



G-FORCE
FITNESS CENTER

KEETO

Challenge



KETO Challenge

Congratulations on accepting the G-Force Fitness Center Keto Challenge!

Over the course of the next 30 days, you will lay the foundation for a lifetime of optimal health and fitness by focusing on your eating and daily exercise.

The ketogenic diet is a diet that has been around for well over 100 years. This is a diet that is very well known for being low-carb, forcing the body into a state called ketosis. In ketosis the body essentially uses fat as its primary food source.

A ketogenic diet can be hard to fathom in the beginning but it is not as hard as it is made out to be. Eating a high amount of fat, moderate protein, and low amounts of carbs can have a massive impact on your health- lowering cholesterol, body weight, blood sugar and raising your energy and mood levels. Though the transition can be a little tough, the growing popularity of the clean eating movement makes it easier to find available low-carb options.

Our challenge will provide you with everything you need to get started. This packet contains information about process, tips and tricks, a 30 day diet plan, grocery lists, information about G-Force class and keto compatible products.

WHAT IS A KETOGENIC DIET?

A ketogenic diet is a very low-carbohydrate way of eating that delivers moderate amounts of high-quality dietary protein and high amounts of healthy dietary fat. This reduction in carbohydrate intake helps the body shift toward a state that promotes the breakdown of fats (from the diet and your body) to produce ketone bodies and enter a state known as "ketosis."

When following a ketogenic diet, your brain, as well as other organs, depends on ketones as a n energy source. Ketones are produced in the body once you have reached a state of ketosis and can be measured in the blood and urine to ensure that you stay in ketosis during the keto diet.

"The food you eat either makes you more healthy or less healthy. Those are your options"

-It Starts With Food

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WHAT IS KETOSIS?

Ketosis is an everyday process of the body, regardless of the number of carbs you eat. Your body can adapt very well, processing different types of nutrients into the fuels that it needs. Proteins, fats, and carbs can all be processed for use. Eating a low carb, high fat diet just ramps up this process, which is a normal and safe chemical reaction.

When you eat carbohydrate-based foods or excess amounts of protein, your body will break this down into sugar-known as glucose. Why? Glucose is needed in the creation of ATP (an energy molecule), which is a fuel that is needed for the daily activities and maintenance inside our bodies.

If you have ever used a calculator to determine your caloric needs, you will see that your body uses up quite a lot of calories. It is true, our bodies use up much of the nutrients we intake just to maintain itself on a daily basis. If you eat enough food, there will likely be excess glucose your body does not need.

There are two main things that happen to glucose if your body does not need it:

- Glycogenesis- excess glucose will be converted to glycogen, and stored in your liver and muscles. Estimates show that only about half of your daily energy can be stored as glycogen.
- Lipogenesis- if there's already enough glycogen in your muscles and liver, any extra glucose will be converted into fats and stored.

So, what happens to you once your body has no more glucose or glycogen? Ketosis happens. When your body has no access to food, like when you are sleeping, the body will burn fat and create molecules called ketones. This is what happens on a ketogenic diet-we burn fat for energy. We can thank our bodies' ability to switch metabolic pathways for that.

These ketones (acetoacetate) are created when the body breaks down fats, creating fatty acids, and burned off in the liver in a process called betaoxidation. The end result of this process is the creation of two other ketones (BHB and acetones), which are used as fuel by the muscles and brain.

Although glucose is the main source of fuel for most people, these fatty acids (BHB and acetone) are used by the brain cells when carbohydrate or food intake is low. In simpler terms, since you have no more glucose or glycogen, ketosis kicks in and your body will use your stored/ consumed fat as energy.

Ketosis is pretty amazing, and in fact, gets even better. Studies show that the body and brain actually prefer using ketones, being able to run 70% more efficiently than glucose.

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BENEFITS OF A KETOGENIC DIET?

There are numerous benefits that come with being on keto: from weight loss and increased energy levels to therapeutic medical applications.

Weight Loss

The ketogenic diet essentially uses body fat as an energy source- so there are obvious weight loss benefits. On keto, your insulin (the fat storing hormone) levels drop greatly which turns your body into a fat burning machine. Additionally, a ketogenic diet may help suppress appetite and reduce cravings.

Blood Sugar Management

Keto naturally lowers blood sugar levels due to the type of foods you eat which helps support insulin metabolism in the body. This is because the absence of carbohydrates from the diet helps your body maintain blood glucose levels by breaking down fats and proteins.

Mental Focus

With a ketogenic diet, the brain utilizes ketone bodies instead of glucose as a primary fuel source. This switch can encourage more nerve growth factors and synaptic connections between brain cells and result in increased mental alertness, sharper focus, and improved cognitive abilities.

Increased Energy

Carbohydrates only go so far to sustain energy throughout the day, and especially during a workout. In ketosis, your body uses fat as a fuel instead of glucose, to provide the brain with a consistent supply of the ketone bodies necessary to sustain physical performance.

Cholesterol & Blood Pressure

A keto diet has shown to improve triglyceride levels and cholesterol levels most associated with arterial buildup. More specifically low-carb, high-fat diets show a dramatic increase in HDL and decrease in LDL particle concentration compared to low-fat diets.

Additionally, many studies on low-card diets show better improvement in blood pressure over other diets. Some blood pressure issues are associated with excess weight, and keto tends to lead to weight loss.

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REACHING KETOSIS

Optimal ketosis can be accomplished through dietary nutrition alone. Just stay strict, remain vigilant, and be focused on recording what you eat.

