



**Fit2**  
**Fat**  
**2Fit**

**KETO**

Jump Start

MEAL PLAN

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## INTRO

After being on [the Dr. OZ show](#) recently, I've received countless emails asking me how to get started on the Keto Lifestyle. So I decided to put together exactly what I did to get started on the Keto Lifestyle. That's why I created this 60 day Keto Jumpstart Meal Plan for you all! Please feel free to use this as a guideline or you can follow it strictly. The idea is to give you an idea of what to eat and what not to eat on a Keto Lifestyle. I tried to make the recipes as easy as possible, but as tasty as possible as well.

## DO'S:

Full Fat Cheeses, Heavy Whipping Creams, Real Butter, Coconut Oil, Avocados, Olive Oil, Fattier Cuts of Meat, Eggs, Macadamia Nuts, MCT Oil, Fish, Sardines, Fattier Lunch Meats, Bacon, Veggies (Kale, Spinach, Broccoli, Cauliflower, etc.), Pink Himalayan Salt/Sea Salt, and LOTS of water.

## DON'T'S:

Starchier Veggies (Potatoes, Sweet Potatoes, Carrots, etc.), Fruits (very limited amounts), Grains, Chips, Cookies, Crackers, Rice, Pasta, Cereals, Juices, and Sodas.

Notes: If you workout first thing in the morning, then take your [Keto/OS](#) or Bulletproof Coffee 45 min prior to working out. Then have your Breakfast after your workout. Then go through out the day and eat when you feel hungry again. The fat will help to keep you feeling fuller longer. So you probably will notice that you won't have to eat as often (2-3 main meals per day).

Week 1	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Easy Chicken & Broccoli Bake	Cheeseburger with Roasted Asparagus
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon & Cheddar Egg Puffs with Macadamia nuts	Italian Pork Chops & Broccoli
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cheeseburger Salad	Shrimp & Chicken Sausage with Fried Cabbage
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Easy Chicken & Broccoli Bake	Cheeseburger with Roasted Asparagus
FRI	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon & Cheddar Egg Puffs with Macadamia nuts	Italian Pork Chops & Broccoli
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cheeseburger Salad	Shrimp & Chicken Sausage with Fried Cabbage
SUN	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Prosciutto Club Lettuce Wraps with Olives & Macadamia Nuts	Grilled Ribeye & Buttery Asparagus

Week 2	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Chicken Sausage Scramble	Dijon Chicken Salad
TUES	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Avocado Egg Salad	Ground Turkey Loco Moco
WED	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Keto Spinach Shake	Beef Fajita Bowl
THUR	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Chicken Sausage Scramble	Dijon Chicken Salad
FRI	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Avocado Egg Salad	Ground Turkey Loco Moco
SAT	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Keto Spinach Shake	Beef Fajita Bowl
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Coconut Waffles with Macadamia Nut Butter	Chicken Pizza with Roasted Asparagus

Week 3	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Roll-Up with Olives, Cucumber, & Caesar Dressing	Thai Turkey Skillet
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Strawberry Coconut Smoothie	Lemon Pepper Halibut with Almond Green Beans
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Veggie Omelete	Chinese "Fried Rice" with Macadamia Nuts
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Roll-Up with Olives, Cucumber, & Caesar Dressing	Thai Turkey Skillet
FRI	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Strawberry Coconut Smoothie	Lemon Pepper Halibut with Almond Green Beans
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Veggie Omelete	Chinese "Fried Rice" with Macadamia Nuts
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Almond Pancakes with Eggs	New York Steak & Broccoli



Week 4	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Snickers Shake	Taco Salad & Mocha Fat Bombs
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Canadian Bacon Egg Bakes & Macadamia Nuts	Bacon Burger & Roasted Broccoli
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Stuffed Avocado	Mexican Chicken & Peanut Butter Fat Bomb
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Snickers Shake	Taco Salad & Mocha Fat Bombs
FRI	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Canadian Bacon Egg Bakes & Macadamia Nuts	Bacon Burger & Roasted Broccoli
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Stuffed Avocado	Mexican Chicken & Peanut Butter Fat Bomb
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cream Cheese Pancakes with Bacon & Eggs	Flat Iron Steak with Shrimp Skewers

Week 5	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Easy Chicken & Broccoli Bake	Cheeseburger with Roasted Asparagus
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon & Cheddar Egg Puffs with Macadamia nuts	Italian Pork Chops & Broccoli
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cheeseburger Salad	Shrimp & Chicken Sausage with Fried Cabbage
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Easy Chicken & Broccoli Bake	Cheeseburger with Roasted Asparagus
FRI	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon & Cheddar Egg Puffs with Macadamia nuts	Italian Pork Chops & Broccoli
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cheeseburger Salad	Shrimp & Chicken Sausage with Fried Cabbage
SUN	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Prosciutto Club Lettuce Wraps with Olives & Macadamia Nuts	Grilled Ribeye & Buttery Asparagus



Week 6	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Chicken Sausage Scramble	Dijon Chicken Salad
TUES	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Avocado Egg Salad	Ground Turkey Loco Moco
WED	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Keto Spinach Shake	Beef Fajita Bowl
THUR	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Chicken Sausage Scramble	Dijon Chicken Salad
FRI	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Avocado Egg Salad	Ground Turkey Loco Moco
SAT	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Keto Spinach Shake	Beef Fajita Bowl
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Coconut Waffles with Macadamia Nut Butter	Chicken Pizza with Roasted Asparagus

Week 7	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Beween 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Roll-Up with Olives, Cucumber, & Caesar Dressing	Thai Turkey Skillet
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Strawberry Coconut Smoothie	Lemon Pepper Halibut with Almond Green Beans
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Veggie Omelete	Chinese "Fried Rice" with Macadamia Nuts
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Roll-Up with Olives, Cucumber, & Caesar Dressing	Thai Turkey Skillet
FRI	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Strawberry Coconut Smoothie	Lemon Pepper Halibut with Almond Green Beans
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Bacon Veggie Omelete	Chinese "Fried Rice" with Macadamia Nuts
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Almond Pancakes with Eggs	New York Steak & Broccoli

