dried)
- Red pepper flakes
- Rosemary (fresh and dried)
- Smoked paprika
- Thyme (fresh)
- Turmeric powder
- White pepper

VEGETABLES

- Arugula
- Asparagus
- Bell peppers
- Broccoli
- Broccoli sprouts
- Cabbage
- Carrots
- Cauliflower
- Celery
- Cucumber
- Dandelion greens
- Garlic cloves
- Green pepper
- Jalapeno
- Kale
- Lettuce
- Mixed greens
- Onion
- Radicchio
- Red bell pepper
- Red cabbage
- Red onion
- Romaine lettuce
- Shallot
- Shitake mushrooms
- Summer squash
- Spinach
- Zucchini

DAIRY/DAIRY ALTERNATIVES

- Almond milk (unsweetened)
- Cheddar cheese
- Coconut milk (unsweetened)
- Cream cheese
- Feta cheese
- Goat cheese
- Gouda cheese
- Grass-fed butter or ghee
- Heavy cream
- Kefir
- Milk
- Monterey Jack cheese or cheese of choice
- Parmesan cheese
- Raw cheddar cheese
- Ricotta cheese
- Sour cream

FRUIT

- Fruit
- Avocados
- Granny smith apple
- Lemons
- Limes
- Tomato

ARRANGED MEAL PLAN: WEEK 1&2

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	Mocha Muffins	Golden Milkshake	Matcha Green Tea Smoothie	Fresh Herb Omelet with Chipotle Lime Mayo
LUNCH	Arugula Salad w/ South western Chicken Stripes and Roasted Cauliflower	Leftover Bison Stuffed Peppers Sauerkraut Side Salad	Leftover Poached Salmon with Greens Pesto Side Salad	Leftover Southwest Turkey Skillet Side Salad
SNACK	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth
DINNER	Bison Stuffed Peppers Side Salad	Poached Salmon w/ Greens Pesto Steamed Asparagus	Southwest Turkey Skillet with MCT Guacamole Side Salad	Keto White Bolognese over Zoodles Side Salad
SNACK	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs

*Serve savory dishes with a fermented condiment, such as sauerkraut.

WEEK 1	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	Vanilla Milkshake	Mocha Muffins	Golden Milkshake
LUNCH	Leftover Keto White Bolognese over Zoodles Sauerkraut Side Salad	Leftover Mediterranean Slow Cooker Chicken Side Salad	Keto Grilled Cheese Sauerkraut Side Salad
SNACK	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth
DINNER	Mediterranean Slow Cooker Chicken with Greek Salad	Keto BLT and Cucumber Salad	Shrimp Scampi over Spinach and Dandelion Greens Side Salad
SNACK	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs

*Serve savory dishes with a fermented condiment, such as sauerkraut.

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
BREAKFAST	AvocaGlow with Loaded Latte or AutophaTea	Macadamia Cacao Smoothie	Peanut Butter Smoothie	Broccoli Herb Omelet with Garlic Aoli
LUNCH	Leftover Shrimp Scampi over Spinach and Dandelion Greens	Leftover Beef Stroganoff over Cauliflower Rice	Leftover Asian Shiitake Chicken Soup Side Salad	Leftover Cauli Mac 'N Cheese Side Salad
SNACK	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth
DINNER	Beef Stroganoff over Cauliflower Rice Side salad	Asian Shiitake Chicken Soup Side salad	Cauli Mac 'N Cheese Side salad	Turkey Meatballs over Sautéed Cabbage with Mushroom Cream Sauce
SNACK	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs

*Serve savory dishes with a fermented condiment, such as sauerkraut.

WEEK 2	FRIDAY	SATURDAY	SUNDAY
BREAKFAST	AvocaGlow with Loaded Latte or AutophaTea	Chocolate Donuts with Loaded Latte or AutophaTea	Golden Milkshake
LUNCH	Leftover Turkey Meatballs over Sauteed Cabbage and Mushroom Cream Sauce	Leftover Beef Stew Side Salad	Leftover Lemon Coconut Chicken Thighs with Thyme Broccoli Side Salad
SNACK	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth	1 to 2 cups Bone Broth
DINNER	Beef Stew Side salad	Lemon Coconut Chicken Thighs with Thyme Broccoli	Wild Salmon with Mixed Herb Butter Radicchio and Butter Lettuce Salad
SNACK	Choose from Fat Bombs	Choose from Fat Bombs	Choose from Fat Bombs

*Serve savory dishes with a fermented condiment, such as sauerkraut.

The DIY Plan Recipe Bank Weeks 1&2

BREAKFAST:

- AvocaGlow with Loaded Latte or AutophaTea
- Golden Milkshake
- Matcha Green Tea Smoothie
- Vanilla Milkshake
- Mocha Muffins with Loaded Latte or AutophaTea
- Fresh Herb Omelet with Chipotle Lime Mayo
- Macadamia Cacao Smoothie
- Peanut Butter Smoothie
- Broccoli Herb Omelet with Garlic Aioli
- Chocolate Donuts with Loaded Tea

LUNCH:

- Arugula Salad with Southwestern Chicken Strips and Roasted Cauliflower
- Leftover Bison Stuffed Peppers
- Leftover Poached Salmon with Greens Pesto
- Leftover Southwest Turkey Skillet
- Leftover Keto White Bolognese over Zoodles
- Leftover Mediterranean Slow Cooker Chicken
- Keto Grilled Cheese
- Keto BLT and Cucumber Salad
- Leftover Shrimp Scampi over Spinach and Dandelion Greens
- Leftover Beef Stroganoff over Cauliflower Rice
- Leftover Asian Shiitake Chicken Soup
- Leftover Cauli Mac 'N Cheese
- Leftover Turkey Meatballs over Sautéed Cabbage with Mushroom Cream Sauce
- Leftover Beef Stew
- Leftover Lemon Coconut Chicken Thighs with Thyme Broccoli

DINNERS:

- Bison Stuffed Peppers
- Poached Salmon with Greens Pesto and Steamed Asparagus
- Southwest Turkey Skillet with MCT Guacamole
- Keto White Bolognese over Zoodles
- Mediterranean Slow Cooker Chicken with Greek Salad
- Keto BLT and Cucumber Salad
- Shrimp Scampi over Spinach and Dandelion Greens
- Beef Stroganoff over Cauliflower Rice
- Asian Shiitake Chicken Soup
- Cauli Mac 'N Cheese
- Turkey Meatballs over Sautéed Cabbage with Mushroom Cream Sauce

- Beef Stew
- Lemon Coconut Chicken Thighs with Thyme Broccoli

SALADS/DRESSINGS:

- Radicchio and Butter Lettuce Salad
- Massaged Kale Salad
- Greek Salad
- Cucumber Salad
- Fresh Herb Salad
- Herbed Dressing
- Green Kefir Dressing

SNACKS:

- Keto Oreo
- Lemon Bergamot Fat Bombs
- Cacao Almond Butter Fat Bombs
- Jalapeno Lime Fat Bombs
- Cacao Lime Fat Bombs
- Smoke Salmon Basil Bombs
- Easy Crockpot Bone Broth

*Please eat a snack if you need to and remember sipping bone broth is a great snack.

Remember, if you aren't following a recipe, you can build your plate with these guidelines:

Your plate looks something like this:

Breakfast Plate: 80% fat, 20% protein, negligible carbs (think fat-based smoothies, eggs, bacon, sausage, etc.)

Lunch Plate: 50% non-starchy carbs, 20% protein (roughly 2 to 3 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)

Dinner Plate: 50% non-starchy carbs, 20% protein (roughly 2 to 3 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)

Snacks: 80 to 100% fat

Daily Health Trackers

The following trackers are for your personal use. Tracking yourself daily can increase self-awareness and optimize your experience. It can also help with recall when it comes time to reassess yourself at the end of the program!

You'll notice there are a variety of quantitative trackers where you can watch your progress change through numbers. And there are a variety of qualitative trackers to notice changes and progress based on how you look and feel. Some may apply to you more than others. You may enjoy tracking all of them but you can also choose to use only the ones you find work best for you. The ones that have the most meaning to you will often tie in with your specific goals. And remember, give yourself permission to dream and to succeed! Write your main goal at the top of each tracker to remind yourself of what you're seeking to accomplish.

You may find that a certain point in the day makes the most sense for your schedule, and this is fine. However, your weight should be taken first thing in the morning — ideally after you use the bathroom and before you eat.

Remember: Tracking = More Success!

Research shows that the simple act of recording these numbers multiplies your success. Here are the different areas you may choose to track:

Goal: it's important to maintain your vision while attending to the details of the program. Set a goal for yourself related to what you hope to gain throughout the 30-Day Keto Revolution. It will help you stay focused and provide you with inspiration to stay committed to the program. Maybe your goal is to have more body confidence or feel sexier? Maybe it is to feel more comfortable in your favorite pair of skinny jeans, or to regain health and prevent disease? Whatever it is for you, have a goal that feels exciting to work towards and write it down at the top of your health tracker.

Weight: It's not always a precise form of measurement since weight fluctuates daily and the ratio of lean mass versus fat mass is not measured, yet it is still a good baseline. It's best to weigh yourself in the morning after you wake up and before you eat to make sure you weigh yourself at the same time each day. This will maintain accuracy in your tracking. A note about weight: you will likely gain lean muscle throughout this 30-

Day Challenge. Lean muscle helps to speed up your metabolism, but that muscle mass can show in the numbers on the scale. Keep this in mind so you don't let the scale define your progress.

BMI: This is the ratio of your height to your weight; you can find many online calculators that will give you your BMI when you plug in your height and weight. This is also not a perfect measure, because it doesn't take into account lean body mass, but it can give you some clues as to changes in your body over time. With each pound of weight you drop, your BMI will change.

Blood Pressure: If you have your own blood pressure cuff, take your blood pressure first thing in the morning before eating or drinking. If not, most pharmacies or grocery stores offer free blood pressure screenings. Don't take your blood pressure after having caffeine or exercising, as both of these factors can cause a temporary rise. This is one of the best ways to gauge improvement in your health because the higher your blood pressure, the more strain on your circulatory system. Normal blood pressure is considered 120/80 or lower.

Resting Heart Rate: To determine your resting heart rate, find your pulse on your wrist and count the number of beats for 10 seconds, then multiply that by six. In general, the lower, the better. That's a sign that your heart has to do less work — and that's a good thing. Take it when you first wake up, while you are still lying in bed.

Waist Size: Measure your waist right at the belly button. It's okay to suck it in. Just measure the same place and the same way each time.

Hips: Measure around the widest part and record.

Thighs: Measure around the widest part and record.

Clothing Size: Write down your current clothing size. Throughout the program allow yourself to notice any differences. Does the same size fit differently? Have you changed sizes? Has your body composition changed, making clothes look different?

Skin: Although there are no numbers to record, you can still qualitatively track how your skin looks while on the program. Are you satisfied with

the appearance of your skin? Notice if your complexion looks youthful or vibrant, or if you have any acne, red blotches, fine lines, dark circles or bags under your eyes. Is your skin hydrated and bright, or do you notice dryness or a dull complexion? You know your face better than anybody else — make note of any subtle changes in appearance.

Sleep: How was the quality of your sleep? Did you sleep through the night, and wake to feel rested and refreshed? Or did you have trouble falling asleep, but then slept a restful seven hours? Did you wake up several times during the night and then have to drag yourself out of bed after snoozing your alarm multiple times?

Exercise: Record how many minutes of exercise you completed. Examples: yoga, walking, dancing, HIIT, or RET.

Meditation and Self-care: Record how long you spent meditating, focusing on your breath, or engaging in your mindset and self-care practices.

Energy: Pay attention to your energy levels throughout the day and take note of how you felt overall. Some descriptive words for your energy might include: stable, strong, energized, vibrant, tired, or low. Include feelings you may have regarding how sexy you feel in your body.

Mood: Take note of any significant emotional states or moods you notice throughout your day. Were you generally calm and centered? Or did you experience feelings of anger and frustration? It's natural for emotions to come and go but be sure to record any themes you notice throughout the day.

Cravings: Do you have particular cravings for salty, sweet, or fatty foods? Keto Revolution is designed to nourish your body at a cellular level so your body feels balanced and cravings are minimized. Take note of any cravings you experience and see how that changes over the course of the program.

That Personal Thing You Want: Perhaps you have an additional symptom that is personal to you, but not already listed on the tracker worksheet. Use this space to personalize and track your progress.

TRACKER for Week 1

WEEK 1	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Weight				
Skin				
Sleep (hrs)				
Meditation (Y/N)				
Energy				
Mood				
Cravings				
Breakfast (What did you eat?)				
Lunch (What did you eat?)				
Dinner (What did you eat?)				
Snacks (What did you eat?)				
What went well today?				
Where did you struggle?				

TRACKER for Week 1

WEEK 1	FRIDAY	SATURDAY	SUNDAY
Weight			
Skin			
Sleep (hrs)			
Meditation (Y/N)			
Energy			
Mood			
Cravings			
Breakfast (What did you eat?)			
Lunch (What did you eat?)			
Dinner (What did you eat?)			
Snacks (What did you eat?)			
What went well today?			
Where did you struggle?			

TRACKER for Week 2

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Weight				
Skin				
Sleep (hrs)				
Meditation (Y/N)				
Energy				
Mood				
Cravings				
Breakfast (What did you eat?)				
Lunch (What did you eat?)				
Dinner (What did you eat?)				
Snacks (What did you eat?)				
What went well today?				
Where did you struggle?				

TRACKER for Week 2

WEEK 2	FRIDAY	SATURDAY	SUNDAY
Weight			
Skin			
Sleep (hrs)			
Meditation (Y/N)			
Energy			
Mood			
Cravings			
Breakfast (What did you eat?)			
Lunch (What did you eat?)			
Dinner (What did you eat?)			
Snacks (What did you eat?)			
What went well today?			
Where did you struggle?			

Your Daily Schedule:

Weeks 1 & 2

Each day is designed to provide you with an integrative approach to succeeding on keto. Remember, it is not just about what you eat, but how you live which determines how fat-adapted you are. Put all the pieces together by following the schedule below:

MORNING:

- Eat Traditional Keto Breakfast
- Drink 1 cup Tea
- Take optional supplements as needed
- Make time for movement, meditation or other self-care

NOON/AFTERNOON:

- Eat Traditional Keto Lunch
- Take optional supplements as needed
- Drink 1 cup Tea

EVENING:

- Eat Traditional Keto Dinner
- Take optional supplements as needed
- Take a post meal walk (either lunch or dinner)
- 1 to 2 cups bone broth before or after dinner
- Take time to review your Weeks 1&2 Guide, fill out your Tracker, journaling and self-care

Self-Care

What does self-care mean to you? Is it eating a nutritious diet? Exercising regularly? I find that many people only think of self-care as steps taken to care for their physical body, such as getting regular exercise and a monthly full body massage. While tending to the needs of the physical body is one important piece of the puzzle, I encourage you to expand your concept of self-care to encompass your mental, emotional, and spiritual wellness, too. These are equally important elements of your whole self that often get ignored, and can often be detrimental to long-term health and well-being.

Spend time over the next four weeks to cultivate a mindset of self-care. This will help you to change the motivation behind why you made the decision to take this program and change your life. When you embark on this program with a mind-set geared toward a holistic sense of self-care, every choice you make

will be from a place of love, kindness, and healing for your body — rather than a motivation to change the aspects of yourself that you focus on disliking.

As you know, good health isn't just about the food you eat. It is about so much more – movement, sleep, stress, relationships, connection, mindset, self-compassion and more. During your 30-Day Keto Revolution Challenge, I encourage you to take some time each day to move, relax and reflect. Below are some suggestions for weeks 1 & 2 that you can incorporate into your days and weeks during the challenge.

Self-Care Strategy: Epsom Salt Baths

This is a great way to relax at night and prepare you for a deep night's sleep. It can also help with “keto flu” symptoms, just be sure to stay hydrated before, during and after your bath. Just add 2 cups of Epsom salt to a hot bath and soak for 20 minutes 1-2 hours before bedtime.

HOW TO CHOOSE EPSOM SALTS:

- Read the label (look for USP magnesium and sulfate — nothing else)
- Check to ensure it doesn't contain any perfumes, fragrances, or artificial colors
- Look for fine-grain salts

Self-Care Strategy: Aromatherapy for Cravings

Cinnamon and Peppermint Essential Oils:

Cinnamon bark and peppermint essential oils are wonderful for balancing blood sugar. Interestingly, both of these essential oils also have antifungal and antimicrobial properties; as such, they can also help to kill “bad” bacteria and yeast in your microbiome that contributes to sugar cravings.

I recommend that you carry both of these essential oils with you to have them easily accessible. Simply take a whiff throughout the day as cravings arise. You can also add 3 to 5 drops of either of these oils to your aromatherapy diffuser for stronger support on days where you can't seem to kick the cravings.

HOW TO CHOOSE ESSENTIAL OILS:

- Read the label (look for the proper botanical name, country of origin, and expiration date)
- Check to ensure it is backed by a professional organization like NAHA
- Verify third-party testing to assess for purity (organic and wildcrafted are optimal)
- Cost (if it looks like it's too good to be true, it likely is!)

Self-Care Strategy: Journaling

Your journal is a tool to help you track and explore your experience on the 30-Day Keto Revolution Challenge without judgment or self-criticism.

It's important you set aside some time for journaling. The goal is to write what comes to mind when posed with the following questions (the key word is write – mentally noting the answers doesn't hold you accountable or have the same effect!). Have fun with this innercise and allow yourself to fully experience the impact journaling can have on your motivation. Studies show that tracking your thoughts, feelings, and experiences has the ability to double your success!

Tapping into your “why” helps you connect with the significance of this very moment and how it is the absolute perfect time for you to take back your health. Spend a little time each night to reflect on the following:

Week 1 Journaling Suggestions

1. What made me join the 30-Day Keto Revolution Challenge now? Why now specifically?

2. What are three specific goals I have for the 30-Day Keto Revolution Challenge?

- a.

- b.

- c.

3. What do you feel you need in order to achieve your goals? Be as specific as possible: is it time, money, guidance, energy, self-confidence, etc?

4. On a scale of 1 to 10, how willing are you to make changes that take you out of your comfort zone?

5. What would I do if I had more energy, vitality and happiness in my life?

6. How do my feelings about my appearance impact my confidence and my health?

7. How do I see my life changing as a result of feeling more empowered to nourish myself and practice self-care?

Week 2 Journaling Suggestions

Hunger and Cravings Journal

Write in your journal daily this week, “what am I truly hungry for” and “what is it that I’m actually craving”?

Day 1

Day 2

Day 3

Day 4

Day 5

Day 6

Day 7

AvocaGlow with Scrambled Eggs and Cheese

*Makes 1 serving

INGREDIENTS:

- 1/2 avocado
- 2 teaspoons olive oil
- 1 teaspoon lemon juice
- Salt and red pepper flakes
- 1/2 tablespoon grass-fed butter or ghee
- 2 eggs
- 1 tablespoon water
- 1 oz raw Monterey Jack cheese, or cheese of your preference, shredded

DIRECTIONS:

Heat a small skillet on medium heat and melt butter. Whisk together eggs and water. Pour egg mixture into hot skillet. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds. Mix in cheese and cook until melted.

While the eggs are cooking, cut avocado in half.

Whisk together oil, juice, salt and pepper flakes.

Drizzle over avocado.

Nutrition Facts: (serving size AvocaGlow) **Calories:** 410 **Fat:** 35g **Protein:** 17g **Carb:** 9g **Fiber:** 5g

Golden Milkshake

*Makes 1 serving

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 tablespoon Simply GOODFATS MCT Oil or Simply GOODFATS French Vanilla Creamer
- 1 tablespoon coconut butter
- 1/2 teaspoon turmeric powder
- 1/4 teaspoon ground Ceylon cinnamon
- 1/4 teaspoon vanilla extract
- Pinch monk fruit
- 1 serving collagen peptides (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (1 Milkshake) **Calories:** 350 **Fat:** 31g **Protein:** 12g **Carb:** 7g **Fiber:** 1g

Mocha Muffins

*Makes 12 muffins

*For optimum freshness, buy flaxseed whole and grind them up before using, a clean coffee grinder works great.

INGREDIENTS:

- 1 cup roughly ground flaxseed*
- 1 cup almond flour
- 2 tablespoons monk fruit
- 1 tablespoon baking powder
- 3 tablespoons cacao powder
- 1 teaspoon ground espresso or coffee
- 1/2 teaspoon salt
- 4 large eggs
- 1/2 cup almond or coconut milk
- 1/3 cup Simply GOODFATS
- MCT Oil, melted
- 2 teaspoons real vanilla extract

DIRECTIONS:

Preheat oven to 350 degrees F. Line a 12-count muffin pan with unbleached paper liners, set aside.

Combine ground flaxseed, almond flour, monk fruit, baking powder, cacao powder, espresso and salt in a large bowl. Whisk to mix fully.

In a blender, add eggs, coconut milk, oil and vanilla. Blend on high for 30 seconds, until foamy.

Add liquid mixture to the bowl of dry ingredients. Stir with a spatula, just until incorporated. Allow to sit for 3 minutes.

Spoon mixture into prepared muffin pan, filling each cup about 90% of the way up to allow room for expansion.

Bake muffins for 13 to 15 minutes, or until an inserted toothpick comes out clean. Remove from oven and take out muffins from pan immediately and place on a cooling rack. Enjoy immediately with butter, ghee, or coconut oil, or save for later and toast. Store in the fridge for three to four days or in the freezer for up to three months.

Nutrition Facts: (serving size 1 Muffin) Calories: 180 Fat: 15g Protein: 7g Carb: 9g Fiber: 4g

Matcha Green Tea Smoothie

*Makes 1 serving

INGREDIENTS:

- 1/2 avocado
- 1/4 cup coconut milk
- 1/2 cup filtered water
- 1 tablespoon Simply GOODFATS MCT Oil or Simply GOODFATS Coconut Creamer
- 1 teaspoon matcha green tea powder
- 1/4 teaspoon monk fruit
- 1 serving collagen peptides (optional)
- 1/2 cup ice cubes (optional)

DIRECTIONS:

Place ingredients in blender, blend on high until well mixed, about 30 seconds.

Nutrition Facts: (serving size 1 Smoothie) Calories: 330 Fat: 30g Protein: 13g Carb: 10g Fiber: 5g

Chipotle Lime Mayo

*Makes about 1 cup

INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- 1/2 teaspoon dried chipotle powder
- 1 and 1/2 tablespoons lime juice
- Zest of 1 lime
- 1/2 teaspoon garlic powder
- Pinch of salt
- 3/4 cup Simply GOODFATS MCT Oil

DIRECTIONS:

Place the egg and egg yolk, chipotle powder, lime juice and zest, garlic powder and salt in a food processor or blender. Process until combined, about 30 seconds. Slowly add the oil in (if using a food processor, use the attachment that allows you to slowly add oil in drop by drop) until it is completely emulsified. Store in the refrigerator.

Nutrition Facts: (serving size 2 tablespoons) Calories: 190 Fat: 22g Protein: 1g Carb: 1g Fiber: 0g

Fresh Herb Omelet with Chipotle Lime Mayo

*Makes 1 serving

INGREDIENTS:

- 2 eggs
- 1 tablespoon water
- 1 tablespoon avocado oil or Simply GOODFATS Coconut Oil
- 1 tablespoon chives, chopped
- 1 tablespoon parsley, chopped
- 1 tablespoon basil, chopped
- 1/2 cup arugula, finely chopped
- 3 tablespoons Chipotle Lime Mayo
- Salt and pepper, to taste

DIRECTIONS:

Whisk the eggs and water together. Heat the oil in a medium skillet (cast iron is best or non-stick) over medium heat. Tilt the pan to make sure the oil coats the entire bottom of the pan.

Pour the eggs into the pan, and again, tilt the pan to make sure the eggs coat the entire bottom of the pan. Cook for a couple of minutes without stirring. Using a flexible spatula, lift one side of the cooked egg to allow some of the raw egg to flow underneath and cook. Repeat this in multiple areas so there is little to no raw egg left on the top. Cook for another minute.

Add the chives, parsley, basil, and arugula to the center of the egg and cook for another 1 to 2 minutes. Spread mayo in 3 to 4 dollops over the herbs.

Using the spatula, flip half of the egg over the fillings to line up with the far side of the eggs. Allow to cook for another minute and then transfer the omelet to a plate and season with salt and pepper to taste.

Nutrition Facts: (serving size 1 Omelet) Calories: 550 Fat: 56g Protein: 15g Carb: 4g Fiber: 0g

Vanilla Milkshake

*Makes 1 serving

INGREDIENTS:

- 1 cup unsweetened almond milk
- 2 tablespoons heavy cream (or coconut milk)
- 1 tablespoon Simply GOODFATS French Vanilla Creamer
- 1 tablespoon almond butter
- 1 teaspoon real vanilla powder or extract
- Pinch teaspoon monk fruit
- Pinch of salt
- 1 serving collagen peptides (optional)

DIRECTIONS:

Place ingredients in blender, blend on high until well mixed, about 30 seconds.

Nutrition Facts: (serving size 1 Milkshake) Calories: 380 Fat: 32g Protein: 14g Carb: 6g Fiber: 2g

Macadamia Cacao Smoothie

*Makes 1 serving

INGREDIENTS:

- 8 macadamia nuts
- 1 cup unsweetened almond milk
- 2 tablespoons Simply GOODFATS Coconut Creamer
- 1 tablespoon cacao powder
- 1/2 tablespoon flax seeds
- 1/2 teaspoon vanilla extract
- 1/4 teaspoon monk fruit
- 1 scoop collagen peptides (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (serving size 1 Smoothie) Calories: 410 Fat: 38g Protein: 13g Carb: 12g Fiber: 4g

Peanut Butter Smoothie

*Makes 1 serving

INGREDIENTS:

- 2 tablespoons peanut butter
- 1 cup unsweetened almond milk
- 2 tablespoons heavy cream or Simply GOODFATS French Vanilla Creamer
- 1 tablespoon hemp seeds
- Pinch monk fruit
- Pinch of salt
- 1/2 cup ice cubes (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (serving size 1 Smoothie) Calories: 380 Fat: 35g Protein: 12g Carb: 9g Fiber: 4g

Garlic Aioli

*Makes ¾ cup

INGREDIENTS:

- ¾ cup Avocado Mayo
- 1 teaspoon minced garlic
- Pinch of black pepper
- 1 tablespoon fresh chives, chopped

DIRECTIONS:

Place all ingredients in a bowl and mix vigorously with a fork until combined.

Nutrition Facts: (serving size 2 tablespoons) Calories: 140 Fat: 17g Protein: 0g Carb: 0g Fiber: 0g

Broccoli Herb Omelet with Garlic Aioli

*Makes 1 serving

INGREDIENTS:

- 2 eggs
- 1 tablespoon water
- 1 teaspoon avocado oil or Simply GOODFATS Coconut Oil
- 1/2 cup broccoli florets, finely chopped
- 1 tablespoon parmesan cheese
- 1 tablespoon parsley, chopped
- 2 tablespoons Garlic Aioli (see recipe above)
- Salt and pepper, to taste
- 1/4 cup broccoli sprouts

DIRECTIONS:

Whisk the eggs and water together. Heat the oil in a medium skillet (cast iron is best or non-stick) over medium heat. Tilt the pan to make sure the oil coats the entire bottom of the pan.

Pour the eggs into the pan, and again, tilt the pan to make sure the eggs coat the entire bottom of the pan. Cook for a couple of minutes without stirring. Using a flexible spatula, lift one side of the cooked egg to allow some of the raw egg to flow underneath and cook. Repeat this in multiple areas so there is little to no raw egg left on the top. Cook for another minute.

Add the broccoli, cheese and parsley to the center of the egg and cook for another 1 to 2 minutes. Spread Garlic Aioli in 3 to 4 dollops over the herbs.

Using the spatula, flip half of the egg over the fillings to line up with the far side of the eggs. Allow to cook for another minute and then transfer the omelet to a plate and season with salt and pepper to taste. Top with broccoli sprouts.

Nutrition Facts: (serving size 1 omelet) Calories: 370 Fat: 32g Protein: 16g Carb: 5g Fiber: 1g

Avocado Mayo

*Makes about 1 cup

INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- 1 teaspoon Dijon mustard
- 1 and 1/2 tablespoons lemon juice
- Pinch of salt
- 1/2 teaspoon turmeric powder
- 3/4 cup avocado oil

DIRECTIONS:

Place the egg and egg yolk, mustard, lemon juice, salt and turmeric in a food processor. Process until combined, about 30 seconds. Using the attachment that allows you to slowly add oil in, add the avocado oil in until it is completely emulsified. Store in the refrigerator.

Nutrition Facts: (serving size 2 tablespoons) **Calories:** 200 **Fat:** 21g **Protein:** 1g **Carb:** 0g **Fiber:** 0g

Chocolate Donuts

*Makes 6 donuts

INGREDIENTS:

- 1 cup almond flour
- 1/4 cup coconut flour
- 1 teaspoon baking soda
- 1/4 teaspoon salt
- 2 teaspoons monk fruit
- 1/4 cup cacao powder
- 2 eggs
- 2 tablespoons melted Simply GOODFATS Coconut Oil
- 1.5 cup full-fat coconut milk
- 1 teaspoon vanilla extract

DIRECTIONS:

Preheat oven to 350 degrees F. Oil a donut pan with a thin layer of coconut oil, or coconut spray.

In a large bowl, sift together almond and coconut flours, baking soda, salt, monk fruit, and cocoa powder.

In a separate bowl, whisk together the eggs, coconut oil (cooled), coconut milk and vanilla extract. Combine the wet and dry ingredients together, and mix well. Scoop batter into the donut pan and bake for 15 to 20 minutes. Once cool, spread Vanilla Buttercream Frosting on top (recipe below). Serve with Loaded Latte.

Nutrition Facts: (serving size 1 donut) **Calories:** 230 **Fat:** 18g **Protein:** 8g **Carb:** 12g **Fiber:** 5g

Vanilla Buttercream Frosting

*Makes about 1 cup

INGREDIENTS:

- 1 cup grass-fed butter, at room temperature
- 2 tablespoons Simply GOODFATS French Vanilla Creamer
- 1/2 teaspoon vanilla extract
- 2 teaspoons monk fruit

DIRECTIONS:

Combine the butter, creamer, vanilla in a bowl using a hand mixer.

Add monk fruit while continuing to mix until thoroughly blended.

Nutrition Facts: (serving size about 2 tablespoons) Calories: 160 Fat: 17g Protein: 0g Carb: 1g Fiber: 0g

Nutrition Facts: (serving size 1 Frosted Donut) Calories: 390 Fat: 35g Protein: 8g Carb: 13g Fiber: 5g

Arugula Salad with Southwestern Chicken Strips and Roasted Cauliflower

*Makes 2 servings

INGREDIENTS:

- 2 cups chopped cauliflower florets
- 1 tablespoon Simply GOODFATS MCT Oil
- 1/4 cup shredded, unsweetened coconut
- 1 tablespoon chili powder
- 1/2 teaspoon sea salt
- 1/4 teaspoon turmeric powder
- Pinch cayenne
- 1/2 lb chicken thighs, cut into 1-inch strips
- 3 cups arugula
- 1 tablespoon chopped red onion
- 1 tablespoon olive oil
- Juice from 1/2 lime
- Sea salt and pepper to taste
- Cilantro leaves, chopped (garnish)
- 1/2 avocado, cubed or 4 tablespoons sour cream (garnish)

DIRECTIONS:

Preheat oven to 350 degrees F. Toss cauliflower with oil and place on a baking sheet and set aside.

Place the coconut, chili powder, salt, turmeric and cayenne in food processor and pulse until coconut is roughly chopped. Transfer coconut mixture to a large plate.

Dredge the chicken strips in the coconut mixture and place on a parchment-lined baking sheet. Place chicken and cauliflower in oven and bake for 25 to 30 minutes or until chicken is cooked through and to your desired crispiness.

Prepare your salad. Place the arugula, roasted cauliflower and red onion in a large mixing bowl. Drizzle the olive oil and lime juice over the salad and toss to combine. Season with salt and pepper. Place chicken on top and garnish with cilantro, avocado or sour cream.

Nutrition Facts: (serving size about 1/2 salad) **Calories:** 410 **Fat:** 35g **Protein:** 25g **Carb:** 15g **Fiber:** 7g

Keto Grilled Cheese

*Makes 1 servings

INGREDIENTS:

- 1 tablespoon grass-fed butter
- 2 slices Keto Bread
- Dash of smoked paprika
- 1/2 oz gouda, sliced
- 1/2 oz raw cheddar cheese, sliced
- 1/8 avocado, thinly sliced
- 1 tablespoon chopped fresh basil
- 1-2 tablespoons broccoli sprouts
- 1/4 cup sauerkraut

DIRECTIONS:

Heat a pan over medium heat. Butter one side of each slice of bread. Sprinkle smoked paprika on buttered surface. Place one slice of bread on heated pan, buttered side down.

Lay the cheese slices, avocado, basil and broccoli sprouts and top with the remaining slice of bread, buttered side up. Slightly lower heat and cook for a few minutes until golden brown, flip and repeat. Serve with sauerkraut and side salad.

Nutrition Facts: (serving size about 1 sandwich) Calories: 510 Fat: 46g Protein: 16g Carb: 13g Fiber: 6g

Keto Bread

*Makes 1 - 8x4 loaf

INGREDIENTS:

- 6 large eggs (ideally from pastured hens), separated
- 1/4 cup organic, grass-fed butter or ghee, melted
- 1 tablespoon Simply GOODFATS MCT Oil, plus extra for coating the pan
- 1 and 1/2 cups almond flour
- 1/4 cup coconut flour
- 3 teaspoons baking powder (must be aluminum free)
- 1 Pinch sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon monk fruit sweetener

DIRECTIONS:

Preheat oven to 375 degrees F.

Separate the egg whites from the yolks. In a food processor blend the egg yolks, half of the egg white mixture, melted butter, and MCT oil until smooth. Pulse in the almond flour, coconut flour, baking powder and salt until combined. The mixture will be thick.

Add the remaining egg whites and pulse until fully combined. Do not over-mix or bread texture will be tough. Pour mixture into an oiled 8 x 4 loaf pan. Bake for about 30 minutes. Test with a fork to see if the bread is cooked through. Cool on a wire rack for 5 to 10 minutes before slicing.

Nutrition Facts: (serving size about 1 slice) Calories: 110 Fat: 9g Protein: 4g Carb: 4g Fiber: 2g

Bison Stuffed Peppers

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 2 bell peppers, halved
- 1 teaspoon avocado oil
- 1 lb ground bison or grass-fed beef
- 1/2 small onion, cut in half and diced
- 2 cups riced broccoli florets
- 1/2 cup beef bone broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- Dash of red pepper flakes
- Fresh chopped parsley
- 1 avocado, diced

DIRECTIONS:

Preheat oven to 350 degrees F. Place peppers on a parchment-lined baking sheet. Drizzle peppers with oil and bake for 25 to 30 minutes. Remove from oven and set a half of bell pepper on each plate.