You can measure if you are in ketosis by keeping track of several physical "symptoms" that usually let you know you are on the right track:

- **Increased Urination**- keto is natural diuretic, so you have to go to the bathroom more. Acetoacetate, a ketone body, is also excreted in urination and can lead to increased bathroom visits for beginners.
- **Dry Mouth**- the increased urination leads to dry mouth and increased thirst. Make sure that you are drinking plenty of water and replenishing your electrolytes (salt, potassium, magnesium).
- **Bad Breath**- acetone is a ketone body that partially excretes in our breath. It can smell sharp like over ripe fruit, similar to nail polish remover. It is usually temporary and goes away long term.
- **Reduced Hunger & Increased Energy**- usually, after you get past the "keto flu," you will experience a much lower hunger level and a clear or energized mental state.

There are also a number of technologies that may be helpful in indicating whether you have entered ketosis:

- **Breath Meter**- The primary ketone body present in the blood (which can also be taken as a supplement) is beta-hydroxybutyrate. When beta-hydroxybutyrate is metabolized, it becomes acetoacetate and then acetone, which can be measured with a breath meter device.
- **Urine Strips**- Ketone urine testing strips are a more common way to check for ketosis. The strips change color to indicate the levels of acetoacetate excreted in urine. This method, however, doesn't necessarily match ketone levels in the blood because of certain factors such as water intake, which can result in a false positive with dehydration or over-hydration. Further, as the body becomes more efficient in utilizing ketone bodies as fuel, this leads to decreased ketones being excreted, which can lead to false negative readings.
- **Blood Meter**- This is the most accurate way to measure the levels of ketones in the body. However, this method is invasive and significantly more expensive. Please consult a doctor on commercially available blood meters to test ketones levels.

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THE KETO FLU

Keto flu is a very common experience for new ketoers, but it often goes away after just a few days- and there are ways to minimize or even eliminate it. When transitioning to keto, you may feel some slight discomfort including fatigue, headache, nausea, cramps, etc.

There are a few reasons for the keto flu, but the two primary ones are:

- **Keto is a diuretic.** you tend to go to the bathroom more to urinate, which attributes to a loss of both electrolytes and water in your body. You can usually help combat this by either drinking bouillon cube or an electrolyte supplement and by increasing your water intake. Mainly, you want to replenish your depleted electrolytes.
- **You are transitioning.** Your body is equipped to process a high intake of carbs and a lower intake of fat. Your body needs to create enzymes to be able to do this. In the transitional period, the brain may run low on energy which can lead to grogginess, nausea, and headaches. If you are having a large problem with this, you can choose to reduce carb intake gradually.

After increasing water intake and replacing electrolytes, it should relieve most of the symptoms of keto flu. For an average person that is starting a ketogenic diet, eating 20-30g of net carbs a day, the entire adaptation process will take about 4-5 days.

OTHER SIDE EFFECTS

PHYSICAL PERFORMANCE

There is a common misconception that performance is effected while on a keto diet. In the short-term, you may notice some small physical performance drop, but this will subside as you continue replenishing fluids, electrolytes and adapt to the fat intake. The only real time where ketosis can lead to performance loss is in exercises that need explosive action, this is intense training. If you need a little boost in your performance during these sessions you can "carb-up" by eating 25-50g of carbs about 30 minutes before you train.

KETOACIDOSIS

It is possible on a keto diet that ketone production in the body can get too high. This is called ketoacidosis. It is not likely to occur under normal circumstances as it is typically a challenge to just get into optimal ketosis.

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KETO FOOD GUIDELINES

WHAT TO EAT

Nonstarchy Vegetables

Asparagus, broccoli, brussels sprouts, cabbage, cauliflower, celery, cucumber, tomatoes, kale, spinach, romaine lettuce, zucchini, snap peas, green beans, string beans, eggplant, jicama, water chestnuts, onions, butternut, summer squashes, etc.

Fat: Eat at each meal

Olive oil, coconut oil, nuts & seeds (but watch the carb content), flaxseed oil, avocado oil, avocados, almonds, macadamia nuts, hazelnuts, olives, ghee, coconut butter/manna, canned coconut milk, cream cheese, sour cream, butter

Meats

Seafood (including but not limited to: salmon, shrimp, scallops, cod, crab), grass-fed beef, bison, lamb, venison, free-range pastured eggs & chicken, turkey, pork, uncured bacon, and cheese

Beverages

Water (consume half your body weight in oz/day of water, herbal teas, green tea, black tea, coffee)

Seasonings

Fresh & dried whole or ground herbs and spices, black or white pepper, salsa, sea salt, soy sauce, hot sauce, lemon, vinegars, mustard, mayo, miso, bone broth

WHAT NOT TO EAT

Grains

wheat, rye, barley, oats, corn, white rice, millet, bulgur, sorghum, amaranth, buckwheat, and sprouted grains

Sugar

maple syrup, honey, agave nectar, Splenda, Equal, Nutrasweet, xylitol, erythritol, brown rice syrup, evaporated cane juice, etc.

Alcohol

also eliminate tobacco products.

Fruit

most fruits apples, bananas, oranges, etc.-with the limited exception of berries

Tubers

root vegetables and tubers like potatoes, yams, etc.

Processed Foods

processed sugary foods and sauces like soda, fruit juice, smoothies, ice cream, candies, etc.