Week 8	Meal 1 (Within 1 hour of waking)	Pre-Workout (Within 1 hour of exercise)	Meal 2 (Between 12-2 pm)	Meal 3 (Between 6-8 pm)
MON	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Snickers Shake	Taco Salad & Mocha Fat Bombs
TUES	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Canadian Bacon Egg Bakes & Macadamia Nuts	Bacon Burger & Roasted Broccoli
WED	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Stuffed Avocado	Mexican Chicken & Peanut Butter Fat Bomb
THUR	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Snickers Shake	Taco Salad & Mocha Fat Bombs
FRI	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Canadian Bacon Egg Bakes & Macadamia Nuts	Bacon Burger & Roasted Broccoli
SAT	Bullet Proof Coffee	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Salmon Stuffed Avocado	Mexican Chicken & Peanut Butter Fat Bomb
SUN	Bullet Proof Hot Chocolate	BCAA's or Exogenous ketones or 1/4 tsp salt mixed with 8 ounces water	Cream Cheese Pancakes with Bacon & Eggs	Flat Iron Steak with Shrimp Skewers

# Week 1 Grocery Shopping List - Men

## Produce

- ☐ Broccoli (2 large crowns)
- ☐ Minced garlic (1 small jar)
- ☐ Avocado (3)
- ☐ Chopped romaine salad mix (2 large bags)
- ☐ Asparagus (2 bundles)
- ☐ Shredded cabbage (1 large bag)
- ☐ Romaine lettuce leaves (1 small package/bundle)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (2 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Heavy whipping cream
- ☐ Cream cheese (8 oz.)
- ☐ Cheddar cheese (4 slices)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Turkey deli meat (1 small package)
- ☐ Ground sirloin (1 lb.)
- ☐ Boneless, skinless chicken thighs (Small package)
- ☐ Shrimp (6 oz.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Pork chop (16 oz.)
- ☐ Ribeye steak (9 oz.)
- ☐ Prosciutto (1 small package)

## Canned Goods & Condiments

- ☐ Pickles
- ☐ Pickle relish (low sugar)
- ☐ Olives (1 medium can)
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ White vinegar
- ☐ Red wine vinegar
- ☐ Mustard

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones

# Week 1 Grocery Shopping List - Women

## Produce

- ☐ Broccoli (2 large crowns)
- ☐ Minced garlic (1 small jar)
- ☐ Avocado (3)
- ☐ Chopped romaine salad mix (1 large bags)
- ☐ Asparagus (1 bundle)
- ☐ Shredded cabbage (1 large bag)
- ☐ Romaine lettuce leaves (1 small package/bundle)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (1 stick)
- ☐ Eggs (2 dozen)
- ☐ Shredded cheddar cheese (1 16oz bag)
- ☐ Heavy whipping cream
- ☐ Cream cheese (8 oz.)
- ☐ Cheddar cheese (3 slices)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Turkey deli meat (1 slice)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Boneless, skinless chicken thighs (Small package)
- ☐ Shrimp (4 oz.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Pork chop (12 oz.)
- ☐ Ribeye steak (7 oz.)
- ☐ Prosciutto (2 large slices)

## Canned Goods & Condiments

- ☐ Pickles
- ☐ Pickle relish (low sugar)
- ☐ Olives (1 medium can)
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ White vinegar
- ☐ Red wine vinegar
- ☐ Mustard

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones

# Week 2 Grocery Shopping List - Men

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Broccoli (1 crown)
- ☐ Spinach (2 bags)
- ☐ Avocado (4)
- ☐ Lettuce leaves (1 bag)
- ☐ Asparagus (1 bundle)
- ☐ Cauliflower pearls (1 bag)
- ☐ Cauliflower (1 crown)
- ☐ Sweet kale chopped salad (2 bags)
- ☐ Mushrooms (1 small package)
- ☐ Onion (1)
- ☐ Bell pepper (1)
- ☐ Cilantro

## Dairy

- ☐ Unsweetened almond milk (2 gallons)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Shredded mozzarella (1 small bag)
- ☐ Heavy whipping cream (1 16 oz. container)
- ☐ Goat cheese (2 oz.)
- ☐ Cream cheese (8 oz.)
- ☐ Sour cream (small tub)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Flank steak (18 oz.)
- ☐ Rotisserie chicken (1)
- ☐ Boneless, skinless chicken breasts (1 small package)
- ☐ Ground turkey (1 lb.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Ground pork sausage (1 lb.)
- ☐ Pepperonis (1 small bag)

## Canned Goods & Condiments

- ☐ Macadamia nut butter
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ Pizza sauce
- ☐ Full fat coconut milk (2 cans)

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Coconut extract
- ☐ Vanilla extract
- ☐ Coconut flour
- ☐ Baking powder

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Vanilla protein powder (small tub)
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Shredded, unsweetened coconut
- ☐ MCT oil
- ☐ Sunflower seed kernels
- ☐ Brown gravy
- ☐ Salsa



# Week 2 Grocery Shopping List - Women

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Broccoli (1 crown)
- ☐ Spinach (2 bags)
- ☐ Avocado (3)
- ☐ Lettuce leaves (1 bag)
- ☐ Asparagus (1 bundle)
- ☐ Cauliflower pearls (1 bag)
- ☐ Cauliflower (1 crown)
- ☐ Sweet kale chopped salad (2 bags)
- ☐ Mushrooms (1 small package)
- ☐ Onion (1)
- ☐ Bell pepper (1)
- ☐ Cilantro

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Shredded mozzarella (1 small bag)
- ☐ Heavy whipping cream (1 8 oz. container)
- ☐ Goat cheese (2 oz.)
- ☐ Cream cheese (8 oz.)
- ☐ Sour cream

## Meat

- ☐ Bacon (1 lb.)
- ☐ Flank steak (14 oz.)
- ☐ Rotisserie chicken (1)
- ☐ Boneless, skinless chicken breasts (1 small package)
- ☐ Ground turkey (1 lb.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Ground pork sausage
- ☐ Pepperonis (1 small bag)

## Canned Goods & Condiments

- ☐ Macadamia nut butter
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ Pizza sauce
- ☐ Full fat coconut milk (2 cans)

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Coconut extract
- ☐ Vanilla extract
- ☐ Coconut flour
- ☐ Baking powder

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Vanilla protein powder (small tub)
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Shredded, unsweetened coconut
- ☐ MCT oil
- ☐ Sunflower seed kernels
- ☐ Brown gravy
- ☐ Salsa

# Week 3 Grocery Shopping List - Men

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Ginger
- ☐ Minced garlic (1 small jar)
- ☐ Cucumber (1 medium)
- ☐ Avocado (1)
- ☐ Strawberries (1 frozen small bag or 1 fresh small container)
- ☐ Asparagus (2 bundles)
- ☐ Mushrooms (1 small container)
- ☐ Romaine lettuce leaves (1 small package/bundle)
- ☐ Bell pepper - any color (1)
- ☐ Red bell pepper (1)
- ☐ Jalapeno (1)
- ☐ Spinach (1 small bag)
- ☐ Lemon (1)
- ☐ Cilantro
- ☐ Cauliflower rice or pearls (1 large bag)
- ☐ Green onion (4 stalks)
- ☐ Broccoli (1 small crown)
- ☐ Lime juice (1 small container)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (2 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Smoked salmon (20 oz.)
- ☐ Wild caught halibut (22 oz.)
- ☐ 90/10 ground turkey (1 lb.)
- ☐ Shrimp (10 oz.)
- ☐ New York strip steak (9 oz.)