Place bison in a large skillet over medium heat. Cook until medium-rare or desired doneness.

Lower heat, add in riced broccoli, broth, dried herbs and seasonings. Stir to combine and cook until heated through and broccoli is fork-tender, about 5 to 6 minutes.

Divide bison among each pepper and spoon any leftovers on each plate. Sprinkle with chopped parsley and avocado. Serve with sauerkraut and a side salad.

Nutrition Facts: (serving size 1/2 pepper) Calories: 270 Fat: 12g Protein: 26g Carb: 9g Fiber: 4 g

Shrimp Scampi over Spinach and Dandelion Greens

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil
- 1/2 onion, finely chopped
- 2 stalks celery, finely chopped
- 4 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves, chopped
- 2 tablespoons fresh basil leaves, chopped
- 24 large wild shrimp, peeled, deveined and defrosted
- 4 tablespoons grass-fed butter
- 2 tablespoons heavy cream
- 1/4 cup parmesan cheese
- 1 pound fresh spinach
- 1 bunch dandelion greens, chopped

DIRECTIONS:

Heat a large skillet on medium-high heat, add olive oil. Add onions, celery and garlic and cook until onions and celery are soft and translucent, 5 to 10 minutes. Stir often so garlic doesn't burn. Add thyme and basil leaves and stir to combine for 1 minute. Move vegetables to the sides of the pan to make room for the shrimp.

Add shrimp to pan and cook for about 2 minutes or until they are pink. Depending on how big your pan is, you may need to cook shrimp in batches. Don't cook the shrimp all the way through. Remove shrimp and vegetables from pan and put on a plate to rest.

Return pan to burner and turn heat down to medium. Add spinach and dandelion, cook just until wilted, stir often. Remove from pan and set aside.

Return pan to burner and add butter, cream and cheese. Cook for a couple minutes for cheese to melt and sauce to thicken. Add shrimp and vegetables back to pan and cook for another 2 to 3 minutes. Don't overcook shrimp. Serve shrimp and cream sauce over cooked spinach and dandelion greens. Serve with a side salad.

Nutrition Facts: (serving size 1/4 Scampi & Greens) Calories: 330 Fat: 23g Protein: 13g Carb: 12g Fiber: 4 g

Poached Salmon with Greens Pesto and Steamed Asparagus

*Makes 4 servings

*Make enough for leftovers for lunch

INGREDIENTS:

- 1 lb Wild Alaskan salmon fillets, cut into four pieces
- Salt to season
- 1/2 cup dry white wine
- 1/2 cup water
- Fresh sprig of rosemary
- 3 sprigs of fresh dill
- Lemon wedges for garnish

DIRECTIONS:

Sprinkle the salmon with a little salt. Put the wine, water, rosemary and dill in a large sauté pan and bring to a simmer on medium heat. Place salmon fillets skin side down on the pan and cover.

Cook for about 5 to 10 minutes depending on the thickness of the fillet. It should be cooked through and flaked when it is done, don't overcook. Serve topped with Greens Pesto (recipe below) Steamed Asparagus (recipe below) and side salad.

Nutrition Facts: (serving size 1/4 pound salmon) Calories: 170 Fat: 7g Protein: 25g Carb: 0g Fiber: 0g

Steamed Asparagus

*Makes 2 to 4 servings

INGREDIENTS:

- 1 lb asparagus, trimmed
- 1 tablespoon olive oil
- Salt and pepper to taste
- Zest of 1 lemon

DIRECTIONS:

Place 1 inch of water into a large saucepan and place a steamer basket inside. Bring the water to a boil and lay the asparagus in the steamer.

Cover and steam until crisp-tender, about 4 to 5 minutes. Transfer asparagus to a serving dish and drizzle with oil, salt, pepper and lemon zest.

Nutrition Facts: (serving size 1/4 Asparagus) Calories: 60 Fat: 4g Protein: 2g Carb: 5g Fiber: 3g

Greens Pesto

*Makes about 1 cup

INGREDIENTS:

- 1 bunch parsley, ends trimmed, washed & dried
- 2 tablespoons fresh thyme leaves
- 2 teaspoons fresh rosemary leaves
- 4 garlic cloves, coarsely chopped
- 1/4 cup Simply GOODFATS MCT Oil
- 1/4 cup olive oil
- Juice of a lemon
- Dash of sea salt, more to taste

DIRECTIONS:

Combine all ingredients in food processor until smooth.

Nutrition Facts: (serving size 2 tablespoons pesto) Calories: 120 Fat: 14g Protein: 0g Carb: 1g Fiber: 0g

Nutrition Facts: (serving size 1 portion salmon, asparagus and pesto) Calories: 350 Fat: 25g Protein: 27g Carb: 6g Fiber: 7 g

MCT Guacamole

*Makes 2 to 4 servings

INGREDIENTS:

- 1 avocado, pitted and flesh scooped out
- 1 tablespoon Simply GOODFATS MCT oil
- 1 teaspoon apple cider vinegar
- 1 garlic clove, minced
- Pinch of salt, more to taste

DIRECTIONS:

Place avocado in a bowl and mash with a fork. Mix in oil, apple cider vinegar, garlic and salt until mixed to desired consistency.

Nutrition Facts: (serving size about 2 tablespoons) Calories: 90 Fat: 9g Protein: 1g Carb: 3g Fiber: 2g

Nutrition Facts: (Serving size 1/4 skillet with MCT Guacamole) Calories: 370 Fat: 23g Protein: 36g Carb: 8g Fiber: 4g

Southwest Turkey Skillet with MCT Guacamole

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 tablespoon avocado oil
- 1 shallot, diced
- 1 lb ground turkey (thigh meat preferred)
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 red bell pepper, de-seeded and diced
- 1 small can mild green chilies (4.5 ounces)
- 2 cups arugula
- 1/2 cup Monterey Jack cheese, shredded
- 1/2 cup cilantro, chopped
- 1/2 cup broccoli sprouts
- Lime wedges for garnish

DIRECTIONS:

Heat the oil in a large, heavy-bottom skillet on medium heat. Add the shallot and cook until soft and translucent, a few minutes. Add ground turkey, onion powder, dried oregano, smoked paprika, cumin and sauté until the meat has browned.

Add red bell pepper and continue to cook until the pepper has softened. Stir in the green chilis.

Mix in arugula and cook just until wilted. Sprinkle the shredded cheese on top and cook until the cheese has melted. Remove from the heat. Serve topped with cilantro, broccoli sprouts and garnish with fresh lime. Serve with MCT Guacamole (recipe below) on the side.

Nutrition Facts: (serving size 1/4 skillet) Calories: 280 Fat: 14g Protein: 35g Carb: 5g Fiber: 2g

Keto White Bolognese over Zoodles

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil
- 1 small red onion, finely chopped
- 2 stalks celery, chopped
- 2 garlic cloves, chopped
- 1 tablespoon fresh thyme
- 1/4 teaspoon dried oregano
- 1 teaspoon salt
- 1/2 teaspoon black pepper
- 1 red bell pepper, chopped
- 1 cup mushrooms, chopped
- 1/2 lb ground beef
- 1/2 lb ground pork
- 1 cup bone broth
- 3 ounces spinach
- 1/2 cup heavy cream
- 1/2 cup shredded parmesan cheese
- 1/4 cup chopped parsley
- 1/4 cup broccoli sprouts

DIRECTIONS:

Heat oil in a large skillet on medium-high heat. Add onion, celery and garlic and cook until onions and celery are translucent, about 5 to 10 minutes.

Add thyme, oregano, salt, pepper, red pepper and mushrooms and cook for another 5 to 7 minutes until vegetables start to soften.

Add beef and pork and break meat up, stirring to combine with vegetables. Cook until meat starts to brown.

Add bone broth and simmer for 10 minutes. When meat is cooked through add spinach, stir and cook just until wilted. Stir in heavy cream and cook just until heated. Serve topped with cheese, parsley and broccoli sprouts. Serve over Zoodles (recipe below) and with a side salad.

Zoodles

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil
- 4 garlic cloves, minced
- 2 cups kale, well chopped
- 2 medium zucchinis, cut into long noodle shape-strands (aka zoodles)

DIRECTIONS:

Heat oil in a skillet over medium heat, add garlic and heat until fragrant.

Sauté kale until it begins to wilt.

Add in zoodles until tender and liquid is absorbed, about 5 to 10 minutes.

Nutrition Facts: (serving size 1/4 Bolognese with zoodles) **Calories: 550 Fat: 44g Protein: 30g Carb: 9g Fiber: 3g**

Mediterranean Slow Cooker Chicken

*Makes 4 servings

INGREDIENTS:

- 1 lb boneless, skinless chicken breasts, each breast cut into 4 pieces
- 4 cups bone broth
- 1 zucchini, cut into 1/4 inch half moons
- 1 summer squash, cut into 1/4 inch half moons
- 1 medium onion, halved and sliced
- 2 stalks celery, chopped
- Zest and juice of 1 lemon
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon dried rosemary
- 1/2 teaspoon fennel seeds
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1/2 cup quartered black or green olives
- 1/4 cup parsley, chopped
- 1/4 cup olive oil

DIRECTIONS:

Combine chicken, bone broth, zucchini, squash, onion, celery, lemon juice and zest, thyme, marjoram, rosemary, fennel seeds, salt and pepper in a slow cooker. Cook on low for 4 hours. Stir in olives and cook for additional 30 minutes. Serve topped with parsley and serve with a Greek Salad.

Nutrition Facts: (serving size 1/4 chicken) Calories: 370 Fat: 21g Protein: 37g Carb: 8g Fiber: 3g

Keto BLT

*Makes 1 serving

INGREDIENTS:

- 2 pieces Keto Bread, toasted optional
- 1 tablespoon Avocado Mayo
- 2 tablespoons broccoli sprouts
- 1 large lettuce leaf, torn into pieces
- 1/4 avocado
- 2 pieces nitrate-free bacon
- 1 slice tomato
- 1/4 cup sauerkraut

DIRECTIONS:

Spread mayo on one side of each piece of bread. Layer broccoli sprouts, lettuce, avocado, bacon, tomato and top with other piece of bread. Serve with a side of sauerkraut and Cucumber Salad.

Nutrition Facts: (serving size 1 BLT) Calories: 450 Fat: 40 g Protein: 14g Carb: 15g Fiber: 7g

Beef Stroganoff over Cauliflower Rice

*Makes 4 servings

*Make enough for leftovers for lunch.

INGREDIENTS:

- 1 lb beef chuck
- 1/2 teaspoon salt
- Pepper to taste
- 1 tablespoon olive oil
- 1 tablespoon grass-fed butter
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 6 ounces mushrooms, sliced
- 1 teaspoon fresh thyme
- 1/2 teaspoon onion powder
- 2 cups bone broth
- 1/2 cup full-fat sour cream
- 1/4 cup heavy cream
- 1/2 cup fresh parsley, chopped

DIRECTIONS:

Cut the beef into long strips and season with salt and pepper.

Over medium-high heat, heat oil in a Dutch oven or large heavy saucepan. Add beef and brown in batches. Remove from pan and set aside.

Add butter to pan and sauté onions for 5 minutes until soft and translucent. Add garlic, mushrooms, thyme and onion powder.

Add beef back to the pot and add stock or broth.

Cover and cook until the beef is fork tender and the liquid has reduced by half or more.

Add sour cream and heavy cream, mix well. Turn off heat.

Garnish with parsley and serve with Cauliflower Rice (recipe below) and a side salad.

Nutrition Facts: (serving size 1 BLT) Calories: 450 Fat: 40 g Protein: 14g Carb: 15g Fiber: 7g

Cauliflower Rice

*Makes 4 servings

INGREDIENTS:

- 1 head of cauliflower, cut into chunks
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS:

Place cauliflower in a food processor and pulse until all the pieces are broken down into rice-size pieces. Heat oil in a large skillet over medium heat, add cauliflower. Cover and cook until heated through, about 3 to 5 minutes. Remove lid and fluff with a fork, season with salt and pepper.

Nutrition Facts: (serving size 1/4 Rice) Calories: 110 Fat: 8 g Protein: 4g Carb: 10g Fiber: 4g

Asian Shiitake Chicken Soup

*Makes 4 servings

*Make extra to have for tomorrow's lunch

INGREDIENTS:

- 1 tablespoon avocado oil
- 1 small onion, diced
- 1 celery stalk, diced
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper
- 2 garlic cloves, minced
- 10 ounces shiitake mushrooms, sliced
- 6 cups bone broth
- 1 tablespoon coconut aminos
- 1 tablespoon rice vinegar
- 2 boneless, skinless chicken breasts, cooked & shredded
- 3 cups spinach
- 2 tablespoons miso paste
- 1/2 cup fresh cilantro leaves, chopped
- 1/2 cup broccoli sprouts

DIRECTIONS:

Heat a large pot over medium heat and oil. Stir in onions, celery, salt and pepper and cook until soft, about 5 minutes

Add the garlic and mushrooms and cook until the mushrooms become soft, about 5 minutes.

Add the broth and bring to a boil. Reduce to a simmer and cook for 10 minutes. Add the coconut aminos and rice vinegar.

Stir in the chicken and spinach, and cook until wilted.

Remove from heat. In a small bowl remove 1/2 cup of the liquid and mix with the miso paste until dissolved. Add miso back into soup pot. Serve garnished with cilantro and broccoli sprouts and a side salad.

Nutrition Facts: (serving size 1/4 Soup) Calories: 230 Fat: 6 g Protein: 30g Carb: 13g Fiber: 3g

Cauli Mac 'N Cheese

*Makes 4 to 6 servings

*Make extra for tomorrow's lunch

INGREDIENTS:

- 8-10 pieces of nitrate-free bacon
- 2 pounds cauliflower florets
- 1/2 cup heavy cream
- 1/2 cup milk
- 2 tablespoons ghee or avocado oil
- 10 ounces cheddar cheese, shredded, divided
- 3 ounces full-fat ricotta cheese
- 1 teaspoon Dijon mustard
- 1 teaspoon turmeric, ground
- 1/8 teaspoon white pepper
- Salt, to taste

DIRECTIONS:

Heat a large skillet on medium low. Cook the bacon on both sides until cooked throughout, don't overcook. Set aside on paper towel or a paper bag to absorb the grease. Chop into 1/2 inch pieces once cool.

If you are using frozen cauliflower, make sure the florets are thawed before continuing. In a large saucepan, add in the milk and heavy cream until it simmers. Add in 8 ounces of the cheddar cheese, ricotta and oil.

Once the cheese has melted, remove from the heat and add in the Dijon mustard, turmeric, white pepper and salt. Add in the cauliflower and return to the heat and toss to coat. Once the cauliflower is warmed through, sprinkle the remaining 2 ounces of cheddar cheese over the top. Stir in the bacon and serve hot. Serve with Steamed Green Beans and a side salad.

Nutrition Facts: (serving size 1/6 Mac & Cheese) Calories: 420 Fat: 34 g Protein: 19g Carb: 11g Fiber: 3g

Turkey Meatballs over Sauteed Cabbage and Mushroom Cream Sauce

*Makes 4 servings

*Make enough for tomorrow's lunch.

INGREDIENTS:

- 1 tablespoons coconut oil or avocado oil
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- 1/2 cup mushrooms, finely chopped
- 1/4 cup fresh parsley, chopped
- 1/2 teaspoon white pepper
- 1/2 teaspoon salt
- 1 tablespoon coconut aminos
- 1 egg, beaten
- 1/4 cup almond flour
- 1 lb ground turkey

DIRECTIONS:

Preheat the oven to 400 degrees F. Heat a large skillet on medium heat and add the oil. Add the onion and cook until translucent, about 5 minutes. Add the celery and mushrooms and cook for another 5 minutes, just until they soften.

Transfer the onion mixture to a large bowl. Add the parsley, pepper, salt, coconut aminos, egg, almond flour and ground turkey. Mix well with clean hands until all the ingredients are incorporated.

Form into 2-inch balls and place on a baking sheet. Bake 20 to 25 minutes, until browned and cooked all the way through. Serve over sautéed cabbage with Mushroom Cream Sauce (recipe below) and a side salad.

Nutrition Facts: (serving size 1/4 Meatballs) Calories: 220 Fat: 9 g Protein: 31g Carb: 5g Fiber: 1 g

Mushroom Cream Sauce

*Makes 6 to 8 servings

INGREDIENTS:

- 2 tablespoons grass-fed butter
- 1 small shallot, finely chopped
- 1 teaspoon fresh thyme or 1/2 teaspoon dried
- 14 ounces of mushrooms, sliced
- 1/4 cup dry white wine
- 1 cup cream
- Salt and pepper to taste

DIRECTIONS:

Heat a sauté pan over medium heat. Add butter and shallots and cook for a few minutes until they turn translucent and soft. Mix in the thyme.

Slightly increase the heat and add the mushrooms. Cook until they have become soft and brown, stirring occasionally.

Remove from heat to add the wine and then return the pan to cook off the alcohol. Cook until most of the liquid has evaporated.

Add the cream and bring to a simmer. Reduce the heat to low. Allow to simmer until the sauce has slightly thickened.

Nutrition Facts: (serving size about 1/3 cup sauce) Calories: 150 Fat: 15 g Protein: 1g Carb: 4 g Fiber: 1 g

Sauteed Cabbage

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons grass-fed butter or olive oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 small head of cabbage, core removed or 4 cups, shredded
- 1 teaspoon salt
- Dash of pepper

DIRECTIONS:

Heat a large sauté pan over medium-high heat. Add the butter and onions. Cook for about 5 minutes until onions are soft and translucent.

Add garlic, cabbage, salt and pepper and sauté for 10 to 15 minutes, until the cabbage is tender, stir occasionally.

Nutrition Facts: (serving size 1/4 cabbage) Calories: 80 Fat: 6 g Protein: 1 g Carb: 6 g Fiber: 2 g

Nutrition Facts: (serving size 1 portion of) Calories: 450 Fat: 30 g Protein: 33g Carb: 15g Fiber: 4 g

Beef Stew

*Makes 4 servings

*Make enough for tomorrow's lunch

INGREDIENTS:

- 2 tablespoons avocado oil
- 1 1/2 pounds boneless chuck steak, cut into 2-inch pieces
- 1 1/2 teaspoons salt
- 1/2 teaspoon black pepper
- 1 medium onion, diced
- 2 celery stalks, chopped in large chunks
- 6 cloves garlic, minced
- 1/2 teaspoon dried oregano
- 1/2 teaspoon ground cumin
- 1 teaspoon turmeric
- 1 28-ounce can crushed tomatoes
- 1 cup beef broth
- 1/2 cup chopped green olives
- 1/4 cup capers, drained

DIRECTIONS:

Preheat oven to 300 degrees F.

In a large Dutch oven, heat oil over medium-high heat.

Season chuck with salt and pepper. Sear until nicely browned on all sides, approximately 1 minutes per side.

Add onions, celery, garlic, oregano, cumin, turmeric, tomatoes and bone broth. Cover with a lid and braise in the oven until the meat is fork tender, about 1 and a half hours. Remove from oven, fold in olives and capers.

Serve with side salad.

Nutrition Facts: (serving size 1/4 Stew) Calories: 530 Fat: 38 g Protein: 36g Carb: 15 g Fiber: 3 g

Baked Lemon Coconut Chicken Thighs

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 lb chicken thighs, skin on (4, 4-ounce chicken thighs)
- 1 small onion, cut in half and sliced
- 1 can full-fat coconut milk
- Juice of 1/2 lemon
- Zest of 1 lemon
- 1/2 teaspoon salt
- Dash of black pepper

DIRECTIONS:

Preheat oven to 350 degrees F. Place chicken, onions, coconut milk, lemon juice, zest, salt and pepper in baking dish. Bake for 45 to 55 minutes, until chicken starts to turn golden and is cooked throughout. Occasionally spoon coconut milk over the top of chicken thighs to ensure onions and lemon zest do not burn. Serve with Roasted Thyme Broccoli and a side salad.

Nutrition Facts: (serving size 1/4 Chicken) Calories: 460 Fat: 38 g Protein: 21g Carb: 8 g Fiber: 0 g

Roasted Thyme Broccoli

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 1/2 heads broccoli, cut into small florets
- 2 tablespoons avocado oil
- 1 teaspoon fresh thyme, or 1/2 teaspoon dried
- 1/4 teaspoon salt

DIRECTIONS:

Preheat oven to 350 degrees F. Toss broccoli with oil, thyme and salt. Cook for about 25 to 30 minutes until broccoli is tender, stir occasionally.

Nutrition Facts: (serving size 1/4 Broccoli) Calories: 80 Fat: 7 g Protein: 2 g Carb: 4 g Fiber: 2 g

Wild Salmon with Mixed Herb Butter

*Makes 4 servings

INGREDIENTS:

- 4 4 to 6-ounce salmon fillets
- 2 tablespoons butter
- 1 lemon, halved
- 2 teaspoon fresh thyme or 1/2 teaspoon dried
- 2 teaspoon fresh dill or 1/2 teaspoon dried
- 2 garlic cloves, minced
- Salt and pepper to taste

DIRECTIONS:

Heat broiler to high.

Cover baking sheet or cookie rack with aluminum foil. Place salmon on foil. Place a teaspoon of butter on top of each fillet. Squeeze lemon over all four fillets. Sprinkle with thyme, dill, garlic, salt and pepper and place in broiler 6 inches from heat source.

Broil approximately 5 minutes or until level of doneness is reached, being careful not to burn garlic. Top fish with remaining butter and allow to fully melt. Serve warm with Radicchio and Butter Lettuce Salad.

Nutrition Facts: (serving size 4 ounces Salmon) Calories: 220 Fat: 13 g Protein: 25 g Carb: 1 g Fiber: 0 g

Radicchio and Butter Lettuce Salad

*Makes 4 servings

INGREDIENTS:

- 1 head of butter lettuce, chopped
- 1 cup radicchio, thinly sliced
- 2 tablespoons fresh basil, chopped
- 2 tablespoons olive oil
- 2 teaspoon lemon juice
- Salt and pepper to taste

DIRECTIONS:

Place lettuce, radicchio and basil in a bowl. Toss with oil, lemon juice, salt and pepper.

Nutrition Facts: (serving size 1/4 salad) Calories: 70 Fat: 7 g Protein: 1 g Carb: 1 g Fiber: 0 g

Massaged Kale Salad

*Makes 4 servings

*Make extra to have for lunch

INGREDIENTS:

- 10 ounces Lacinato kale, shredded and de-stemmed
- 1 teaspoon sea salt
- 1/4 cup finely diced red onion
- 1/4 cup walnuts, chopped
- 1/4 cup hemp seeds
- 1 cup broccoli sprouts
- 2 tablespoons apple cider vinegar
- 1/4 cup extra virgin olive oil
- 4 ounces feta or goat cheese (optional)
- 1 avocado, cut in slices

DIRECTIONS:

Place the kale and salt in a large mixing bowl. Massage the kale for about 5 minutes or until kale softens and becomes dehydrated (it will appear like it was steamed).

Add the onion, walnuts, seeds, sprouts and combine. Drizzle the vinegar and olive oil on the salad and toss salad. Top with feta and avocado slices and optional apple.

Nutrition Facts: (serving size 1/4 salad without cheese) Calories: 320 Fat: 28 g Protein: 13 g Carb: 12 g Fiber: 5 g

Greek Salad

*Makes 4 servings

INGREDIENTS:

- 1 head romaine lettuce, chopped
- 1/2 small red onion, thinly sliced
- 1 cup pitted black or green olives, cut in half
- 1 green pepper, chopped
- 1 cup artichoke hearts, chopped (frozen or canned)
- 1 tomato, chopped
- 1 cucumber, sliced into half moons
- 1 cup full fat feta cheese, crumbled
- 1/4 cup parsley, chopped
- 1/4 cup broccoli sprouts
- 4 tablespoons olive oil
- 1 teaspoon dried oregano
- Juice of 1/2 lemon, more to taste
- Salt and pepper to taste

DIRECTIONS:

In a large bowl, combine lettuce, onion, olives, pepper, artichoke hearts, tomato, cucumber, feta cheese, parsley and broccoli sprouts.

Whisk together olive oil, oregano and lemon juice. Pour over salad, toss and season with salt and pepper.

Nutrition Facts: (serving size 1/4 salad) Calories: 410 Fat: 31 g Protein: 14 g Carb: 21 g Fiber: 4 g

Cucumber Salad

*Makes 2 servings

INGREDIENTS:

- 3 tablespoons olive oil
- 2 tablespoons lemon juice
- 2 cucumbers, sliced
- 2 cups shredded red cabbage
- 1 1/2 cups arugula
- 1/4 cup chopped fresh dill
- 1/2 avocado, sliced

DIRECTIONS:

In a medium bowl, combine lemon juice and oil, and whisk well.

Add cucumbers, cabbage, arugula and dill, toss to coat. Add sliced avocado on top.

Nutrition Facts: (serving size 1/2 salad) Calories: 260 Fat: 24 g Protein: 5 g Carb: 13 g Fiber: 6 g

Fresh Herb Salad

*Makes 2 servings

INGREDIENTS:

- 4 cups mixed greens
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons cilantro, chopped
- 2 ounces feta cheese, cubed (optional)
- 3 tablespoons olive oil
- 2 teaspoons lime juice
- Salt and pepper to taste

DIRECTIONS:

Mix salad greens, dill, basil, cilantro and optional feta in a bowl. Toss with oil, lime juice, salt and pepper.

Nutrition Facts: (serving size 1/2 salad) Calories: 260 Fat: 26 g Protein: 7 g Carb: 5 g Fiber: 0

Green Kefir Dressing

*Makes about 2 cups

INGREDIENTS:

- 2 cups kefir
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- 1/2 teaspoon salt, more to taste
- Dash of black pepper
- 1 teaspoon ground cumin (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.

Nutrition Facts: (serving size 1/4 dressing) Calories: 80 Fat: 5 g Protein: 5 g Carb: 6 g Fiber: 0

Herbed Dressing

*Makes about 1 cup

INGREDIENTS:

- 1/4 cup extra virgin olive oil
- 2 tablespoons Simply GOODFATS MCT Oil (optional, or increase olive oil by 2 tablespoons)
- 2 tablespoons tahini paste or almond butter
- 1 tablespoon Dijon mustard
- 2 cloves garlic, finely minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh or 2 teaspoons dried herbs of choice (basil, parsley, cilantro, dill, tarragon, rosemary etc.)
- 1/2 teaspoon turmeric
- Salt to taste

* OPTIONAL: 1/4 cup Avocado Mayo if you desire a creamier texture.

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.

Nutrition Facts: (serving size 2 tablespoons) Calories: 160 Fat: 17 g Protein: 1 g Carb: 2 g Fiber: 0

Easy Crockpot Bone Broth

INGREDIENTS:

- Bones from 1 small organic chicken or the whole chicken
- 2 carrots, coarsely chopped
- 2 celery, coarsely chopped
- 1 small onion, coarsely chopped (can leave unpeeled)
- 2 garlic cloves (can leave unpeeled and whole)
- 1 tablespoon apple cider vinegar
- Filtered water, enough to cover chicken and vegetables

DIRECTIONS:

Place chicken in a large (6 quart) crock pot.* Add carrots, celery, onion, garlic and apple cider vinegar. Fill crock pot with enough water to cover chicken and vegetables, leave 1 to 2 inches of space at the top so the broth doesn't overflow.

Cook on low throughout the day for about 8 hours.

Turn heat off and when cool enough, strain broth and store in the fridge or freezer.

*If you only have a smaller crockpot, you can use chicken pieces or just the bones of a cooked chicken.

Nutrition Facts: (serving size 1 cup) Calories: 30 Fat: 2 g Protein: 7 g Carb: 2 g Fiber: 0

Smoked Salmon Basil Bombs

*Makes 12

INGREDIENTS:

- 10 ounces plain goat cheese
- 1 tablespoon olive oil
- 1/4 cup fresh chopped basil leaves (about 15 large leaves)
- 1 tablespoon fresh chopped dill
- 1/2 teaspoon lemon juice
- 2 ounces wild, cold smoked salmon, torn or cut into small pieces
- 1 teaspoon capers or 1 tablespoon Kalamata olives (optional)

DIRECTIONS:

In a medium sized bowl, combine the goat cheese, oil, basil, dill and lemon juice with a fork. Add the salmon and optional capers or olives, mix to combine.

With a spoon, scoop about 1 to 1 1/2 tablespoons and roll into a ball. Place on a parchment lined plate or tray and refrigerate for 1 to 2 hours until firm. Repeat until all the mixture is used.

Store in a covered container in refrigerator for up to one week. Best enjoyed cold as fat bombs soften at room temperature.

Nutrition Facts: (serving size 1 Bomb) Calories: 70 Fat: 6 g Protein: 4 g Carb: 1 g Fiber: 0

Cacao Lime Fat Bombs

*Makes 16 fat bombs

INGREDIENTS:

- Unsweetened, finely shredded coconut flakes
- 3/4 cup macadamia nuts
- 1 cup coconut butter*
- 1/2 cup coconut oil*
- Zest of one lime, or more to taste
- 2 tablespoons cacao powder
- 1 teaspoon Ceylon cinnamon
- 1 teaspoon monk fruit (optional)

DIRECTIONS:

Place shredded coconut on a plate and set aside.

Pulse macadamia nuts in a food processor until coarsely chopped. Add coconut butter, oil, lime zest, cacao, cinnamon and optional monk fruit and blend until smooth.

Cool the mixture in the refrigerator for 30 minutes, or until it thickens.

With a spoon, take about 2 tablespoons of the mixture and form into a ball. Roll in coconut flakes. Chill in the refrigerator in a covered glass container, best enjoyed cold.

*If necessary, soften coconut butter and coconut oil by melting on low heat for 1 minute, to make processing easier.

Nutrition Facts: (serving size 1 Bomb) Calories: 210 Fat: 20 g Protein: 2 g Carb: 4 g Fiber: 1

Keto Oreo

*Makes about 34 cookies

INGREDIENTS for Cookies:

- 2 cups almond flour
- 1/4 cup ground flaxseed
- 3 tablespoons coconut flour
- 4 tablespoons cacao powder
- 1 teaspoon baking powder
- 1/2 teaspoon xanthan gum or arrowroot
- 1/4 teaspoon salt
- 1/4 cup Simply GOODFATS Coconut Oil, softened
- 1/4 cup grass-fed butter, softened
- 2 teaspoons monk fruit
- 1 egg
- 1 teaspoon vanilla extract

INGREDIENTS for Filling:

- 4 ounces cream cheese, softened
- 2 tablespoons grass-fed butter or Simply GOODFATS Coconut Oil
- 1/2 teaspoon vanilla extract
- 2 teaspoons monk fruit

DIRECTIONS:

Preheat oven to 350 degrees F. In a bowl, mix together almond flour, flax seeds, coconut flour, cacao powder, baking powder, xanthan gum and salt.

In a separate bowl cream together the coconut oil, butter and monk fruit. Add egg and vanilla and mix until thoroughly combined. Add the dry ingredients and mix until combined.

Roll out dough between two sheets of waxed paper until it's about 1/8 inch thick. Using a circle cookie cutter, cut out as many cookies as you can and place them on a parchment-lined cookie sheet.

Bake cookies for 12 minutes. Let them cool before filling.

In a food processor, cream together the cream cheese, butter or oil, vanilla extract and monk fruit.

Spread filling on one side of the cookie and cover with a cookie top. Repeat until you run out.

Nutrition Facts: (serving size 1 Oreo) **Calories:** 200 **Fat:** 17 g **Protein:** 5 g **Carb:** 5 g **Fiber:** 3

Lemon Bergamot Fat Bombs

*Makes approximately 30 fat bombs, depending on size

INGREDIENTS:

- 2 lemons
- 1/4 cup cashew butter
- 1/2 cup Simply GOODFATS Coconut Oil, melted
- 1 cup coconut butter, softened
- 1/4 cup shredded coconut
- 1 teaspoon lemon extract
- 1/2 teaspoon bergamot extract
- 1 tablespoon monk fruit sweetener (optional)

DIRECTIONS:

Line a mini cupcake tin with paper cups and set aside. Zest the lemons and then cut and juice both lemons. In a bowl of an electric mixer or food processor, combine all ingredients and mix until uniform. Using a tablespoon, fill each muffin paper with the mixture and refrigerate the tray for at least 60 minutes. Since coconut oil and butter can become soft at room temperature, keep the fat bombs refrigerated or in the freezer.

Nutrition Facts: (serving size 1 Bomb) Calories: 110 Fat: 10 g Protein: 1 g Carb: 3 g Fiber: 0

Cacao Almond Butter Bombs

*Makes 16 fat bombs

INGREDIENTS:

- 1/2 cup Simply GOODFATS Coconut Oil, melted
- 1/2 cup cacao powder
- 1/4 cup almond butter
- 1/4 cup coconut butter, softened
- 1/2 teaspoon monk fruit
- Pinch sea salt
- 1/4 cup macadamia nuts, coarsely ground

DIRECTIONS:

Mix together the coconut oil, cacao powder, almond butter, coconut butter, monk fruit and salt until well combined.

Spoon about 1/2 tablespoon of the mixture into 16 paper muffin cups. Refrigerate or freeze until hardened. Store in fridge.

Nutrition Facts: (serving size 1 Bomb) Calories: 140 Fat: 13 g Protein: 2 g Carb: 3 g Fiber: 1

Jalapeno Lime Fat Bombs

*Makes 8 fat bombs

INGREDIENTS:

- 4 ounces goat cheese at room temperature
- 1/4 cup grass-fed butter at room temperature
- 1 garlic clove, minced
- 1/2 teaspoon coconut aminos
- 2 tablespoons parmesan cheese, shredded
- 2 tablespoons cheddar cheese, shredded
- 1/2-1 jalapeno, halved, seeded and finely chopped*
- 4 slices antibiotic and nitrate-free bacon, finely chopped
- Zest of 1 lime

DIRECTIONS:

Mash together the goat cheese and butter with a fork or a food processor until smooth. Mix in the garlic, coconut aminos, cheeses, jalapeno, bacon and lime zest.

Divide mixture into 8 fat bombs, rolling to form a ball. Store in the refrigerator.

*Wash hands with hot soapy water immediately after handling jalapeno, the juice can sting.

Nutrition Facts: (serving size 1 Bomb) Calories: 120 Fat: 11 g Protein: 4 g Carb: 1 g Fiber: 0

30 DAY
KETO
REVOLUTION
with Naomi Whittel

Intuitive Keto

WEEKS
3&4

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Now that you have spent two weeks following a Traditional Keto plan, tracking your macronutrients and perhaps even your ketones, it is time to break the rules and make your keto diet really personalized for your own body and health goals. I am a true believer in both the power of ketosis and the idea that every person is biochemically unique. Biochemical individuality refers to the notion that there is no one-size-fits-all approach when it comes to diet and exercise. For this reason, I have outlined a second approach to keto during Weeks 3&4, and I want you to experiment and decide which is best for your body at this moment in time. Our theme for the rest of the challenge is “there is no one right way to keto.” Taking that a step further, the right way to keto today might not be the right way tomorrow, depending on the many factors including stress, hormones, sleep quality, illness, inflammation etc.