Low Fat/ Diet Products

sugar-free diet foods that are often high in sugar alcohol or artificial sweeteners like aspartame, acesulfame K, and sucralose (such as diet coke, splenda, sweet n' low)

WHAT TO HAVE SOMETIMES

Berries

Blackberries, blueberries, boysenberries, cranberries, loganberries, raspberries, strawberries

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WHEN SHOULD YOU EAT?

PRE-WORKOUT

This is going to vary based on when you work out and what your body can handle. It is ok to work out without food in your stomach if your body can handle it, but most will do well with a pre-workout snack consumed about 30 minutes to 1 hour before the workout.

EXAMPLES OF A PRE-WORKOUT SNACK

Focus on protein and fat and avoid lots of fruit or carb dense vegetables. A carbohydrate-rich meal will increase insulin putting your body in a fat storing mode.

- Handful of macadamia nuts or almonds
- A few strips of homemade beef jerky (can't have added sugar) Two
- hard-boiled eggs
- Some turkey or chicken
- Almond butter
- Avocado and eggs

POST-WORKOUT SHAKE

Drink a Protein shake within 45 minutes after training.

Two scoops protein, water or coconut water and shake or blend – ice adds thickness, and it tastes better cold!

POST-WORKOUT MEAL

Eat a normal meal 60-90 minutes following your shake.

You only need a post workout meal if performing high intensity interval training, strength training, or longer duration cardiovascular exercise. If you are walking or doing gentle yoga you don't need to include a post-workout meal.

NOTE

The amount of carbohydrates to be consumed post workout is going to depend on your fat loss goals. If you are new to exercising and eating healthy and have a lot of body fat to lose just include protein in your post workout meal.

MEAL TIMING

Strive to eat 3-4 meals a day and avoid snacking if possible. This obviously changes on the days you engage in high-intensity exercise. You might also need to "break the rules" if you work exceptionally long days or have an exceptionally active metabolism. In that case you may end up eating 4-6 meals per day. The main objective is to leave 4-5 hours in between meals to allow your digestive system to function properly as well as keep leptin levels normalized. Ideally your last meal of the day would be at least 2 hours prior to bed. Each meal should be designed to hold you over until the next, taking away your desire to snack. As your body starts to use more fat for energy you will experience less between-meal cravings, energy slumps, and brain fog.

TIMING YOUR MEALS AND SNACKS

In general avoid snacking between meals as this can disrupt the normal functioning of leptin, insulin, and overall you may end up eating more. It may be helpful to think of your "snacks" as your meals. It will take you some time to gauge how much and what the right types of foods to eat at each meal are. If you didn't eat enough at a particular meal or didn't consume enough fat to keep you satisfied, and feel cranky, tired or hungry, have a snack that is protein and fat based. Don't just snack on veggies or fruit alone. Examples would include: 2 hard-boiled eggs & veggies, celery & almond butter, or chicken/turkey and vegetables.

EVENING MEAL TIP

To accelerate fat loss, avoid consuming carbs with your evening meal. Stick with steamed or sautéed veggies and protein.

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YOUR MACROS

Some do not believe in counting calories on a ketogenic diet, however we recommend that you do. Though normally the amount of fats and proteins you consume on the diet will be enough to keep you satisfied and naturally keep you in a calorie deficit, every person is not the same. There are tons of hormone, endocrine, and deficiency problems that need to be accounted for that could affect whether a person loses weight

That being said, generally it is not conducive to weight loss when a person is consuming more than their body is expending. This is where keeping track of your "Macros" comes into play. "Macros" is a shortened version of macro-nutrients. These are the "big 3"- fat, protein, and carbs.

Typically, a ketogenic meal is comprised of approximately 10% of calories coming from healthy carbohydrates such as leafy greens, non-starchy vegetables, and limited amounts of legumes and berries; 20% of calories coming from proteins such as omega-3 rich fish and grass-fed animal protein; and 70% of calories coming from high-quality fats such as avocado, unsaturated and medium-chain triglyceride oils, nuts and seeds, and coconut.

Your macros are not set in stone. You should not worry about hitting the mark every single day to the dot. If you are a few calories over some days and a few calories under others- it is fine. Everything will even itself out at the end. We are trying to make long-term changes that last past the 30 day challenge. The purpose of this challenge is not to restrict yourself for a short term period of time but ultimately make a long-term plan that can work for you.

However, what you eat really depends on how fast you want to get into the ketogenic state. The more restrictive you are on your carbohydrates (less than 15g per day), the faster you will enter ketosis. Normally, anywhere between 20-30g of net carbs is recommended for every day dieting- but the lower you keep your glucose levels, the better the overall results will be.

NET CARBS

Net carbs are your total dietary carbohydrates, minus the total fiber. For example:

1 CUP of broccoli = 6g of carbs and 2g of fiber

Take the total carbs and subtract the fiber

The total is the net carbs = 4 net carbs

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Lifestyle Modifications

EXERCISE

Continue with your current exercise routine and eat to support your activity level. In addition, you may also choose to add in a couple of short 10-minute walks each day or one 30-minute walk per day. Getting outside and connecting with nature and movement can help us reduce stress and improve our well-being.

H.I.I.T TRAINING / BOOT CAMP

High intensity interval training will help you accelerate fat loss! Continue (or begin training at G-Force during your 30-Day Challenge). Boot camp combines cardio with resistance training, so it is the ideal way to torch calories while building overall strength and toning. You may need to work at a lower intensity than usual depending on your body's response to the detoxification process. It is important to listen to your body and do what feels right.