## Canned Goods & Condiments

- ☐ Caesar salad dressing
- ☐ Coconut cream
- ☐ Olives (2 cans)
- ☐ Olive oil
- ☐ Sugar free syrup
- ☐ Natural peanut butter
- ☐ Soy sauce
- ☐ Sesame oil

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Flaked, unsweetened coconut
- ☐ Blanched almond flour
- ☐ Vanilla extract
- ☐ Xanthan gum (optional)

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Garlic salt
- ☐ Ground ginger
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ Lemon pepper

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ Slivered almonds
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder (1 small tub)

# Week 3 Grocery Shopping List - Women

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Ginger
- ☐ Minced garlic (1 small jar)
- ☐ Cucumber (1 medium)
- ☐ Avocado (1)
- ☐ Strawberries (1 frozen small bag or 1 fresh small container)
- ☐ Asparagus (2 bundles)
- ☐ Mushrooms (1 small container)
- ☐ Romaine lettuce leaves (1 small package/bundle)
- ☐ Bell pepper - any color (1)
- ☐ Red bell pepper (1)
- ☐ Jalapeno (1)
- ☐ Spinach (1 small bag)
- ☐ Lemon (1)
- ☐ Cilantro
- ☐ Cauliflower rice or pearls (1 large bag)
- ☐ Green onion (4 stalks)
- ☐ Broccoli (1 small crown)
- ☐ Lime juice (small container)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (1 stick)
- ☐ Eggs (2 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Smoked salmon (18 oz.)
- ☐ Wild caught halibut (18 oz.)
- ☐ 90/10 ground turkey (1 lb.)
- ☐ Shrimp (10 oz.)
- ☐ New York strip steak (7 oz.)

## Canned Goods & Condiments

- ☐ Caesar salad dressing
- ☐ Coconut cream
- ☐ Olives (2 cans)
- ☐ Olive oil
- ☐ Sugar free syrup
- ☐ Natural peanut butter
- ☐ Soy sauce
- ☐ Sesame oil

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Flaked, unsweetened coconut
- ☐ Blanched almond flour
- ☐ Vanilla extract
- ☐ Xanthan gum (optional)

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Garlic salt
- ☐ Ground ginger
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ Lemon pepper

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ Slivered almonds
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder (1 small tub)

# Week 4 Grocery Shopping List - Men

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Avocado (2)
- ☐ Spinach (1 large tub)
- ☐ Broccoli (2 large crowns)
- ☐ Guacamole

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)
- ☐ Shredded mozzarella cheese (1 16 oz. bag)
- ☐ Shredded cheddar cheese (1 8 oz. bag)
- ☐ Sour cream

## Meat

- ☐ Canadian bacon (1 lb.)
- ☐ Canned, wild caught salmon (12 oz.)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Ground turkey (2 lbs.)
- ☐ Bacon (1 lb.)
- ☐ Boneless, skinless chicken breasts (12 oz.)
- ☐ Flat iron steak (9 oz.)
- ☐ Shrimp (3 oz.)

## Canned Goods & Condiments

- ☐ Olive oil mayo
- ☐ Red enchilada sauce (1 medium can)
- ☐ Diced green chilies (1 small can)
- ☐ Olive oil
- ☐ Chopped olives (1 can)
- ☐ Natural creamy peanut butter

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Liquid stevia extract
- ☐ Erythritol
- ☐ Coconut oil
- ☐ Caramel extract
- ☐ Vanilla extract

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Taco seasoning  
(no sugar added)
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Instant coffee  
(1 small container)
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder  
(1 small tub)
- ☐ Sugar free syrup

# Week 4 Grocery Shopping List - Women

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Avocado (2)
- ☐ Spinach (1 large tub)
- ☐ Broccoli (2 large crowns)
- ☐ Guacamole

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)
- ☐ Shredded mozzarella cheese (1 16 oz. bag)
- ☐ Shredded cheddar cheese (1 8 oz. bag)
- ☐ Sour cream

## Meat

- ☐ Canadian bacon (1 lb.)
- ☐ Canned, wild caught salmon (10 oz.)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Ground turkey (2 lbs.)
- ☐ Bacon (1 lb.)
- ☐ Boneless, skinless chicken breasts (8 oz.)
- ☐ Flat iron steak (6 oz.)
- ☐ Shrimp (3 oz.)

## Canned Goods & Condiments

- ☐ Olive oil mayo
- ☐ Red enchilada sauce (1 medium can)
- ☐ Diced green chilies (1 small can)
- ☐ Olive oil
- ☐ Chopped olives (1 can)
- ☐ Natural creamy peanut butter

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Liquid stevia extract
- ☐ Erythritol
- ☐ Coconut oil
- ☐ Caramel extract
- ☐ Vanilla extract

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Taco seasoning  
(no sugar added)
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Instant coffee  
(1 small container)
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder  
(1 small tub)
- ☐ Sugar free syrup

# Week 5 Grocery Shopping List - Men

## Produce

- ☐ Broccoli (2 large crowns)
- ☐ Minced garlic (1 small jar)
- ☐ Avocado (3)
- ☐ Chopped romaine salad mix (2 large bags)
- ☐ Asparagus (2 bundles)
- ☐ Shredded cabbage (1 large bag)
- ☐ Romaine lettuce leaves (1 small package/bundle)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (2 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Heavy whipping cream
- ☐ Cream cheese (8 oz.)
- ☐ Cheddar cheese (4 slices)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Turkey deli meat (1 small package)
- ☐ Ground sirloin (1 lb.)
- ☐ Boneless, skinless chicken thighs (Small package)
- ☐ Shrimp (6 oz.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Pork chop (16 oz.)
- ☐ Ribeye steak (9 oz.)
- ☐ Prosciutto (1 small package)

## Canned Goods & Condiments

- ☐ Pickles
- ☐ Pickle relish (low sugar)
- ☐ Olives (1 medium can)
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ White vinegar
- ☐ Red wine vinegar
- ☐ Mustard

\*Please omit anything on the list that you may still have from previous week.