With that in mind, please consider how you are doing right now and if you'd like to continue with the Traditional Keto Plan for the remaining two weeks because it is working and feels right for your body at this time, please do. If you feel your keto diet needs some tweaking or you want to move away from tracking macronutrients and ketones and use your body's wisdom as your guide, Intuitive Keto may be right for you. There is no right or wrong way – only the right way for your body.

Intuitive Keto

The Intuitive Keto Plan is a modified keto version that allows for a little more flexibility and the opportunity to allow your body to be your guide. Instead of focusing on exact macronutrient quantities and ratios, you will assemble your plate in a specific way that makes sense to you but is still on the low-carb spectrum and resembles the Traditional Keto Plan.

If you already know what plan your intuition is calling for, please follow that. If you need help deciding whether to continue with the Traditional Keto Plan or Intuitive Keto Plan, use this chart for some guidance.

PLAN	WHO IT'S BEST FOR	YOUR PLATE	HOW TO TRACK
Traditional Keto	<p>Still working toward fat-adaption</p> <p>Those with insulin resistance and other metabolic conditions such as pre-diabetes</p> <p>Pre and post-menopausal women</p> <p>No thyroid or adrenal issues</p> <p>No major health issues</p>	<p>75% fat, 20% protein, 5% carbs</p>	<p>Track all macros by recording everything you eat (app recommendations in Week 1&2 Guide)</p> <p>OR follow the provided meal plan in the Week 1&2 Workbook</p>
Intuitive Keto	<p>Adrenal and major digestive issues</p> <p>Recovering from an illness</p> <p>Going through a highly stressful period</p> <p>History of an eating disorder</p> <p>Haven't felt well on a highly restricted, low-carb diet previously</p>	<p>Slight variations depending on your body's specific needs</p> <p>At least half consisting of non-starchy vegetables</p> <p>1 serving protein (3 to 6 ounces)</p> <p>Plenty of healthy fat</p> <p>Optional serving of complex carb at night, starting with 1/3 cup in the form of starchy vegetable, whole grain, legume or fruit</p>	<p>On the Intuitive Keto Plan, tracking your macronutrients is not necessary.</p>

Just as the name suggests, the Intuitive Plan encourages you to have more flexibility with the ratios of macronutrients in your meals based on your individual biochemical needs. If you're a woman who is still menstruating, it's especially important to pay attention to all the signs your body gives you throughout the month, to honor what you are needing based on what your hormones are doing. I didn't create a meal plan for the Intuitive Plan because it would be different for everyone. Trust yourself, get curious and don't hesitate to playing around. This truly is the only way to find out what works best for your body.

An Important Note On Protein and Carbs

While many of you will get your protein from sources such as eggs, meat, seafood and dairy, those who avoid animal products can easily replace these with nuts, seeds, tempeh, tofu and other plant-based sources. Before jumping to the conclusion that you need more protein, be sure first and foremost that you are spacing out your protein throughout the day and getting plenty of fat. If you're under-eating fat, it can be easy to overeat other macronutrients (protein and carbs), which can easily keep you from entering a state of ketosis and fat-adaption.

Here are some signs you might need to increase protein:

- You're always hungry
- You feel lethargic even after a quality night's sleep
- You do heavy weightlifting
- You're only eating plant-based protein
- You feel intense cravings for meat
- You're under a lot of stress, recovering from an injury or surgery
- You experience a lot of bloating

Another possibility is that your protein intake is perfectly fine, but you might need to increase carbohydrates:

- You begin experiencing insomnia
- Your hair falls out
- If you are a woman, your period stops
- You feel constantly irritable and cranky
- You are constipated
- You are in a period of heightened stress

Now, all of the following signs and symptoms do not necessarily mean that you need to increase protein or carbohydrates, but they are cues from your body that something needs adjusting. Experimentation with macronutrient breakdown can be a trial and error process as you find what works best for you.

Now for the most important note of all: if you increase protein and/or carbohydrates, you must decrease your fat intake.

This is especially true if you are looking to lose weight. It also applies to the other benefits of being fat- adapted, which is when your body goes into repair mode, cleaning up old proteins and cellular waste that is draining your energy. If you eat a high-fat diet with high amounts of carbs and/or protein, you'll miss out on the benefits of ketosis and you'll store energy in the form of body fat.

If you are someone who is better suited for The Intuitive Plan, you'll be paying close attention to signs from your body to determine how much carb and protein you need. It's not an exact science, so I encourage you to trust your gut and be willing to experiment, letting how you feel be the benchmark for how it's working for you. Keep these tips in mind:

- If you feel you need more protein at meals, then add an additional ounce to The Traditional Meal Plan recipe. Reduce the amount of fat by 1 to 2 tablespoons.
- If you feel you need more carbs, start with 1/3 cup carb with your evening meal. If you still feel you need more, slowly experiment with adding more, up to 1 cup (do this over several meals so you can accurately gauge how you're responding to the additional carbs). Keep in mind though, it's best to keep it at 1/3 cup carb to stay on track for teaching your body to becoming fat-adapted. Reduce the amount of fat by 1 to 2 tablespoons depending on how much carbohydrate you choose to include.

Variety is Key

Even though Intuitive Keto is still a high-fat plan, it's also important to get a variety of fats into your diet. The three types of fats – polyunsaturated, monounsaturated and saturated all play important roles in the integrity of your cell membranes, hormonal health, and fuel needs. Eating a variety of different fats within each category is important as each fat contributes different polyphenols and antioxidant properties. Include a variety of fats* such as these:

- Omega-3 fatty acids from wild salmon and seafood, egg yolks, greens, nuts and seeds
- Omega-6 fatty acids from nuts and seeds
- Monounsaturated fatty acids from olives and olive oil, avocado and avocado oils, macadamia nuts, sesame seeds and almonds
- Saturated fatty acids from coconut oil, animal products such as grass-fed butter and ghee, red meat and poultry.

***Note:** very few fats contain only one type of fat (polyunsaturated, monounsaturated, saturated). Nature loves diversity and will often include all three in one, although it may have a higher percentage of one over the other two. Remember to Eat Your Vegetables

It's not uncommon to see ketogenic diets that are full of lard, bacon and cheese, neglecting vegetables because they contain carbohydrates. While these high-fat animal foods (as long as they are high quality and organic) contain an abundance of healthy nutrients, it's important to maintain a real whole foods diet that is rich in a variety of nutrients, vitamins, minerals and polyphenols to reduce inflammation — the driver of all chronic disease and weight gain. Remember, with ketosis or becoming fat-adapted, we are doing so much more than just shooting for a number (like ketone levels or macros).

When there is chronic inflammation in the body, it doesn't matter how well we adhere to our macros, we're not going to feel well. Done within the context of a whole foods diet, the ketogenic diet can be one of the healthiest ways to support your body — whether your goals are to be healthy and avoid chronic inflammatory diseases, to manage your weight, or to have the calm, clear and focused mind that burning fat brings you. If you forget the emphasis on vegetables and polyphenol rich foods, however, the ketogenic diet won't live up to its full potential.

How to Build the Intuitive Keto Plate

Since there is no one way to keto, your perfect keto plate will look slightly different depending on personalized needs or preferences.

If you are continuing with the Traditional Keto Plan, continue to follow the guidelines from your Week 1&2 Guide. However, if you are increasing carbs and/or protein, your fat ratio will also need to be adjusted. Here I've provided some examples of how your macronutrient split might look depending on common caloric intakes on the traditional keto plan:

Intuitive Plan:

While counting macros is not necessary on the Intuitive Keto Plan, you can imagine your plates looking something like this:

Breakfast Plate: 80% Fat, 20% Protein, negligible carbs (think fat-based smoothies, eggs, bacon, sausage etc.)

Lunch Plate: 50% non-starchy carbs, 20% protein (roughly 2 to 3 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)

Dinner Plate:

Option A: Increased Carbs: 50% non-starchy carbs, 20% protein (roughly 3 to 4 ounces), 2 to 3 tablespoons fat (depending on how fatty the protein source is), 1/3 cup starch

Option B: Increased Protein: 50% non-starchy carbs, 30% protein (roughly 4 to 6 ounces), 2 to 3 tablespoons fat (depending on how fatty the protein source is)

Snacks: 80 to 100% fat

More Tips and Strategies for Intuitive Keto

Fats First, Carbs Last

If you are experimenting with adding some carbohydrates to your plan, you'll want to follow my golden rule of Fats First, Carbs Last. To maintain and prolong your fat-burning capacity, you will keep your carb intake to one portion of starch, grains, legumes, or fruit and consume it in the evenings. Carbohydrates are better tolerated at the end of the day due to cortisol. Cortisol levels are high in the morning which is not an opportune time for added stress from a glucose overload. Additionally, we can capitalize on the overnight fast by consuming a fat-fueled breakfast which extends the fast. Eating healthy fats in the morning results in improved metabolic profiles that include regulated blood sugar levels, lowered body fat, improved cardiac health, increased energy, improved sleep, and fewer cravings. Enjoying a serving of carbohydrates in the evening also promotes restful sleep and helps the body undergo its normal healing and repair process throughout the night. Research shows that our bodies actually prefer glucose in the middle of the night; if we enjoy carbohydrates with the evening meal, it may be more efficiently assimilated and utilized than first thing in the morning.

Increasing your Fats

You may have been wired to be mindful of your fat intake, and it can be difficult to initially change that mindset completely. Know that healthy fats are the most important foods to incorporate and can help you transition into ketosis if you are still working at getting there. Here are a couple of ways to boost your intake:

- Add more high-quality oils, avocado, and nuts to your salad.
- Cook greens with healthy fats such as avocado oil, coconut oil, or ghee
- Dip your veggies in a healthy pesto or guacamole
- Make good fats the center of your meal for breakfast, like avocado with eggs
- Include the skins on your chicken or turkey in your diet
- Add fats like MCT oil or ghee to your morning tea or coffee
- Consume whole-fat dairy or cream (if tolerated)

Snacks

Snacks are a modern-day invention to balance blood sugars. But each time you snack, you release insulin as a response to the addition of glucose in the blood. A main objective in becoming a fat-burner is to maintain low levels of insulin. Therefore, avoid snacks if you can. It is fine to have larger meals if it helps you to go longer periods of time without eating. If you need to have a snack, choose a fat-based snack (like a handful of macadamia nuts or olives) since it won't trigger insulin.

The Role of Spices, Herbs, and Sprouts

The secret to a healthy life is within these ingredients! Spices and herbs are full of beneficial nutrients that can boost your health. Besides adding plenty of flavor, color and aroma to your meals, the actual dose of medicinal constituents is exquisitely high; this makes them your ideal dietary tool for healing and vitality. Sprouted foods are also potent forms of seeds. They are easier to digest, and their nutrients are more freely bioavailable. Sprouted vegetables (especially broccoli), nuts, seeds, and legumes are perfect toppings for salads or veggie dishes. I actually make salads mostly from herbs and sprouts instead of from lettuce. It's a great health hack to incorporate more polyphenols and essential nutrients into your diet.

After reading this, I want you to feel confident and excited about what's to come. I want you to know that whether you test or don't test, track or don't track and whatever other personalizations you decide to make, you are taking incredible steps toward becoming a fat-burning machine. And by now you know that burning fat for fuel is not just beneficial for body composition, but for increased vitality, longevity and wellness.

Reading Your Body's Cues

Because you'll be monitoring how you feel in order to determine how often you'll be including carbohydrates at dinnertime, look for these signs to guide you:

- Pay attention to things such as your sleep, mood and energy levels. If you're having trouble sleeping, if you're feeling headachy, irritable or fatigued, consider adding in a dinnertime starchy carbohydrate serving more often (experiment with adding bone broth too).
- If your life is particularly stressful right now, with work, family or relationships, consider that your adrenals may need more support in handling these events in the form of dinnertime starchy carbs.
- Are you exercising more than you usually do? Will you have a big workout the following morning? If so, consider including that serving of starchy carbohydrate at night to refuel your muscle glycogen stores and support your adrenals while you adapt to the good stress of exercise.

I'm guiding you toward a relationship with yourself where you intuitively decide what carbohydrate needs suit you personally, based on the amount of exercise you're doing, your life circumstances and how you feel. Because the truth is, everyday can be a little different.

ESTABLISH YOUR BASELINE

Midterm Quiz: How Fat-adapted Are You?

Over the last 2 weeks you have been thrown into building the metabolic and mental machinery to succeed in becoming fat-adapted. But are you there yet? Is your body able to burn fat for fuel effectively or do you still need a little more time to get caught up to speed? If you do, please know there is absolutely nothing wrong with you! It takes most people a range of two weeks to six months to become truly fat-adapted. If you aren't quite there yet, it's best not to push yourself harder than your body wants to go. Not only will this feel lousy, but it will just increase the amount of time it takes for your body to get there.

Fat Adaption Quiz – Retake this quiz that you completed in your Week 1&2 Guide and compare your results. See how far you've come in just 2 weeks of a keto diet. Give yourself 1 point for every question you answer yes. Give yourself a 0 for every question you answer no.

1. Do you feel hungry about two to three hours after eating?

- ☐ Yes
- ☐ No

2. Are you experiencing lulls in your energy, especially in the afternoon?

- ☐ Yes
- ☐ No

3. Do you want something sweet in the morning for breakfast?

- ☐ Yes
- ☐ No

4. Do you feel shaky, light or weak between meals?

- ☐ Yes
- ☐ No

5. Are you going to bed hungry?

- ☐ Yes
- ☐ No

6. Do you wake up in the middle of the night consistently due to hunger or for no reason at all?

☐ Yes

☐ No

7. Do you have cravings for carbohydrates?

☐ Yes

☐ No

8. Has exercise increasingly become a struggle for you over the last 4 weeks?

☐ Yes

☐ No

9. Do you experience daily changes in your mood?

☐ Yes

☐ No

10. Do intuitively feel that something is not quite clicking for your body yet?

☐ Yes

☐ No

11. Are you under an extraordinary amount of stress right now?

☐ Yes

☐ No

12. Are you recovering from a recent acute illness?

☐ Yes

☐ No

13. Is time something you feel pressured from?

☐ Yes

☐ No

14. Have you gained weight over the last 3 weeks?

☐ Yes

☐ No

Results

Every Yes, Counts as 1 Point

SCORE	RESULT
0-4	FAT ADAPTION MASTER: you have a good hold on becoming fat-adapted. Keep it up!
5-15	FAT ADAPTION MANAGER: like many people, your body may require a little more help becoming fat-adapted.

Your Keto Plan

Traditional Keto: Follow the Meal Plan outlined in Weeks 1&2, use the recipe bank below, or track your macronutrients to stay around 75% fat, 20% protein and 5% carbohydrates.

Intuitive Keto: Follow this outline, either using the recipe bank below and tweaking to your needs or creating your own meals using the shopping guide from Weeks 1-2.

Breakfast Plate: 80% Fat, 20% Protein, negligible carbs (think fat-based smoothies, eggs, bacon, sausage etc.)

Lunch Plate: 50% non-starchy carbs, 20% protein (roughly 2 to 3 ounces), 4 to 6 tablespoons fat (depending on how fatty the protein source is)

Dinner Plate:

Option A: Increased Carbs: 50% non-starchy carbs, 20% protein (roughly 3 to 4 ounces), 2 to 3 tablespoons fat (depending on how fatty the protein source is), 1/3 cup starch

Option B: Increased Protein: 50% non-starchy carbs, 30% protein (roughly 4 to 6 ounces), 2 to 3 tablespoons fat (depending on how fatty the protein source is)

Snacks: 80 to 100% fat

Intuitive Keto Recipe Bank (Includes Recipes from Bonus Recipes)

BREAKFAST:

AvocaGlow with Loaded Latte or AutophaTea
Golden Milkshake
Matcha Green Tea Smoothie
Vanilla Milkshake
Mocha Muffins with Loaded Latte or AutophaTea
Fresh Herb Omelet with Chipotle Lime Mayo
Macadamia Cacao Smoothie
Peanut Butter Smoothie
Broccoli Herb Omelet with Garlic Aioli
Chocolate Donuts with Loaded Tea
Green Cleanse Smoothie
Salmon, Onion, Goat Cheese, Dill Egg Muffin
Scrambled Eggs with Spinach and Dandelion Greens
Minty Green Smoothie
Greek Egg Muffin
Veggie Hash with Poached Eggs

LUNCH/DINNER

Arugula Salad with Southwestern Chicken Strips and Roasted Cauliflower
Bison Stuffed Peppers
Poached Salmon with Greens Pesto
Southwest Turkey Skillet
Keto White Bolognese over Zoodles
Mediterranean Slow Cooker Chicken
Keto Grilled Cheese
Keto BLT and Cucumber Salad
Shrimp Scampi over Spinach and Dandelion Greens
Beef Stroganoff over Cauliflower Rice
Asian Shiitake Chicken Soup
Cauli Mac 'N Cheese
Turkey Meatballs over Sautéed Cabbage with Mushroom Cream Sauce
Beef Stew
Lemon Coconut Chicken Thighs with Thyme Broccoli
Cobb Salad
Chicken with Sauteed Red Cabbage
Cajun Shrimp and Broccoli Stir Fry
Salmon Caesar Salad
Coconut Macadamia Nut Chicken and Roasted Green Beans
Lemon Asparagus Soup
Steak Power Bowl

Turkey Lettuce Wraps
Chicken Curry
Ground Lamb Patties over Cauliflower Rice with Tzatziki

SALADS/DRESSINGS:

Radicchio and Butter Lettuce Salad
Massaged Kale Salad
Greek Salad
Cucumber Salad
Fresh Herb Salad
Herbed Dressing
Green Kefir Dressing

SNACKS:

Keto Oreo
Lemon Bergamot Fat Bombs
Cacao Almond Butter Fat Bombs
Jalapeno Lime Fat Bombs
Cacao Lime Fat Bombs
Smoke Salmon Basil Bombs
Easy Crockpot Bone Broth
Apple Pie Snack Muffins
Kefir
Almond Miso Dip

*Please eat a snack if you need to and remember sipping bone broth is a great snack.

TRACKER for Weeks 3 & 4

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Weight				
Skin				
Sleep (hrs)				
Meditation (Y/N)				
Energy				
Mood				
Cravings				
Breakfast (What did you eat?)				
Lunch (What did you eat?)				
Dinner (What did you eat?)				
Snacks (What did you eat?)				
What went well today?				
Where did you struggle?				

WEEK 3	FRIDAY	SATURDAY	SUNDAY
Weight			
Skin			
Sleep (hrs)			
Meditation (Y/N)			
Energy			
Mood			
Cravings			
Breakfast (What did you eat?)			
Lunch (What did you eat?)			
Dinner (What did you eat?)			
Snacks (What did you eat?)			
What went well today?			
Where did you struggle?			

WEEK 4	MONDAY	TUESDAY	WEDNESDAY	THURSDAY
Weight				
Skin				
Sleep (hrs)				
Meditation (Y/N)				
Energy				
Mood				
Cravings				
Breakfast (What did you eat?)				
Lunch (What did you eat?)				
Dinner (What did you eat?)				
Snacks (What did you eat?)				
What went well today?				
Where did you struggle?				

WEEK 4	FRIDAY	SATURDAY	SUNDAY
Weight			
Skin			
Sleep (hrs)			
Meditation (Y/N)			
Energy			
Mood			
Cravings			
Breakfast (What did you eat?)			
Lunch (What did you eat?)			
Dinner (What did you eat?)			
Snacks (What did you eat?)			
What went well today?			
Where did you struggle?			

Your Daily Schedule:

Weeks 3 & 4

Each day is designed to provide you with an integrative approach to succeeding on keto. Remember, it is not just about what you eat, but how you live which determines how fat-adapted you are. Put all the pieces together by following the schedule below:

MORNING:

- Eat Traditional Keto OR Intuitive Keto Breakfast
- Drink 1 cup Tea
- Take optional supplements as needed
- Make time for movement, meditation or other self-care

NOON/AFTERNOON:

- Eat Traditional Keto OR Intuitive Keto Lunch
- Take optional supplements as needed
- Drink 1 cup Tea

EVENING:

- Eat Traditional Keto OR Intuitive Dinner. If experimenting with higher carbs add 1/3-1/2 cup of starchy vegetable, whole grain, legume or fruit to dinner.
- Take optional supplements as needed
- Take a post meal walk (either lunch or dinner)
- 1 to 2 cups bone broth before or after dinner
- Take time to review your Week 3&4 Guide, fill out your Tracker, journaling and self-care

Self-Care: Trusting Your Gut and Building Intuition

I want to emphasize the importance of “trusting your gut” as you embark on these second two weeks of your ketogenic diet. We’ve all heard this phrase a million times. Take a moment and truly reflect on what this means. Trusting your gut is checking in with how you feel in your body in the moment and using this information to guide you on your path. This is also known as trusting your intuition or the inherent knowingness that we all have access to. It is easy to get caught up in the rules when starting a new diet, fearing that you are doing something wrong if you stray from the outlined path. The ketogenic diet is not black and white, in fact there is a huge grey area that is ripe for exploring. The grey area is where you use the rules as a framework and incorporate your individual needs by continuously checking in with your gut reaction along the way. The grey area is where the magic happens and is the key to long term success on this plan.

Self-Care Strategy: Walking Meditation

For those of you totally new to the world of meditation I want you to understand the profound benefits of developing a meditation practice. Meditation has all these wonderful perks:

- Reduces stress
- Slows aging
- Improves mood; increases happiness, decreases anxiety, provides a greater sense of control
- Improves concentration
- Improves cardiovascular and immune health
- Encourages a healthy lifestyle
- Increases self-awareness and acceptance
- Improves sleep
- Helps to control pain

With all of these amazing benefits meditation is a powerful addition to your healthy lifestyle. When you think of meditation what do you imagine? Most people have an image of sitting in a contorted cross-legged position in absolute stillness and silence. Did you know that you don't have to sit down to meditate? In fact, in some forms of meditation movement is essential? I love walking meditation because it is a wonderful user-friendly way to ease into a meditation practice. It has the best of both worlds, movement and mindfulness.

Here's a great way to get started with walking meditation. This is a wonderful practice to help re-center yourself before lunch. It helps to release the stress of the day and allows your body to relax into parasympathetic mode before you eat your midday meal. This will allow for much improved digestion and absorption of fats and nutrients, facilitating your transition into ketosis by providing your body the fuel it needs. Feel free to play around with it and find what works best for you!

- Find a quiet place where you can walk back and forth about 40 paces in each direction.
- If you can find this "walking path" outside, that is great but if not indoors will work as well.
- Start by standing on one end of the path and taking three deep breaths.
- Open all of your senses up to the world around you in order to bring yourself into the present moment: How do your feet feel on the ground? What do you hear? How does the air feel on your skin? Are there any aromas in the air?
- Start walking slowly along the path.
- Feel your feet as they lift and lower.
- Notice the natural movement of your arms as they sway with each step.
- When you reach the end of your path, stop for a moment and center yourself.

- Turn around and walk in the other direction.
- If your attention wanders, simply take notice of this and bring yourself back into the present moment without any judgement.
- Continue walking along your path for 10 to 15 minutes.

Self-Care Strategy: Aromatherapy to Refresh

Grapefruit Essential Oil: This refreshing oil has the amazing ability to help break down body fat. Grapefruit essential oil is energizing, so it's a wonderful way to help give you a boost first thing in the morning or during an energy slump throughout the day. It also helps to decrease cravings and increase metabolism, making this a wonderful addition to support you in transitioning into ketosis. I love to diffuse 3 to 5 drops of grapefruit essential oil into my bedroom first thing in the morning as I'm getting ready for my day. It's also a nice oil to carry in your bag and take a nice deep inhale from the bottle when needing a midday refresh.

Self-Care Strategy: Progressive Muscle Relaxation

This is one of my all-time favorite relaxation techniques. What I love most about Progressive Muscle Relaxation is that it is a powerful tool in becoming conscious of my body. I find that so many people walk around completely disconnected from their body. Your body is the best teacher. It sends you signs, signals and messages all day every day about what it wants and needs in order to be healthy. The more aware you are of your body, the more receptive you are to these messages that help you to maintain high levels of health, wellness and balance. Progressive Muscle Relaxation is simple and can be done anywhere. I like to practice this technique before bed, as it helps me to quiet my mind by focusing on my body. The relaxing effect supports me in falling asleep as quickly and easily as possible so I am getting the restorative sleep that my body requires.

You can choose to start with your head and work your way down or start with your toes and work your way up. I prefer to start at the top.

- Tense up all the muscles in your face and head for five seconds
- Really contract each and every muscle and hold
- After five seconds fully relax your face and head for 30 seconds
- Enjoy this relaxed sensation
- Feel if you are still holding tension anywhere in your head, face, eyes, mouth, jaw and allow the area to ease into relaxation
- Tense your shoulders for five seconds and relax for 30 seconds
- Following the same pattern, work your way down your arms, hands, chest, back, belly, legs and feet
- Repeat this practice nightly before bed every day this week

Self-Care Strategy: Journaling

Explore Resistance

What's flowing easily for you and what's not? This isn't about being perfect over these 4 weeks or even needing to like everything on this program. In fact, it's quite difficult to accomplish anything when you're stressed out most of the time doing it. Is there anything in the program so far that you feel is depleting you? If so, you don't have to "white knuckle" it! You simply have to make it work for you so you experience greater ease doing it. For example, perhaps you really love your Saturday ritual of coffee and pancakes with your kids. But it is taking all the willpower in the world to abstain because you know the sugar definitely won't help you achieve your goal. My goal isn't to make you miserable over these 30 days or make you feel deprived. In fact, if you are I want you to really work through this because the more depleted you feel, the more likely it is you'll give up or not experience the program properly. And if you don't get results, why would you continue? So I want you to be the happiest you can be so you do the work and get results. Think of willpower like a tight rubber band. You can pull it back and back until the tension is too much and the band breaks. Let's not let any challenges on this program break you. Here is how you could work through any resistance you're experiencing:

Think about what you are missing or wanting. In the case of the pancake scenario, ask yourself why you like this ritual? How do you feel doing it? Perhaps it's not about the pancakes at all that you actually love but how relaxed and happy you are when you are with your family. Explore that here:

What are other ways you can experience the same feelings you get from that ritual without taking away from your Goal? For example, let's say you like how relaxed you feel during Saturday pancakes, what are some other non-pancake ways you can cultivate that feeling that don't jeopardize your Goal?

Who can you lean on for support to help you? (remember you have access to the coaches for this program to help you too!)

If it's actually about the thing itself, and not just the feeling, how could you upgrade it so it's in alignment with your Goal? For example, perhaps you can make keto pancakes and enjoy this ritual you love without worrying if it will derail your success?

Note: In some cases, you really just want X. I don't know what it is but if there is something you are getting major resistance from recently, then you know what it is! If you really need this one thing, how could you incorporate it into your program in a way that's most supportive of your highest health? And if you do incorporate it, make sure to observe how you feel afterwards and note it here. Sometimes just the act of not having a "rule" about something sets us free from the desire of wanting it. Explore what comes up for you here:

Explore Overwhelm

The last area of your life that might be impacting your happiness thus far in the program is the feeling of overwhelm. Are you too stretched thin or too tired to be happy? If you are overwhelmed and feeling like there is too much to do, it kills the your resources available for true joy during these nine weeks. It's okay to prioritize one or two parts of the program and put the other parts on hold until you master the first ones.

Do you need to slow down and pick one or two areas to dive into or are you handling all of the tools comfortably?

If you need to slow down, which parts of the program will you focus on: Diet or Mindset? Did you purchase the Accelerator, and you're focused on that? Following and reading in the workbooks? Participating in the Facebook community?

Journaling: Reflect on Your Progress

1. What is my Goal for this program? (Perhaps it has changed or even morphed into a new version?)

2. On a scale of 1 to 10, where am I currently in achieving my Goal?

What did Traditional Keto help me with? What did Intuitive Keto Help me with?

What didn't I get done that I still need to tend to?

What support and resources do I have access to help me?

3. What major "Aha!" moments did I have in Weeks 3 & 4?

4. What do I want to achieve by next month? _____

Green Cleanse Smoothie

*Makes 1 serving

INGREDIENTS:

- 1/2 avocado
- 1 Tablespoon MCT oil
- Juice from 1/2 lemon
- 1 stalk celery, roughly chopped
- 1/4 large cucumber, roughly chopped
- 1 handful parsley
- 1 1-inch piece ginger
- Water

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 Smoothie) Calories: 250 Fat: 25g Protein: 3g Carb: 10g Fiber: 7g

Salmon, Onion, Goat Cheese, Dill Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 large eggs
- 1 tablespoon, plus 1 1/2 teaspoons avocado oil to grease muffin tin
- Salt and pepper to taste
- 1/4 onion, chopped
- 3 cups spinach, chopped
- 4 ounces thinly sliced
- Nova Scotia smoked salmon or lox, cut into 1/2-inch-wide strips
- 1 4-oz package goat cheese, cut into 1/2-inch cubes
- 1 tablespoon fresh dill, chopped

DIRECTIONS:

Preheat the oven to 350 degrees F.
In a large bowl whisk eggs, salt and pepper. Set aside. In a pan, heat 1 tablespoon oil on medium-high heat. Add onion and sauté until translucent, about 5 to 7 minutes. Add spinach and cover to wilt, a couple minutes. Let cool and set aside.
Grease 6-cup muffin pan with oil. Layer onion, salmon and cheese in the greased muffin tin. Pour in egg mixture with a 1/3 measuring cup being careful not to overfill. Top off each muffin cup with an even sprinkle of dill. Bake for 15 to 20 minutes or until eggs are set. Enjoy two now and freeze the rest for later use.

Nutrition Facts: (serving size 2 egg muffins) Calories: 309 Fat: 21g Protein: 27g Carb: 3g Fiber: 0g

Scrambled Eggs with Spinach and Dandelion Greens

*Makes 1 serving

INGREDIENTS:

- 1 tablespoon grass-fed butter
- 1 cup spinach, chopped
- 1 cup dandelion greens, chopped
- 2 eggs
- 1 tablespoon water, milk or dairy alternative (coconut, almond or hemp milk)
- 1 ounce raw cheddar cheese, shredded

DIRECTIONS:

Heat a medium skillet on medium heat, add the butter. Once melted, add the spinach and dandelion, stirring, cook until wilted. In the meantime, whisk the eggs with water or milk. Reduce the heat to low and add the egg mixture to the greens. When eggs begin to set, slowly pull the eggs with a spatula until a large curd begins to form. Add cheese and cook just until eggs cooked through and cheese is melted.

Nutrition Facts: (1 plate scrambled eggs) Calories: 390 Fat: 30g Protein: 21g Carb: 3g Fiber: 2g

Minty Green Smoothie

*Makes 1 servings

INGREDIENTS:

- 2 cups dark leafy greens (spinach, collards, mustard greens, etc.)
- 1/2 cup cucumber, coarsely chopped
- 1/4 cup broccoli sprouts
- 1 sprig fresh mint
- 1/2 avocado
- 3/4 cups water or coconut milk
- 2 Tablespoons macadamia nut butter
- Ice cubes (optional)

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 smoothie) Calories: 190 Fat: 17g Protein: 4g Carb: 10g Fiber: 7g

Greek Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 large eggs
- 1 tablespoon plus 1 1/2 teaspoons avocado to grease muffin tin
- Salt and pepper to taste
- 1 cup spinach, chopped
- 6 pitted black olives, chopped
- 1 small tomato, chopped
- 1 1/2 teaspoons dried oregano
- 1/2 cup feta, crumbled

DIRECTIONS:

Preheat the oven to 350 degrees F.

In a pan, heat 1 tablespoon oil on medium-high heat and cook the spinach until wilted, 1 to 2 minutes. Let cool and set aside.

In a large bowl, whisk eggs, salt and pepper until evenly combined.

Grease 6-cup muffin pan with oil.

Layer the spinach and then olives and tomatoes into each egg tin.

Pour 1/3 cup of egg mixture into each egg cup being careful not to overfill.

Sprinkle each egg cup with oregano and feta cheese.

Bake for 15 to 20 minutes or until eggs are set. Enjoy two now and freeze the rest for later use.

Nutrition Facts: (serving size 2 egg muffins) Calories: 306 Fat: 22g Protein: 21g Carb: 6g Fiber: 5g

Veggie Hash with Poached Eggs

*Makes 2 servings

INGREDIENTS:

- 1 tablespoon avocado oil
- 1/2 small onion, chopped
- 1/2 cup mushrooms, chopped
- 1 cup arugula
- 1 cup dandelion leaves, chopped
- 1 1/2 cups cooked cauliflower florets
- 4 eggs
- 1/4 cup broccoli sprouts
- 2 tablespoons basil
- 2 tablespoons Avocado Mayo
- 2 slices prosciutto, sliced (optional)

DIRECTIONS:

Heat a medium skillet on medium heat, add oil. When oil is hot add onions and sauté until soft and translucent, about 5 minutes. Add mushrooms and cook until soft, stirring occasionally.

Add arugula, dandelion and cooked cauliflower. Cook until greens are wilted and cauliflower is heated through.

While hash is cooking, poach four eggs. Serve poached eggs over hash and garnish with broccoli sprouts, basil, Avocado Mayo and optional prosciutto.

Nutrition Facts: (1/2 hash with 2 eggs) Calories: 390 Fat: 29g Protein: 21g Carb: 13g Fiber: 3g

Avocado Mayo

*Makes about 1 cup

INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- 1 teaspoon Dijon mustard
- 1 1/2 tablespoons lemon juice
- Pinch of salt
- 1/2 teaspoon turmeric powder
- 3/4 cup avocado oil

Nutrition Facts: (serving size 2 tablespoons) Calories: 200 Fat: 21g Protein: 1g Carb: 0g Fiber: 0g

Cobb Salad

*Makes 4 servings

INGREDIENTS:

- 1 head Romaine lettuce, coarsely chopped
- 6 ounces sliced turkey
- 2 hard-boiled eggs, chopped
- 1/4 cup sunflower seeds
- 1/4 cup walnuts, chopped
- 1/4 cup parsley, chopped
- 1/2 cup broccoli sprouts
- 1/4 cup olive oil or avocado oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

DIRECTIONS:

Place lettuce, turkey, eggs, sunflower seeds, walnuts, parsley and broccoli sprouts into a large bowl.

Drizzle with olive oil, lemon juice, salt and pepper. Toss to combine.

Nutrition Facts: (serving size 1/4 salad) **Calories: 320 Fat: 26g Protein: 18g Carb: 9g Fiber: 5g**

Chicken with Sauteed Red Cabbage

*Makes 4 servings

INGREDIENTS:

- 1 pound chicken thighs, cut into 1-inch cubes
- 1/2 red cabbage, outer leaves removed, sliced very thin
- 1/2 medium onion, sliced thinly
- 3 tablespoons coconut oil
- 1 tablespoon sherry vinegar
- 1 bay leaf
- Salt and pepper to taste
- 1/2 cup water
- 1 recipe Cauliflower Rice

DIRECTIONS:

Heat coconut oil in a large skillet.