CYCLING

Indoor cycling is also an excellent way to burn calories and build strength and endurance. It is a great way to gain the benefits of cycling in a completely safe and comfortable environment. And the lights and high energy music will inspire you to work hard while having fun.

YOGA / PILATES / ZUMBA

This might also be a good time to add some stretching or yoga into your current routine. Yoga builds strength and flexibility and focuses on the breath. Activities like Zumba provide stress-relieving rhythmic movement.

JOURNALING

This may help you keep track of your progress and experience during the challenge. It will also allow you to connect the dots of how what you eat and when you eat affect your mood, sleep, productivity, and performance during exercise, etc. A meal that includes food that works with your body will leave you energized (no afternoon slump), full until your next meal, craving free, mentally sharp, and with an overall sense of well-being and enhanced mood. Journaling how you feel 1-2 hours after you eat is just as important as what you are eating.

Journaling can be a powerful technique for identifying what is important to you and finding some inner guidance. More often than not, you are stronger and smarter than you give yourself credit for. Studies have also shown that journaling reduces stress and inflammation and can have a profound impact on health.

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GYM SCHEDULE / CHECK-IN

Physical activity is a big part of changing your lifestyle to reach your fitness goals. It is important that you find an activity that you enjoy doing in order for this change to be sustainable and last even past the 30 days. For this reason, G-Force provides a large variety of fitness classes for you to chose from.

This challenge requires that you check into classes at our facility 20 times during the 30 days. A maximum of two classes a day will count towards your total 20 check-ins. Any class qualifies for the check-in, but remember if your goal is rapid weight loss, high intensity classes will be more conducive to your fitness goals.



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- BOOTCAMP MEMBERSHIP
- AEROBICS MEMBERSHIP
- CYCLING MEMBERSHIP
- COMPLETE MEMBERSHIP - Access to Pole Fitness & ALL Classes
- OPEN TO ALL MEMBERS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY		SATURDAY
5A	BOOTCAMP U - BILL	BOXING CIRCUIT - JENNIFER	SPIN & ROW - BILL	10 ROUND BOXING - BILL	SPIN - BILL	7:30A	BOOTCAMP F - BILL
6A	SPIN - JENNIFER	BOOTCAMP L - JENNIFER	L.A.B - SMITTY	BODY SCULPT - JENNIFER	BOOTCAMP L - BRIDGETTE	8:45A	SPIN - BILL POLE FITNESS I - TEA
7A		BOOTCAMP L - ANTHONY	L.A.B - SMITTY	BOOTCAMP U - ANTHONY		10A	ZUMBA - JENNIFER
8A	BOOTCAMP U - BRIDGETTE	10 ROUND BOXING - BRIDGETTE SPIN - MELISSA POLE FITNESS I - LEXI	YOGA - JENNIFER	BOOTCAMP U - AMANDA	MAT PILATES - KYRA SPIN & TONE - MELISSA	11:15A	BELLY DANCE - AINI
8:45A				SPIN & YOGA - CHERIE POLE DANCE CHOREO - ISABELLA			
9:15A	MAT PILATES - KYRA MIXXEDFIT - CHANNON	POLE FITNESS II - LEXI	BOOTCAMP F - AMANDA POLE FITNESS I - ISABELLA				
10A	RHYTHM RIDE - KATY <i>cancelled this week</i>	RHYTHM RIDE - KATY <i>cancelled this week</i>		FIT N FLEXY - BRIELLE RHYTHM RIDE - KATY <i>cancelled this week</i>	RHYTHM RIDE - KATY <i>cancelled this week</i>		
5:15P	BOXING CIRCUIT - BILL POLE FITNESS II - ERIKA	BOOTCAMP L - LOU CHAIR DANCE - ISABELLA	SPIN & ROW - LOU	BODY SCULPT - LOU YOGA - JENNIFER	BOOTCAMP L - LOU POLE FITNESS I - ISABELLA		
6P			BELLY DANCE - AINI	RHYTHM RIDE - MELISSA <i>sub</i>			
6:30P	BODY SCULPT - LOU HIP HOP - DAVID	POLE FITNESS I - ISABELLA YOGA - DANI (in H.I.I.T Room)	BOOTCAMP F - BRIDGETTE	BOXING CIRCUIT - BILL BARRE - LAUREN	SPIN & ROW - LOU POLE FITNESS I - TEA		
7:15P			ZUMBA - JESSICA				
7:45P	10 ROUND BOXING - ANTHONY MIXXEDFIT - CHANNON	BODY SCULPT - GREG	10 ROUND BOXING - ANTHONY	BOOTCAMP F - JENNIFER POLE FITNESS II - LEXI			

KEY

U - Upper Body
L - Lower Body
F - Full Body

I - Beginner
II - Intermediate
III - Advanced

**EFFECTIVE
10/21**

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CLASS SUGGESTIONS

Bootcamp & H.I.I.T

An intense workout series that synthesizes warm ups with a blend of exercises that involve weight lifting, using your own bodyweight, TRX rubber straps, Bosu balls, and more; designed to help build strength and tone muscle. We rotate daily between these workouts M-F: Upper, Lower, Total, Upper, Booty Blast/Lower.

Boxing Circuit

A continuous and fulfilling workout of 10 two minute rounds, with :45 second breaks in between for exercises like mountain climbers which improve your cardio.

Body Sculpting

A non-aerobic, muscle-toning class, focused on core strength where you perform traditional weight-training moves. Sculpting classes use hands, exercise bands, and dumbbells.