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones



# Week 5 Grocery Shopping List - Women

## Produce

- ☐ Broccoli (2 large crowns)
- ☐ Minced garlic (1 small jar)
- ☐ Avocado (3)
- ☐ Chopped romaine salad mix (1 large bags)
- ☐ Asparagus (1 bundle)
- ☐ Shredded cabbage (1 large bag)
- ☐ Romaine lettuce leaves (1 small package/bundle)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (1 stick)
- ☐ Eggs (2 dozen)
- ☐ Shredded cheddar cheese (1 16oz bag)
- ☐ Heavy whipping cream
- ☐ Cream cheese (8 oz.)
- ☐ Cheddar cheese (3 slices)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Turkey deli meat (1 small package)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Boneless, skinless chicken thighs (Small package)
- ☐ Shrimp (4 oz.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Pork chop (12 oz.)
- ☐ Ribeye steak (7 oz.)
- ☐ Prosciutto (1 small package)

## Canned Goods & Condiments

- ☐ Pickles
- ☐ Pickle relish (low sugar)
- ☐ Olives (1 medium can)
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ White vinegar
- ☐ Red wine vinegar
- ☐ Mustard

\*Please omit anything on the list that you may still have from previous week.

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones

# Week 6 Grocery Shopping List - Men

## Produce

- ☐ Broccoli (1 crown)
- ☐ Spinach (2 bags)
- ☐ Avocado (4)
- ☐ Lettuce leaves (1 bag)
- ☐ Asparagus (1 bundle)
- ☐ Cauliflower pearls (1 bag)
- ☐ Cauliflower (1 crown)
- ☐ Sweet kale chopped salad (2 bags)
- ☐ Mushrooms (1 small package)
- ☐ Onion (1)
- ☐ Bell pepper (1)
- ☐ Cilantro

## Dairy

- ☐ Unsweetened almond milk (2 gallons)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Shredded mozzarella (1 small bag)
- ☐ Heavy whipping cream (1 16 oz. container)
- ☐ Goat cheese (2 oz.)
- ☐ Cream cheese (8 oz.)
- ☐ Sour cream (small tub)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Flank steak (18 oz.)
- ☐ Rotisserie chicken (1)
- ☐ Boneless, skinless chicken breasts (1 small package)
- ☐ Ground turkey (1 lb.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Ground pork sausage (1 lb.)
- ☐ Pepperonis (1 small bag)

## Canned Goods & Condiments

- ☐ Macadamia nut butter
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ Pizza sauce
- ☐ Full fat coconut milk (2 cans)

\*Please omit anything on the list that you may still have from previous week.

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Coconut extract
- ☐ Vanilla extract
- ☐ Coconut flour
- ☐ Baking powder

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Vanilla protein powder (small tub)
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Shredded, unsweetened coconut
- ☐ MCT oil
- ☐ Sunflower seed kernels
- ☐ Brown gravy
- ☐ Salsa

# Week 6 Grocery Shopping List - Women

## Produce

- ☐ Broccoli (1 crown)
- ☐ Spinach (2 bags)
- ☐ Avocado (3)
- ☐ Lettuce leaves (1 bag)
- ☐ Asparagus (1 bundle)
- ☐ Cauliflower pearls (1 bag)
- ☐ Cauliflower (1 crown)
- ☐ Sweet kale chopped salad (2 bags)
- ☐ Mushrooms (1 small package)
- ☐ Onion (1)
- ☐ Bell pepper (1)
- ☐ Cilantro

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Shredded cheddar cheese (1 16oz. bag)
- ☐ Shredded mozzarella (1 small bag)
- ☐ Heavy whipping cream (1 8 oz. container)
- ☐ Goat cheese (2 oz.)
- ☐ Cream cheese (8 oz.)
- ☐ Sour cream

## Meat

- ☐ Bacon (1 lb.)
- ☐ Flank steak (14 oz.)
- ☐ Rotisserie chicken (1)
- ☐ Boneless, skinless chicken breasts (1 small package)
- ☐ Ground turkey (1 lb.)
- ☐ Chicken apple sausage (1 small package)
- ☐ Ground pork sausage
- ☐ Pepperonis (1 small bag)

## Canned Goods & Condiments

- ☐ Macadamia nut butter
- ☐ Dijon mustard
- ☐ Apple cider vinegar
- ☐ Olive oil
- ☐ Olive oil mayo
- ☐ Pizza sauce
- ☐ Full fat coconut milk (2 cans)

\*Please omit anything on the list that you may still have from previous week.

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Coconut extract
- ☐ Vanilla extract
- ☐ Coconut flour
- ☐ Baking powder

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Paprika
- ☐ Italian seasoning
- ☐ Garlic Powder
- ☐ Cinnamon

## Misc.

- ☐ Vanilla protein powder (small tub)
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Shredded, unsweetened coconut
- ☐ MCT oil
- ☐ Sunflower seed kernels
- ☐ Brown gravy
- ☐ Salsa

# Week 7 Grocery Shopping List - Men

## Produce

- ☐ Ginger
- ☐ Minced garlic (1 small jar)
- ☐ Cucumber (1 medium)
- ☐ Avocado (1)
- ☐ Strawberries (1 frozen small bag or 1 fresh small container)
- ☐ Asparagus (2 bundles)
- ☐ Mushrooms (1 small container)
- ☐ Romaine lettuce leaves (1 small package/bundle)
- ☐ Bell pepper - any color (1)
- ☐ Red bell pepper (1)
- ☐ Jalapeno (1)
- ☐ Spinach (1 small bag)
- ☐ Lemon (1)
- ☐ Cilantro
- ☐ Cauliflower rice or pearls (1 large bag)
- ☐ Green onion (4 stalks)
- ☐ Broccoli (1 small crown)
- ☐ Lime juice (1 small container)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (2 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Smoked salmon (20 oz.)
- ☐ Wild caught halibut (22 oz.)
- ☐ 90/10 ground turkey (1 lb.)
- ☐ Shrimp (10 oz.)
- ☐ New York strip steak (9 oz.)