Add onions and sauté for about 5 minutes or until translucent.

Add chicken and stir-fry until almost cooked through, approximately 5 minutes.

Add cabbage, vinegar, bay leaf, salt, pepper and water. Bring to a small boil, lower heat and cover.

Simmer for 20 minutes.

Serve warm or cold over cauliflower rice.

Nutrition Facts: (serving size 1/4 chicken and cabbage plus 1 serving cauli rice) **Calories: 350 Fat: 25g Protein: 25g Carb: 17g Fiber: 6g**

Cajun Shrimp and Broccoli Stir Fry

*Makes 4 servings

INGREDIENTS:

- 1 pound shrimp, peeled
- 3 scallions, thinly sliced
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon cumin
- 1/2 teaspoon paprika
- 1/2 teaspoon garlic powder
- 1/2 teaspoon onion powder
- 2 cups water
- 5 cups broccoli
- 3 tablespoons coconut oil
- 2 tablespoons water
- Salt and pepper to taste
- 3/4 teaspoon red pepper flakes (optional)
- 1 avocado, sliced (garnish)
- 1/4 cup cilantro leaves, chopped (garnish)

DIRECTIONS:

In a medium bowl, toss the shrimp with the scallions, olive oil, half the garlic, half the cumin, paprika, garlic and onion powder. Let marinate for at least 15 minutes up to four hours.

Cut the broccoli into small florets, saving the stalks and peeling and slicing them.

Heat a large nonstick skillet over high heat, add 1 tablespoon of oil. Add broccoli stems and stir fry for 30 seconds. Add the florets with the remaining spices, 2 tablespoons of water and a sprinkle of salt and pepper. Stir-fry until broccoli is bright green, approximately 2 minutes. Transfer to a plate.

Heat the skillet again, add the rest of the oil. Add the shrimp and red pepper flakes. Stir-fry for about 3 minutes. Add broccoli and more water if needed. Stir-fry until shrimp is cooked through, approximately 1 to 2 more minutes. Serve over Cauliflower Rice (optional) or with a side salad. Garnish with avocado and cilantro.

Nutrition Facts: (serving size 1/4 shrimp) Calories: 290 Fat: 20g Protein: 19g Carb: 10g Fiber: 5g

Salmon Caesar Salad

*Makes 1 serving

DRESSING INGREDIENTS:

Makes about 3/4 cup

- 1 egg yolk
- 1/4 teaspoon salt
- Dash of coarsely ground black pepper
- 3 garlic cloves, chopped
- 2 anchovy fillets
- 2 teaspoons Dijon mustard
- 2 tablespoons lemon juice
- 1/2 cup avocado oil

SALAD INGREDIENTS:

- 1 tablespoon avocado oil
- 4 ounces Wild Alaskan salmon fillet Dash of salt
- 1/2 head of Romaine lettuce, coarsely chopped
- 1/4 cup pumpkin seeds
- 2 tablespoons broccoli sprouts
- 2 tablespoons shredded parmesan cheese

DIRECTIONS:

Make the dressing: add egg yolk, salt, pepper, garlic and anchovies to a blender. Blend until combined, about 15 seconds. Add Dijon mustard and lemon juice and blend again. With the blender still running, gently remove the blender top and slowly pour in oil until dressing is emulsified. Set aside.

Preheat a large heavy skillet (cast iron if you have it) over medium heat for a few minutes and then add oil. Place salmon skin side down in skillet and increase heat to high. Cook for 3 minutes and sprinkle with a dash of salt and turn salmon over. Cook for 5 minutes or until browned. Don't overcook, salmon is done when it easily flakes with a fork. Remove from pan and set aside on a plate.

Place lettuce, pumpkin seeds and broccoli sprouts in a medium bowl. Spoon 2 tablespoons or more onto salad and toss to combine. Add parmesan cheese and place salmon on top.

Nutrition Facts: (serving size 1 salad) Calories: 380 Fat: 29g Protein: 19g Carb: 14g Fiber: 8g

Coconut and Macadamia Nut Chicken

*Makes 4 servings

INGREDIENTS:

- 3/4 cup raw macadamia nuts, finely ground in a food processor
- 1/4 cup unsweetened shredded coconut
- 4 large chicken thighs, skin on, bone in
- 1/4 teaspoon sea salt
- 1/4 teaspoon ground black pepper
- 4 teaspoons Avocado Mayo
- 1 lime, zest and juice
- 1/4 cup cilantro, for garnish (optional)

DIRECTIONS:

Preheat oven to 375 degrees F. In a small bowl, mix the macadamia nuts and coconut. Place chicken in a baking dish and sprinkle with salt and pepper. Spread each chicken thigh with 1 teaspoon of mayonnaise.

Spread macadamia coconut mixture on each chicken thigh, dividing evenly. Bake chicken for 40 to 45 minutes on center rack so as not to burn the macadamia nuts. Serve with fresh lime zest and juice. Top with optional cilantro. Serving idea: plate with Roasted Green Beans.

Nutrition Facts: (serving size 1 chicken thigh) **Calories:** 560 **Fat:** 51g **Protein:** 22g **Carb:** 6g **Fiber:** 3g

Roasted Green Beans

*Makes 4 servings

INGREDIENTS:

- 1 pound green beans, ends trimmed
- 2 tablespoons olive oil
- 1 garlic clove, chopped
- 1 teaspoon fresh rosemary or thyme, chopped or 1/2 teaspoon dried
- 1/4 teaspoon salt

DIRECTIONS:

Preheat oven to 375 degrees F. Place green beans in a bowl and toss with oil, garlic, rosemary and salt.

Spread beans evenly on a baking sheet. Roast for about 15 to 20 minutes, until beans are tender and just start to turn brown.

Nutrition Facts: (serving size 1/4 green beans) **Calories:** 150 **Fat:** 12g **Protein:** 1g **Carb:** 7g **Fiber:** 3g

Lemon Asparagus Soup

*Makes 4 servings

Note*Double batch or make enough to freeze for next week's dinner.

INGREDIENTS:

- 2 tablespoons olive oil
- 2 medium onions, finely chopped
- 2 cloves garlic, minced
- 4 cups bone broth
- 2 bunches asparagus, tips removed and stems cut into 1/2 inch pieces (substitute 1 head of broccoli, chopped into florets if preferred)
- 1 teaspoon salt
- 1 tablespoon fresh dill, or 1/2 teaspoon dried
- 2 tablespoons fresh lemon juice
- 1 tablespoon parmesan cheese

DIRECTIONS:

In a large pot, heat oil over medium heat. Add onions and cook for about 5 minutes. Add garlic and continue to cook until the onions are translucent, about 3 more minutes, being careful to not let the garlic burn.

Add bone broth and bring to a low boil. Add in asparagus, salt and dill and bring back to a boil. Simmer for 20 to 30 minutes until you can easily pierce the asparagus with a fork. Remove from heat.

Using an immersion blender, blend soup until smooth. Use a metal mesh sieve to strain soup into a large bowl. Use caution while transferring hot liquid.

Pour soup back into pot and return to heat. Add lemon juice and parmesan cheese and heat until hot all the way through, about 1 to 2 minutes. Serve immediately.

Nutrition Facts: (serving size 1/4 soup) Calories: 226 Fat: 14g Protein: 9g Carb: 16g Fiber: 4g

Steak Power Bowl

*Makes 2 servings

INGREDIENTS:

- 2 4-ounce grass-fed steak
- 1/2 teaspoon salt
- 1/2 teaspoon pepper
- 4 cups mixed greens
- 2 cups raw broccoli, well chopped
- 1/2 cup chopped parsley
- 1/2 cup broccoli sprouts
- 2 tablespoon apple cider vinegar
- 2 tablespoons olive oil
- 2 ounces feta cheese, crumbled

DIRECTIONS:

Heat a grill or a grill pan over medium high heat.

Sprinkle steak with salt and pepper on each side.

Place steaks on grill or grill pan and cook until golden brown, 4 to 5 minutes. Flip steaks over and cook for an addition 3 to 5 minutes or until desired degree of doneness (this time should yield a medium-rare steak)

Set steaks aside to rest.

In a large bowl combine greens, broccoli, parsley and broccoli sprouts. Add vinegar and oil and toss to combine.

Slice steaks into 1/2 inch thick slices and place on top of salad. Sprinkle some feta cheese over each plate and serve warm or room temperature. Enjoy with a side of sauerkraut.

Nutrition Facts: (serving size 1/2 bowl) Calories: 521 Fat: 33g Protein: 39g Carb: 17g Fiber: 7g

Turkey Lettuce Wrap

*Makes 1 serving

INGREDIENTS:

- 4 ounces sliced turkey
- 2 slices of nitrite-free bacon, cooked
- 1/4 avocado, sliced
- 1 cup mixed spring lettuce or arugula
- 1 tomato, sliced
- 1/4 cup broccoli sprouts
- 2 tablespoons fresh basil, chopped
- 1 large Romaine lettuce leaf (to be used as a wrap)
- Condiments: Mustard, avocado mayo or tahini

DIRECTIONS:

Put all ingredients inside the center of the lettuce leaf and roll it up. Enjoy with a side of sauerkraut.

Nutrition Facts: (serving size 1 wrap) Calories: 370 Fat: 22g Protein: 32g Carb: 12g Fiber: 4g

Chicken Curry

*Makes 4 servings

*Note: Make sure to make enough for leftovers for lunch.

INGREDIENTS:

- 1 1/2 pounds chicken thighs, cut into 1 inch cubes
- 1 tablespoon curry powder
- 1 1/2 teaspoons salt
- 1/2 teaspoon freshly ground pepper
- 2 tablespoons olive oil
- 1/2 medium onion, chopped
- 1 14-ounce can full-fat coconut milk
- 1 2-inch piece ginger, chopped
- 1 1-inch piece turmeric, chopped
- 4 garlic cloves, peeled
- 5 ounces spinach
- 1/4 cup cilantro (garnish)
- 1/2 cup cashews

DIRECTIONS:

Toss chicken with curry powder, salt and pepper in a medium bowl.

Heat oil in a large skillet over medium-high heat. Add onion and cook until soft and translucent, a few minutes.

Blend coconut milk, ginger, turmeric and garlic in a blender until smooth.

Add chicken and coconut milk mixture to skillet and cook, stirring occasionally, until chicken is completely cooked and sauce has thickened, about 10 minutes.

Fold in spinach, mix until wilted. Serve over Cauliflower Rice if desired and top with 2 tablespoons cashews.

Nutrition Facts: (serving size 1/4 curry) **Calories:** 420 **Fat:** 23g **Protein:** 39g **Carb:** 14g **Fiber:** 3g

Ground Lamb Patties over Cauliflower Rice with Tzatziki

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS for Lamb Patties:

- 1 pound ground lamb
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon salt
- 1/4 teaspoon black pepper
- 1 tablespoon avocado

DIRECTIONS:

In a medium bowl mix all ingredients except oil until thoroughly combined. Use your hands, but be aware that the curry powder will turn them yellow.

Heat a large skillet on medium-high heat and add oil. Form eight patties out of the lamb and cook for 4 to 5 minutes. Flip over and cook another 4 to 5 minutes, or until level of doneness is reached. Serve over Cauliflower Rice, with Tzatziki and a side salad.

Nutrition Facts: (serving size 2 patties) Calories: 230 Fat: 15g Protein: 23g Carb: 1g Fiber: 1g

Cauliflower Rice

*Makes 4 servings

INGREDIENTS:

- 1 head of cauliflower, cut into chunks
- 2 tablespoons olive oil
- Salt and pepper to taste

DIRECTIONS:

Place cauliflower in a food processor and pulse until all the pieces are broken down into rice-size pieces.

Heat oil in a large skillet over medium heat, add cauliflower. Cover and cook until heated through, about 3 to 5 minutes. Remove lid and fluff with a fork, season with salt and pepper.

Nutrition Facts: (serving size 1/4 cauli rice) Calories: 110 Fat: 8g Protein: 4g Carb: 10g Fiber: 3g

Tzatziki

*Makes about 1 ¼ cups

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 cup coconut cream
- 1 4-inch piece English cucumber, grated
- 2 tablespoons Avocado Mayo
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- Grated zest of 1/2 lemon
- 1 tablespoon lemon juice
- 1 garlic clove, chopped
- 1/2 teaspoon salt
- 1/4 teaspoon black pepper

DIRECTIONS:

Place all ingredients in a bowl and mix thoroughly with a fork to combine.

Nutrition Facts: (serving size a generous 1/4 cup) Calories: 180 Fat: 17g Protein: 2g Carb: 4g Fiber: 0g

Nutrition Facts: (2 patties, cauli rice and tzatziki) Calories: 520 Fat: 40g Protein: 30g Carb: 15g Fiber: 5g

Apple Pie Snack Muffins

*Makes 12 mini muffins

INGREDIENTS:

- 1/2 teaspoon salt
- 1/2 cup coconut flour
- 1 teaspoon Ceylon cinnamon
- 1/2 teaspoon real vanilla
- 1/4 cup coconut oil
- 1/2 Granny Smith apple, cored and roughly chopped
- 2 eggs
- 2 tablespoons unsweetened full-fat coconut milk

DIRECTIONS:

Preheat oven to 350 degrees F. Prepare two mini muffin tins with parchment liners.

Add the salt, flour and cinnamon into the bowl of a food processor. Pulse a few times until combined. Add in the vanilla, oil, and apple and pulse until combined. Add in the eggs and milk and blend until the dough comes together. The dough will be thick.

Fill your muffin cups with a generous tablespoon of dough. Smooth the top of the muffin with your spoon. Bake for 10 to 20 minutes (depending on your oven type).

Nutrition Facts: (serving size 1 muffin) Calories: 80 Fat: 6g Protein: 2g Carb: 5g Fiber: 2g

Kefir

*1 serving

INGREDIENTS:

- 1/2 to 1 cup store bought dairy or coconut kefir (unsweetened).

DIRECTIONS:

Enjoy 1/2 to 1 cup of dairy or coconut kefir as a snack.

Nutrition Facts: (serving size a generous 1 cup) Calories: 140 Fat: 8g Protein: 8g Carb: 10g Fiber: 0g

Almond Miso Dip

*Makes about 1 cup

INGREDIENTS:

- 1/2 cup almond butter
- 2 tablespoons white miso paste
- 1/2 cup grated carrot
- Juice from 1/2 lime
- 1 tablespoon coconut aminos
- 1 inch piece raw ginger, grated
- 1/4 cup water
- 1/4 teaspoon sea salt
- Pinch of black pepper
- 1/4 cup fresh cilantro

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve with a variety of fresh cut veggies like celery, cucumber, broccoli and carrots.

Nutrition Facts: (serving size a generous 1/4 cup) Calories: 121 Fat: 9g Protein: 4g Carb: 6g Fiber: 3g

30 DAY
KETO
REVOLUTION
with Naomi Whittel

Recipe Book



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Green Cleanse Smoothie

*Makes 1 serving

INGREDIENTS:

- ½ avocado
- 1 stalk celery, roughly chopped
- ½ cucumber, roughly chopped
- 1 handful parsley
- ¼ cup broccoli sprouts
- ½ green apple
- 1 1-inch piece ginger
- 1 1-inch piece turmeric root
- 2 tablespoons hemp seeds
- 1 serving collagen powder
- 1 cup filtered water, more if needed

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 Smoothie) Calories: 250 Fat: 25g Protein: 3g Carb: 10g Fiber: 7g

Minty Green Smoothie

*Makes 1 servings

INGREDIENTS:

- 2 cups dark leafy greens (spinach, collards, mustard greens, etc.)
- ½ cup cucumber, coarsely chopped
- ¼ cup broccoli sprouts
- 1 sprig fresh mint
- ½ avocado
- ¾ cups water
- 1 serving collagen powder
- ice cubes (optional)

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 smoothie) Calories: 190 Fat: 17g Protein: 4g Carb: 10g Fiber: 7g

Salmon, Onion, Goat Cheese, Dill Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 large eggs
- 1 tablespoon, plus
- 1 ½ teaspoons
avocado oil or tea seed oil
to grease muffin tin
- Salt and pepper to taste
- ½ onion, chopped
- 3 cups spinach, chopped
- 4 ounces thinly sliced Nova
Scotia smoked salmon or
lox, cut into ½-inch-wide
strips
- 1 4-ounce package goat
cheese, cut into ½-inch
cubes
- 1 tablespoon fresh dill,
chopped

DIRECTIONS:

Preheat the oven to 350 degrees F.

In a large bowl whisk eggs, salt and pepper.
Set aside.

In a pan, heat 1 tablespoon tea seed oil on
medium-high heat. Add onion and sauté until
translucent, about 5 to 7 minutes. Add spinach
and cover to wilt, a couple minutes. Let cool
and set aside.

Grease 6-cup muffin pan with oil.

Layer onion, salmon and cheese in the greased
muffin tin.

Pour in egg mixture with a 1/3 measuring cup
being careful not to overfill.

Top off each muffin cup with an even sprinkle
of dill.

8. Bake for 15 to 20 minutes or until eggs are
set. Enjoy two now and freeze the rest for later
use.

Nutrition Facts: (serving size 2 egg muffins) Calories: 309 Fat: 21g Protein: 27g Carb:
3g Fiber: 0g

AvocaGlow with Scrambled Eggs and Cheese

*Makes 1 serving

INGREDIENTS:

- ½ avocado
- 2 teaspoons olive oil or tea seed oil
- 1 teaspoon lemon juice
- Salt and red pepper flakes
- ½ tablespoon grass-fed butter or ghee
- 2 eggs
- 1 tablespoon water
- 1 ounce raw Monterey Jack cheese, or cheese of your preference, shredded

DIRECTIONS:

Heat a small skillet on medium heat and melt butter. Whisk together eggs and water. Pour egg mixture into hot skillet. As eggs begin to set, gently pull the eggs across the pan with a spatula, forming large soft curds. Mix in cheese and cook until melted.

While the eggs are cooking, cut avocado in half.

Whisk together oil, juice, salt and pepper flakes.

Drizzle over avocado.

Nutrition Facts: (serving size AvocaGlow) Calories: 410 Fat: 35g Protein: 17g Carb: 9g Fiber: 5g

Scrambled Eggs with Spinach and Dandelion Greens

*Makes 1 serving

INGREDIENTS:

- 1 tablespoon grass-fed butter
- 1 cup spinach, chopped
- 1 cup dandelion greens, chopped
- 2 eggs
- 1 tablespoon water, milk or dairy alternative (coconut, almond or hemp milk)
- 1 ounce raw cheddar cheese, shredded

DIRECTIONS:

Heat a medium skillet on medium heat, add the butter. Once melted, add the spinach and dandelion, stirring, cook until wilted. In the meantime, whisk the eggs with water or milk.

Reduce the heat to low and add the egg mixture to the greens. When eggs begin to set, slowly pull the eggs with a spatula until a large curd begins to form. Add cheese and cook just until eggs cooked through and cheese is melted.

Nutrition Facts: (1 plate scrambled eggs) Calories: 390 Fat: 30g Protein: 21g Carb: 3g Fiber: 2g

Greek Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 large eggs
- 1 tablespoon plus 1 ½ teaspoons avocado or tea seed oil to grease muffin tin
- Salt and pepper to taste
- 1 cup spinach, chopped
- 6 pitted black olives, chopped
- 1 medium tomato, chopped
- 1½ teaspoons dried oregano
- ½ cup feta, crumbled

DIRECTIONS:

Preheat the oven to 350 degrees F.

In a pan, heat 1 tablespoon oil on medium-high heat and cook the spinach until wilted, 1 to 2 minutes. Let cool and set aside.

In a large bowl, whisk eggs, salt and pepper until evenly combined.

Grease 6-cup muffin pan with oil.

Layer the spinach and then olives and tomatoes into each egg tin.

Pour 1/3 cup of egg mixture into each egg cup being careful not to overfill.

Sprinkle each egg cup with oregano and feta cheese.

Bake for 15 to 20 minutes or until eggs are set. Enjoy two now and freeze the rest for later use.

Nutrition Facts: (serving size 2 egg muffins) Calories: 306 Fat: 22g Protein: 21g Carb: 6g Fiber: 5g

Acai Spice Bowl

*Makes 1 serving

INGREDIENTS:

- ¼ cup wild blueberries, frozen
- ½ packet of acai berry, frozen (such as Sambazon) 50 grams
- ¼ teaspoon ginger powder (can use more if preferred)
- ¼ teaspoon turmeric (can use more if preferred)
- ¼ teaspoon Ceylon cinnamon
- Pinch of black pepper
- 1 tablespoon chia seeds
- ¾ cups unsweetened coconut, hemp or almond milk
- 1 scoop collagen powder
- ¼ avocado

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Chill in the refrigerator for 30 minutes to 1 hour to thicken to desired texture. For a thicker texture, reduce milk to ½ cup. Add more as necessary to reach preferred consistency.

Nutrition Facts: (serving size 1 bowl) Calories: 320 Fat: 29g Protein: 9g Carb: 15g Fiber: 11g

Cacao Cream Smoothie

*Makes 1 serving

INGREDIENTS:

- ¾ cup unsweetened vanilla hemp milk
- ¼ cup full-fat unsweetened coconut milk
- 1 tablespoon MCT oil (or coconut oil or butter)
- 1 tablespoon raw cacao powder
- ½ tablespoon real vanilla powder or real vanilla extract
- 1 serving collagen powder
- ¼ cup ice cubes

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 smoothie) Calories: 400 Fat: 33g Protein: 13g Carb: 9g Fiber: 0g

Poached Eggs over Greens with Hollandaise Plus

*Makes 1 serving

INGREDIENTS

for the Hollandaise Plus:

Makes 8 servings,
about 1 cup

- ½ cup unsalted butter or ghee
- 2 teaspoons dried thyme
- Zest of a lemon
- 6 egg yolks
- 4 teaspoons lemon juice
- 1 teaspoon turmeric powder
- Pinch of sea salt, or more to taste
- Dash of freshly ground black pepper, or more to taste
- 2 teaspoons room temperature water

INGREDIENTS for the eggs:

- 1 tablespoon tea seed oil or coconut oil
- 2 tablespoon chopped onion
- 1 cup spinach
- 1 cup arugula
- 2 eggs
- 1 tablespoon chopped fresh basil

DIRECTIONS:

In a small saucepan, melt butter or ghee on low heat. Add the thyme and lemon zest. Remove from heat once melted.

Put the egg yolks, lemon juice, turmeric, salt and pepper in blender. Blend on high for 15 seconds until thoroughly mixed.

With the blender still running, gently remove the blender top. *Slowly pour in the melted butter or ghee herb mixture. Add water and blend 2 seconds more until smooth and creamy. *Remove just the small plastic piece, giving you a hole to pore through. Have a towel nearby for splatters.

Set hollandaise sauce aside.

Heat a small skillet on medium, add oil. When oil is hot add onions and sauté until soft and translucent, about 5 minutes. Add spinach and arugula and cook just until wilted.

While greens are cooking poach two eggs. Serve poached eggs over greens topped with Hollandaise Plus and garnished with basil.

Nutrition Facts: (serving size 2 tablespoons hollandaise) Calories: 150 Fat: 15g Protein: 2g Carb: 1g Fiber: 0g

Nutrition Facts: (serving size 2 tablespoons hollandaise, 2 eggs and greens) Calories: 430 Fat: 38g Protein: 15g Carb: 6g Fiber: 1g

Broccoli Cheddar Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 whole eggs
- 1½ teaspoons olive or tea seed oil to grease muffin tin
- Salt and pepper to taste
- 1 tablespoon fresh chives, chopped
- 1 cup broccoli florets, chopped small
- ½ cup cheddar cheese, shredded

DIRECTIONS:

Preheat the oven to 350 degrees F. In a large bowl, whisk together eggs, salt and pepper to taste, and optional chives. Set aside.

In a medium sized bowl, toss together the broccoli and cheddar cheese.

Grease 6-cup muffin pan with oil. Portion the broccoli cheddar mixture evenly between the muffin cups.

Pour the egg mixture over the broccoli cheddar mixture with a 1/3 measuring cup being careful not to overfill.

Bake for 15 to 20 minutes or until eggs are set. You can freeze and reheat the muffins.

Nutrition Facts: (serving size 2 egg muffins) Calories: 246 Fat: 18g Protein: 17g Carb: 4g Fiber: 1g

Lime Ginger Smoothie

*Makes 1 serving

INGREDIENTS:

- ¼ avocado
- ½ cup coconut milk
- ½ cup filtered water
- 2 teaspoons lime (or lemon) juice
- ½-1 inch piece ginger root, chopped
- 1 scoop collagen powder
- ¼ cup parsley, chopped
- ½ cucumber, chopped
- ¼ cup broccoli sprouts

DIRECTIONS:

Place all ingredients in a blender and blend until smooth.

Nutrition Facts: (serving size 1 smoothie) Calories: 300 Fat: 22g Protein: 14g Carb: 14g Fiber: 4g

Poached Eggs Over Sauteed Dandelion Greens and Avocado Crema

*Makes 2 servings

INGREDIENTS:

- ½ tablespoon coconut oil or ghee
- 1 small shallot, finely chopped
- 2 small garlic cloves, chopped fine
- ½ teaspoon curry powder
- 1 bunch dandelion greens, washed and dried, ends trimmed, chopped
- Dash sea salt
- Dash ground black pepper
- 4 large pasture raised, organic eggs

AVOCADO CREMA

- ½ large avocado, halved and pitted
- 2 tablespoons full-fat coconut milk
- 1 tablespoon avocado oil
- ½ tablespoon lime juice
- ¼ teaspoon ground cumin
- ¼ teaspoon sea salt

DIRECTIONS:

Heat the oil in a large sauté pan or cast-iron skillet over medium low heat for 30 seconds. Add the shallot and sauté, stirring occasionally, until lightly golden, about 5 minutes. Add the garlic and curry powder, stir and cook for 2 more minutes.

Add the dandelion greens, salt and pepper, stir and cook for 3 minutes. Turn heat to low and cook a few minutes more, wilting the dandelion greens, but don't overcook, you want them to retain their brilliant green color. Meanwhile poach the eggs.

While the water is boiling, make the avocado crema. Put the avocado, coconut milk, oil, lime juice, cumin and salt in a food processor and process until smooth and creamy, about 30 seconds.

Serve the poached eggs over the dandelion greens, topped with a dollop of avocado crema.

Nutrition Facts: (serving size a generous 2 tablespoons Crema) Calories: 120 Fat: 12g Protein: 1g Carb: 4g Fiber: 2g

Nutrition Facts: (serving size 2 eggs, greens and crema) Calories: 330 Fat: 25g Protein: 15g Carb: 14g Fiber: 5g

Fresh Herb and Avocado Omelet

*Makes 1 serving

INGREDIENTS:

- 2 eggs, beaten
- 2 tablespoons water
- 1 tablespoon grass-fed butter
- ½ avocado, thinly sliced
- 1 tablespoon fresh cilantro, chopped
- 1 tablespoon fresh parsley, chopped
- 1 tablespoon fresh basil, chopped
- 1 ounce cheese, raw cheddar, shredded

DIRECTIONS:

Mix eggs with water. Heat a medium skillet over medium-high heat until hot. Melt the butter and tilt the pan to coat the bottom. Pour in egg mixture.

Gently push cooked portions from edges toward the center with a spatula so the uncooked eggs can reach the hot surface. Continue cooking, tilting pan and gently moving cooked portions as needed.

When top surface is thickened and no visible liquid egg remains, place avocado, herbs and cheese on one side of the omelet. Fold omelet in half. When cheese has melted, remove from heat and slide omelet onto a plate.

Nutrition Facts: (serving size 1 omelet) Calories: 370 Fat: 32g Protein: 19g Carb: 2g Fiber: 0g

Mushroom and Onion Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 6 eggs
- 1½ teaspoons avocado oil or tea seed oil to grease muffin tin
- Salt and pepper to taste
- ½ onion, chopped
- 1 cup white mushrooms, sliced
- 2 tablespoons fresh parsley, chopped

DIRECTIONS:

Preheat oven to 350 degrees F.

In a pan, heat oil on medium-high heat. Add onion and sauté until translucent, about 5 to 8 minutes.

Transfer the onions to a medium size bowl and using the same pan, cook the mushrooms until golden brown, about 10 minutes.

Drain the mushrooms and add to the medium bowl with onions, season with salt and pepper. Mix well.

In a separate medium size bowl, whisk the eggs gently.

Add the eggs to the onion and mushrooms. Mix well.

Grease a 6-cup muffin pan with oil.

Pour mixture into the greased muffin tin and sprinkle with parsley.

Bake for 15 to 20 minutes or until muffins are set. You can freeze and reheat the muffins. Serve with ¼ avocado.

Nutrition Facts: (serving size 2 egg muffins) Calories: 170 Fat: 11g Protein: 13g Carb: 5g Fiber: 0g

Chia Hemp Breakfast Pudding

*Makes 2 servings

INGREDIENTS:

- 2/3 cup full-fat coconut milk, plus additional
- ½ cup hemp seeds
- 1 tablespoon chia seeds
- 1 teaspoon monk fruit (optional)
- ½ teaspoon real vanilla extract
- ½ teaspoon Ceylon cinnamon, ground
- Pinch of salt

TOPPINGS:

- 2 tablespoons pumpkin seeds
- 2 tablespoons almonds, chopped
- 2 tablespoons shredded coconut

DIRECTIONS:

Combine the coconut milk, hemp and chia seeds, monk fruit, vanilla extract, cinnamon and salt, stir until well mixed. Cover and set in the fridge overnight, for at least 8 hours.

The next morning, add additional coconut milk until desired consistency is reached. Serve with toppings.

Nutrition Facts: (serving size 1/2 pudding) Calories: 410 Fat: 32g Protein: 19g Carb: 14g Fiber: 6g

Lemon Bergamot Muffins

*Makes 12 muffins

INGREDIENTS:

- 2 cups almond flour
- 2 tablespoons monk fruit (if you prefer less tart muffins, add an additional tablespoon sweetener)
- 4 teaspoons baking powder
- 4 teaspoons Ceylon cinnamon, ground
- ½ teaspoon salt
- 4 large eggs
- ½ cup melted ghee
- ½ cup coconut milk
- Zest of 1 lemon
- 1 teaspoon pure bergamot extract
- 2/3 cup hemp seeds

DIRECTIONS:

Preheat oven to 350 degrees F. Grease a 12-count muffin tin with coconut oil. Place almond flour, monk fruit, baking powder, cinnamon and salt in a large bowl. Mix until combined.

In a separate smaller bowl, whisk eggs, ghee, coconut milk, lemon zest and bergamot extract together. Add the egg mixture to the almond flour mixture and mix until combined. Fold in the hemp seeds.

Pour the batter evenly into each muffin tin and bake for 15 to 18 minutes, until the tops are golden. Serve warm with butter and a side of kefir.

Nutrition Facts: (serving size 1 muffin) Calories: 290 Fat: 26g Protein: 9g Carb: 7g Fiber: 3g

Whipped Bergamot Coconut Cream

*Makes about 4 to 6 servings

INGREDIENTS:

- 1 15-ounce full-fat coconut milk
- ½ teaspoon real bergamot extract

DIRECTIONS:

Place the can of coconut milk in fridge for a few hours, overnight if you have time.

Remove just the solidified coconut cream from the top of the can and place in a large bowl.

Whip with hand beaters on high speed for about 3 to 5 minutes, until cream becomes fluffy and light. Mix in bergamot extract.

Nutrition Facts: (serving size about 2 tablespoons cup) Calories: 110 Fat: 10g Protein: 1g Carb: 4g Fiber: 0g

Avocado Mayo

*Makes about 1 cup

INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- 1 teaspoon Dijon mustard
- 1½ tablespoons lemon juice
- Pinch of salt
- ½ teaspoon turmeric powder
- ¾ cup avocado oil

DIRECTIONS:

Place the egg and egg yolk, mustard, lemon juice, salt and turmeric in a food processor. Process until combined, about 30 seconds. Using the attachment that allows you to slowly add oil in, add the avocado oil in until it is completely emulsified. Store in the refrigerator.

Nutrition Facts: (serving size 2 tablespoons) Calories: 200 Fat: 21g Protein: 1g Carb: 0g Fiber: 0g

Spinach, Bacon, Goat Cheese Egg Muffin

*Makes 3 servings

INGREDIENTS:

- 2 slices of nitrite-free bacon
- 1½ teaspoons avocado or tea seed oil to grease muffin tin
- 6 eggs
- Salt and pepper to taste
- 1 cup chopped spinach
- 2 tablespoons goat cheese, crumbled
- 2 tablespoons fresh parsley, chopped

DIRECTIONS:

Preheat the oven to 350 degrees F. In a medium sized pan cook bacon over medium-low heat until golden, pat dry with a paper towel and chop. Set aside.

In the same pan add a drop of oil over medium-high heat and cook the spinach until wilted, 1 to 2 minutes. Set aside.

In a large bowl, whisk eggs, salt and pepper until evenly combined. Set aside.

Grease 6-cup muffin pan with more oil. Layer the spinach and then bacon into the muffin tin. Pour egg mixture into each cup using a 1/3 measuring cup being careful not to overfill. Sprinkle the top of each muffin with goat cheese and parsley. Bake for 15 to 20 minutes or until eggs are set. You can freeze and reheat the muffins.

Nutrition Facts: (serving size 2 egg muffins) Calories: 230 Fat: 16g Protein: 17g Carb: 2g Fiber: 0g

Almond Flax Waffles with Whipped Bergamot Coconut Cream

*Makes 2 servings

INGREDIENTS:

- 1 cup almond flour
- ½ cup ground flaxseed (freshly ground if you can)
- ¼ cup hemp seeds
- 1 teaspoon baking soda
- ½ teaspoon baking powder
- 1½ teaspoons Ceylon cinnamon, ground
- Pinch of salt
- 2 eggs, at room temperature
- ¼ cup full-fat coconut milk
- 2 tablespoons coconut oil or butter, melted
- Zest of one lemon

DIRECTIONS:

Preheat the waffle iron.

Stir together almond flour, hemp seeds, baking soda, baking powder, cinnamon and salt in a medium bowl and set aside.

Put eggs, coconut milk, oil or butter and lemon zest into a blender and blend just until mixed and frothy. Pour wet ingredients into dry ingredients and stir, just until incorporated.

When waffle iron is hot, pour ½ the batter into waffle iron and cook until crisp. Top with butter and Whipped Bergamot Coconut Cream.

Nutrition Facts: (serving size 1 waffle with whipped cream) Calories: 420 Fat: 35g Protein: 13g Carb: 16g Fiber: 8g

Veggie Hash with Poached Eggs

*Makes 2 servings

INGREDIENTS:

- 1 tablespoon avocado oil
- 1 small onion, chopped
- ½ cup mushrooms, chopped
- 1 cup arugula
- 1 cup dandelion leaves, chopped
- 1½ cups cooked cauliflower florets
- 4 eggs
- ¼ cup broccoli sprouts
- 2 tablespoons basil
- 2 tablespoons Avocado Mayo
- 2 slices prosciutto, sliced (optional)

DIRECTIONS:

Heat a medium skillet on medium heat, add oil. When oil is hot add onions and sauté until soft and translucent, about 5 minutes. Add mushrooms and cook until soft, stirring occasionally.