10 Rounds Boxing

An explosive workout routine that has you going toe-to-toe with the punching bag. Its you vs yourself, the ultimate test of endurance.

L.A.B (Legs, Abs, Booty)

Like our instructor Brian says: "We're going to be baking cakes!". This class moves you through different stations that provide an intense and focused workout for your core, your legs, and that booty!

Spin

Cycle is one of the most intense workouts we offer and many might not expect it at first. The pedaling works out your core, glutes, and quads. When you combine that with different intensities, speeds and our 50" monitors that keep track of your heart rate, there's no way our Cycle classes are a stroll through the park.

Spin & Tone

You may be a master of spin looking for a new challenge, who knows? This class might be just what you need to pedal onto new heights! We start by cycling for the first half and switching over to using light weights to tone and work out the upper body. This leads to an intense complete body workout that is sure to leave you accomplished.

Spin & Row

Who ordered Cardio with an extra dose of Cardio? Spin & Row is just what you need if you're trying to burn extra calories and feel great. 15 minutes of cycling are supplemented with 15 minutes of using the rowing machines and then you do it all one more time. This all adds up to an explosive hour filled with a total body workout as the bikes work your lower body and the rowing machine builds your upper body.

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Let's Get Started!



GETTING STARTED

1. Clean out your pantry and fridge

If the “bad” food is not in your house you won’t be able to eat it. Your family probably doesn’t need to be eating those processed foods you have committed to eliminating for 30 days either, but if that is not realistic then create a place for “YOUR” food. Have a special cabinet where you will be keeping all of your food and arrange your fridge so that any non-compliant foods are not within your sight.

2. Plan one week of meals

“If you fail to plan, you plan to fail.” This is going to take some planning and organization. Figure out which nights you will home to cook dinner and which nights you need a quicker option (a go-to meal or something from the freezer). Then plan what you will make for dinner the nights you are home. Make sure you will have some leftovers for breakfast and lunch. Also make a plan for some breakfast and lunch options that are quick and easy. This will make creating your grocery list very simple.

You may find it easy to cook several meals on the weekend so that you can freeze them and use them later in the week. Even washing and prepping your veggies can save time during the week. Make a big container of greens so you can throw together salads during the work week.

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3. Grocery shop

Stock your fridge with lean proteins, eggs, and vegetables. You may need to shop more often to ensure that your meat and produce are fresh. Fill your pantry with cooking staples such as coconut oil, almond meal, stevia and a variety of spices

4. Establish “Go-To Meals”

Pick 2-3 meals that can be prepared in about 15 minutes on those nights that you get home late and don't feel like cooking. Consider dishes that go together quickly – like eggs with veggies, greens topped with chicken, or prepped chicken or tuna salad lettuce wraps.

5. Put together a game plan

What situations will you be faced with over the next 30 days? Traveling? Out to dinner? Family get together? If you have a plan going in you WILL be successful. You may have to be a little bit selfish in some of these situations. This program is absolutely do-able with all of these situations, but it will take some planning. Offer to cook or at least bring one dish that you know you can eat. Choose activities/events that are not centered on food. Pick the restaurant and review the menu ahead of time to make a game plan. Select a protein/vegetable combo, even if you have to request a special prep. Finally, choose activities that are not focused on food. Meet a friend for tea, take a yoga class, or get outside for a walk.

6. Enlist your support team

Who will be your support system throughout this challenge? You always have the G-Force team and members! Having a solid support team that will not sabotage your efforts is critical. You may choose to not spend as much time with those who you feel do not/will not be supportive of you during this time.

7. Establish baselines

Complete your weigh-in and 3D Body Scan at G-Force Fitness Center. You may choose to take another picture at home as well. Then DO NOT get on the scale until after the Challenge, when you come to weigh-in again at G-Force.

This is CRITICAL! If you don't think you are losing weight quickly enough you will be defeated and wonder if all of your efforts are worthwhile. The scale is not the only measure of your progress, so resist the urge to get on it! BREAK UP WITH YOUR SCALE FOR 30 DAYS!

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KEEP IT SIMPLE

- Review the **FOOD GUIDELINES**. Pick out your favorite fats and veggies and buy a bunch of your favorites. Organic is best.
- Buy organic free range eggs. *(They have them at Costco and most markets)*
- Buy some organic lettuce and spinach for salads.
- Buy organic coconut oil.
- Buy avocados.
- Get some nuts and seeds.
- Buy some green tea or other teas.
- Buy seafood, organic chicken, grass-fed beef or pork/organic bacon.
- Buy or round up your plastic containers.
- Go home and wash/prep the lettuce for salads.
- Hard boil a bunch of eggs.
- Grill some meat.
- Portion food into meals in the Tupperware containers for the next several days. If you have a buddy on the program, consider each making a few dishes and splitting them for variety.

A word about portions

TWO CUPPED HANDS = APPROXIMATELY ONE CUP LEAFY GREENS *(Lettuce, spinach, kale, etc.)*
OR CHOPPED VEGGIES *(Broccoli, cauliflower, Brussel sprouts, etc.)*

PROTEIN – A serving should be roughly the size of your palm.

FRUIT – A serving is roughly the size of a fist. Berries should fit in a cupped hand *(about ½ c)*

NUTS – A serving should barely cover the palm *(about 1 oz.)*

COCONUT OIL OR FAT – A tablespoon is about the size of the last portion of your thumb.