## Canned Goods & Condiments

- ☐ Caesar salad dressing
- ☐ Coconut cream
- ☐ Olives (2 cans)
- ☐ Olive oil
- ☐ Sugar free syrup
- ☐ Natural peanut butter
- ☐ Soy sauce
- ☐ Sesame oil

\*Please omit anything on the list that you may still have from previous week.

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Flaked, unsweetened coconut
- ☐ Blanched almond flour
- ☐ Vanilla extract
- ☐ Xanthan gum (optional)

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Garlic salt
- ☐ Ground ginger
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ Lemon pepper

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ Slivered almonds
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder (1 small tub)

# Week 7 Grocery Shopping List - Women

\*Please omit anything on the list that you may still have from previous week.

## Produce

- ☐ Ginger
- ☐ Minced garlic (1 small jar)
- ☐ Cucumber (1 medium)
- ☐ Avocado (1)
- ☐ Strawberries (1 frozen small bag or 1 fresh small container)
- ☐ Asparagus (2 bundles)
- ☐ Mushrooms (1 small container)
- ☐ Romaine lettuce leaves (1 small package/bundle)
- ☐ Bell pepper - any color (1)
- ☐ Red bell pepper (1)
- ☐ Jalapeno (1)
- ☐ Spinach (1 small bag)
- ☐ Lemon (1)
- ☐ Cilantro
- ☐ Cauliflower rice or pearls (1 large bag)
- ☐ Green onion (4 stalks)
- ☐ Broccoli (1 small crown)
- ☐ Lime juice (small container)

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (1 stick)
- ☐ Eggs (2 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)

## Meat

- ☐ Bacon (1 lb.)
- ☐ Smoked salmon (18 oz.)
- ☐ Wild caught halibut (18 oz.)
- ☐ 90/10 ground turkey (1 lb.)
- ☐ Shrimp (10 oz.)
- ☐ New York strip steak (7 oz.)

## Canned Goods & Condiments

- ☐ Caesar salad dressing
- ☐ Coconut cream
- ☐ Olives (2 cans)
- ☐ Olive oil
- ☐ Sugar free syrup
- ☐ Natural peanut butter
- ☐ Soy sauce
- ☐ Sesame oil

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Truvia
- ☐ Coconut oil
- ☐ Flaked, unsweetened coconut
- ☐ Blanched almond flour
- ☐ Vanilla extract
- ☐ Xanthan gum (optional)

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Garlic salt
- ☐ Ground ginger
- ☐ Red pepper flakes
- ☐ Garlic Powder
- ☐ Cinnamon
- ☐ Lemon pepper

## Misc.

- ☐ Coffee
- ☐ Macadamia nuts
- ☐ Slivered almonds
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder (1 small tub)

# Week 8 Grocery Shopping List - Men

## Produce

- ☐ Avocado (2)
- ☐ Spinach (1 large tub)
- ☐ Broccoli (2 large crowns)
- ☐ Guacamole

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)
- ☐ Shredded mozzarella cheese (1 16 oz. bag)
- ☐ Shredded cheddar cheese (1 8 oz. bag)
- ☐ Sour cream

## Meat

- ☐ Canadian bacon (1 lb.)
- ☐ Canned, wild caught salmon (12 oz.)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Ground turkey (2 lbs.)
- ☐ Bacon (1 lb.)
- ☐ Boneless, skinless chicken breasts (12 oz.)
- ☐ Flat iron steak (9 oz.)
- ☐ Shrimp (3 oz.)

## Canned Goods & Condiments

- ☐ Olive oil mayo
- ☐ Red enchilada sauce (1 medium can)
- ☐ Diced green chilies (1 small can)
- ☐ Olive oil
- ☐ Chopped olives (1 can)
- ☐ Natural creamy peanut butter

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Liquid stevia extract
- ☐ Erythritol
- ☐ Coconut oil
- ☐ Caramel extract
- ☐ Vanilla extract

\*Please omit anything on the list that you may still have from previous week.

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Taco seasoning  
(no sugar added)
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Instant coffee  
(1 small container)
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder  
(1 small tub)
- ☐ Sugar free syrup



# Week 8 Grocery Shopping List - Women

## Produce

- ☐ Avocado (2)
- ☐ Spinach (1 large tub)
- ☐ Broccoli (2 large crowns)
- ☐ Guacamole

## Dairy

- ☐ Unsweetened almond milk (1 gallon)
- ☐ Grass fed butter (2 sticks)
- ☐ Eggs (3 dozen)
- ☐ Heavy whipping cream
- ☐ Cream cheese (16 oz.)
- ☐ Shredded mozzarella cheese (1 16 oz. bag)
- ☐ Shredded cheddar cheese (1 8 oz. bag)
- ☐ Sour cream

## Meat

- ☐ Canadian bacon (1 lb.)
- ☐ Canned, wild caught salmon (10 oz.)
- ☐ Ground sirloin hamburger patties (1 lb.)
- ☐ Ground turkey (2 lbs.)
- ☐ Bacon (1 lb.)
- ☐ Boneless, skinless chicken breasts (8 oz.)
- ☐ Flat iron steak (6 oz.)
- ☐ Shrimp (3 oz.)

## Canned Goods & Condiments

- ☐ Olive oil mayo
- ☐ Red enchilada sauce (1 medium can)
- ☐ Diced green chilies (1 small can)
- ☐ Olive oil
- ☐ Chopped olives (1 can)
- ☐ Natural creamy peanut butter

## Baking

- ☐ Unsweetened cocoa powder
- ☐ Stevia or Xylitol
- ☐ Liquid stevia extract
- ☐ Erythritol
- ☐ Coconut oil
- ☐ Caramel extract
- ☐ Vanilla extract

\*Please omit anything on the list that you may still have from previous week.

## Spices

- ☐ Sea salt
- ☐ Pepper
- ☐ Cumin
- ☐ Paprika
- ☐ Taco seasoning  
(no sugar added)
- ☐ Cinnamon

## Misc.

- ☐ Coffee
- ☐ Instant coffee  
(1 small container)
- ☐ Macadamia nuts
- ☐ BCAA's
- ☐ Exogenous ketones
- ☐ Vanilla protein powder  
(1 small tub)
- ☐ Sugar free syrup

## FAQs

### Q 1. What should my macros be?

A You should be getting 75% fat, 20% protein, 5% carbs each day. We do not suggest you tracking calories or grams, as we want you to listen to your body and eat intuitively. Only eat when you are hungry and then stop when you are satisfied. You can track your daily intake on an food tracking app, we suggest myfitnesspal.