Add arugula, dandelion and cooked cauliflower. Cook until greens are wilted and cauliflower is heated through.

While hash is cooking, poach four eggs. Serve poached eggs over hash and garnish with broccoli sprouts, basil, Avocado Mayo and optional prosciutto.

Nutrition Facts: (1/2 hash with 2 eggs) Calories: 390 Fat: 29g Protein: 21g Carb: 13g Fiber: 3g

Mocha Muffins

*Makes 12 muffins

*For optimum freshness, buy flaxseed whole and grind them up before using, a clean coffee grinder works great.

INGREDIENTS:

- 1 cup roughly ground flaxseed*
- 1 cup almond flour
- 2 tablespoons monk fruit
- 1 tablespoon baking powder
- 3 tablespoons cacao powder
- 1 teaspoon ground espresso or coffee
- ½ teaspoon salt
- 4 large eggs
- ½ cup almond or coconut milk
- 1/3 cup Simply GOODFATS MCT Oil, melted
- 2 teaspoons real vanilla extract

DIRECTIONS:

Preheat oven to 350 degrees F. Line a 12-count muffin pan with unbleached paper liners, set aside.

Combine ground flaxseed, almond flour, monk fruit, baking powder, cacao powder, espresso and salt in a large bowl. Whisk to mix fully.

In a blender, add eggs, coconut milk, oil and vanilla. Blend on high for 30 seconds, until foamy.

Add liquid mixture to the bowl of dry ingredients. Stir with a spatula, just until incorporated. Allow to sit for 3 minutes.

Spoon mixture into prepared muffin pan, filling each cup about 90% of the way up to allow room for expansion.

Bake muffins for 13 to 15 minutes, or until an inserted toothpick comes out clean. Remove from oven and take out muffins from pan immediately and place on a cooling rack.

Enjoy immediately with butter, ghee, or coconut oil, or save for later and toast. Store in the fridge for three to four days or in the freezer for up to three months.

Nutrition Facts: (serving size 1 muffin) Calories: 180 Fat: 15g Protein: 7g Carb: 9g Fiber: 4g

Golden Milkshake

*Makes 1 serving

INGREDIENTS:

- 1 cup unsweetened almond milk
- 1 tablespoon Simply GOODFATS MCT Oil or Simply GOODFATS French Vanilla Creamer
- 1 tablespoon coconut butter
- ½ teaspoon turmeric powder
- ¼ teaspoon ground Ceylon cinnamon
- ¼ teaspoon vanilla extract
- Pinch monk fruit
- 1 serving collagen peptides (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (1 Milkshake) Calories: 350 Fat: 31g Protein: 12g Carb: 7g Fiber: 1g

Matcha Green Tea Smoothie

*Makes 1 serving

INGREDIENTS:

- ½ avocado
- ¼ cup coconut milk
- ½ cup filtered water
- 1 tablespoon Simply GOODFATS MCT Oil or Simply GOODFATS Coconut Creamer
- 1 teaspoon matcha green tea powder
- ¼ teaspoon monk fruit
- 1 serving collagen peptides (optional)
- ½ cup ice cubes (optional)

DIRECTIONS:

Place ingredients in blender, blend on high until well mixed, about 30 seconds.

Nutrition Facts: (serving size 1 Smoothie) Calories: 330 Fat: 30g Protein: 13g Carb: 10g Fiber: 5g

Fresh Herb Omelet with Chipotle Lime Mayo

*Makes 1 serving

INGREDIENTS:

- 2 eggs
- 1 tablespoon water
- 1 tablespoon avocado oil or Simply GOODFATS Coconut Oil
- 1 tablespoon chives, chopped
- 1 tablespoon parsley, chopped
- 1 tablespoon basil, chopped
- ½ cup arugula, finely chopped
- 3 tablespoons Chipotle Lime Mayo
- Salt and pepper, to taste

DIRECTIONS:

Whisk the eggs and water together. Heat the oil in a medium skillet (cast iron is best or non-stick) over medium heat. Tilt the pan to make sure the oil coats the entire bottom of the pan.

Pour the eggs into the pan, and again, tilt the pan to make sure the eggs coat the entire bottom of the pan. Cook for a couple of minutes without stirring. Using a flexible spatula, lift one side of the cooked egg to allow some of the raw egg to flow underneath and cook. Repeat this in multiple areas so there is little to no raw egg left on the top. Cook for another minute.

Add the chives, parsley, basil, and arugula to the center of the egg and cook for another 1 to 2 minutes. Spread mayo in 3 to 4 dollops over the herbs.

Using the spatula, flip half of the egg over the fillings to line up with the far side of the eggs. Allow to cook for another minute and then transfer the omelet to a plate and season with salt and pepper to taste.

Nutrition Facts: (serving size 1 Omelet) Calories: 550 Fat: 56g Protein: 15g Carb: 4g Fiber: 0g

Chipotle Lime Mayo

*Makes about 1 cup

INGREDIENTS:

- 1 whole egg
- 1 egg yolk
- ½ teaspoon dried chipotle powder
- 1½ tablespoons lime juice
- Zest of 1 lime
- ½ teaspoon garlic powder
- Pinch of salt
- ¾ cup Simply GOODFATS MCT Oil

DIRECTIONS:

Place the egg and egg yolk, chipotle powder, lime juice and zest, garlic powder and salt in a food processor or blender. Process until combined, about 30 seconds. Slowly add the oil in (if using a food processor, use the attachment that allows you to slowly add oil in drop by drop) until it is completely emulsified. Store in the refrigerator.

Nutrition Facts: (serving size 2 tablespoons) Calories: 190 Fat: 22g Protein: 1g Carb: 1g Fiber: 0g

Vanilla Milkshake

*Makes 1 serving

INGREDIENTS:

- 1 cup unsweetened almond milk
- 2 tablespoons heavy cream (or coconut milk)
- 1 tablespoon Simply GOODFATS French Vanilla Creamer
- 1 tablespoon almond butter
- 1 teaspoon real vanilla powder or extract
- Pinch teaspoon monk fruit
- Pinch of salt
- 1 serving collagen peptides (optional)

DIRECTIONS:

Place ingredients in blender, blend on high until well mixed, about 30 seconds.

Nutrition Facts: (serving size 1 milkshake) Calories: 380 Fat: 32g Protein: 14g Carb: 6g Fiber: 2g

Macadamia Cacao Smoothie

*Makes 1 serving

INGREDIENTS:

- 8 macadamia nuts
- 1 cup unsweetened almond milk
- 1 tablespoon Simply GOODFATS Coconut Creamer
- 1 tablespoon coconut butter
- 1 tablespoon cacao powder
- 1 tablespoon flax seeds
- ½ teaspoon vanilla extract
- ¼ teaspoon monk fruit
- 1 scoop collagen peptides (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (serving size 1 smoothie) Calories: 410 Fat: 38g Protein: 13g Carb: 12g Fiber: 4g

Peanut Butter Smoothie

*Makes 1 serving

INGREDIENTS:

- 2 tablespoons peanut butter
- 1 cup unsweetened almond milk
- 2 tablespoons heavy cream or Simply GOODFATS French Vanilla Creamer
- 1 tablespoon hemp seeds
- Pinch monk fruit
- Pinch of salt
- ½ cup ice cubes (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth.

Nutrition Facts: (serving size 1 Smoothie) Calories: 380 Fat: 35g Protein: 12g Carb: 9g Fiber: 4g

Broccoli Herb Omelet with Garlic Aioli

*Makes 1 serving

INGREDIENTS:

- 2 eggs
- 1 tablespoon water
- 1 teaspoon avocado oil or Simply GOODFATS Coconut Oil
- ½ cup broccoli florets, finely chopped
- 1 tablespoon parmesan cheese
- 1 tablespoon parsley, chopped
- 2 tablespoons Garlic Aioli (see recipe below)
- Salt and pepper, to taste
- ¼ cup broccoli sprouts

DIRECTIONS:

Whisk the eggs and water together. Heat the oil in a medium skillet (cast iron is best or non-stick) over medium heat. Tilt the pan to make sure the oil coats the entire bottom of the pan.

Pour the eggs into the pan, and again, tilt the pan to make sure the eggs coat the entire bottom of the pan. Cook for a couple of minutes without stirring. Using a flexible spatula, lift one side of the cooked egg to allow some of the raw egg to flow underneath and cook. Repeat this in multiple areas so there is little to no raw egg left on the top. Cook for another minute.

Add the broccoli, cheese and parsley to the center of the egg and cook for another 1 to 2 minutes. Spread Garlic Aioli in 3 to 4 dollops over the herbs.

Using the spatula, flip half of the egg over the fillings to line up with the far side of the eggs. Allow to cook for another minute and then transfer the omelet to a plate and season with salt and pepper to taste. Top with broccoli sprouts.

Nutrition Facts: (serving size 1 omelet) Calories: 370 Fat: 32g Protein: 16g Carb: 5g Fiber: 1g

Garlic Aioli

*Makes $\frac{3}{4}$ cup

INGREDIENTS:

- $\frac{3}{4}$ cup Avocado Mayo
- 1 teaspoon minced garlic
- Pinch of black pepper
- 1 tablespoon fresh chives, chopped

DIRECTIONS:

Place all ingredients in a bowl and mix vigorously with a fork until combined.

Nutrition Facts: (serving size 2 tablespoons) Calories: 140 Fat: 17g Protein: 0g Carb: 0g Fiber: 0g

Chocolate Donuts

*Makes 6 donuts

INGREDIENTS:

- 1 cup almond flour
- $\frac{1}{4}$ cup coconut flour
- 1 teaspoon baking soda
- $\frac{1}{4}$ teaspoon salt
- 2 teaspoons monk fruit
- $\frac{1}{4}$ cup cacao powder
- 2 eggs
- 2 tablespoon melted Simply GOODFATS Coconut Oil
- $1\frac{1}{2}$ cup full-fat coconut milk
- 1 teaspoon vanilla extract

DIRECTIONS:

Preheat oven to 350 degrees F. Oil a donut pan with a thin layer of coconut oil, or coconut spray.

In a large bowl, sift together almond and coconut flours, baking soda, salt, monk fruit, and cocoa powder.

In a separate bowl, whisk together the eggs, coconut oil (cooled), coconut milk and vanilla extract. Combine the wet and dry ingredients together, and mix well. Scoop batter into the donut pan and bake for 15 to 20 minutes.

Once cool, spread Vanilla Buttercream Frosting on top.

Nutrition Facts: (serving size 1 donut) Calories: 230 Fat: 18g Protein: 8g Carb: 12g Fiber: 5g

Vanilla Buttercream Frosting

*Makes about 1 cup

INGREDIENTS:

- 1 cup grass-fed butter, at room temperature
- 2 tablespoons Simply GOODFATS French Vanilla Creamer
- ½ teaspoon vanilla extract
- 2 teaspoons monk fruit

DIRECTIONS:

Combine the butter, creamer, vanilla in a bowl using a hand mixer.

Add monk fruit while continuing to mix until thoroughly blended.

Nutrition Facts: (serving size about 2 tablespoons) Calories: 160 Fat: 17g Protein: 0g Carb: 1g Fiber: 0g

Nutrition Facts: (serving size 1 Frosted Donut) Calories: 390 Fat: 35g Protein: 8g Carb: 13g Fiber: 5g

Loaded Latte

*Makes 1 serving

INGREDIENTS:

- 6 ounces brewed hot coffee
- 6 ounces almond or coconut milk
- 2 tablespoons Simply GOODFATS Coconut Creamer
- ½ teaspoon ground Ceylon cinnamon
- Pinch monk fruit, more to taste
- 1 scoop collagen peptides (optional)

DIRECTIONS:

Place all ingredients in a blender and blend on high until thoroughly mixed. Be careful of blending hot liquids in the blender, place a dish towel over top and hold to make sure lid doesn't lift up. Alternatively, use an immersion blender. Reheat if necessary.

Nutrition Facts: (serving size 1 latte) Calories: 230 Fat: 21g Protein: 11g Carb: 2g Fiber: 0g

Cobb Salad

*Makes 2 servings

INGREDIENTS:

- 1 head Romaine lettuce, coarsely chopped
- 6 ounces sliced turkey
- 2 hard-boiled eggs, chopped
- ¼ cup sunflower seeds
- ¼ cup walnuts, chopped
- ¼ cup parsley, chopped
- ½ cup broccoli sprouts
- ¼ cup olive oil or avocado oil
- 2 tablespoons lemon juice
- Salt and pepper to taste

DIRECTIONS:

Place lettuce, turkey, eggs, sunflower seeds, walnuts, parsley and broccoli sprouts into a large bowl.

Drizzle with olive oil, lemon juice, salt and pepper. Toss to combine.

Nutrition Facts: (serving size 1/4 salad) Calories: 320 Fat: 26g Protein: 18g Carb: 9g Fiber: 5g

Artichoke and Greens Salad

*Makes 1 serving

INGREDIENTS:

- 2 cups mixed greens
- 5 artichoke hearts (canned, or frozen then cooked)
- 2 tablespoons pumpkin seeds
- 2 tablespoons broccoli sprouts
- 2 tablespoon olive or tea seed oil
- 1 teaspoon lemon juice
- Salt and pepper to taste

DIRECTIONS:

Place mixed greens, artichoke hearts, pumpkins seeds and broccoli sprouts in a medium sized bowl. Toss with oil, lemon juice, salt and pepper.

Nutrition Facts: (serving size 1 salad) Calories: 400 Fat: 35g Protein: 10g Carb: 14g Fiber: 4g

Cauliflower Couscous

*Makes 2 servings

INGREDIENTS:

- 1 tablespoon avocado or tea seed oil
- ½ cup millet
- ¼ teaspoon cumin seeds
- 1 ⅛ cup bone broth
- 2 tablespoons almonds, finely chopped
- ¼ cup cilantro leaves, chopped
- ¼ cup parsley leaves, chopped
- Salt and pepper to taste

DIRECTIONS:

Heat oil in medium saucepan pan over medium-high heat. Add millet and cumin seeds and stir until they become fragrant and start to brown, about 2 minutes. Add broth and bring to a boil. Reduce heat, cover and simmer until millet is tender, about 30 minutes. Remove from heat and allow to cool a few minutes, fluff with a fork.

Mix in almonds, cilantro, parsley, salt and pepper.

Nutrition Facts: (serving size 1/2 couscous) Calories: 150 Fat: 12g Protein: 5g Carb: 8g Fiber: 2g

Cajun Shrimp and Broccoli Stir Fry

*Makes 4 servings

INGREDIENTS:

- 1 pound shrimp, peeled
- 3 scallions, thinly sliced
- 1 tablespoon olive oil
- 2 garlic cloves, minced
- 1 teaspoon cumin
- ½ teaspoon paprika
- ½ teaspoon garlic powder
- ½ teaspoon onion powder
- 2 cups water
- 1 cup quinoa, rinsed well
- 5 cups broccoli
- 3 tablespoons coconut or tea seed oil
- 2 tablespoons water
- Salt and pepper to taste
- ¾ teaspoon red pepper flakes (optional)
- ¼ cup cilantro leaves, chopped (garnish)

DIRECTIONS:

In a medium bowl, toss the shrimp with the scallions, olive oil, half the garlic, half the cumin, paprika, garlic and onion powder. Let marinate for at least 15 minutes up to four hours.

Cut the broccoli into small florets, saving the stalks and peeling and slicing them.

Heat a large nonstick skillet over high heat, add 1 tablespoon of oil. Add broccoli stems and stir fry for 30 seconds. Add the florets with the remaining spices, 2 tablespoons of water and a sprinkle of salt and pepper. Stir-fry until broccoli is bright green, approximately 2 minutes. Transfer to a plate.

Heat the skillet again, add the rest of the oil. Add the shrimp and red pepper flakes. Stir-fry for about 3 minutes. Add broccoli and more water if needed. Stir-fry until shrimp is cooked through, approximately 1 to 2 more minutes. Garnish with cilantro. Optional: serve over cauliflower rice or zoodles.

Nutrition Facts: (serving size 1/4 of stir fry) Calories: 290 Fat: 20g Protein: 19g Carb: 10g Fiber: 5g

Chicken with Sauteed Red Cabbage

*Makes 4 servings

INGREDIENTS:

- 1 pound chicken thighs, cut into 1-inch cubes
- 1 red cabbage, outer leaves removed, sliced very thin
- 1 medium onion, sliced thinly
- 3 tablespoons coconut oil
- 1 tablespoon sherry vinegar
- 1 bay leaf
- Salt and pepper to taste
- ½ cup water
- 1 apple, peeled and grated
- 1 cup black rice, cooked according to package directions

DIRECTIONS:

Heat coconut oil in a large skillet.

Add onions and sauté for about 5 minutes or until translucent.

Add chicken and stir-fry until almost cooked through, approximately 5 minutes.

Add cabbage, vinegar, bay leaf, salt, pepper and water.

Bring to a small boil, lower heat and cover. Simmer for 20 minutes.

Add apple mixture and let cook for 5 more minutes. Serve warm or cold over rice.

Nutrition Facts: (serving size 1/4 chicken and cabbage plus 1 serving cauli rice)
Calories: 350 Fat: 25g Protein: 25g Carb: 17g Fiber: 6g

Fresh Herb Salad

*Makes 2 servings

INGREDIENTS:

- 4 cups mixed greens
- 2 tablespoons fresh dill, chopped
- 2 tablespoons fresh basil, chopped
- 2 tablespoons cilantro, chopped
- 2 ounces feta cheese, cubed (optional)
- 3 tablespoons olive oil or tea seed oil
- 2 teaspoons lime juice
- Salt and pepper to taste

DIRECTIONS:

Mix salad greens, dill, basil, cilantro and optional feta in a bowl. Toss with oil, lime juice, salt and pepper.

Nutrition Facts: (serving size 1/2 salad) Calories: 260 Fat: 26 g Protein: 7 g Carb: 5 g Fiber: 0

Taco Bowl Salad with Double Greens Dip

*Makes 1 serving

INGREDIENTS:

- 2 cups mixed greens
- 4 ounces cooked ground beef
- ½ avocado, chopped
- ½ cup cherry tomatoes, cut in half
- ¼ cup chopped cilantro
- ¼ teaspoon ground cumin
- Fresh lime and salt to taste
- ¼ cup broccoli sprouts
- 2 tablespoons Double Greens Dip

DIRECTIONS:

Combine mixed greens, ground beef and avocado in a bowl. Add tomatoes and cilantro and toss to combine. Squeeze fresh lime juice and add salt and cumin to taste. Top with broccoli sprouts and Double Greens Dip.

Nutrition Facts: (serving size 1 salad with dip) Calories: 520 Fat: 39g Protein: 33g Carb: 13g Fiber: 4g

Salmon Caesar Salad

*Makes 1 serving

DRESSING INGREDIENTS:

Makes about $\frac{3}{4}$ cup

- 1 egg yolk
- $\frac{1}{4}$ teaspoon salt
- Dash of coarsely ground black pepper
- 3 garlic cloves, chopped
- 2 anchovy fillets
- 2 teaspoons Dijon mustard
- 2 tablespoons lemon juice
- $\frac{1}{2}$ cup avocado oil or tea seed oil

SALAD INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 4 to 6 ounce Wild Alaskan salmon fillet
- Dash of salt
- $\frac{1}{2}$ head of Romaine lettuce, coarsely chopped
- $\frac{1}{4}$ cup pumpkin seeds
- 2 tablespoons broccoli sprouts
- 2 tablespoons shredded parmesan cheese

DIRECTIONS:

Make the dressing: add egg yolk, salt, pepper, garlic and anchovies to a blender. Blend until combined, about 15 seconds. Add Dijon mustard and lemon juice and blend again. With the blender still running, gently remove the blender top and slowly pour in oil until dressing is emulsified. Set aside.

Preheat a large heavy skillet (cast iron if you have it) over medium heat for a few minutes and then add oil. Place salmon skin side down in skillet and increase heat to high. Cook for 3 minutes and sprinkle with a dash of salt and turn salmon over. Cook for 5 minutes or until browned. Don't overcook, salmon is done when it easily flakes with a fork. Remove from pan and set aside on a plate.

Place lettuce, pumpkin seeds and broccoli sprouts in a medium bowl. Spoon 2 tablespoons or more onto salad and toss to combine. Add parmesan cheese and place salmon on top.

Nutrition Facts: (serving size 1 salad) Calories: 380 Fat: 29g Protein: 19g Carb: 14g Fiber: 8g

Coconut and Macadamia Nut Chicken

*Makes 4 servings

INGREDIENTS:

- 1 cup raw macadamia nuts, finely ground in a food processor
- ¼ cup unsweetened shredded coconut
- 4 large chicken thighs, skin on, bone in
- ¼ teaspoon sea salt
- ¼ teaspoon ground black pepper
- 4 teaspoons Avocado Mayo
- 1 lime, zest and juice
- ¼ cup cilantro, for garnish (optional)

DIRECTIONS:

Preheat oven to 375 degrees F. In a small bowl, mix the macadamia nuts and coconut. Place chicken in a baking dish and sprinkle with salt and pepper. Spread each chicken thigh with 1 teaspoon of mayonnaise.

Spread macadamia coconut mixture on each chicken thigh, dividing evenly. Bake chicken for 40 to 45 minutes on center rack so as not to burn the macadamia nuts. Serve with fresh lime zest and juice. Top with optional cilantro. Serve with Roasted Green Beans and ½ cup of baked sweet potato.

Nutrition Facts: (serving size 1 chicken thigh) Calories: 560 Fat: 51g Protein: 22g Carb: 6g Fiber: 3g

Roasted Green Beans

*Makes 4 servings

INGREDIENTS:

- 1 pound green beans, ends trimmed
- 2 tablespoons olive oil or tea seed oil
- 1 garlic clove, chopped
- 1 teaspoon fresh rosemary or thyme, chopped or ½ teaspoon dried
- ¼ teaspoon salt

DIRECTIONS:

Preheat oven to 375 degrees F. Place green beans in a bowl and toss with oil, garlic, rosemary and salt.

Spread beans evenly on a baking sheet. Roast for about 15 to 20 minutes, until beans are tender and just start to turn brown.

Nutrition Facts: (serving size 1/4 green beans) Calories: 150 Fat: 12g Protein: 1g Carb: 7g Fiber: 3g

Superfood BTL Bowl

*Makes 2 servings

INGREDIENTS:

- 2 tablespoons balsamic vinegar
- 2 tablespoons olive oil and tea seed oil
- 1 tablespoon Dijon mustard
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 4 ounces nitrite-free bacon, sliced.
- 2 cups kale, finely chopped
- 2 cups cherry tomatoes, sliced in half
- ¼ cup sunflower seeds
- ½ cup broccoli sprouts
- ½ avocado, chopped

DIRECTIONS:

Mix first five ingredients in a small bowl with a whisk or a fork to combine well. Set aside.

Heat a medium pan over high heat. Add bacon and cook each side approximately 3 minutes or until crispy or reaches desired level of doneness. Place bacon on a plate with a paper towel to soak up extra oil.

In a large bowl combine kale, cherry tomatoes and sunflower seeds. Pour dressing over salad and with clean hands massage the kale to make sure the dressing coats everything well, top with broccoli sprouts and avocado. Chop up bacon into small pieces, sprinkle over salad and top with fresh sprouts.

Nutrition Facts: (serving size 1/2 bowl) Calories: 410 Fat: 34g Protein: 15g Carb: 15g Fiber: 5g

Salmon Salad

*Makes 1 serving

INGREDIENTS:

- 1 5-ounce can Wild Alaska salmon (Sockeye salmon with skin and bones)
- 2 tablespoons Avocado Mayo
- 2 tablespoons tahini
- Juice from ½ fresh lemon
- ¼ cup celery, chopped
- ½ teaspoon turmeric
- Fresh ground pepper, to taste
- 1 cup broccoli sprouts

DIRECTIONS:

Open and drain the salmon.

In a bowl combine salmon, mayonnaise, tahini, lemon juice, celery, turmeric and pepper with a fork. Mix well.

Optional: serve salmon salad in a lettuce wrap or over a large plate of mixed greens.

Nutrition Facts: (serving size 1/2 salad) Calories: 310 Fat: 24g Protein: 21g Carb: 5g Fiber: 1g

Fresh Green Salad with Dandelion

*Makes 1 serving

INGREDIENTS:

- 1 cup mixed greens
- 1 cup dandelion leaves, chopped
- 2 tablespoons parsley
- 2 tablespoons broccoli sprouts
- 2 tablespoons olive oil or tea seed oil
- 1 teaspoon lemon juice

DIRECTIONS:

Place mixed greens, dandelion, parsley and broccoli sprouts in a bowl and drizzle with oil and lemon juice.

Nutrition Facts: (serving size 1 salad) Calories: 280 Fat: 28g Protein: 3g Carb: 7g Fiber: 2g

Greens Pesto

*Makes about 1 cup

INGREDIENTS:

- 1 bunch parsley, ends trimmed, washed and dried
- 2 tablespoons fresh thyme leaves
- 2 teaspoons fresh rosemary leaves
- 4 garlic cloves, coarsely chopped
- ¼ cup Simply GOODFATS MCT Oil
- ¼ cup olive oil
- Juice of a lemon
- Dash of sea salt, more to taste

DIRECTIONS:

Combine all ingredients in food processor until smooth.

Nutrition Facts: (serving size 2 tablespoons) Calories: 120 Fat: 14g Protein: 1g Carb: 0g Fiber: 0g

Greens Pesto Chicken

*Makes 4 servings

*Make sure to make enough to have leftovers for tomorrow's lunch.

INGREDIENTS:

- 1 pound chicken breast, skin on, bone in*
- 2 tablespoons olive oil or tea seed oil
- 1 teaspoon dried thyme
- Juice from ½ lemon
- Salt and pepper

DIRECTIONS:

Preheat oven to 350 degrees F. Place chicken skin side up in baking dish. Drizzle with oil and sprinkle with thyme, lemon juice, salt and pepper. Cook for about an hour or until juices run clear when you cut into it and skin is golden. Spread greens pesto on chicken breasts and serve with Roasted Rosemary Butternut Squash.

Nutrition Facts: (serving size 1/4 chicken with Greens Pesto) Calories: 380 Fat: 32g Protein: 24g Carb: 2g Fiber: 0g

Lemon Asparagus Soup

*Makes 4 servings

Note*Double batch or make enough to freeze for next week's dinner.

INGREDIENTS:

- 2 tablespoons olive oil or tea seed oil
- 2 medium onions, finely chopped
- 2 cloves garlic, minced
- 4 cups bone broth
- 2 bunches asparagus, tips removed and stems cut into ½ inch pieces (substitute 1 head of broccoli, chopped into florets if preferred)
- 1 teaspoon salt
- 1 tablespoon fresh dill, or ½ teaspoon dried
- 2 tablespoons fresh lemon juice
- 1 tablespoon parmesan cheese

DIRECTIONS:

In a large pot, heat oil over medium heat. Add onions and cook for about 5 minutes. Add garlic and continue to cook until the onions are translucent, about 3 more minutes, being careful to not let the garlic burn.

Add bone broth and bring to a low boil. Add in asparagus, salt and dill and bring back to a boil. Simmer for 20 to 30 minutes until you can easily pierce the asparagus with a fork. Remove from heat.

Using an immersion blender, blend soup until smooth. Use a metal mesh sieve to strain soup into a large bowl. Use caution while transferring hot liquid.

Pour soup back into pot and return to heat. Add lemon juice and parmesan cheese and heat until hot all the way through, about 1 to 2 minutes. Serve immediately.

Nutrition Facts: (serving size 1/4 soup) Calories: 226 Fat: 14g Protein: 9g Carb: 16g Fiber: 4g

Steak Power Bowl

*Makes 2 servings

INGREDIENTS:

- 2 4-ounce grass-fed steak
- ½ teaspoon salt
- ½ teaspoon pepper
- 4 cups mixed greens
- 2 cups raw broccoli, well chopped
- 1 cup strawberries, sliced (optional for adrenal support)
- ½ cup chopped parsley
- ½ cup broccoli sprouts
- 2 tablespoon balsamic vinegar
- 2 tablespoons olive oil or tea seed oil
- 2 ounces feta cheese, crumbled

DIRECTIONS:

Heat a grill or a grill pan over medium high heat.

Sprinkle steak with salt and pepper on each side.

Place steaks on grill or grill pan and cook until golden brown, 4 to 5 minutes. Flip steaks over and cook for an addition 3 to 5 minutes or until desired degree of doneness (this time should yield a medium-rare steak)

Set steaks aside to rest.

In a large bowl combine greens, broccoli and strawberries, parsley and broccoli sprouts. Add vinegar and oil and toss to combine.

Slice steaks into ½ inch thick slices and place on top of salad. Sprinkle some feta cheese over each plate and serve warm or room temperature. Enjoy with a side of sauerkraut.

Nutrition Facts: (serving size 1/2 bowl) Calories: 521 Fat: 33g Protein: 39g Carb: 17g Fiber: 7g

Creamy Curried Chicken Salad Wraps

*Makes 4 servings

INGREDIENTS:

- ¼ cup Avocado Mayo
- 2 tablespoons tahini sauce (thin tahini paste with equal amount water to create “sauce”)
- 1 tablespoon curry powder
- Salt and black pepper to taste
- 12 ounces cooked chicken thighs, diced
- 2 stalks celery, finely diced
- ¼ cup red onion, finely diced (optional)
- 2 cups sprouts (broccoli, alfalfa, clover etc.)
- 12 steamed medium collard leaves, stems trimmed

DIRECTIONS:

Place the collards with the thick-stem side up. Run a small knife parallel to the leaf, shaving off the thick part of the stem. Bring a large pot of water to a boil. Place both collard greens into the boiling water. Let them cook for about 2 to 3 minutes (but no longer than that), remove and set aside on a clean towel. In a small mixing bowl, combine the mayo, tahini sauce, curry powder, salt, and pepper. Stir to combine.

In a large mixing bowl, place the diced chicken, celery, onion, and currants. Add the mayo mixture to the chicken and stir to evenly coat the vegetables and chicken. Taste and season with more curry, salt and pepper if you prefer more spice.

Take a steamed collard wrap and lay it on a flat surface. Scoop about 1/3 cup of chicken salad in the center of the collard. Place a small handful of sprouts over the chicken. Fold the wrap over the chicken mixture starting with the stem-side, then fold the opposite towards the center, and then complete the other two sides much like you would fold a wrap or a burrito. Place three wraps on each plate and serve immediately with a side of sauerkraut.

Nutrition Facts: (serving size 1 wrap) Calories: 370 Fat: 25g Protein: 22g Carb: 13g Fiber: 1g

Turkey Lettuce Wrap

*Makes 1 serving

INGREDIENTS:

- 4 ounces sliced turkey
- 2 slices of nitrite-free bacon, cooked
- ¼ avocado, sliced
- 1 cup mixed spring lettuce or arugula
- 1 tomato, sliced
- ¼ cup broccoli sprouts
- 2 tablespoons fresh basil, chopped
- 1 large Romaine lettuce leaf (to be used as a wrap)
- Condiments: Mustard, avocado mayo or tahini

DIRECTIONS:

Put all ingredients inside the center of the lettuce leaf and roll it up. Enjoy with a side of sauerkraut.

Nutrition Facts: (serving size 1 wrap) Calories: 370 Fat: 22g Protein: 32g Carb: 12g Fiber: 4g

Massaged Kale Tahini Salad

*Makes 2 servings

INGREDIENTS:

- 1 bunch of kale, de-stemmed and chopped
- ½ cucumber, chopped
- 3 tablespoons tahini
- 1 tablespoon olive oil or tea seed oil
- 1 teaspoon lemon juice
- 1 garlic clove, finely chopped
- 2 tablespoons fresh dill, chopped
- 2 tablespoons hemp seeds
- 1 teaspoon dried wakame seaweed, rehydrated according to package directions (optional)
- Salt to taste

DIRECTIONS:

Place kale in a bowl with a pinch of salt. Massage kale with your hands for a few minutes until it starts to wilt. Set aside for a few minutes.

Put kale and cucumber in a bowl. Add tahini, oil and lemon juice. Mix until tahini is thoroughly combined.

Add garlic, dill, hemp seeds and optional wakame, mix together. Taste and add additional salt if necessary.

Nutrition Facts: (serving size 1/2 salad) Calories: 310 Fat: 24g Protein: 12g Carb: 15g Fiber: 10g

Wild Salmon with Lemon Butter

*Makes 1 serving

INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 4 to 6 ounce Wild Alaskan salmon fillet
- Salt and pepper to taste
- 1 tablespoon grass-fed butter, room temperature
- Lemon zest
- Lemon wedge

DIRECTIONS:

Preheat a large heavy skillet (cast iron if you have it) over medium heat for a few minutes and then add oil. Place salmon skin side down in skillet and increase heat to high. Cook for about 4 minutes and sprinkle with a dash of salt and pepper and turn salmon over. Cook for about 4 minutes or until browned. Don't overcook. Salmon is done when it easily flakes with a fork. Remove from pan and set aside on a plate.

Place butter on salmon, the heat should melt it. Using a microplane, grate lemon zest over salmon and squeeze fresh lemon over salmon. Serve with Massaged Kale Tahini Salad.

Nutrition Facts: (serving size 1 4 ounce salmon) Calories: 390 Fat: 32g Protein: 25g Carb: 0g Fiber: 0g

Grass-Fed Burger with Collard Wrap and Avocado Mayo

*Makes 1 serving

INGREDIENTS:

- 4 ounces of grass-fed ground beef
- 1 clove of garlic, minced
- 1 teaspoon fresh dill, chopped
- Pinch of salt
- 1 tablespoon Avocado Mayo
- 1 collard leaf, blanched (see Lunch recipe: Lamb Meatball Collard Wrap)
- 2 slices of tomato (optional)

DIRECTIONS:

Mix ground beef, garlic, dill and salt in a bowl and form into a patty. Heat a heavy skillet on medium heat and cook burger on both sides until preferred level of doneness is reached. Spread mayo on one collard leaf. Place the burger in the center of the collard, place optional tomato on top and wrap collard around burger. Serve with a side of sauerkraut and Sweet Potato Chili Fries.

Nutrition Facts: (serving size 1 burger) Calories: 390 Fat: 32g Protein: 23g Carb: 5g Fiber: 2g

Turkey Burger with Collard Wrap

*Makes 4 servings

INGREDIENTS:

- 4 ounces of ground turkey
- 1 clove of garlic, minced
- 1 teaspoon fresh basil, chopped
- Pinch of salt
- 1 tablespoon Avocado Mayo
- 1 collard leaf, blanched (see Lunch recipe: Lamb Meatball Collard Wrap)
- 2 slices of tomato (optional)

DIRECTIONS:

Mix ground turkey, garlic, basil and salt in a bowl and form into a patty. Heat a heavy skillet on medium heat and cook burger on both sides throughout until no pink remains in the center.