Make sure you drink plenty of water! It's recommended you drink **AT LEAST** half your weight in water. (Example = 70oz. for a 140 pound person.) **MORE IS BETTER.** It is important to drink more if are working out/ sweating heavily. Find a large water bottle or jug that you can carry with you and refill as needed. If you have a hard time drinking so much water, you can add lemon, mint, orange or other fruit or a few drops of essential oil to flavor it.

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WHAT TO EXPECT

DAYS 1-7

How you feel at first will have a lot to do with your current diet and lifestyle. You will most likely feel worse before you feel better BUT I promise you WILL feel better. Your experience the first 7 days will largely depend on if you feasted before starting this program. If the night before you pigged out on pizza, beer, and ice cream then it is likely that your experience the first 5-7 days will not be a pleasant one. The most common thing people experience is strong sugar cravings. Taking supplements such as 5 HTP and glutamine can help with this.

Your body and brain are desperately trying to adapt to this new way of eating. Common symptoms are headaches, feeling like you have the flu, fatigue, and constipation. Keep pushing the water, it will help! If constipation persists. Let us know, as there are protocols to help with this. For most days 2-5 are the hardest. You may want to prep your family, friends and co-workers so that when you need to walk away or suddenly snap at them they understand why. By day 6 or 7 you may feel like you just want to sleep all day.

Understand that your body can no longer rely on the cereal, bread, crackers, and processed carbohydrates for energy. It is changing over to burning fat as an energy source and that takes time and is more work than using readily available glucose. Once you get over this hump though you will have more energy than you know what to do with! You will most likely experience a change in your body because you are not bloated from the food you are eating.

DAYS 8-14

This is when you start to feel like you have more energy and are sleeping better at night. You may still be experiencing GI distress such as: gas, bloating, diarrhea, or constipation. The digestive system can take months to heal but in the process cause some discomfort. You are likely eating more vegetables than you are used to which in itself can cause digestive issues. Try cooking all of your vegetables vs. eating them raw. If eating a lot of nuts for healthy fats that could be contributing to digestive upset switch to other fats like avocado, coconut oil, or olive oil.

KETO Challenge

WHAT TO EXPECT

When you are approaching day 14 you might start to get the feeling you are done with this program. You are having a hard time coming up with new menu ideas, have a social obligation coming up, and can only think about the foods you can not have! This is when you need to breath. Start to think about and evaluate the potential psychological hold that certain foods may have on you, for example bread. This may be a good time to talk to a good friend or journal about what emotions you experience when you start to "crave" or tell yourself you "deserve" a certain food. Are you eating out of anger, loneliness, anxiousness, or are you simple stressed and looking for comfort?

DAYS 15-30

More than likely you have more energy, have more mental focus, are sleeping better, and symptoms that you had when you started have begun to disappear. By now your taste buds are starting to adapt and you are enjoying the flavors of the foods you are eating. If you have been relying on the same foods over and over again, change it up! Try a new recipe from the manual or search the net for a new way to make chicken, beef, and your favorite vegetables. Or challenge yourself to eat a protein source like sardines or lamb that you have never tried to pair with a vegetable you thought at one point your taste buds despised. It is likely that over the source of the last few weeks your taste buds have changed and you no longer require the part in your mouth from all of the sugar, and additives found in processed foods.

Just because the challenge is 30 days DOES NOT mean you need to re-introduce carbs and sugars or stop the program. You can and should continue to eat this way until your fitness goals are met. Many people even live a keto lifestyle.

KETO

Challenge

KETOGENIC FOOD LIST

PROTEIN

Seafood

Wild Salmon
Shrimp
Cod

Wild caught fatty fish

Scallops
Crab
Tuna

Meats

Grass-fed Beef
Grass-fed Buffalo
Grass-fed Lamb
Elk
Venison

Poultry

Free-Range Chicken
Free-Range Turkey
Duck
Pheasant

Other

Pork
Uncured Bacon Free
Range Pastured
Eggs
Nut Butter

VEGETABLES

Arugula
Asparagus
Bean Sprouts
Bell Peppers
Bok Choy
Bottle Gourd
Broccoli
Broccolini
Brussels Sprouts

Cabbage
Cactus (nopales)
Cauliflower
Celery
Cucumber
Delicata Squash
Eggplant
Garlic
Green Beans

Greens (*beet, mustard, turnip*)
Jicama
Kale
Kohlrabi
Leeks
Lettuce (*bibb, butter, red*)
Mushrooms
Okra
Onion/Shallots

Radish
Rutabaga
Sauerkraut
Sea Plants (kelp, nori, etc)
Snow/Sugar Snap Peas
Spaghetti Squash
Spinach
Sprouts
Summer Squash

Swiss Chard
Tomato
Turnip
Watercress
Zucchini

FRUITS

Lemon

Blackberries

Blueberries

Lime

Orange Zest

Raspberries

FATS

Cooking Fats

Animal Fats*
Clarified Butter*
Ghee*
Coconut Oil
Extra Virgin Olive Oil

**Must be pastured or 100%
grass-fed and organic*

Eating Fats

Avocado
Cashews
Coconut Butter
Coconut Flakes
Coconut Milk
(canned)
Hazelnuts/Filberts
Macadamia Nuts

Occasional

Almonds
Almond Butter
Brazil Nuts
Pecans
Pistachio

Limited

Flax Seeds
Pine Nuts
Pumpkin Seeds
Sesame Seeds
Sunflower Seeds
Sunflower Seed Butter
Walnuts

KETO

Challenge

KETOGENIC FOOD BREAKDOWN

Protein

Your best bet when it comes to protein is choosing pasture-raised and grass-fed. This will minimize your bacteria and steroid hormone intake. Try to choose the darker meat where possible with poultry, as it is much fattier than white meat. Eating fatty fish is a great way to get omega 3's in as well.