### Q 2. How do I know if I am in ketosis?

A There are the physical signs like bad breath; your body creates acetone as a waste product and some of this is released in your breath, decreased appetite and nausea, brain fog, muscle cramps, fatigue and dehydration.

#### Urine testing

Pros	Cons
<ul style="list-style-type: none"><li>-Least expensive method for testing ketones.</li><li>-Test is painless; you pee on a stick.</li><li>-There is a colour change with 15 seconds if ketones are present.</li><li>-If you have ketones in the urine, then you are in ketosis.</li></ul>	<ul style="list-style-type: none"><li>-It only measures acetoacetate in the urine.</li><li>-Once you become fat adapted, ketones in the urine disappear.</li><li>-Long term ketosis cannot be measured using this method.</li><li>-If you do not have ketones in your urine you still might be in ketosis.</li></ul>

#### Breath Testing

Pros	Cons
<ul style="list-style-type: none"><li>-It's an easy method to and you can test anywhere.</li><li>-It's the only way to measure acetone in the breath which correlates well the amount of beta hydroxybutyrate in the blood.</li><li>-Painless.</li></ul>	<ul style="list-style-type: none"><li>-Can produce unreliable results.</li><li>-Not everyone may want to or is able to blow into the unit for the required 10 – 30 seconds.</li></ul>

## Blood testing

Pros	Cons
<ul style="list-style-type: none"><li>-It's the gold standard and most accurate way to detect beta hydroxybutyrate.</li><li>-Results are shown with a clear digital display.</li></ul>	<ul style="list-style-type: none"><li>-Testing strips are expensive (roughly \$25 for a box of 10 strips).</li><li>-Supplies are hard to find in store so you may have purchase them online.</li><li>-Requires a finger prick to get a blood sample.</li></ul>

### Q 3. How Long Does It Take To Get Into Ketosis?

A A keto diet is not a diet that you can choose to go on and off of at any point. It takes time for your body to adjust and go into a state known as ketosis. This process? Anywhere from 2 - 7 days, depending on your body type, activity levels, and what you're eating. The goal of a ketogenic diet is not only to achieve ketosis but to become fat adapted.

### Q 4. What ketone meter should I buy?

A We recommend Precision Xtra Blood ketone meter, you can find it on Amazon. In Canada you are able to obtain a free ketone meter [HERE](#)

Strips usually must be ordered separately from Amazon or online pharmacies.

### Q 5. Ketosis vs. Fat Adapted

A Ketosis is where your body is producing ketones. There are three ketone bodies: acetone, acetoacetate, and beta-hydroxybutyrate (BHB). Ketones are produced hepatically (which is a fancy way of saying "by the liver") as a product of breaking down fatty acids.

But there's a bit of a problem with this simple definition of ketosis. Your liver is constantly breaking down fatty acids, and therefore creating ketones, but it would be difficult to say that you're in ketosis.

That's because the level of ketones isn't high enough to be considered ketosis.

So, having ketones in your body doesn't necessarily mean you're in ketosis. Is there a level of ketones that does mean you're in ketosis? Yes, there is.

Dr. Phinney coined the term, "nutritional ketosis." He also provided a lower and upper limit to the definition. By his definition, nutritional ketosis is the state of ketone production that lies between 0.5 mmol/dl and 5 mmol/dl. So that's the definition I'll use.

If you're producing ketones at a level between 0.5 mmol/dl and 5 mmol/dl, then you are in ketosis. That's that.

Okay...not exactly...there are some other considerations.

So, let's go over that one more time. Ketosis, as I'm using the term, means you are producing between 0.5 mmol/dl and 5 mmol/dl of blood ketones.

Now, what about fat adapted. Fat adapted means you are using fat as your primary fuel source. In order for ketones to be a primary fuel source, a few things have to happen.

You have to remove glucose/glycogen as an optional fuel source.

You have to produce ketones within the "nutritional ketosis" range.

You have to produce ketones within the "nutritional ketosis" range long enough for your body to switch to fat as your fuel source.

When those things happen, you're fat adapted.

One of the reasons this takes a little while is because there is an interplay between the energy needs of your skeletal muscle and your brain. When ketone levels are low, your muscles will use ketones for fuel. But as those levels increase, your muscles will burn fat, instead (remember, ketones are byproducts of fat metabolism). Your brain, on the other hand, will use ketones in proportion to the amount present in the blood. In other words, the more ketones in your blood, the less ketones your muscles use (muscles start to use fat, directly, instead of ketones) and the more your brain uses.

When you reach a point where your muscles are using fat for fuel and your brain is using ketones for fuel, you are fat adapted.

So being fat adapted isn't the same thing as being in ketosis, but you have to be in a state of ketosis long enough to become fat adapted.

Ketosis can happen when you wake up, because you didn't eat for 12 hours. But fat adaptation takes some time. Most people can take 3 - 4 weeks but in some individuals it can take up to 6 - 8 weeks to become fully fat adapted.

## **Q 6. What is Keto/OS and do is it necessary to take?**

**A** Keto/OS is an exogenous ketones. It is a drink you take that will put your body into a simulated version of ketosis within an hour of taking it. You can purchase it [HERE](#).

However, it is not mandatory to take on this program. It's just one tool in your tool belt that can help you on your keto journey. Simply sub out macadamia nuts and a hard boil egg in its place, or any other foods you may prefer from the approved foods list. Exogenous ketones are not meant to replace nutritional ketosis that is achieved through a ketogenic diet but to act as an adjunct to it.

## **Q 7. What is the keto flu and how do I know if I have it and what can I do to feel better?**

**A** So sometimes that feels like headaches, light headed, nausea, brain fog, sluggish, etc. These are all normal since you've been glucose adapted pretty much your entire life. Here's 3 tips to help you combat these symptoms:

1. Drink more water (Drink half your weight in water; if you're 200 lbs, drink 100 oz of water per day).
2. Supplement with electrolytes.
3. Add in exogenous ketones (Keto/OS)

Stay focused today and stay in tune with how your body feels. If it doesn't feel 100% that's ok. Remember your body has been burning glucose as it's main fuel for decades now and it's going to take time to adjust, but hang in there, this will pass within a few days.