Spread mayo on one collard leaf. Place the burger in the center of the collard, place optional tomato on top and wrap collard around burger. Serve with a side of sauerkraut and Lemon Asparagus Soup and Rosemary Parsnip Fries.

Nutrition Facts: (serving size 1 burger) Calories: 340 Fat: 23g Protein: 30g Carb: 5g Fiber: 0g

Rosemary Parsnip Fries

*Makes 4 servings

INGREDIENTS:

- 1 pound parsnips, peeled, cut into strips about 3 inches long and ½ inch wide
- 1 teaspoon fresh rosemary, chopped
- 1 garlic clove, minced
- ½ teaspoon salt
- Dash of pepper
- 1 ½ tablespoons avocado oil or tea seed oil

DIRECTIONS:

Preheat oven to 450 degrees F. Mix parsnips, rosemary, garlic, salt, pepper and oil in a bowl, toss to cover parsnips in oil. Spread out evenly on a baking sheet.

Roast for 10 minutes. Turn parsnips and roast for another 10 to 15 minutes until parsnips are tender and just starting to brown.

Nutrition Facts: (serving size 1/6 parsnip fries) Calories: 100 Fat: 5g Protein: 1g Carb: 14g Fiber: 4g

Watercress, Endive and Tempeh Salad

*Makes 2 servings

INGREDIENTS:

- 1 8-ounce package of tempeh
- 1 tablespoon coconut oil
- 1 bunch watercress, trimmed, about 3 ounces
- 2 endives, broken into leaves and chopped
- 1 cup arugula
- 2 tablespoons fresh dill, chopped
- 2 tablespoons olive oil or tea seed oil
- 1 teaspoon lime juice
- Salt and pepper to taste

DIRECTIONS:

Heat large skillet on medium-high heat and add oil. Cut tempeh into ¼ inch strips. Arrange tempeh in skillet and cook until golden brown, flip and continue cooking until crisp and golden.

While tempeh is cooking arrange the salad. Place the watercress, endive, arugula and dill into a bowl. Drizzle oil and lime juice over salad. Season with salt and pepper and toss. Serve salad topped with tempeh.

Nutrition Facts: (serving size 1/4 salad) Calories: 340 Fat: 26g Protein: 14g Carb: 13g Fiber: 2g

Daikon Salad with Basil Lemon Dressing

*Makes 4 servings

INGREDIENTS:

- 1 head of Bibb lettuce, or Boston Red, rinsed and dried, coarsely chopped
- 1 apple, cubed into ½ inch pieces
- ½ cup pine nuts
- ½ cup broccoli sprouts
- 1 3-inch piece of daikon radish, peeled

DRESSING:

- ¼ cup olive oil or tea seed oil
- Juice of 1 lemon
- Zest of 1 lemon
- 1 teaspoon raw honey
- ¼ cup chopped fresh basil
- 1 tablespoon collagen powder
- ½ teaspoon salt

DIRECTIONS:

Place lettuce, apple, pine nuts and sprouts into a large serving bowl. Using a peeler, shave daikon radish over the salad.

In a small bowl, whisk together olive oil, lemon juice and zest, honey, basil, collagen and salt. Pour dressing over salad and enjoy immediately.

Nutrition Facts: (serving size 1/4 salad) Calories: 300 Fat: 30g Protein: 6g Carb: 9g Fiber: 4g

Steak and Greens Pesto

*Makes 2 servings

INGREDIENTS:

- 1 8-ounce grass-fed New York strip steak
- Salt and pepper
- 1 tablespoon avocado oil or tea seed oil

DIRECTIONS:

Toss chicken with curry powder, salt and pepper in a medium bowl.

Heat oil in a large skillet over medium-high heat. Add onion and cook until soft and translucent, a few minutes.

Blend coconut milk, ginger, turmeric and garlic in a blender until smooth.

Add chicken and coconut milk mixture to skillet and cook, stirring occasionally, until chicken is completely cooked and sauce has thickened, about 10 minutes.

Fold in spinach, mix until wilted.

Nutrition Facts: (serving size 1/2 steak with 2 tablespoons Greens Pesto) Calories: 320 Fat: 24g Protein: 27g Carb: 1g Fiber: 0g

Radicchio and Butter Lettuce Salad

*Makes 4 servings

INGREDIENTS:

- 1 head of butter lettuce, chopped
- 1 cup radicchio, thinly sliced
- 2 tablespoons fresh basil, chopped
- 2 tablespoons olive oil or tea seed oil
- 2 teaspoon lemon juice
- Salt and pepper to taste

DIRECTIONS:

Place lettuce, radicchio and basil in a bowl. Toss with oil, lemon juice, salt and pepper.

Nutrition Facts: (serving size 1/4 salad) Calories: 70 Fat: 7 g Protein: 1 g Carb: 1 g Fiber: 0 g

Chicken Curry

*Makes 4 servings

*Note: Make sure to make enough for leftovers for lunch.

INGREDIENTS:

- 2 pounds chicken thighs, cut into 1 inch cubes
- 1 tablespoon curry powder
- 1½ teaspoons salt
- ½ teaspoon freshly ground pepper
- 2 tablespoons olive oil or tea seed oil
- ½ medium onion, chopped
- 1 14-ounce can full-fat coconut milk
- 1 2-inch piece ginger, chopped
- 1 1-inch piece turmeric, chopped
- 4 garlic cloves, peeled
- 5 ounces spinach
- ¼ cup cilantro (garnish)

DIRECTIONS:

Toss chicken with curry powder, salt and pepper in a medium bowl.

Heat oil in a large skillet over medium-high heat. Add onion and cook until soft and translucent, a few minutes.

Blend coconut milk, ginger, turmeric and garlic in a blender until smooth.

Add chicken and coconut milk mixture to skillet and cook, stirring occasionally, until chicken is completely cooked and sauce has thickened, about 10 minutes.

Fold in spinach, mix until wilted. Serve over basmati rice (or sub a different carb).

Nutrition Facts: (serving size 1/4 chicken curry) Calories: 420 Fat: 23g Protein: 39g Carb: 14g Fiber: 3g

Wild Salmon with Mixed Herb Butter

*Makes 4 servings

INGREDIENTS:

- 4 4 to 6-ounce salmon fillets
- 2 tablespoons butter
- 1 lemon, halved
- 2 teaspoon fresh thyme
- or ½ teaspoon dried
- 2 teaspoon fresh dill or
- ½ teaspoon dried
- 2 garlic cloves, minced
- Salt and pepper to taste

DIRECTIONS:

Heat broiler to high.

Cover baking sheet or cookie rack with aluminum foil. Place salmon on foil. Place a teaspoon of butter on top of each fillet.

Squeeze lemon over all four fillets. Sprinkle with thyme, dill, garlic, salt and pepper and place in broiler 6 inches from heat source.

Broil approximately 5 minutes or until level of doneness is reached, being careful not to burn garlic. Top fish with remaining butter and allow to fully melt. Serve warm with Beet, Watercress and Arugula Salad.

Nutrition Facts: (serving size 4 ounces Salmon) Calories: 220 Fat: 13 g Protein: 25 g Carb: 1 g Fiber: 0 g

Beet, Watercress and Arugula Salad

*Makes 2 servings

INGREDIENTS:

- 1 medium beet, coarsely chopped
- 1 bunch watercress, trimmed
- 2 cups arugula
- 2 tablespoons dill
- 2 tablespoons olive oil and tea seed oil
- 2 teaspoons apple cider vinegar
- Salt and pepper to taste

DIRECTIONS:

Place beet in food processor and chop.

Place watercress, arugula, dill and chopped beet in a bowl. Toss with oil, apple cider vinegar, salt and pepper.

Nutrition Facts: (serving size 1/2 salad) Calories: 130 Fat: 14g Protein: 1g Carb: 2g Fiber: 1g

Cod with Chimichurri Sauce

*Makes 4 servings

INGREDIENTS:

- ½ cup parsley, chopped
- 2 tablespoons fresh oregano or 1 teaspoon dried oregano
- 1 cup cilantro, chopped
- 4 cloves garlic
- Pinch red pepper flakes
- 3 tablespoons lemon juice
- ½ small red onion, rough chopped
- ½ cup tea seed or avocado oil
- ¼ teaspoon sea salt, plus more to taste
- ¼ pepper, plus more to taste
- 4 4-ounce Wild Alaskan Cod fillets

DIRECTIONS:

Preheat the oven to 350 degrees F. Line a baking sheet with parchment paper.

To make the chimichurri sauce, blend the parsley, oregano, cilantro, garlic, red pepper flakes, lemon juice, onion, salt and pepper in a food processor and blend until a smooth texture is achieved.

Place the cod on the baking sheet. Sprinkle with a little sea salt and pepper. Spread about 2 tablespoons of the sauce over each piece of cod. Bake in the oven until the fish is opaque and cooked through, about 15 to 20 minutes. Serve cod with extra sauce if desired alongside Baked Spaghetti Squash with Parsley.

Nutrition Facts: (serving size 4 ounces cod with 1/4 sauce) Calories: 330 Fat: 28g Protein: 18g Carb: 4g Fiber: 1g

Baked Spaghetti Squash with Parsley

*Makes 4 servings

INGREDIENTS:

- 1 3-pound spaghetti squash
- ½ cup water
- 2 tablespoons olive oil or tea seed oil
- ½ cup parsley, chopped

DIRECTIONS:

Preheat oven to 350 degrees F. Cut spaghetti squash in half lengthwise. Scrape out and discard seeds. Place halves, cut side down, in a large baking dish; add water. Bake for 45 to 50 minutes or until tender.

Remove squash from oven. Turn cut side up; cool for 10 minutes. Scrape inside of squash with a fork to remove spaghetti-like strands. Toss with oil and parsley.

Nutrition Facts: (serving size 1/6 squash) Calories: 90 Fat: 6g Protein: 1g Carb: 11g Fiber: 3g

Baked Lemon Coconut Chicken Thighs

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 pound chicken thighs, skin on (4, 4-ounce chicken thighs)
- 1 small onion, cut in half and sliced
- 1 can full-fat coconut milk
- Juice of ½ lemon
- Zest of 1 lemon
- ½ teaspoon salt
- Dash of black pepper

DIRECTIONS:

Preheat oven to 350 degrees F.

Place chicken, onions, coconut milk, lemon juice, zest, salt and pepper in baking dish.

Bake for 45 to 55 minutes, until chicken starts to turn golden and is cooked throughout.

Occasionally spoon coconut milk over the top of chicken thighs to ensure onions and lemon zest do not burn. Serve with Roasted Thyme Broccoli, a side salad and ½ cup of starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/4 Chicken) Calories: 460 Fat: 38 g Protein: 21g Carb: 8 g Fiber: 0 g

Roasted Thyme Broccoli

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 ½ heads broccoli, cut into small florets
- 2 tablespoons avocado oil
- 1 teaspoon fresh thyme, or ½ teaspoon dried
- ¼ teaspoon salt

DIRECTIONS:

Preheat oven to 350 degrees F. Toss broccoli with oil, thyme and salt. Cook for about 25 to 30 minutes until broccoli is tender, stir occasionally.

Nutrition Facts: (serving size 1/4 Broccoli) Calories: 80 Fat: 7 g Protein: 2 g Carb: 4 g Fiber: 2 g

Ground Lamb Patties over Cauliflower Rice with Tzatziki

*Makes 4 servings

*Make enough to have leftovers for lunch

INGREDIENTS for Lamb Patties:

- 1 pound ground lamb
- 2 teaspoons ground cumin
- 1 teaspoon curry powder
- 1 teaspoon salt
- ¼ teaspoon black pepper
- 1 tablespoon avocado or tea seed oil

DIRECTIONS:

In a medium bowl mix all ingredients except oil until thoroughly combined. Use your hands, but be aware that the curry powder will turn them yellow.

Heat a large skillet on medium-high heat and add oil. Form eight patties out of the lamb and cook for 4 to 5 minutes. Flip over and cook another 4 to 5 minutes, or until level of doneness is reached. Serve over Cauliflower Rice, with Tzatziki and a side salad and ½ cup of starchy carbohydrate if needed.

Nutrition Facts: (serving size 2 patties) Calories: 230 Fat: 15g Protein: 23g Carb: 1g Fiber: 1g

Nutrition Facts: (2 patties, Cauliflower Rice and Tzatziki) Calories: 520 Fat: 40g Protein: 30g Carb: 15g Fiber: 5g

Cauliflower Rice

*Makes 4 servings

INGREDIENTS:

- 1 head of cauliflower, cut into chunks
- 2 tablespoons olive oil or tea seed oil
- Salt and pepper to taste

DIRECTIONS:

Place cauliflower in a food processor and pulse until all the pieces are broken down into rice-size pieces.

Heat oil in a large skillet over medium heat, add cauliflower. Cover and cook until heated through, about 3 to 5 minutes. Remove lid and fluff with a fork, season with salt and pepper.

Nutrition Facts: (serving size 1/4 cauli rice) Calories: 110 Fat: 8g Protein: 4g Carb: 10g Fiber: 3g

Tzatziki

*Makes about 1 ¼ cups

*Make enough to have leftovers for lunch

INGREDIENTS:

- 1 cup coconut cream
- 1 4-inch piece English cucumber, grated
- 2 tablespoons Avocado Mayo
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh dill, chopped
- 1 tablespoon fresh parsley, chopped
- Grated zest of ½ lemon
- 1 tablespoon lemon juice
- 1 garlic clove, chopped
- ½ teaspoon salt
- ¼ teaspoon black pepper

DIRECTIONS:

Place all ingredients in a bowl and mix thoroughly with a fork to combine.

Nutrition Facts: (serving size a generous 1/4 cup) Calories: 180 Fat: 17g Protein: 2g Carb: 4g Fiber: 0g

Beef Stew

*Makes 4 servings

*Make enough for tomorrow's lunch

INGREDIENTS:

- 2 tablespoons avocado oil or tea seed oil
- 1 ½ pounds boneless chuck steak, cut into 2-inch pieces
- 1 ½ teaspoons salt
- ½ teaspoon black pepper
- 1 medium onion, diced
- 2 celery stalks, chopped in large chunks
- 6 cloves garlic, minced
- ½ teaspoon dried oregano
- ½ teaspoon ground cumin
- 1 teaspoon turmeric
- 1 28-ounce can crushed tomatoes
- 1 cup beef broth
- ½ cup chopped green olives
- ¼ cup capers, drained

DIRECTIONS:

Preheat oven to 300 degrees F.

In a large Dutch oven, heat oil over medium-high heat.

Season chuck with salt and pepper. Sear until nicely browned on all sides, approximately 1 minutes per side.

Add onions, celery, garlic, oregano, cumin, turmeric, tomatoes and bone broth. Cover with a lid and braise in the oven until the meat is fork tender, about 1 and a half hours.

Remove from oven, fold in olives and capers.

Nutrition Facts: (serving size 1/4 Stew) Calories: 530 Fat: 38 g Protein: 36g Carb: 15 g Fiber: 3 g

Turkey Meatballs over Sauteed Cabbage and Mushroom Cream Sauce

*Makes 4 servings

*Make enough for tomorrow's lunch.

INGREDIENTS:

- 1 tablespoons coconut oil or avocado oil
- 1 onion, finely chopped
- 1 celery stalk, finely chopped
- ½ cup mushrooms, finely chopped
- ¼ cup fresh parsley, chopped
- ½ teaspoon white pepper
- ½ teaspoon salt
- 1 tablespoon coconut aminos
- 1 egg, beaten
- ¼ cup almond flour
- 1 pound ground turkey

DIRECTIONS:

Preheat the oven to 400 degrees F. Heat a large skillet on medium heat and add the oil. Add the onion and cook until translucent, about 5 minutes. Add the celery and mushrooms and cook for another 5 minutes, just until they soften.

Transfer the onion mixture to a large bowl. Add the parsley, pepper, salt, coconut aminos, egg, almond flour and ground turkey. Mix well with clean hands until all the ingredients are incorporated.

Form into 2-inch balls and place on a baking sheet. Bake 20 to 25 minutes, until browned and cooked all the way through. Serve over sautéed cabbage with Mushroom Cream Sauce and a side salad. Add an additional ½ cup starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/4 Meatballs) Calories: 220 Fat: 9 g Protein: 31g Carb: 5g Fiber: 1 g

Nutrition Facts: (serving size 1 portion of) Calories: 450 Fat: 30 g Protein: 33g Carb: 15g Fiber: 4 g

Sauteed Cabbage

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons grass-fed butter or olive oil
- 1 small onion, chopped
- 1 garlic clove, chopped
- 1 small head of cabbage, core removed, shredded
- 1 teaspoon salt
- Dash of pepper

DIRECTIONS:

Heat a large sauté pan over medium-high heat. Add the butter and onions. Cook for about 5 minutes until onions are soft and translucent.

Add garlic, cabbage, salt and pepper and sauté for 10 to 15 minutes, until the cabbage is tender, stir occasionally.

Nutrition Facts: (serving size 1/4 cabbage) Calories: 80 Fat: 6 g Protein: 1 g Carb: 6 g Fiber: 2 g

Mushroom Cream Sauce

*Makes 4 to 6 servings

INGREDIENTS:

- 2 tablespoons grass-fed butter
- 1 small shallot, finely chopped
- 1 teaspoon fresh thyme or ½ teaspoon dried
- 14 ounces of mushrooms, sliced
- ¼ cup dry white wine
- 1 cup cream
- Salt and pepper to taste

DIRECTIONS:

Heat a sauté pan over medium heat. Add butter and shallots and cook for a few minutes until they turn translucent and soft. Mix in the thyme.

Slightly increase the heat and add the mushrooms. Cook until they have become soft and brown, stirring occasionally.

Remove from heat to add the wine and then return the pan to cook off the alcohol. Cook until most of the liquid has evaporated. Add the cream and bring to a simmer. Reduce the heat to low. Allow to simmer until the sauce has slightly thickened.

Nutrition Facts: (serving size about 1/3 cup sauce) Calories: 150 Fat: 15 g Protein: 1g Carb: 4 g Fiber: 1 g

Salmon Chowder

*Makes 4 servings

*Make enough for tomorrow's lunch

INGREDIENTS

- 2 tablespoons coconut oil
- 1 small onion, chopped
- 3 cloves garlic, minced
- 1 small head of cauliflower, cut up into ½ inch florets
- 3 stalks celery, chopped
- 4 cups bone broth
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh thyme, chopped
- 1 tablespoon fresh dill, chopped
- 1 teaspoon salt
- 1 pound salmon fillet, cut into bite sized pieces
- 1 can of coconut milk
- 2 tablespoons lemon juice
- ¼ cup fresh parsley, chopped (garnish)

DIRECTIONS:

Melt coconut oil in a large pot on medium heat. Sauté onions until soft and translucent, about 5 minutes. Add garlic and cook another minute.

Stir in cauliflower and celery. Cook for another 5 to 10 minutes. Stir in the broth, vinegar, thyme, dill and salt. Reduce heat, cover and simmer for 30 minutes, until the vegetables soften.

Place 2 cups of the soup into a blender (or use an immersion blender and partially puree) to puree and add back into the soup pot.

Add the salmon and coconut milk and continue to simmer until the fish is cooked.

Remove from heat and stir in lemon juice. Garnish with parsley and serve with a side salad.

Nutrition Facts: (serving size 1/4 Chowder) Calories: 530 Fat: 35g Protein: 38g Carb: 15g Fiber: 2g

Cauli Mac 'N Cheese

*Makes 4 to 6 servings

*Make extra for tomorrow's lunch

INGREDIENTS:

- 8-10 pieces of nitrate-free bacon
- 2 pounds cauliflower florets
- ½ cup heavy cream
- ½ cup milk
- 2 tablespoons ghee or avocado oil
- 10 ounces cheddar cheese, shredded, divided
- 3 ounces full-fat ricotta cheese
- 1 teaspoon Dijon mustard
- 1 teaspoon turmeric, ground
- ⅛ teaspoon white pepper
- Salt, to taste

DIRECTIONS:

Heat a large skillet on medium low. Cook the bacon on both sides until cooked throughout, don't overcook. Set aside on paper towel or a paper bag to absorb the grease. Chop into ½ inch pieces once cool.

If you are using frozen cauliflower, make sure the florets are thawed before continuing. In a large saucepan, add in the milk and heavy cream until it simmers. Add in 8 ounces of the cheddar cheese, ricotta and oil.

Once the cheese has melted, remove from the heat and add in the Dijon mustard, turmeric, white pepper and salt. Add in the cauliflower and return to the heat and toss to coat. Once the cauliflower is warmed through, sprinkle the remaining 2 ounces of cheddar cheese over the top. Stir in the bacon and serve hot.

Serve with Steamed Green Beans, side salad and optional ½ cup starchy carbohydrate if necessary.

Nutrition Facts: (serving size 1/6 Mac & Cheese) Calories: 420 Fat: 34 g Protein: 19g Carb: 11g Fiber: 3g

Steamed Green Beans

*Makes 4 servings

INGREDIENTS:

- 1 pound green beans,
- ends trimmed
- 1 tablespoon olive oil
- 3 tablespoons fresh dill,
- chopped
- Fresh lemon juice to taste
- Dash of salt
-

DIRECTIONS:

Place a few inches of water in a large saucepan with a steamer basket (water level should be just below the level of the basket). Add beans and bring to a boil. Lower heat to medium and cover. Steam about 5 minutes, or until beans are tender and bright green. Toss with oil, dill, lemon and salt.

Nutrition Facts: (serving size 1/4 beans) Calories: 110 Fat: 8g Protein: 1g Carb: 7g Fiber: 3g

Asian Shiitake Chicken Soup

*Makes 4 servings

INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 small onion, diced
- 1 celery stalk, diced
- ½ teaspoon salt
- ¼ teaspoon black pepper
- 2 garlic cloves, minced
- 12 ounces shitake mushrooms, sliced
- 6 cups bone broth
- 1 tablespoon coconut aminos
- 1 tablespoon rice vinegar
- 2 boneless, skinless chicken breasts, cooked and shredded
- 3 cups spinach
- 2 tablespoons miso paste
- ½ cup fresh cilantro leaves, chopped
- ½ cup broccoli sprouts

DIRECTIONS:

Heat a large pot over medium heat and oil. Stir in onions, celery, salt and pepper and cook until soft, about 5 minutes

Add the garlic and mushrooms and cook until the mushrooms become soft, about 5 minutes.

Add the broth and bring to a boil. Reduce to a simmer and cook for 10 minutes. Add the coconut aminos and rice vinegar.

Stir in the chicken and spinach, and cook until wilted.

Remove from heat. In a small bowl remove ½ cup of the liquid and mix with the miso paste until dissolved. Add miso back into soup pot. Serve garnished with cilantro and broccoli sprouts and a side salad.

Nutrition Facts: (serving size 1/4 Soup) Calories: 230 Fat: 6 g Protein: 30g Carb: 13g Fiber: 3g

Beef Stroganoff over Cauliflower Rice

*Makes 4 servings

*Make enough for leftovers for lunch.

INGREDIENTS:

- 1 pound beef chuck
- ½ teaspoon salt
- Pepper to taste
- 1 tablespoon olive oil or tea seed oil
- 1 tablespoon grass-fed butter
- 1 small onion, chopped
- 2 cloves garlic, chopped
- 6 ounces mushrooms, sliced
- 1 teaspoon fresh thyme
- ½ teaspoon onion powder
- 2 cups bone broth
- ½ cup full-fat sour cream
- ¼ cup heavy cream
- ½ cup fresh parsley, chopped

DIRECTIONS:

Cut the beef into long strips and season with salt and pepper.

Over medium-high heat, heat oil in a Dutch oven or large heavy saucepan. Add beef and brown in batches. Remove from pan and set aside.

Add butter to pan and sauté onions for 5 minutes until soft and translucent. Add garlic, mushrooms, thyme and onion powder. Add beef back to the pot and add stock or broth.

Cover and cook until the beef is fork tender and the liquid has reduced by half or more. Add sour cream and heavy cream, mix well. Turn off heat.

Garnish with parsley and serve with Cauliflower Rice, side salad and optional starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/4 stroganoff) Calories: 550 Fat: 42 g Protein: 30g Carb: 12g Fiber: 3g

Creamy Curry Baked Cod

*Makes 4 servings

INGREDIENTS:

- 1 pound Alaskan cod fillet
- 2 teaspoons curry powder
- 1/3 cup heavy cream
- 1/3 cup grass-fed butter, melted
- 3/4 teaspoon salt
- Dash of black pepper
- Lemon wedges for garnish
- 1/4 cup parsley, chopped for garnish

DIRECTIONS:

Preheat oven to 375 degrees F.

Arrange cod in a shallow casserole dish. Mix curry powder into heavy cream. Pour cream and butter on cod. Sprinkle with salt and pepper. Bake for about 15 to 20 minutes until the fish flakes with a fork, basting occasionally.

Garnish with parsley and lemon wedges. Serve with Massaged Kale Salad (page 158) and optional 1/2 cup chopped apple if needed.

Nutrition Facts: (serving size 1/4 cod) Calories: 200 Fat: 13g Protein: 9g Carb: 4g Fiber: 1g

Massaged Kale Salad

*Makes 4 servings

INGREDIENTS:

- 10 ounces Lacinato kale, shredded and de-stemmed
- 1 teaspoon sea salt
- 1/4 cup finely diced red onion
- 1/4 cup walnuts, chopped
- 1/4 cup hemp seeds
- 1 cup broccoli sprouts
- 2 tablespoons apple cider vinegar
- 1/4 cup extra virgin olive oil
- 4 ounces feta or goat cheese
- 1 avocado, cut in slices
- 1 cup Granny Smith apple, chopped (optional)

DIRECTIONS:

Place the kale and salt in a large mixing bowl. Massage the kale for about 5 minutes or until kale softens and becomes dehydrated (it will appear like it was steamed).

Add the onion, walnuts, seeds, apple pieces, sprouts and combine. Drizzle the vinegar and olive oil on the salad and toss salad. Top with feta and avocado slices and optional apple.

Nutrition Facts: (serving size 1/4 salad without cheese) Calories: 320 Fat: 28 g Protein: 13 g Carb: 12 g Fiber: 5 g

Bison Chili

*Makes 6 servings

INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 small onion, chopped
- 2 red bell peppers, chopped
- 1 ½ pounds ground bison (or substitute ground beef)
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 tablespoon cumin, ground
- 1 ½ tablespoons chili powder
- 1 teaspoon cayenne powder
- 1 teaspoon garlic powder
- 8 cups spinach
- 1 15-ounce can diced tomatoes
- ½ cup fresh parsley, chopped
- 1 avocado, sliced for garnish
- ¾ cup sour cream for garnish (optional)
- ½ cup fresh parsley, chopped for garnish

DIRECTIONS:

Heat a large sauté pan over medium heat and add oil. Add onions and cook for 5 minutes until soft and translucent. Add peppers and cook until both are soft and cooked through, stirring occasionally.

While the vegetables are cooking, brown the bison. Heat a Dutch oven or large pan over medium-high heat. Add bison and start to brown it. Season with salt and pepper.

Add cumin, chili powder, cayenne powder and garlic powder to bison. Stir to combine.

When the meat is browned, add spinach to the pan and cook until wilted, about 2 to 3 minutes.

Add tomatoes and reduce heat to medium-low, simmer for 10 minutes.

Add onions and peppers to bison and stir to combine. Serve garnished with avocado, sour cream and parsley. Serve with a side salad and optional starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/6 Chili) Calories: 330 Fat: 19g Protein: 27g Carb: 13g Fiber: 4g

Mediterranean Chicken Bake

*Makes 4 to 6 servings

INGREDIENTS:

- 3 tablespoons olive oil or tea seed oil, divided
- 3 cups spinach
- 1 ½ pounds chicken thighs, bone-in, with skin
- ½ teaspoon salt
- ½ teaspoon black pepper
- 2/3 cup cherry tomatoes, chopped in half
- ½ cup pitted green olives
- 1 cup quartered artichoke hearts, canned or frozen
- 5 garlic cloves, chopped
- 2 tablespoons lemon juice
- 1 tablespoon fresh thyme leaves
- ½ cup bone broth

DIRECTIONS:

Preheat oven to 425 degrees F.

Quickly wilt the spinach in a skillet with 1 tablespoon oil. When cool, place in a colander to drain water. Place chicken in a baking dish and sprinkle with salt and pepper.

In a large mixing bowl combine spinach, tomatoes, garlic, artichoke hearts, thyme, lemon juice and rest of oil, toss to coat.

Pour veggies over chicken and add chicken broth. Bake for 40 to 45 minutes, until chicken is cooked throughout. Serve with side salad and optional starchy carbohydrate.

Nutrition Facts: (serving size 1/4 Chicken) Calories: 330 Fat: 23g Protein: 34g Carb: 11g Fiber: 2g

Herbed Pork Tenderloin

*Makes 2 servings

INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 teaspoon fresh thyme, chopped
- 1 teaspoon fresh rosemary, chopped
- 2 cloves garlic, minced
- ¼ teaspoon salt
- ¼ teaspoon pepper
- 10 ounces pork tenderloin
- 1 cup bone broth

DIRECTIONS:

In a glass bowl, add oil, thyme, rosemary, garlic, salt and pepper. Mix to combine.

Add pork tenderloin to the bowl and massage the pork, coating it well, and refrigerate for at least an hour and up to 6 hours. Place the pork in a slow cooker with the bone broth and cook on low for 3 to 4 hours. Slice into 1-inch slices. Serve with Roasted Green Beans (page 164), side salad and optional ½ cup starchy carbohydrate.

Nutrition Facts: (serving size 1/2 Pork) Calories: 240 Fat: 11g Protein: 32g Carb: 2g Fiber: 0g

Pan Fried Rosemary Salmon

*Makes 4 servings

INGREDIENTS:

- 1 pound Wild Alaskan salmon, cut into 4 fillets
- Salt and pepper to taste
- 2 tablespoons grass-fed butter
- 1 teaspoon fresh rosemary leaves, chopped

DIRECTIONS:

Sprinkle the salmon with salt and pepper.

Heat a large cast iron, or heavy bottom skillet on medium-high heat. When hot, add the butter and rosemary and stir to coat the bottom of the pan. Add salmon fillets, skin side down and cook for about 4 minutes, depending on thickness. Flip and cook for another 4 minutes until salmon is opaque and cooked throughout. Cooking times may vary, don't overcook. Serve with Cucumber Salad and optional starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/4 Salmon) Calories: 240 Fat: 16g Protein: 25g Carb: 0g Fiber: 0g

Cucumber Salad

*Makes 2 servings

INGREDIENTS:

- 3 tablespoons olive oil or tea seed oil
- 2 tablespoons lemon juice
- 2 cucumbers, sliced
- 2 cups shredded red cabbage
- 1 ½ cups arugula
- ¼ cup chopped fresh dill
- ½ avocado, sliced

DIRECTIONS:

In a medium bowl, combine lemon juice and oil, and whisk well.

Add cucumbers, cabbage, arugula and dill, toss to coat. Add sliced avocado on top.

Nutrition Facts: (serving size 1/2 salad) Calories: 260 Fat: 24 g Protein: 5 g Carb: 13 g Fiber: 6 g

Seared Scallops with Cilantro Mint Sauce

*Makes 4 servings

INGREDIENTS FOR SCALLOPS:

- 1 pound sea scallops (fresh is best)
- 1 tablespoon avocado oil
- ½ cup broccoli sprouts

INGREDIENTS FOR SAUCE:

*Makes about 1 cup

- 2 cups packed cilantro, washed and dried
- 30 large mint leaves (about 5 sprigs), washed and dried
- 3 tablespoons avocado oil
- 1 tablespoon fresh lime juice
- 2 teaspoons coconut aminos
- Dash of cayenne pepper (optional)

DIRECTIONS:

Put scallops on a paper towel lined plate and salt all sides. Pat dry with a paper towel. Put in refrigerator for 15 minutes, remove and pat dry again. Meanwhile, make the sauce.

Place cilantro, mint, oil, lime juice, coconut aminos and cayenne in a food processor and mix until smooth and all ingredients are incorporated.

Heat oil on medium-high in a cast iron or stainless steel skillet. Oil should be very hot and spatter with a drop of water. Add scallops and sear for 1 to 2 minutes until a golden brown crust develops. Carefully flip scallops and brown the second side, 1 to 2 minutes. You want a golden crust on both sides, cooked throughout, but not overcooked in the center.

Place cooked scallops on a paper towel lined plate to drain and serve immediately topped with the mint cilantro sauce and sprouts.

Serve over Zoodles with side salad and optional starchy carbohydrate if needed.

Nutrition Facts: (serving size 1/4 Scallops) Calories: 200 Fat: 14g Protein: 14g Carb: 5g Fiber: 0g

Zoodles

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil or tea seed oil
- 4 garlic cloves, minced
- 2 cups kale, well chopped
- 2 medium zucchinis, cut into long noodle shape-strands (aka zoodles)

DIRECTIONS:

Heat oil in a skillet over medium heat, add garlic and heat until fragrant.

Sauté kale until it begins to wilt.

Add in zoodles until tender and liquid is absorbed, about 5 to 10 minutes.

Nutrition Facts: (serving size 1/4 Bolognese with zoodles) Calories: 550 Fat: 44g Protein: 30g Carb: 9g Fiber: 3g

Nutrition Facts: (serving size 1/4 zoodles) Calories: 90 Fat: 7g Protein: 2g Carb: 6g Fiber: 2g

Green Kefir Dressing

*Makes about 2 cups

INGREDIENTS:

- 2 cups kefir
- 2 tablespoons fresh parsley, chopped
- 1 tablespoon fresh dill, chopped
- 1 garlic clove, minced
- 1 tablespoon lemon juice
- ½ teaspoon salt, more to taste
- Dash of black pepper
- 1 teaspoon ground cumin (optional)

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.

Nutrition Facts: (serving size 1/4 dressing) Calories: 80 Fat: 5 g Protein: 5 g Carb: 6 g Fiber: 0

Herbed Dressing

*Makes about 1 cup

INGREDIENTS:

- ¼ cup extra virgin olive oil or tea seed oil
- 2 tablespoons Simply GOODFATS MCT Oil (optional, or increase olive oil by 2 tablespoons)
- 2 tablespoons tahini paste or almond butter
- 1 tablespoon Dijon mustard
- 2 cloves garlic, finely minced
- 2 tablespoons apple cider vinegar
- 2 tablespoons fresh or 2 teaspoons dried herbs of choice (basil, parsley, cilantro, dill, tarragon, rosemary etc.)
- ½ teaspoon turmeric
- Salt to taste
- * OPTIONAL: ¼ cup Avocado Mayo if you desire a creamier texture.

DIRECTIONS:

Place all ingredients into a food processor and blend until smooth. Store in a glass mason jar in the refrigerator for up to one week.