When it comes to red meat, there is not too much to avoid. Cured meats and sausages can sometimes have added sugars and added processed ingredients. If you eat steak, try to choose fattier cuts like ribeye. If you like ground beef, try to choose fattier ratios like 85/15 or 80/20.

Try to balance out the protein in your meals with fattier side dishes. If you choose to eat lean beef, you have to be especially careful with the portioning of the protein. Jerky and other beef snacks can add up in protein very fast, so make sure to pair it with something fatty.

Vegetables

Vegetables are a paramount part of a healthy keto diet. The best type of vegetables for a keto diet are high in nutrients and low in carbs. Try to go after cruciferous vegetables that are grown above the ground, leafy, and green. Vegetables that grown below the ground can still be consumed in moderation- you must be careful about the number of carbs that they have. Usually, these vegetables can be used for flavor and are easily moderated.

Nuts & Seeds

Nuts and seeds are best when they are roasted to remove any anti-nutrients. Try to avoid peanuts if possible, as they are legumes which are not highly permitted in the ketogenic diet food list. Typically, raw nuts can be used to add flavor or texture to meals. Some people may also choose to consume them as snacks-beware of snacking. Snacking, in general, will raise insulin levels and lead to slower weight loss in the long term.

Nuts can be a great source of fats, but you always have to remember that they do contain carbohydrate counts that can add up quickly. It is also important to note that they have protein as well. Nut flours especially can add up in protein rather fast-so be wary of the amount you use.

Nuts can also be high in omega 6 fatty acid, so it is good to be careful with the amounts you consume. For typical eating, you want to stick with fattier and lower carbohydrate nuts.

KETO

Challenge

KETOGENIC FOOD BREAKDOWN

Fats & Oils

Fats will be the majority of your daily calorie intake when you are on a ketogenic diet, so choices should be made with your likes and dislikes in mind. They can be combined in many different ways to add to your meals- sauces, dressings or just simply topping off a piece of meat with butter.

Saturated and monounsaturated fats such as butter, macadamia nuts, avocados, egg yolks, and coconut oil are more chemically stable and less inflammatory to most people, so they are preferred. You also want to have a balance between your omega 3's and omega 6's which can be found in fish. If you do not like fish we suggest taking a small fish oil supplement.

Dairy Products

Try to keep your dairy consumption to a moderate level. Most of your meals should be coming from protein, vegetables, and added fats/ cooking oils.

Raw and organic dairy products are preferred, if available. Highly processed dairy normally has 2-5 times the number of carbohydrates as raw or organic dairy, so it does add up over time. Make sure to choose full fat products over fat-free or low-fat as they will have significantly more carbs and less "filling" effect.

Water & Beverages

The ketogenic diet has a natural diuretic effect, so dehydration is common for most people starting out. Drink 8 glasses of water a day at a minimum. You should be drinking closer to a gallon a day of water.

Many people choose ketoproof coffee or tea in the morning to ramp up energy with added fats. While this is a great thing, it is also important to consume flavored beverages in moderation. This is amplified when it comes to caffeine as too much will lead to weight loss stalls; try to limit yourself to a maximum of 2 cups of caffeinated beverage a day.

Condiments & Sauces

Sauces, gravies, and condiments, on the whole, have a lot of a gray area on keto. Generally, if you want to be strict, you should avoid all pre-made sauces and condiments unless listed below. They can have added sugars or use sweeteners that are not friendly on a ketogenic diet.

"Safe" condiments include: mustard, hot sauce, mayonnaise, sauerkraut, relish (low/no added sugar), ketchup (low/no added sugar), horseradish, Worcestershire sauce, salad dressings, flavored syrups (sugar-free).

KETO

Challenge

MEAL PLAN (WEEK 1)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Chessey Frittata Muffins	Chessey Scrambled Eggs	Chessey Frittata Muffins	Chessey Scrambled Eggs	Chessey Frittata Muffins	Chessey Scrambled Eggs	Chessey Scrambled Eggs
MEAL 2	Simple Lunch Salad	Leftover Inside Out Burgers & Spinach Salad	Simple Spinach Salad	Leftover Curry Rubbed Chicken Thigh & Fried Queso Fresco	Leftover Chicken Sausage & Spinach Salad	Canned Chicken & Spinach Salad	Cream Cheese & Spinach Salad
MEAL 3	Inside Out Bacon Burger Red Pepper Spinach Salad	Cinnamon & Orange Beef Stew	Curry Rubbed Chicken Thigh Fried Queso Fresco	Chicken & Bacon Sausage Stir Fry	Shrimp & Cauliflower Curry	Chorizo & Cheddar Meatballs Roasted Pecan Green Beans	Not Your Caveman's Chili Bacon Infused Sugar Snap Peas