## **Q 8. Electrolytes on a ketogenic diet are not optional, they are mandatory.**

**A** One of the first effects of a keto diet is a rapid improvement in sensitivity to insulin. Low carb eating causes insulin levels to fall quickly and the body starts to recover from insulin resistance. As insulin falls, the kidneys begin to release fluid quickly. As kidneys release excess fluid, it becomes easier for the body to oxidize fat. The bad news is that as the extra water goes so do essential sodium and electrolytes. When sodium levels fall and they can quite rapidly there are undesirable side effects such as headaches, dizziness, cramping and low energy.

Your requirements are 5,000 – 7,000 mg of pink or sea salt, 300 – 500 mg of magnesium and 1,000 – 3,500 mg of potassium achieved through a combination of food and supplementation.

## **Q 9. I'm not hungry by the time my next meal is due, should I force myself to eat?**

**A** Since keto is such a high fat diet it is a more satiating way of eating, so finding yourself not hungry by the time you would normally eat your next meal is common. If you're not hungry, don't worry about eating, simply listen to your body.

## **Q 10. I'm feeling very fatigued and weak, is this normal?**

**A** Feeling fatigued, weak, even sluggish can all be symptoms of keto flu. Refer to question 6 on how to treat this.

## **Q 11. Are snacks between meals not allowed? What if I get hungry?**

**A** Snacking between meals on the keto diet is discouraged. Since keto is a more satiating way of eating you should not be hungry between your main meals. Eat a good low- carb, moderate protein, high-fat meal and you will be able to go hours upon hours between meals without snacking. If you are finding yourself hungry between meals this either means you have eaten too much protein and/or carbs and not enough fat.

## Q 12. I don't drink coffee or tea, what can I have for breakfast instead?

A You can have Bullet Proof Hot Chocolate instead!

### Ingredients:

- 12 ounces unsweetened almond milk
- 1/4 cup heavy cream
- 2 tbs. butter

### Instructions:

Heat up all the ingredients until warm then blend in blender until frothy. Enjoy!

However, if you do not want to drink your meal (though it is quite filling!) you can have a few scrambled eggs topped with cheese and avocado instead.

## Q 13. Do I count total carbs or net carbs?

A Be sure to count your total carbs, carbs can be sneaky and it is far easier to take into account your total day.

## Q 14. What are some things I should avoid?

A Stay away from bad fats (margarine, Crisco, vegetable oil, hydrogenated oils, etc.), starchier veggies (Potatoes, Sweet Potatoes, Carrots, etc.), grains, rices, cereals, breads, pastas, chips, cookies, crackers, etc., juices/sodas, smoothies, sugar, honey, and maple syrup.

## Q 15. I'm constantly on the go, what should I keep on me to make sure I don't go hungry?

A String cheese, Hard boiled eggs, Single Serving pouches of coconut oil/nut butters, ([dropanfbomb.com](http://dropanfbomb.com) has some good ones that are great for travel or Justin's), Cheese crackers (can usually find them at Costco, they're made with only cheese), Exogenous ketones (these are convenient because you can add them to water), beef jerky, and macadamia nuts are all easy to store in your car or purse.

## Q 16. How do I keep things keto when I'm eating out?

A **Stick with meat as your main meal.** Just make sure it's not breaded or deep fried. So steak, burgers, fish, sausages, bacon, etc.

**Go bunless.** For obvious reasons, stay away from breads, pastas, chips, rices, buns. One hack is to get a burger with no bun and extra veggies on the side...and you don't have to be afraid if they sautee the veggies in butter!

**Drink lots of water.** Water will help you stay hydrated on the keto diet.

**Ask for olive oil on the side** so you can add some to your meal if it doesn't have enough fat on it. So if they only have lean meats or if you have a salad you can be sure to get your fat in.

Other hacks include, adding cheese, adding avocado, adding bacon, adding butter to your order.



## Q 17. If I have a cheat meal will I have to start all over?

A The thing about keto is either you are in ketosis or you are not. Chances are if you have a high carb meal or more than 5% carbs one day you will likely be kicked out of ketosis. So you will have to work your way back into ketosis. Depending on how far you are into your keto journey and if your body is fat adapted, it might not take long to get back into ketosis. But if you haven't been keto for very long it may take longer. Now we are not saying you can never have a cheat meal, but if you are just beginning your journey you need to allow at least 60 days before your body is fat adapted and can adjust to more carbs. You can use exogenous ketones to help get your body back into ketosis, but do not rely on these, they are only a tool to help get you to ketosis, not the solution.

## Q 18. I have an event coming up and I'm not sure there will be keto friendly food, what do I do?

A The first step is to go into it being prepared. So if you've decided that you're just going to indulge this time then please enjoy yourself. If it's your third even in a row and you want to stay on track with eating healthy, then here's a few tips to help you be prepared for these situations:

- i. Eat before you go. And more importantly eat some fat so that you already go feeling full.
- ii. Bring a healthy keto snack/treat for you and others. You never know who will like it and will want to do what you're doing. Plus it'll give you an option to eat something if you do get hungry.
- iii. Ask yourself if this is the last time you're ever going to be able to have this food. In most instances it's not. There will always be other work parties, holidays, birthday celebrations, visits to this particular restaurant, etc.
- iv. Do the best you can with what you have. You can't always control the foods that will be there so just do the best you can. Reach for the meats/cheeses/veggies if that's available.
- v. Share your goals. Tell your friends about your lifestyle change. It's always a conversation starter when you tell someone that you're eating a high fat diet. People are always interested in how that works, and why, and what you get to eat.
- vi. At the end of the day life is going to happen and you can't go live in a cave to stay away from the temptations of life. So face them with confidence and know that you have control over your fears.

## Q 19. How often should I weigh myself?

A We only recommend you weighing yourself once a week. However, when our weight goes down we don't know if that's fat mass or lean mass. So our goal is to preserve or increase our lean mass, which helps our metabolism, and shed the fat mass. So think fat loss vs. weight loss instead. The scale can't tell you how much of your weight was fat mass vs. lean mass, which is why I'm not a big fan of the scale.