Nutrition Facts: (serving size 2 tablespoons) Calories: 110 Fat: 13g Protein: 1g Carb: 1g Fiber: 0g

Arugula Salad with Southwestern Chicken Strips and Roasted Cauliflower

*Makes 2 servings

INGREDIENTS:

- 2 cups chopped cauliflower florets
- 1 tablespoon Simply GOODFATS MCT Oil
- ½ cup shredded, unsweetened coconut
- 1 tablespoon chili powder
- ½ teaspoon sea salt
- ¼ teaspoon turmeric powder
- Pinch cayenne
- ½ pound chicken thighs, cut into 1-inch strips
- 3 cups arugula
- 2 tablespoons chopped red onion
- 1 tablespoon olive oil
- Juice from ½ lime
- Sea salt and pepper to taste
- Cilantro leaves, chopped (garnish)
- ½ avocado, cubed or 4 tablespoons sour cream (garnish)

DIRECTIONS:

Preheat oven to 350 degrees F. Toss cauliflower with oil and place on a baking sheet and set aside.

Place the coconut, chili powder, salt, turmeric and cayenne in food processor and pulse until coconut is roughly chopped. Transfer coconut mixture to a large plate.

Dredge the chicken strips in the coconut mixture and place on a parchment-lined baking sheet. Place chicken and cauliflower in oven and bake for 25 to 30 minutes or until chicken is cooked through and to your desired crispiness.

Prepare your salad. Place the arugula, roasted cauliflower and red onion in a large mixing bowl. Drizzle the olive oil and lime juice over the salad and toss to combine. Season with salt and pepper. Place chicken on top and garnish with cilantro, avocado or sour cream.

Nutrition Facts: (serving size about 1/2 salad) Calories: 410 Fat: 35g Protein: 25g Carb: 15g Fiber: 7g

Keto Grilled Cheese

*Makes 1 servings

INGREDIENTS:

- 1 tablespoon grass-fed butter
- 2 slices Keto Bread
- Dash of smoked paprika
- 1 ounce gouda, sliced
- 1 ounce raw cheddar cheese, sliced
- ¼ avocado, thinly sliced
- 1 tablespoon chopped fresh basil
- 1-2 tablespoons broccoli sprouts
- ¼ cup sauerkraut

DIRECTIONS:

Heat a pan over medium heat. Butter one side of each slice of bread. Sprinkle smoked paprika

on buttered surface. Place one slice of bread on heated pan, buttered side down. Lay the cheese slices, avocado, basil and broccoli sprouts and top with the remaining slice of bread, buttered side up. Slightly lower heat and cook for a few minutes until golden brown, flip and repeat. Serve with sauerkraut and side salad.

Nutrition Facts: (serving size about 1 sandwich) Calories: 510 Fat: 46g Protein: 16g Carb: 13g Fiber: 6g

Keto Bread

*Makes 1 - 8x4 loaf

INGREDIENTS:

- 6 large eggs (ideally from pastured hens), separated
- ¼ cup organic, grass-fed butter or ghee, melted
- 1 tablespoon Simply GOODFATS MCT Oil, plus extra for coating the pan
- 1½ cups almond flour
- ¼ cup coconut flour
- 3 teaspoons baking powder (must be aluminum free)
- 1 Pinch sea salt
- 1 teaspoon onion powder
- 1 teaspoon garlic powder
- 1 tablespoon monk fruit sweetener

DIRECTIONS:

Preheat oven to 375 degrees F.

Separate the egg whites from the yolks. In a food processor blend the egg yolks, half of the egg white mixture, melted butter, and MCT oil until smooth. Pulse in the almond flour, coconut flour, baking powder and salt until combined. The mixture will be thick.

Add the remaining egg whites and pulse until fully combined. Do not over-mix or bread texture will be tough. Pour mixture into an oiled 8 x 4 loaf pan. Bake for about 30 minutes. Test with a fork to see if the bread is cooked through. Cool on a wire rack for 5 to 10 minutes before slicing.

Nutrition Facts: (serving size about 1 slice) Calories: 110 Fat: 9g Protein: 4g Carb: 4g Fiber: 2g

Easy Crockpot Bone Broth

INGREDIENTS:

- Bones from 1 small organic chicken or the whole chicken
- 2 carrots, coarsely chopped
- 2 celery, coarsely chopped
- 1 small onion, coarsely chopped (can leave unpeeled)
- 2 garlic cloves (can leave unpeeled and whole)
- 1 tablespoon apple cider vinegar
- Filtered water, enough to cover chicken and vegetables

DIRECTIONS:

Place chicken in a large (6 quart) crock pot.* Add carrots, celery, onion, garlic and apple cider vinegar. Fill crock pot with enough water to cover chicken and vegetables, leave 1 to 2 inches of space at the top so the broth doesn't overflow.

Cook on low throughout the day for about 8 hours.

Turn heat off and when cool enough, strain broth and store in the fridge or freezer.

*If you only have a smaller crockpot, you can use chicken pieces or just the bones of a cooked Chicken.

Nutrition Facts: (serving size 1 cup) Calories: 30 Fat: 2 g Protein: 7 g Carb: 2 g Fiber: 0

Keto BLT

*Makes 1 serving

INGREDIENTS:

- 2 pieces Keto Bread, toasted optional
- 1 tablespoon Avocado Mayo
- 2 tablespoons broccoli sprouts
- 1 large lettuce leaf, torn into pieces
- ¼ avocado
- 2 pieces nitrate-free bacon
- 1 slice tomato
- ¼ cup sauerkraut

DIRECTIONS:

Spread mayo on one side of each piece of bread. Layer broccoli sprouts, lettuce, avocado, bacon, tomato and top with other piece of bread. Serve with a side of sauerkraut and Cucumber Salad

Nutrition Facts: (serving size 1 BLT) Calories: 450 Fat: 40 g Protein: 14g Carb: 15g Fiber: 7g

Bison Stuffed Peppers

*Makes 4 servings

INGREDIENTS:

- 2 bell peppers, halved
- 1 teaspoon avocado or tea seed oil
- 1 pound ground bison or grass-fed beef
- ½ small onion, cut in half and diced
- 2 cups riced broccoli florets
- ½ cup beef bone broth
- 1 teaspoon dried rosemary
- 1 teaspoon dried parsley
- 1 teaspoon dried oregano
- 1 teaspoon garlic powder
- 1 teaspoon sea salt
- Dash of red pepper flakes
- Fresh chopped parsley
- ½ diced avocado

DIRECTIONS:

Preheat oven to 350 degrees F.

Place peppers on a parchment-lined baking sheet. Drizzle peppers with oil and bake for 25 to 30 minutes. Remove from oven and set a half of bell pepper on each plate.

Place bison in a large skillet over medium heat. Cook until medium-rare or desired doneness.

Lower heat, add in riced broccoli, broth, dried herbs and seasonings. Stir to combine and cook until heated through and broccoli is fork-tender, about 5 to 6 minutes.

Divide bison among each pepper and spoon any leftovers on each plate. Sprinkle with chopped parsley and avocado. Serve with sauerkraut and a side salad.

Nutrition Facts: (serving size 1/2 pepper) Calories: 270 Fat: 12g Protein: 26g Carb: 9g Fiber: 4 g

Poached Salmon with Greens Pesto and Steamed Asparagus

*Makes 4 servings

INGREDIENTS:

- 1 pound Wild Alaskan salmon fillets, cut into four pieces
- Salt to season
- ½ cup dry white wine
- ½ cup water
- Fresh sprig of rosemary
- 3 sprigs of fresh dill
- Lemon wedges for garnish

DIRECTIONS:

Sprinkle the salmon with a little salt. Put the wine, water, rosemary and dill in a large sauté pan and bring to a simmer on medium heat. Place salmon fillets skin side down on the pan and cover.

Cook for about 5 to 10 minutes depending on the thickness of the fillet. It should be cooked through and flaked when it is done, don't overcook. Serve topped with Greens Pesto, Steamed Asparagus and side salad.

Nutrition Facts: (serving size 1/4 pound salmon) Calories: 170 Fat: 7g Protein: 25g Carb: 0g Fiber: 0g

Steamed Asparagus

*Makes 2 to 4 servings

INGREDIENTS:

- 1 pound asparagus, trimmed
- 1 tablespoon olive oil
- Salt and pepper to taste
- Zest of 1 lemon

DIRECTIONS:

Place 1 inch of water into a large saucepan and place a steamer basket inside. Bring the water to a boil and lay the asparagus in the steamer.

Cover and steam until crisp-tender, about 4 to 5 minutes. Transfer asparagus to a serving dish and drizzle with oil, salt, pepper and lemon zest.

Nutrition Facts: (serving size 1/4 asparagus) Calories: 60 Fat: 4g Protein: 2g Carb: 5g Fiber: 3g

Southwest Turkey Skillet with MCT Guacamole

*Makes 4 servings

INGREDIENTS:

- 1 tablespoon avocado oil or tea seed oil
- 1 shallot, diced
- 1 pound ground turkey (thigh meat preferred)
- 1 teaspoon onion powder
- 1 teaspoon dried oregano
- 1 teaspoon smoked paprika
- 1 teaspoon ground cumin
- 1 red bell pepper, de-seeded and diced
- 1 small can mild green chilies (4.5 ounces)
- 2 cups arugula
- ½ cup Monterey Jack cheese, shredded
- ½ cup cilantro, chopped
- ½ cup broccoli sprouts
- Lime wedges for garnish

DIRECTIONS:

Heat the oil in a large, heavy-bottom skillet on medium heat. Add the shallot and cook until soft and translucent, a few minutes. Add ground turkey, onion powder, dried oregano, smoked paprika, cumin and sauté until the meat has browned.

Add red bell pepper and continue to cook until the pepper has softened. Stir in the green chilis.

Mix in arugula and cook just until wilted. Sprinkle the shredded cheese on top and cook until the cheese has melted. Remove from the heat. Serve topped with cilantro, broccoli sprouts and garnish with fresh lime. Serve with MCT Guacamole on the side.

Nutrition Facts: (serving size 1/4 skillet) Calories: 280 Fat: 14g Protein: 35g Carb: 5g Fiber: 2g

Nutrition Facts: (Serving size 1/4 skillet with MCT Guacamole) Calories: 370 Fat: 23g Protein: 36g Carb: 8g Fiber: 4g

MCT Guacamole

*Makes 2 to 4 servings

INGREDIENTS:

- 1 avocado, pitted and flesh scooped out
- 1 tablespoon Simply GOODFATS MCT oil
- 1 teaspoon apple cider vinegar
- 1 garlic clove, minced
- Pinch of salt, more to taste

DIRECTIONS:

Place avocado in a bowl and mash with a fork. Mix in oil, apple cider vinegar, garlic and salt until mixed to desired consistency.

Nutrition Facts: (about 2 tablespoons) Calories: 90 Fat: 9g Protein: 1g Carb: 3g Fiber: 2g

Keto White Bolognese over Zoodles

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil or tea seed oil
- 1 small red onion, finely chopped
- 2 stalks celery, chopped
- 2 garlic cloves, chopped
- 1 tablespoon fresh thyme
- ¼ teaspoon dried oregano
- 1 teaspoon salt
- ½ teaspoon black pepper
- 1 red bell pepper, chopped
- 1 cup mushrooms, chopped
- ½ pound ground beef
- ½ pound ground pork
- 1 cup bone broth
- 3 ounces spinach
- ½ cup heavy cream
- ½ cup shredded parmesan cheese
- ¼ cup chopped parsley
- ¼ cup broccoli sprouts

DIRECTIONS:

Heat oil in a large skillet on medium-high heat. Add onion, celery and garlic and cook until onions and celery are translucent, about 5 to 10 minutes.

Add thyme, oregano, salt, pepper, red pepper and mushrooms and cook for another 5 to 7 minutes until vegetables start to soften.

Add beef and pork and break meat up, stirring to combine with vegetables. Cook until meat starts to brown.

Add bone broth and simmer for 10 minutes. When meat is cooked through add spinach, stir and cook just until wilted. Stir in heavy cream and cook just until heated. Serve topped with cheese, parsley and broccoli sprouts. Serve over Zoodles and with a side salad.

Nutrition Facts: (serving size 1/4 Bolognese with zoodles) Calories: 550 Fat: 44g Protein: 30g Carb: 9g Fiber: 3g

Mediterranean Slow Cooker Chicken with Greek Salad

*Makes 4 servings

INGREDIENTS:

- 1 pound boneless, skinless chicken breasts, each breast cut into 4 pieces
- 4 cups bone broth
- 1 zucchini, cut into ¼ inch half moons
- 1 summer squash, cut into ¼ inch half moons
- 1 medium onion, halved and sliced
- 2 stalks celery, chopped
- Zest and juice of 1 lemon
- 1 teaspoon dried thyme
- 1 teaspoon dried marjoram
- 1 teaspoon dried rosemary
- ½ teaspoon fennel seeds
- 1 teaspoon salt
- ¼ teaspoon black pepper
- ½ cup quartered black or green olives
- ¼ cup parsley, chopped

DIRECTIONS:

Combine chicken, bone broth, zucchini, squash, onion, celery, lemon juice and zest, thyme, marjoram, rosemary, fennel seeds, salt and pepper in a slow cooker. Cook on low for 4 hours. Stir in olives and cook for additional 30 minutes. Serve topped with parsley and serve with a Greek Salad.

Nutrition Facts: (serving size 1/4 chicken) Calories: 370 Fat: 21g Protein: 37g Carb: 8g Fiber: 3g

Greek Salad

*Makes 4 servings

INGREDIENTS:

- 1 head romaine lettuce, chopped
- ½ small red onion, thinly sliced
- 1 cup pitted black or green olives, cut in half
- 1 green pepper, chopped
- 1 cup artichoke hearts, chopped (frozen or canned)
- 1 tomato, chopped
- 1 cucumber, sliced into half moons
- 1 cup full fat feta cheese, crumbled
- ¼ cup parsley, chopped
- ¼ cup broccoli sprouts
- 4 tablespoons olive oil
- 1 teaspoon dried oregano
- Juice of ½ lemon, more to taste
- Salt and pepper to taste

DIRECTIONS:

In a large bowl, combine lettuce, onion, olives, pepper, artichoke hearts, tomato, cucumber, feta cheese, parsley and broccoli sprouts.

Whisk together olive oil, oregano and lemon juice. Pour over salad, toss and season with salt and pepper.

Nutrition Facts: (serving size 1/4 salad) Calories: 410 Fat: 31 g Protein: 14 g Carb: 21 g Fiber: 4 g

Shrimp Scampi over Spinach and Dandelion Greens

*Makes 4 servings

INGREDIENTS:

- 2 tablespoons olive oil
- ½ onion, finely chopped
- 2 stalks celery, finely chopped
- 4 garlic cloves, finely chopped
- 1 tablespoon fresh thyme leaves, chopped
- 2 tablespoons fresh basil leaves, chopped
- 24 large wild shrimp, peeled, deveined and defrosted
- 4 tablespoons grass-fed butter
- 2 tablespoons heavy cream
- 1 tablespoon parmesan cheese
- 2 pounds fresh spinach
- 1 bunch dandelion greens, chopped

DIRECTIONS:

Heat a large skillet on medium-high heat, add olive oil. Add onions, celery and garlic and cook until onions and celery are soft and translucent, 5 to 10 minutes. Stir often so garlic doesn't burn. Add thyme and basil leaves and stir to combine for 1 minute. Move vegetables to the sides of the pan to make room for the shrimp.

Add shrimp to pan and cook for about 2 minutes or until they are pink. Depending on how big your pan is, you may need to cook shrimp in batches. Don't cook the shrimp all the way through. Remove shrimp and vegetables from pan and put on a plate to rest.

Return pan to burner and turn heat down to medium. Add spinach and dandelion, cook just until wilted, stir often. Remove from pan and set aside.

Return pan to burner and add butter, cream and cheese. Cook for a couple minutes for cheese to melt and sauce to thicken. Add shrimp and vegetables back to pan and cook for another 2 to 3 minutes. Don't overcook shrimp. Serve shrimp and cream sauce over cooked spinach and dandelion greens. Serve with a side salad.

Nutrition Facts: (serving size 1/4 Scampi & Greens) Calories: 330 Fat: 23g Protein: 13g Carb: 12g Fiber: 4 g

Double Greens Dip

*Makes 8 servings

INGREDIENTS:

- 6 ounces basil, stems removed, (a couple large handfuls), washed and dried
- 2 bunches of parsley, ends trimmed, washed and dried
- 1 cup tea seed or olive oil
- Zest and juice of a lime
- ½ cup coconut aminos

DIRECTIONS:

Combine all ingredients in food processor until smooth. Enjoy with a variety of raw vegetables like celery, cucumber, broccoli and carrots.

Nutrition Facts: (serving size 2 tablespoons) Calories: 140 Fat: 14g Protein: 3g Carb: 1g Fiber: 1g

Goddess Dip

*Makes 8 servings

INGREDIENTS:

- 2 tablespoons raw apple cider vinegar
- ¼ cup olive oil or tea seed oil
- ½ small avocado
- ¼ cup packed fresh basil
- ¼ cup packed fresh parsley
- ⅛ cup packed fresh mint
- 1 teaspoon dulse flakes (optional)
- Sea salt and black pepper to taste

DIRECTIONS:

Combine all ingredients in food processor until smooth. Enjoy with a variety of raw vegetables like celery, cucumber, broccoli and carrots.

Nutrition Facts: (serving size 2 tablespoons) Calories: 80 Fat: 8g Protein: 0g Carb: 1g Fiber: 1g

Apple Pie Snack Muffins

*Makes 20 mini muffins

INGREDIENTS:

- ½ teaspoon salt
- ½ cup coconut flour
- 1 teaspoon Ceylon cinnamon
- ½ teaspoon real vanilla
- ¼ cup coconut oil
- 1 Granny Smith apple, cored and roughly chopped
- 2 eggs
- 2 tablespoons unsweetened full-fat coconut milk

DIRECTIONS:

Preheat oven to 350 degrees F. Prepare two mini muffin tins with parchment liners.

Add the salt, flour and cinnamon into the bowl of a food processor. Pulse a few times until combined. Add in the vanilla, oil, and apple and pulse until combined. Add in the eggs and milk and blend until the dough comes together. The dough will be thick.

Fill your muffin cups with a generous tablespoon of dough. Smooth the top of the muffin with your spoon. Bake for 10 to 20 minutes (depending on your oven type).

Nutrition Facts: (serving size 1 muffin) Calories: 80 Fat: 6g Protein: 2g Carb: 5g Fiber: 2g

Almond Miso Dip

*Makes about 1 cup

INGREDIENTS:

- ½ cup almond butter
- 2 tablespoons white miso paste
- ½ cup grated carrot
- Juice from ½ lime
- 1 tablespoon coconut aminos
- 1 inch piece raw ginger, grated
- ¼ cup water
- ¼ teaspoon sea salt
- Pinch of black pepper
- ¼ cup fresh cilantro

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve with a variety of fresh cut veggies like celery, cucumber, broccoli and carrots.

Nutrition Facts: (serving size a generous 1/4 cup) Calories: 121 Fat: 9g Protein: 4g Carb: 6g Fiber: 3g

Lemon Tahini Dip

*Makes about 1 cup

INGREDIENTS:

- 2/3 cup tahini
- Juice from 1 lemon
- 2 small cloves garlic
- ½ cup water
- ½ teaspoon sea salt
- ¼ teaspoon black pepper

DIRECTIONS:

Place all ingredients in a blender and blend until smooth. Serve with a variety of fresh cut veggies like celery, cucumber, broccoli and carrots.

Nutrition Facts: (serving size 2 tablespoons) Calories: 120 Fat: 11g Protein: 4g Carb: 5g Fiber: 1g

Kefir

*1 serving

INGREDIENTS:

- ½ to 1 cup store bought dairy or coconut kefir.

DIRECTIONS:

Enjoy ½ to 1 cup of dairy or coconut kefir as a snack.

Nutrition Facts: (serving size a generous 1 cup) Calories: 140 Fat: 8g Protein: 8g Carb: 10g Fiber: 0g

Smoked Salmon Basil Bombs

*Makes 12 fat bombs

INGREDIENTS:

- 10 ounces plain goat cheese
- 1 tablespoon olive oil or tea seed oil
- ¼ cup fresh chopped basil leaves (about 15 large leaves)
- 1 tablespoon fresh chopped dill
- ½ teaspoon lemon juice
- 2 ounces wild, cold smoked salmon, torn or cut into small pieces
- 1 teaspoon capers or 1 tablespoon Kalamata olives (optional)

DIRECTIONS:

In a medium sized bowl, combine the goat cheese, oil, basil, dill and lemon juice with a fork. Add the salmon and optional capers or olives, mix to combine.

With a spoon, scoop about 1 to 1 ½ tablespoons and roll into a ball. Place on a parchment lined plate or tray and refrigerate for 1 to 2 hours until firm. Repeat until all the mixture is used.

Store in a covered container in refrigerator for up to one week. Best enjoyed cold as fat bombs soften at room temperature.

Nutrition Facts: (serving size 1 Bomb) Calories: 70 Fat: 6 g Protein: 4 g Carb: 1 g Fiber: 0

Lemon Bergamot Fat Bombs

*Makes approximately 30 fat bombs, depending on size

INGREDIENTS:

- 2 lemons
- ¼ cup cashew butter
- ½ cup Simply GOODFATS Coconut Oil, melted
- 1 cup coconut butter, softened
- ¼ cup shredded coconut
- 1 teaspoon lemon extract
- ½ teaspoon bergamot extract
- 1 tablespoon monk fruit sweetener (optional)

DIRECTIONS:

Line a mini cupcake tin with paper cups and set aside. Zest the lemons and then cut and juice both lemons. In a bowl of an electric mixer or food processor, combine all ingredients and mix until uniform. Using a tablespoon, fill each muffin paper with the mixture and refrigerate the tray for at least 60 minutes. Since coconut oil and butter can become soft at room temperature, keep the fat bombs refrigerated or in the freezer.

Nutrition Facts: (serving size 1 Bomb) Calories: 110 Fat: 10 g Protein: 1 g Carb: 3 g Fiber: 0

Cacao Lime Fat Bombs

*Makes 16 fat bombs

INGREDIENTS:

- Unsweetened, finely shredded coconut flakes
- $\frac{3}{4}$ cup macadamia nuts
- 1 cup coconut butter*
- $\frac{1}{2}$ cup coconut oil*
- Zest of one lime, or more to taste
- 2 tablespoons cacao powder
- 1 teaspoon Ceylon cinnamon
- 1 teaspoon monk fruit (optional)

DIRECTIONS:

Place shredded coconut on a plate and set aside.

Pulse macadamia nuts in a food processor until coarsely chopped. Add coconut butter, oil, lime zest, cacao, cinnamon and optional monk fruit and blend until smooth. Cool the mixture in the refrigerator for 30 minutes, or until it thickens.

With a spoon, take about 2 tablespoons of the mixture and form into a ball. Roll in coconut flakes. Chill in the refrigerator in a covered glass container, best enjoyed cold.

*If necessary, soften coconut butter and coconut oil by melting on low heat for 1 minute, to make processing easier.

Nutrition Facts: (serving size 1 Bomb) Calories: 210 Fat: 20 g Protein: 2 g Carb: 4 g Fiber: 1

Pumpkin Pecan Pie Fat Bombs

*Makes 10 fat bombs

INGREDIENTS:

- 2 tablespoons ghee, melted
- ¾ cup raw pecans
- dash sea salt
- ½ cup real pumpkin (canned is okay, use BPA-free lined can)
- 2 teaspoons pumpkin pie spice
- 1 teaspoon monk fruit extract
- ½ teaspoon real maple extract (optional)
- 1 tablespoon collagen powder
- ¼ cup coconut butter
- 1 tablespoon coconut oil
- Ground Ceylon Cinnamon (for dusting)

DIRECTIONS:

Place the pecans on a parchment lined baking sheet. Drizzle the ghee over the nuts, sprinkle with salt, and lightly toast until you smell a nutty aroma, about 5 to 10 minutes. Set aside to cool.

When the nuts are at room temperature, place a ½ cup of them with the remaining ingredients in a high speed blender and process until a slightly uniformed texture is formed. Reserve the remaining ¼ cup for later.

*NOTE: A little chunkiness from the pecans is fine and adds a delightful crunch to the texture.

Line a mini-muffin pan with parchment paper liners. Fill the tins with mixture. Sprinkle each tin with remaining pecans and a dusting of cinnamon. Store in the fridge.

Nutrition Facts: (serving size 1 fat bomb) Calories: 160 Fat: 15g Protein: 2g Carb: 4g Fiber: 1g

Keto Oreo

*Makes about 34 cookies

INGREDIENTS for Cookies:

- 2 cups almond flour
- ¼ cup ground flaxseed
- 3 tablespoons coconut flour
- 4 tablespoons cacao powder
- 1 teaspoon baking powder
- ½ teaspoon xanthan gum or arrowroot
- ¼ teaspoon salt
- ¼ cup Simply GOODFATS Coconut Oil, softened
- ¼ cup grass-fed butter, softened
- 2 teaspoons monk fruit
- 1 egg
- 1 teaspoon vanilla extract

INGREDIENTS for Filling:

- 4 ounces cream cheese, softened
- 2 tablespoons grass-fed butter or Simply GOODFATS Coconut Oil
- ½ teaspoon vanilla extract
- 2 teaspoons monk fruit

DIRECTIONS:

Preheat oven to 350 degrees F. In a bowl, mix together almond flour, flax seeds, coconut flour, cacao powder, baking powder, xanthan gum and salt.

In a separate bowl cream together the coconut oil, butter and monk fruit. Add egg and vanilla and mix until thoroughly combined. Add the dry ingredients and mix until combined.

Roll out dough between two sheets of waxed paper until it's about ⅛ inch thick.

Using a circle cookie cutter, cut out as many cookies as you can and place them on a parchment-lined cookie sheet.

Bake cookies for 12 minutes. Let them cool before filling.

In a food processor, cream together the cream cheese, butter or oil, vanilla extract and monk fruit.

Spread filling on one side of the cookie and cover with a cookie top. Repeat until you run out.

Nutrition Facts: (serving size 1 Oreo) Calories: 200 Fat: 17 g Protein: 5 g Carb: 5 g Fiber: 3

Cacao Almond Butter Fat Bombs

*Makes 16 fat bombs

INGREDIENTS:

- ½ cup Simply GOODFATS Coconut Oil, melted
- ½ cup cacao powder
- ¼ cup almond butter
- ¼ cup coconut butter, softened
- ½ teaspoon monk fruit
- Pinch sea salt
- ¼ cup macadamia nuts, coarsely ground

DIRECTIONS:

Mix together the coconut oil, cacao powder, almond butter, coconut butter, monk fruit and salt until well combined.

Spoon about ½ tablespoon of the mixture into 16 paper muffin cups. Refrigerate or freeze until hardened. Store in fridge.

Jalapeno Lime Fat Bombs

*Makes 8 fat bombs

INGREDIENTS:

- 4 ounces goat cheese at room temperature
- ¼ cup grass-fed butter at room temperature
- 1 garlic clove, minced
- ½ teaspoon coconut aminos
- 2 tablespoons parmesan cheese, shredded
- 2 tablespoons cheddar cheese, shredded
- ½-1 jalapeno, halved, seeded and finely chopped*
- 4 slices antibiotic and nitrate-free bacon, finely chopped
- Zest of 1 lime

DIRECTIONS:

Mash together the goat cheese and butter with a fork or a food processor until smooth. Mix in the garlic, coconut aminos, cheeses, jalapeno, bacon and lime zest.

Divide mixture into 8 fat bombs, rolling to form a ball. Store in the refrigerator.

*Wash hands with hot soapy water immediately after handling jalapeno, the juice can sting.

Nutrition Facts: (serving size 1 Bomb) Calories: 120 Fat: 11 g Protein: 4 g Carb: 1 g Fiber: 0

30 DAY
KETO
REVOLUTION
with Naomi Whittel

Bonus Guide



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Tips For Meal Preparation

1. **Give yourself time.** Plan to spend a day or two during the week to prepare and stock your kitchen.
2. **Buy some practical kitchen tools if you don't have them already,** such as a food processor or spiralizer. This will cut down on prep time as they can quickly cut, shred, and dice veggies.
3. **Prepare your vegetables in advance.** Cutting or slicing them at the start of the week will allow for a fast-cooking meal, and it is especially helpful for days when you don't feel like cooking.
4. **Prepare double or triple batches then freeze in small portions.** You can never have enough food on-hand to be warmed and served!
5. **Team up with a partner and share the work.** You can make a fun evening out of cooking or sharing prepared meals.

Five Ways To Maximize Your Time IN THE KITCHEN

If you've been wondering how you'll ever make time for all of this preparation throughout this detox week, don't worry! It can all be pretty simple, and there are a few strategies that I personally have found extremely effective to maximize my time in the kitchen:

1. **Cook in Bulk:** When you cook, do so in big batches that you can either keep in the refrigerator for the same week's meals, or freeze for future weeks. This works particularly well with soups and stews which are easy to make in bulk.
2. **Take Advantage of the Weekend:** Carving out a little time over the weekend can be infinitely helpful to prepare for the week ahead. Make one or two big meals to have on-hand, pre-portion healthy snacks to bring along for your day, chop vegetables and any other ingredients that can be prepared beforehand, and make a week's worth of meal-prep quick and easy. This habit can take some time to build, but it is well worth it.
3. **Invest in a Slow Cooker:** A slow cooker can be a life-saver if your weekly routine is rushed. Depending on your schedule, you can throw in all ingredients and let the dish cook overnight, or put it together in the morning and come home to a hot meal.
4. **Stock Up:** Be prepared! Stock your cupboards and pantry with foods approved for your detox week, as this will ensure that you don't run into the common problem of coming home hungry and reaching for the nearest snack, regardless of the ingredient list. On the same note, rid your pantry of unhealthy foods that you know you'll need to avoid.
5. **Plan Ahead:** Whether you decide to follow my menu plan or plan your own meals (or a combination of the two), meal planning for the week is extremely helpful. This will motivate you to make your grocery list, stick to it, and have everything needed for a successful detox. This lays the groundwork for fat adaptation and ketosis soon to come.

Six Tips For Dining Out

Dining out will be somewhat more difficult over these nine weeks and it's important to accept that now so you can mentally prepare; however, an occasional meal out with friends is not impossible. The first two weeks of your detox week does allow for a large degree of flexibility, so depending on your local restaurant options, eating out might be quite feasible. Consider the following tips:

1. **Check Out the Menu Online:** Reviewing the menu online beforehand and choosing the restaurant (if possible) will make your experience much easier and less stressful. Check out the options and decide what you will order, as this will eliminate the possibility of making impulsive decisions, especially if you are hungry.
2. **Ask for Substitutions:** Don't be afraid to ask for substitutions and inquire into how dishes are prepared. Most restaurants are perfectly able to substitute potatoes, white rice, or other foods you will be avoiding during your detox for a portion of steamed vegetables, a side salad, or a cup of fruit. Even if these alternatives are not listed on the menu, don't be shy to ask that your needs are accommodated. As silly as it sounds, some restaurants will only take you seriously if you say you have an actual allergy, so go ahead and tell a harmless white lie, if needed.
3. **Avoid the Bread Basket:** If you know you will have trouble saying no to a bread basket, it's best to ask that they don't bring one to the table. This might not always be ideal if your table companions aren't on board, so do what you can.
4. **Order Sides or Appetizers:** If it's difficult to break down exactly what type of ingredients are used in more complex entrees, sides and appetizers can be great alternatives. For example, Thai restaurants usually have chicken skewers as an appetizer, which is simply prepared chicken that could go well with a side salad, and dressing on the side.
5. **Put Your Fork Down Between Bites:** This trick will help you to eat slowly and to thoroughly chew your food, which is not to be underestimated in supporting proper digestion. Place your fork down, chew your food until it is literally mush in your mouth, swallow, then continue with your next bite. This method can also prevent overeating, as your brain registers fullness when you take your time eating. Consider this an essential practice in mindful eating.
6. **BRING YOUR OWN SUPPLIES:** If you're unsure or know that an establishment will not have adequate options, bring some of your own supplies. I like to carry around a little glass bottle of extra virgin olive oil for a dressing, macadamia or pili nuts to sprinkle over a salad, or even a fat bomb if I know that there won't be any menu options that work.

How To Order At Restaurants

1. Stay away from dressings, dips, and sauces, as these typically contain a lot of sugar. Instead, ask your server for some olive oil and vinegar or bring your own!
2. Skip the bun and go for a lettuce wrap on your burger instead.
3. Avoid fried or breaded foods.
4. Salads with protein can be a good option, but ask about extras like croutons and dried fruit; swap these toppings for extra veggies or good fats.
5. Look for veggies, meats, and don't fear the cheese or bacon. If you keep it simple, you can keep it healthy.
6. Be clear with your server and let them know it is important to you that no sugar be used during the cooking process. Don't be afraid to tell them you have a medical condition that makes it critical you stay off sugar (it will get their attention and ensure they listen to your request).
7. Choose the restaurant when you are able to do so. Look at the menu beforehand to save the stress or concern about what you will be able to eat.
8. Ask the server to remove the bread basket when you first sit down. Remove all temptation immediately so you don't have to stare at the warm bread and fight with yourself to avoid it. Studies show that the more decisions we have to make, the weaker our "willpower" becomes.
9. For dessert, ask for cheese or berries with some tea or black coffee. Stay away from the cakes, cookies, pies and ice creams.
10. Stick with water or seltzer for the meal. Avoid soda, mixed drinks, or alcohol.

Seven Ways to Eat ON A BUDGET

1. **The Dirty Dozen:** Instead of buying all organic vegetables and fruits, focus on the “dirty dozen,” which is a fantastic resource from the Environmental Working Group (<https://www.ewg.org/foodnews/dirty-dozen.php>) that is updated each year to provide a shoppers guide for avoiding the most prevalent pesticides used in produce.
2. **Shop in Bulk:** The bulk section of your local co-op or grocery store is a fantastic place to purchase nuts (they often even have raw nuts), nut-butters, legumes and whole grains. You can also find goodies like unsweetened coconut flakes, cacao nibs, and high-quality oils. Other forms of bulk- shopping that can be incredibly cost-efficient are buying meat in bulk from a local farmer then freezing it, if this is an option in your area.
3. **Buy Bone-In Cuts:** Choosing cheaper cuts of meat and/or bone-in cuts can significantly bring down the price of meat, as these cuts are considered “less desirable” due to their toughness (in other words, they take longer to cook). However, if you have a slow cooker, buying cuts such as shoulder, shanks, or hocks will not only allow you to spend less, but gives you an endless supply of bones to make your own bone broth. Similarly, cooking the whole chicken is often less expensive, and leaves you with bones. It's a win-win.
4. **Eat Organ Meat:** Organ meats have been part of traditional diets across the world for centuries but it is a custom that has been largely lost in modern-day, western society. Organ meats like liver, kidneys, heart and even brain are nutrient powerhouses, and usually very inexpensive due to the fact that most people purchase them. Get creative with preparing organ meats, such as cooking up a delicious liver pate. Opt for organ meats (especially liver) of grass-fed and pasture-raised animals to limit toxicity.
5. **Choose Canned Wild Fish:** Wild salmon and other fatty fish can be quite expensive, but wild canned fish is an excellent alternative. Canned Alaskan Wild Salmon is available at many grocery stores or online, as are canned sardines. Choose BPA-free cans and be sure to read the ingredient list and avoid brands that have added sugars or vegetable oils. Stick with fish that is canned in either water or olive oil for maximum nutrition.
6. **Visit Your Local Farmers Market:** If you are fortunate enough to have a local farmer's market, don't pass up this opportunity for fresh, nutrient-dense and usually less expensive produce. CSA shares (community supported agriculture) are another option to join, and often come delivered right to your front door.
7. **Buy Frozen Vegetables and Fruits:** Last but certainly not least, don't hesitate to buy frozen vegetables or fruits over fresh. Frozen produce retains its nutrient content and is typically much less expensive than fresh.

Top Four Mistakes MOST PEOPLE MAKE

Before moving on to the nitty gritty of what to eat on whichever ketogenic diet plan you decide, consider these common mistakes that many people make when starting out:

Reducing Calories Too Much

While the ketogenic diet is not by definition a low-calorie diet, you might find yourself naturally eating less due to feeling adequately satiated (full) by the meals you are eating. However, between this and a reduction in calories that comes with the intermittent fasting introduced in my Keto Revolution Accelerator Program, the importance of eating enough cannot be overstated. Failing to meet your body's nutritional needs can lead to a host of problems and is far from the goal of this program. If you're not sure that you're eating enough or feel confused, track calories to see where your intake falls.

Improperly Hydrating

By lowering carbohydrate intake, the body naturally flushes water as glycogen stores are depleted. This is a good thing but makes it imperative to stay hydrated. For this reason, I encourage you to not only drink plenty of pure water throughout the day (a minimum of half of your weight in pounds in ounces of water) but follow my electrolyte supplement recommendations outlined later.

Overeating Protein or Carbs Without Reducing Fats

Remember that if you choose to increase protein and/or carbohydrates for any reason, this should be accompanied by a slight decrease of fat in your diet. Many keto dieters who eat higher protein or add in a starchy carb at night experience weight gain, and this is because your body is storing the fat you're eating and using the other macros for fuel. To make adding some carbs or additional protein work for you, lower your fat intake at that meal.

Ignoring Your Body's Signs

Since you now understand why there is no one way to keto, it is vitally important to listen to your body's cues about what is and isn't working. If you choose a traditional keto plan and feel unwell despite having trouble-shooted with your coaches and/or tweaked your diet as per the recommendations in this guide, your body might simply need something different. This could be more protein, more carbs, more fat, less fat, more calories, more exercise, less exercise ... you get the idea! Don't ignore these important signs and signals, as the goal for this program is to become fat-adapted in a way that makes you the best version of you for the long haul.

How To Become Fat-Adapted ON A BUDGET

1. Develop a handful of inexpensive tasty recipes you enjoy, but that don't break the bank.
2. Buy and cook in bulk. It's less expensive and saves you time. Consider a device to vacuum seal your meals for keeping in the freezer.
3. Low-cost vegetables are still delicious and healthy. Go for veggies that are versatile, like cauliflower, spinach, and kale. You can make the most use of simple options in a wide range of recipes.
4. Look for coupons, offers, and discounts.
5. Stick to your shopping list! It's easy to become tempted to add in some extras, but try to stay within your budget.
6. Shop online. There are excellent deals for many items, like nuts and nut flours.
7. Skip buying extra drinks and snacks. This can make a big difference to your budget if you are spending money on coffee or tea every day. Make your own at home instead!

Ten Tips To Cut Cravings

WHILE BECOMING FAT-ADAPTED

1. Stick to your plan, especially at the beginning! Once you have made up your mind, go forth with it. The first few days might be the hardest, but they are critical in helping you cut back on cravings later on.
2. Be patient. It will get easier. This process is different for every person and it might be more of an adjustment than you anticipate, but if you follow the steps, your body will come to adapt itself to using fat for fuel.
3. Try different recipes to see what works for you. (Fat bombs are perfect for cutting back on cravings!)
4. Start your day with fats. It will make all the difference.
5. Keep hydrated. Thirst is often confused with hunger.
6. Include omega-6 fish oils in your daily routine. Studies show that these specific fatty acids help reduce cravings.
7. Ensure you take your magnesium if you're experiencing cravings. It helps to combat cravings by normalizing blood sugars, as well as soothing your nervous system.
8. Get your B-vitamins. They are essential for carbohydrate metabolism. When you don't have enough of these vitamins, your carb cravings can increase. B-vitamins, especially B6, can counteract this experience. If you take a multi vitamin, it should include an adequate supplementation of B-vitamins. You can also increase these nutrients through your intake of turkey, chicken, sunflower and sesame seeds, pistachios, and avocado.
9. Slow down and take time to breathe through any cravings. Remember that you don't have to give into a craving just because you're experiencing it. Notice it and be mindful of your feelings. The chances are high your craving will pass.
10. When persistent cravings pop up, go for a walk or take a moment to stretch and get some movement in your body. Sometimes stagnation leads to cravings, and what we need more than energy from food, is energy from our cells. A little movement can do wonders to shift cravings.

Five Non-Food Ways To Boost Energy WHILE BECOMING FAT-ADAPTED

1. **Get enough sleep.** This is one tip you cannot ignore. Rather than getting enough hours of sleep, it's good quality sleep that can give you the energy you need.
2. **Exercise.** Although this may sound counterintuitive, physical activity helps to boost your energy. Anything from low-impact exercises to higher-intensity workouts will improve your overall energy levels. Listen to your body. If you are feeling particularly low-energy, it's better to choose a walk, light swim or gentle yoga class.
3. **Hydration is key.** Be sure to keep up with your water intake.
4. **Self-care is important.** Remember to take some time for yourself every day. This is your personal space to practice something you love and to remind yourself of what is important.
5. **Take it easy and manage stress.** External stress from work, responsibilities, relationships, and daily life can take a toll on your energy and health. Reset your priorities and look for relaxation therapies to help you manage your stress.

Ten Signs You're Becoming FAT-ADAPTED

1. You are able to go longer periods of time without needing to snack. Instead of requiring a meal every two to three hours, you can go up to four to six hours.
2. You have consistent energy throughout the day.
3. You can exercise without the need to “carb up” before your exercise.
4. Decreased or total lack of cravings for sugar.
5. Better sleep.
6. Mental clarity and acuity have increased.
7. Mood has improved or is more stable.
8. Your skin is clear and glowing! You might notice brighter eyes as well.
9. Your relationship to food has improved.
10. Instead of feeling deprived or “hangry” (hungry and angry), you will sense subtle hunger cues.

With the upsurge of interest in the ketogenic diet, along with it have come a slew of misinformation and myths. Here are some of the most common keto myths debunked so that you can continue through this week with the most current and science-based information:

Myth Number 1: The Keto Flu is inevitable

Fiction! Whether or not you will experience “keto flu” symptoms depends on many individual factors. Working on becoming a fat burner in Weeks 2-3 has prepared you to enter ketosis safely, efficiently and with minimal discomfort. However, depending on your diet history, health status, genetics, hormones and more, taking a gradual approach for some people is best. The beauty of this program is that you are learning the important process of getting to know your body’s signals. That applies in this week especially, as you’ll begin to know how your body reacts to a certain intake of carbohydrates (also known as “carb tolerance”) and when you should increase and decrease your intake.

Myth Number 2: You can’t have too much protein

Fiction! Fueling your body with fat does not necessarily mean you will lose weight or successfully reach a state of ketosis. The carb threshold works hand-in-hand with your protein intake due to a metabolic process called gluconeogenesis. If your protein intake is too high, the body will naturally convert it to glucose for energy instead of turning to fatty acids. Some people do require and feel better with more protein than the traditional 20 to 25% protein of the keto diet, so you can experiment with gradually increasing your protein by about one ounce at a time per serving until your diet consists of closer to 30 to 35% if you need to.

Encouraging the body to turn to protein for fuel instead of fat is not ideal for a couple of key reasons. One, it can keep you from reaching a state of ketosis. Two, you certainly don’t want your body turning to lean muscle mass for fuel, as this can wreak havoc on your workouts, body composition and overall health.

Myth Number 3: Protein is bad for keto

Fiction! While too much protein is counterproductive to becoming fat-adapted and entering ketosis, not enough protein can also be detrimental. Protein is a fundamental building block of the body’s cells and is necessary for a long list of critical processes such as cell function and muscle growth.

If you’re feeling confused about the right protein intake for your body, start with

the recommended 20 to 25% and increase as needed. If you are very active and/or exercising a lot, you might need to increase protein. Seniors or anyone with compromised health should not skimp on protein. Other circumstances that might warrant an increase in protein are constant hunger even though your fat intake is sufficient, you're undergoing a period of heightened stress, recovering from an injury or surgery or if you're experiencing body aches. You might also consider including collagen and/or gelatin into a keto smoothie or simply mixed with water.

Myth Number 4: Keto will raise your cholesterol and ALL cholesterol is bad

The most well-known and equally most destructive myth in modern-day nutrition, conventional “wisdom” says that a diet high in saturated fat and dietary cholesterol will raise blood cholesterol and lead to heart disease. Thankfully, this myth has solidly been debunked, but many people still hold on tight to this antiquated notion.

A landmark review in the Annals of Internal Medicine in 2014 looked at several top studies on dietary fat and heart disease and concluded that saturated and total fat have little effect on heart disease. Cholesterol is not the villain, and it is actually a necessary building block for many bodily functions. It makes sex hormones like estrogen, progesterone, testosterone and DHEA, repairs damaged cells and provides them structural integrity, helps to maintain neurotransmitter function, keeps digestion intact, works with vitamin D to maintain immune function and much more.

In all actuality, we now know thanks to various studies that dietary cholesterol from foods is unlikely to raise blood cholesterol, for example there is no causal relationship shown between egg yolk intake and heart disease. Furthermore, it seems that saturated fat intake actually works to increase “good” cholesterol (HDL) which removes LDL, the “bad” cholesterol from the blood. Think of cholesterol as a life-saving “clean-up crew” that happens during the body's inflammatory response.

The saturated fat and cholesterol relationship to heart disease and the myriad of factors contributing to this disease is quite complicated, and much of it comes down to inflammation. Saturated fat can in fact affect blood cholesterol levels, but usually works to benefit the quality of your cholesterol, which is truly the main indicator in the development of heart disease. Saturated fats naturally are naturally antioxidant in nature and have a beneficial impact on your LDL particle size. Ideally you want LDL particles that are larger, lighter and fluffier (I liken it to a cotton ball), as opposed to denser and smaller. These dense, small LDL particles are positively linked with a diet high in refined carbohydrates and sugars that

cause oxidation and inflammation.

For most people eating a whole foods-based ketogenic diet such as the one I recommend here will have a positive impact on your LDL cholesterol particle size. Part of this process might shift your entire cholesterol up, which isn't necessarily a bad thing. As long as your particle size remains light and fluffy, the diet is having a benign impact on your cholesterol levels. It's also important to look at your triglyceride to HDL ratio, as you want this to be low. Other markers to pay attention to include fasting insulin, C-reactive protein (CRP) and A1C.

This certainly is a complex topic that your coaches can help with over the duration of this program. Takeaways from this brief explanation include that the most inflammatory foods shown to negatively impact cholesterol numbers and LDL particle size and possibly lead to heart disease are processed vegetable oils, refined grains and sugar. Second, getting a variety of fats is important. Starting a ketogenic diet does not give you free rein to live off of coconut, bacon, lard and butter. While you shouldn't fear these fats either, it's very important to include all types of fats, both saturated and unsaturated. If you're showing signs of inflammation on your keto diet, you might be eating in an inflammatory way for your body's biochemistry. Perhaps you're eating too much dairy and that is causing inflammation. Or maybe you're eating low-carb products that have artificial ingredients and fillers. Another likely culprit is high stress due to factors other than diet such as family, work, sleep, inner-stressors and more.

For this reason, I offer the two Pillars of Health in each week, because diet alone is not the only piece of the puzzle. Lastly, if you have a family history of high cholesterol and a traditional keto diet doesn't seem to be working for you, try reducing saturated fats by increasing monounsaturated fats and rechecking labs four to six weeks later to note differences. Some people's genetic makeup does do better with higher and lower levels of different types of fats.

Myth Number 5: You should never eat carbs on keto

Fiction! First of all, even for those following a strict keto macronutrient breakdown, you are eating carbs in the form of non-starchy vegetables. Second, some people (women especially) may need to cycle in higher carbohydrate foods throughout these two weeks, which is absolutely normal and acceptable. Women's hormonal balance as well as both men and women's adrenal and digestive health status might require you to have small portions of complex carbohydrate foods with your evening meal or snack. If you experience insomnia or some of the other negative symptoms we'll be discussing throughout this week, consider beginning with 1/3 cup of a higher carb food in the evening and increasing in increments of 1/4 to 1/3 cup as needed. As your body adjusts, you might find you can begin just

having this with dinner three to four times per week, and then one to two times per week until you thrive on a stricter ketogenic model. For others, you might never feel good without adding in a little more carbohydrate at night, and that's okay.

Myth Number 6: Keto will cause you to go into ketoacidosis

Fiction! Ketosis is a natural and safe metabolic state that is induced by a ketogenic diet and means that your ketone levels typically fall between 0.5 to 5.0 mmol/L. Ketoacidosis, on the other hand, is a dangerous metabolic state that is most often seen in both type 1 and 2 diabetics whose insulin levels are poorly managed. This condition can be life-threatening and results from highly acidic blood due to very high levels of blood sugar and ketones occurring simultaneously. This means that the body is unable to utilize either fuel sources for energy that is incredibly dangerous. A ketogenic diet is not at all the same metabolic state however.

Myth Number 7: Eating keto means you have to eat a lot of meat and dairy

Fiction! While meat and dairy can be part of a ketogenic diet for those who tolerate these foods well, they are not the mainstay. Eating high-quality animal foods as part of a plant-based diet is the ideal, as it can be difficult (although not impossible) to create an insulin-sensitizing meal without including some sources of animal protein. However, vegans and vegetarians can still be quite successful on a ketogenic diet, it will simply require slightly more planning and preparation.

Myth Number 8: Keto will ruin my exercise performance, especially my HIIT workouts

Fiction! In the long-term, eating a ketogenic diet or some variation of it will almost always improve your athletic performance in both strength training, HIIT and even long-duration cardio. However, many people can expect a short-term period of decreased energy and performance during high-intensity intervals or heavy lifting while the body transitions to using different energy sources. Once the body is fat-adapted, some athletes experiment with a targeted ketogenic diet model. It simply involves timing your carbohydrates around exercise which we'll get to shortly.

Myth Number 9: Keto will make you lose muscle

Fiction! It is absolutely possible to both maintain and gain muscle on a ketogenic diet, as long as you are getting sufficient protein, fat and calories. By lowering your carbohydrate intake, you are also prompting an adrenaline release in the

body that reduces the breakdown of muscle. If you are a serious athlete and/or looking to gain overall mass (fat and muscle) you might consider trying a cyclical or targeted ketogenic diet once your body is well fat-adapted.

Myth Number 10: You'll always be hungry on Keto

Fiction! In fact, one of the primary signs of fat-adaption is a decrease in appetite and the ability to comfortably go longer periods between meals without snacking. While your body transitions to using fat versus glucose for fuel you might experience heightened hunger and cravings, but they will go away.

Myth Number 11: Keto doesn't have as many benefits for women as for men

Fiction! Women can reap just as many benefits of a ketogenic diet as men can but should keep in mind that your carbohydrate intake might need to be a little higher, especially in the beginning. This certainly won't apply to all women, but some will absolutely feel better taking a gradual approach. Other important points to keep in mind are not overly restricting calories, getting plenty of good fats especially from omega-3 EPA and DHA from wild fish or supplements, and adding in more carbs as-needed. Women in particular should remember that the ketogenic diet is a tool to achieve fat-adaption and metabolic flexibility but is not the long-term goal. Women are naturally more metabolically sensitive than men, as reproductive health is your body's innate priority, whether you are looking to get pregnant or not.

Reproductive health and overall health go hand-in-hand in the female body. You can use the ketogenic diet to help optimize and fine-tune your reproductive health.

Now that the myths are busted, let's look at some simple yet incredibly effective ways to hack keto over the course of this week and beyond. Everybody's unique biochemistry will make the metabolic process of entering ketosis and achieving a fat-adapted state slightly different (different symptoms, different timeline, etc.) but the following tips can help just about everyone:

1. Take your time!

This goes for everybody, but especially if you came into this program eating a Standard American Diet or any high-carb diet model, take it slowly. Fortunately, you are beginning a ketogenic diet already having spent the past four weeks preparing your body, but some people might need more time. If you end up feeling crummy, it's perfectly fine to gradually decrease carbohydrates, dial it back on exercise and check in with your coaches for other ways to comfortably cut carbs.

2. Track your protein

Tracking protein ensures that you are not keeping yourself from entering ketosis due to too much protein yet are meeting your body's nutritional needs with enough. How you feel, tracking protein intake and testing ketone levels all work well in conjunction to ensuring you're on track.

3. Watch your stress

All stress can massively impact your ability to get or stay in ketosis, so be honest with yourself if you're undergoing a time of heightened stress. This might be due to a new or chronically stressful job or relationship, the death of a loved one, the birth of a child (which in that case now is definitely not the time to embark on a ketogenic diet), a move or any other stressful circumstance. When you are under a lot of stress, the body typically needs more protein and carbohydrates, so be kind to yourself and allow your body the nutrients it needs.

4. Make sure you are eating enough fats

A common and easy error when beginning a ketogenic diet is not eating enough fat, which is another reason that tracking is extremely helpful. Your brain has probably been programmed over a lifetime that fat is bad, so switching to an eating plan where 75% of your calories are coming from fat can be a challenge. If you are feeling hungry, fatigued and craving carbs, first and foremost take a look at if you are including enough fats. Along those same lines, make sure you get a variety of fats for the purposes of nutrient-density as well as decreasing boredom.

5. Electrolytes

When beginning a ketogenic or very low-carb diet, the body's electrolyte balance can easily be disrupted. Each gram of glycogen (stored glucose) stores with it three grams of water, so as your glycogen stores get depleted, this water flushes out of the body. This natural occurrence is what happens when we "lose water weight" and can be quite significant on a ketogenic diet. Adding a pinch of Celtic or Himalayan salt to every glass of water you drink and/or taking a good quality electrolyte supplement is recommended.

6. Look out for inflammation

The connection between ketosis and inflammation comes back to stress. If you have hidden and chronic inflammation, your body interprets this as a stressor. Stress produces a hormonal stress response, and stress hormones directly affect insulin levels which if elevated for prolonged amounts of time can lead to insulin resistance. Systemic inflammation can come from digestive issues, hormonal imbalances, chronic stress, infections, hidden food allergies or intolerances, toxicity and nutrient deficiencies. If you suspect a hidden source of inflammation, please work with your local functional or integrative practitioner to get to the root cause prior to beginning a ketogenic diet

7. Get enough fiber

Fiber is key to a healthy gut, regular bowel movements, satiety and controlled cravings. To ensure adequate fiber intake, include plenty of non-starchy vegetables such as herbs, onions, garlic, leeks and leafy greens. Avocados are an excellent source of fat and fiber. Low-carb nuts and seeds are important, especially ground chia and flax seeds, hemp seeds, pumpkin seeds, macadamia and pili nuts. If you are counting net carbs, you can subtract the fiber from your total carbohydrate intake. Often the types of foods listed above raise the total carb count of a meal but if you are accounting for their fiber then you'll lower that carb count by using its net carbs to track your total carb intake for the day. For example, if you had a smoothie containing chia seeds, your carb count might be 16 grams, which is probably higher than you'd like it to be at first glance. But if you look closer, you'll see that if you subtract the 10 grams of fiber that the chia seeds provide, you are left with only 6 grams of carbohydrate. This is your net carbohydrate — your total carb count minus the total fiber count. Some people find this method to allow them a greater intake of carbohydrate. I like it because it puts the emphasis on real foods. However, for some people, accounting for net carbs is too liberal an approach and kicks them out of ketosis. You simply have to play around and see what your unique body prefers. My advice is to always begin by working with net carbs.

Beginning any new eating model always brings up questions and concerns, and keto especially comes with its own unique set of challenges. I've laid out some of the most common issues that come up to help you troubleshoot and ease into this week with minimal discomfort.

Is dairy keto? Do I have to include it? What can I substitute if I don't tolerate it?

Dairy is often included on a ketogenic diet but can easily be substituted for other foods if you if you don't tolerate it well. It can be replaced with other healthy sources of protein and fat such as animal and plant- based fats and oils, seafood, meat, poultry, nuts, and seeds. You can also include unsweetened non-dairy milks such as coconut, macadamia and almond. Be careful of including too much dairy regardless if you tolerate it because dairy raises blood levels of a hormone called IGF-1 (Insulin-like growth factor). Longevity research shows that people with less IGF- 1 levels in their blood live longer and may have a reduced risk of cancer. Whether you include dairy or not, the best choice is to always include the highest quality you have access to. Look for dairy products made from grass fed and pastured cows. And if you are able to, select sheep or goat dairy for the higher ratio of A2 casein as they provide a better protein for your body and health.

Can I eat as many nuts or seeds as I want on keto?

Nuts and seeds can be an important part of your keto diet, as they are high in healthy fats and fiber. However, choosing nuts that are lower in carbs and higher in fat and eating them in reasonable amounts is important. One serving of nuts is equal to one ounce or one small handful. Nuts also contain a lot of fiber, so their net carb total is usually significantly lower than their total carb count.

Nuts with the lowest amount of net carbs include (in this order):

1. Pecans
2. Brazil nuts
3. Macadamia nuts
4. Walnuts
5. Coconut
6. Hazelnuts
7. Pine nuts
8. Almonds
9. Peanuts
10. Pistachios
11. Cashews
12. Chestnuts

Overeating nuts and seeds can happen very quickly, so while you don't need to be counting calories during this program, know that eating a high volume of nuts regularly can put you very high in both calories and carbs. To get maximum nutritional value from your nuts and seeds with minimal anti-nutrients, soaked and sprouted nuts are your best bet. If you feel like nuts might be holding you back from weight loss and/or ketosis, you can simply replace them with other sources of healthy fats.

How to deal with constipation or diarrhea beginning keto

It's not uncommon for people starting out on a ketogenic diet to experience constipation, diarrhea or general digestive discomfort, but it can usually be resolved quickly. While keto is a high-fat diet, it's extremely important to eat plenty of non-starchy, high-fiber veggies to maintain healthy bowel function.

Helpful strategies include the following:

- Don't skimp too much on calories. Not eating enough to meet your nutritional needs can lead to constipation.
Especially if you've had digestive issues in the past (but even if you haven't)
- sometimes the gut simply requires time to adjust. In that case, consider using a digestive enzyme.
Taking up to 800mg of magnesium citrate in two to three divided doses throughout the day can help to relieve constipation.
- Along with magnesium (an electrolyte), keep in mind that electrolyte consumption overall does need to be increased on a high-fat diet since the body is letting go of water.
- Exercise is also important to prevent for healthy digestive function. Aside from HIIT and RET, get in as much movement throughout your day as possible in the form of walking, standing, stretching, and even fidgeting.
- Epsom salt baths nightly are also a great relief for both constipation and muscle tension.
- Stay well-hydrated with pure water throughout the day.
- If needed, you can take an herbal laxative like Laxablend by Vitanica for no more than one week.

Does keto help with skin conditions such as acne and eczema?

Yes, a ketogenic diet can absolutely support healthy skin and possibly even help to treat skin conditions. Most skin conditions are caused by a deeper issue going on internally such as a food allergy or sensitivity, digestive problem, hormonal imbalance, unhealthy diet and/or systemic inflammation. When done healthfully, the ketogenic diet naturally eliminates processed foods and many other

inflammatory foods, such as gluten. One important point to keep in mind if you suffer from a skin condition is that dairy can be very problematic for some, so you might need to eliminate dairy altogether from your keto diet if skin issues don't show signs of improvement.

I'm having trouble sleeping – why and what can I do?

Some people experience insomnia when adjusting to a keto diet while others find their sleep dramatically improves. If your sleep has worsened, your body might simply require more carbohydrates, at least in the beginning. Certain bodily processes need carbs to function correctly such as thyroid conversion and HPA axis function. If you have an underlying thyroid issue or you are under a lot of stress and experiencing adrenal fatigue on some level, dramatically cutting carbs can worsen sleep, among other symptoms.

Be sure you aren't mineral or electrolyte deficient by taking your electrolytes and getting in plenty of non-starchy vegetables. Bone broth can be supportive. If you're having trouble sleeping try to avoid late afternoon or evening exercise, as this can be over-stimulating.

Other methods for supporting sleep include an Epsom salt bath two hours before bed, 200 to 300mg of magnesium citrate before bed, and lavender essential oil either diffused in your bedroom or mixed with coconut oil and massaged into the feet. You can also add a few drops of this soothing oil to your Epsom salt bath.

If you still have difficulty sleeping, consider taking a melatonin supplement an hour before bedtime. Start with 0.3mg and increase to 1mg only if necessary. While helpful, melatonin is a hormone and therefore can impact other hormones in your system. When it comes to sleep, the less invasive your toolkit is, the better.

Last, please consider that adding in more carbs with your evening meal could very well solve this problem and is perfectly okay to do. Start with 1/3 cup of either a whole grain, legume, starchy vegetable like a sweet potato or fruit, and increase to 1/2 cup from there if needed. Poor sleep can truly undermine even the healthiest of diets, so make it your number-one priority. On this same note, take this as a potential sign to have your thyroid tested and maybe even your adrenal health under the care of a qualified practitioner.

I've been doing keto for a while but I've hit a plateau, what should I do?

If you've been practicing a ketogenic diet for a while and feel you've hit a plateau, this could be due to several factors. One, it's common that people experience significant initial weight loss as the body lets go of water, and then the loss levels

out. Remember that too much weight loss at once for an extended period of time is often not healthy or sustainable.

Other factors that could be affecting your weight loss include eating more carbs than you think you're eating, eating too much protein, overeating in general, eating processed keto foods instead of real foods that come from nature, and not tracking ketone levels. An underlying thyroid or adrenal issue could also be to blame, which sometimes goes hand-in-hand with chronic stress and lack of quality sleep creating weight loss resistance.

These types of issues often need to be addressed with a local integrative or functional medical practitioner, and your coaches can help guide you in the right direction of finding personalized support.

I don't get my period anymore, what's happening?

A certain percentage of women will experience menstrual changes, either amenorrhea or heavier periods with more cramping. Usually this is due to a past metabolic issue that was often not known about, relating to thyroid and HPA axis. The HPA axis is responsible for regulating not only stress levels but also sex drive, metabolism and also plays a huge role in female hormone balance. The glands associated with the HPA axis are very sensitive to calorie restriction and stress in women. Since very low-carb eating usually causes a rise in cortisol, this HPA axis can be put under stress and one resulting symptom could be amenorrhea, due to a hormonal cascade that is quite complicated.

The bottom line is that if you experience menstrual irregularities or loss of your period, increasing carbs as described above (beginning with 1/3 cup at night) is important. Next, addressing underlying problems is key, which again is best done with a qualified local practitioner.

I've noticed my hair is falling out – what's going on and how can I stop this?

The answer to this question is very similar to the reasons for changes in women's cycles and insomnia, as it all comes back to hormones. Calories being too-restricted and/or micronutrient deficiencies could be at play, along with possible underlying issues with thyroid and HPA axis health. If any of these factors could be a reality for you, add in your evening carbs and work to get to the bottom of underlying conditions. Initial animal studies have suggested that biotin deficiency could be a factor in hair loss on a ketogenic diet (if you've followed the diet for a long time), so adding in biotin-rich foods such as egg yolks, organ meats, dairy, nuts, legumes, sunflower seeds, avocados and cauliflower can't hurt. Luckily, you'll likely already be including a lot of these foods on your whole foods ketogenic diet.

Should I snack on keto and if so, what should I eat?

I am a big advocate of eating to your body's hunger cues. The beauty of being fat-adapted is that you are likely to experience less overall hunger and fewer cravings and be able to comfortably go without eating between meals. However, if for these first weeks on a high-fat, low-carb model you find yourself hungry and needing to snack, that's perfectly fine. Opt for nutrient-dense options such as fat bombs, avocado sprinkled with sea salt and the other delicious ideas you can find with my recipe book or on pinterest.

Should I use protein powders on keto?

While whole foods are always first choice, protein powders on a keto diet have their time and place. Whether you use them for convenience once in a while or perhaps are vegan and needing keto-friendly protein options, you can incorporate high quality protein powders. Collagen is my personal favorite, as not only does it provide protein but also offers some incredible benefits for muscle building and healthy joints, skin, hair and nails. Other good options are whey protein (grass fed), beef protein, and plant-based powders such as hemp and pumpkin seed. Avoid soy-based powders and any that use artificial sweeteners or added sugars.

Vegan And Vegetarian Considerations

Eating a plant-based diet is proven to be one of the absolute best methods for optimizing health, preventing disease and accelerated aging, as well as maintaining a healthy weight. The meals offered throughout this program do include animal products in moderation, as these foods are rich sources of vitamin and minerals, healthy fats and protein. However, vegans and vegetarians alike can absolutely reap the same health benefits by making a few tweaks.

The challenge that vegans and vegetarians face is composing a diet that is not too high in carbohydrates, as the science clearly shows that when insulin is repeatedly spiked, the body's cells are put at risk for insulin resistance. Remember that the insulin-cortisol connection is important for not only overall health and homeostasis, but it is a key player in healthy adrenal function.

With this in mind, vegans and vegetarians will need to strive for a variety of vegetables and a diverse range of balanced protein sources, along with a moderate amount of complex carbohydrates.

FOODS	PORTION	PROTEIN	CARBS
Almond Butter	1 ounce	6g	5g
Almonds	2 tablespoons	4g	4g
Baked beans	¼ cup	3g	15g
Black beans	¼ cup	4g	10g
Broccoli	1 cup	2g	8g
Brussels Sprouts	1 ounce	4g	8g
Cashews	1 ounce	5g	11g
Chia seeds	¼ cup	5g	11g
Chickpeas	¼ cup	3g	11g
Cottage Cheese	½ cup	14g	3g
Edamame	¼ cup	4g	2g
Egg	1 large	6g	1g

FOODS	PORTION	PROTEIN	CARBS
Egg white	1 large	4g	0.34g
Greek yogurt, whole milk	8 ounces	20g	10g
Gruyere cheese	1 ounce	8g	0.10g
Hemp seeds	1 ounce	6g	1.89g
Hummus	2 tablespoons	1g	4g
Kidney beans	¼ cup	4g	10g
Lentils	¼ cup	4g	8.5g
Mozzarella (part skim)	1 ounce	7g	1g
Peanut butter, unsalted	1 tablespoon	7g	3g
Pinto beans	¼ cup	5g	9.50g
Pistachios	1 ounce	6g	7.63g
Pumpkin seeds	1 ounce	9g	3.78
Soybean	½ cup, cooked	15g	6.72g
Spinach	½ cup	3g	0.83g
Split peas	¼ cup	4g	10.34g
Sunflower seeds, with hulls	1 ounce	6g	6g
Tempeh	4 ounces	21g	16g
Tofu	4 ounces	7g	1.33g
Walnuts	1 ounce	4g	3.89g
White beans	¼ cup	4g	8.50g

A Note about Plant Carbohydrates:

The interesting thing about plant-based carbohydrates is that they come packaged with a variety of healthy fibers. I like to subtract the fiber from the total carbohydrate count to see the net carbohydrates.

For example, chia seeds have 11g of carbohydrates, but they also have 11g of fiber, making the net carb count 0! This explains why beans can have a benign impact on blood sugar. While their total carb count may appear high, their net carbs can be as low as half the carbohydrates listed on the can or package.

The best way to enjoy plant-based carbs is to enjoy them with more high-fiber plant foods. For example, instead of eating beans with rice and a flour tortilla, I would eat beans with cauliflower rice, a healthy serving of guacamole, and a big salad with herbs and seeds dressed in olive oil with some berries on top to accentuate the fiber content of the meal.

FUN TRICK!

To ensure you're getting the highest-quality carbs, there are a few tips and tricks that I've found very helpful. One in particular is Harvard University's 10-to-1 Rule.

It looks like this:

Look at the label to find the total grams of fiber and multiply by 10. Then, compare that number to the total grams of carbs listed. If the amount of fiber multiplied by 10 is equal to or higher than the total grams of carbs, you have a high-quality carb.

Yoga Poses For Mind Body Restoration, STRENGTH AND DIGESTIVE WELLNESS

This week is all about balance and preparing your body for metabolic healing. Listening to what your body needs as it transitions to a diet built around supporting adrenal and digestive health while supporting natural detoxification pathways is key, as the last thing you want is to add additional stress.

These yoga poses are specifically effective for aiding proper digestion and general relaxation and restoration, all important focuses of week one.

Yoga Poses

Whether you just do a few sun salutations or do an entire 30 minute flow, sun salutations are an energizing yet grounding practice to begin your day. Yoga experts link sun salutations with boosted circulation, cultivation of gratitude and toned muscles. From the beginner to advanced yoga practitioner, sun salutations are both healing and rooting in a unique and beautiful way.

Sun Salutations:

<https://www.youtube.com/watch?v=1xRX1Muolmw>

Restorative Poses For Adrenal Health

The combination of mindful movement with breath in yoga is an excellent way to relieve stress and support adrenal health and HPA axis function. These poses are deliciously restorative and can be done either in a sequences or scattered throughout your day when you need a little R & R. While today's society puts a bigger focus on forms of yoga such as power yoga, restorative yoga has the incredible ability to calm your mind, relax your body, enhance your mood and benefit your physical body, as well.

Leg-up-the-wall pose:

<https://www.youtube.com/watch?v=FfzQ1UOPmto>

Happy baby pose:

<https://www.youtube.com/watch?v=z-wDoa7qf3k>

Childs pose:

https://www.youtube.com/watch?v=ISwm-gB_epY

Reclining hand to big toe pose:

<https://www.youtube.com/watch?v=SP5AVRRtpul>

Reclining hero pose:

<https://www.youtube.com/watch?v=8vtA2nnxoEI>

Detoxifying Poses that Support Digestion:

Certain yoga poses can be extremely helpful in supporting healthy digestion, and below are some of my favorites. While not an exhaustive list, these poses will allow you to twist, fold and relax your way to better digestion. Try them in a sequence when you wake up or to wind down at night, being sure to end with corpse pose before drifting into a peaceful sleep.

Thunderbolt pose:

<http://www.yogicwayoflife.com/vajrasana-the-thunderbolt-pose/>

Pavanamuktasana (wind relieving posture):

<https://www.youtube.com/watch?v=D34o4Q!NYMk>

Ardha Matsyendrasana (seated twist):

<https://www.youtube.com/watch?v=51EqCa6ZGCw>

Paschimottasana (seated forward fold):

<https://www.youtube.com/watch?v=298tj3pcPF8>

Savasana (corpse pose):

<https://www.youtube.com/watch?v=v1lkTK16XUQ>