Here's a couple things you can do though:

- i. Go get your body fat tested. Google "bod pod" or "dexa scan" in your area to see if a university or hospital has one of these devices near you. These are pretty affordable ways to get your body fat tested (\$20-\$60) and they only take a few minutes. I'd recommend doing this once a month or every other month if you can.
- ii. Take measurements. If you don't have access to a bod pod or a dexa scan then get a measuring tape and at least measure these 3 areas: waist, hips and chest! These are

the areas where most of us hold our fat and so taking measurements here will let us know if we're losing fat in the right places. There'll be some weeks where you might not lose any weight, but your measurements go down...that's a good thing!

- iii. Just go off of how your clothes fit! This is a classic tried and true method of measuring progress because YOU know how your clothes fit YOU! And if they're starting to become loose in certain areas (waist, hips, chest, etc.) then you know you're making progress!
- iv. Either way you choose, please don't define yourself or your self worth by your weight/progress. It's lifestyle, NOT a diet!!! It's going to take time, but you've got this.

## **Q 20. I've lost my motivation, fallen off the wagon, how can I get back on track?**

**A** Remember, LIFE HAPPENS! Don't get discouraged or give up, stumbles happen. Get up, dust yourself off, and jump right back on. Don't wait until Monday. Start with your very next meal. Drink more water to help flush out that last meal(s) you had. Remember your WHY. Why you started in the first place, why you want to get healthier, why you are taking this journey. Announce it to your friends, family, any support groups you have, tell them WHY you are doing this and ask for accountability.

When you share our goals and have people in our lives holding us accountable, we're more likely to succeed. Most of all, LET IT GO!!! Don't live in the past. You don't need to beat yourself up. Just move forward and keep doing your best.

## **Q 21. Can I drink alcohol?**

**A** Let's also be honest with ourselves...no matter how you spin it alcohol is NOT healthy. It's a toxin no matter how you spin it, but most of us know that already.

For some reason though, we try and justify it because of football season, holidays, social situations, stress, etc.

Even if you can still drink alcohol and stay in ketosis, keep in mind that it can slow down weight loss and fat loss. The liver will start to process alcohol as quickly as possible, which means it's used by the body before all other nutrients, including fat.

Having a drink means you'll convert less fatty acids to ketones—meaning there's less fat being burned in the process.

You'll also notice your alcohol tolerance is lower when eating a keto diet, especially if you incorporate fasting. Since someone following a low-carbohydrate diet will have their glycogen stores depleted and will be running on fats instead of glucose, the alcohol will be metabolized by the liver much faster than someone with high glycogen stores to burn through.

### **BEST KETO DIET ALCOHOL OPTIONS**

Even though hard liquors still begin as carb sources, the sugars are changed to ethyl alcohol during distillation and fermentation. They're basically just alcohol and water, so they don't affect sugar and insulin levels like sugary drinks or beers.

The best options include:

**Tequila:** Not usually made with added sugars or flavorings, so it's a good default zero- carb choice.

**Whiskey, scotch, or bourbon:** Even though these are dark liquors, they're still zero carb and therefore keto-friendly.

**Vodka:** Look for straight vodka or flavored that don't have added syrups or other sugars.

**Rum:** You'll get a richer flavor the darker it looks, but all forms are zero carb unless they've been flavored.

**Brandy**

**Gin:** Look out for flavored gins or those made with mixers in cocktails, as they have added carbs.

**Cognac**

## SAFE CHASERS

A lot of chasers and mixers contain added sugars, flavorings, and syrups, but those aren't the only options. Here are some carb- and sugar-free additions:

**Seltzer water**

**Erythritol or stevia instead of sugar**

**Sugar-free or diet drinks like Zevia** (preferably those sweetened with natural sugar- free options like erythritol or stevia)

**Sugar-free carbonated water**

If you're a wine drinker, Dry Farms Wines makes a keto friendly wine. [Here is Drew's link!](#)

## Q 22. Constipation, What To Do?

A It's fairly common for people starting out on keto to have irregular bowel movements. Below is a list of common advice given to people for constipation or bowel movement problems.

Take a Magnesium Supplement

Drink Plenty of Water

Eat One Tbsp. of Coconut Oil or MCT oil

Stop Eating Nuts (if you do)

Eat More Fibrous Vegetables

Try Coffee or Tea

## Q 23. What sweeteners are allowed?

A Natural sweeteners: stevia (If you purchase powdered stevia, it is commonly mixed with other sweeteners or bulking agents that can cause problems (like hidden carbs), so read labels, monk fruit.

**Sugar alcohols:** erythritol, xylitol

Stay away from these sweeteners: aspartame, sucralose, saccharin, dextrose, maltodextrin.

## Q 24. I Stopped Losing Weight. What Can I Do?

A Weight loss plateaus happen to everyone at least once. There's several things that could be the problem but I will keep this one short. You can try a different number of methods that may help you out - ranging from cutting certain foods out of your diet to changing your eating patterns through intermittent fasting.

Here's a list of common suggestions that are normally advised to people that aren't losing weight:

- Cut Out Dairy
- Up Your Fat Intake
- Decrease Your Carb Intake
- Stop Eating Nuts
- Cut Out Artificial Sweeteners
- Look for Hidden Carbs
- Begin Cutting Processed Food from Diet
- Switch to Measuring Instead of Weighing

### Common Terms and What They Mean

**AS:** This means Artificial Sweetener. Normally used to sweeten our foods with a reduced or zero carb count.

**BPC:** This is known as Bulletproof Coffee. It's normally butter, oil, and coffee mixed together with an emulsion blender to help up your fat content and give you a "full" feeling for the morning.

**Fat Bomb:** These are generally packed full of oils and fats to up our fat content for the day. Some people have trouble keeping up with their fat content so they make a fat bomb to help them out. They don't HAVE to be sweet - you can make them to your own liking and even make a salty version too. Here is a common fat bomb recipe for you to use.

**HWC:** This stands for Heavy Whipping Cream. Just ordinary cream that, for a lot of us, is a daily staple in our coffee and diet.

**IR:** This relates to insulin resistance. This is where the body's cells cannot properly respond to the insulin hormone.

**LCHF:** Low Carb High Fat, the whole point of this diet!

**MCT:** Medium Chain Triglyceride. These help boost your metabolism and are quite unique. When they are metabolized, they're turned into ketones straight away.

**SF:** This means Sugar Free. There's a range of sugar free foods that a lot of people consume, normally containing artificial sweeteners.

**WOE:** Way of Eating. This is just a term used to reference their own diet.