KETO

Challenge

MEAL PLAN (WEEK 2)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee
MEAL 2	Canned Chicken & Spinach Salad	Cheddar, Chive & Bacon Mug Cake	Keto Friendly Taco Tarts	Leftover Chicken Thighs & Spinach Salad	Chicken Strip Sliders	Leftover Omnivore Burger & Spinach Salad	Leftover Mozzarella Meatballs & Spinach Salad
MEAL 3	Leftover Chorizo Meatballs Roasted Pecan Green Beans	Leftover Shrimp & Cauliflower Curry	Curry Rub Chicken Thighs Red Pepper Spinach Salad	Buffalo Chicken Strips Bacon Infused Sugar Snap Peas	Omnivore Burger w/ Creamed Spinach & Almonds	Bacon Mozzarella Meatballs Roasted Pecan Green Beans	Chicken & Bacon Sausage Stir Fry

KETO

Challenge

MEAL PLAN (WEEK 3)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee	Ketoproof Coffee
MEAL 2	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad
MEAL 3	Chicken Pesto Roulade Fried Queso	Not Your Caveman's Chili	Simple Keto BBQ Pulled Chicken Red Pepper Spinach Salad	Inside Out Burger	Cheddar Bacon Explosion	Bacon Wrapped Pork Tenderloin Fried Fresco	Leftover Bacon Explosion

KETO

Challenge

MEAL PLAN (WEEK 4)

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MEAL 1	Fasting or light breakfast	Fasting or light breakfast	Fasting or light breakfast	Fasting or light breakfast	Fasting or light breakfast	Fasting or light breakfast	Fasting or light breakfast
MEAL 2	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad	Fasting or Simple Salad
MEAL 3	Keto Style Szechuan Chicken Roasted Pecan Green Beans	Leftover Meatballs Cheesy Creamed Spinach	Curry Rubbed Chicken Thigh Vegetable Medly	Thai Style Peanut Chicken Simple Spinach Salad	Coffee & Wine Beef Stew Spinach Salad	Drunken Five-Spice Beef	Lemon & Rosemary Chicken Thighs Red Pepper Spinach Salad

RECIPES



Almond Lemon Cake Sandwiches

INGREDIENTS

Almond Lemon Cakes

1/4 Cup Honeyville Almond Flour

1/4 Cup Coconut Flour

1/4 Cup Butter

3 Large Eggs

1/4 Cup Erythritol

1 Tbsp. Lemon Juice

1 Tbsp. Coconut Milk

1 tsp. Cinnamon

1/2 tsp. Almond Extract

1/2 tsp. Vanilla Extract

1/2 tsp. Baking Soda

1/2 tsp. Apple Cider Vinegar

1/4 tsp. Liquid Stevia

1/4 tsp. Salt

Garnish (optional): Zest 1/2 Lemon

Garnish (optional): 2 tbsp. Crushed Pistachios

Sandwich Icing

1/4 Cup Powdered Erythritol

4 Oz. Cream Cheese

4 Tbsp. Butter

2 Tbsp. Heavy Cream

1 tsp. Red Food Coloring

INSTRUCTIONS

1. Preheat your oven to 325F.
2. Sift and mix coconut flour, almond flour, cinnamon salt, and baking soda.
3. Combine eggs, erythritol, vanilla extract, almond extract, lemon juice, melted butter, coconut milk, vinegar, stevia, and food coloring.
4. Mix the wet ingredients into the dry ingredients, using a hand mixer until it is fluffy.
5. Divide your batter between your a muffin top pan and bake for 17-18 minutes.
6. Remove from the oven and let cool on a cooling rack for 10 minutes.
7. Slice cakes in half and fry them in butter until crisped.
8. Let cool on cooling rack again.
9. Mix together butter, cream cheese, heavy cream, and powdered erythritol until fluffy. Add food coloring until color is attained.
10. Divide icing in between middle of the cakes and make a sandwich. Garnish with lemon zest and pistachios.

Makes 10 total cake sandwiches. Per cake (with icing) it will be:

180 Calories, 17.5g Fats, 1.8g Net Carbs, and 2.8g Protein.

RECIPES



Inside Out Bacon Burger

INGREDIENTS

200g Ground Beef
2 Slices Bacon, chopped
2 Tbsp. Cheddar Cheese
1 1/2 tsp. Chopped Chives
1/2 tsp. Minced Garlic
1/2 tsp. Black Pepper
3/4 tsp. Soy Sauce
1/2 tsp. Salt
1/4 tsp. Onion Powder
1/4 tsp. Worcestershire

INSTRUCTIONS

1. In a cast iron skillet, cook all your chopped bacon until crisp. Once cooked, remove and place on paper towel. Drain grease separately and save.
2. In a large mixing bowl, combine ground beef, 2/3 chopped bacon, and the rest of the spices.
3. Mix meat and spices together well, then form into 3 patties.
4. Put 2 Tbsp. bacon fat into cast iron and place patties inside once fat is hot.
5. Cook about 4-5 minutes on each side, depending on the doneness you want.
6. Remove from pan, let rest for 3-5 minutes, and serve with cheese, extra bacon, and onion if you'd like.

Makes 1 Serving (3 patties). Per serving it will be:
649 Calories, 51.8g Fats, 1.8g Net Carbs, and 43.5g Protein.

RECIPES



Bacon & Mozzarella Meatballs

INGREDIENTS

- 1 1/2 lb. Ground Beef
- 4 Slices Bacon
- 1 Cup Mozzarella Cheese
- 3/4 Cup Pesto Sauce
- 1/3 Cup Crushed Pork Rinds
- 2 Large Eggs
- 1 tsp. Pepper
- 2 tsp. Minced Garlic
- 1/2 tsp. Onion Powder
- 1/2 tsp. Kosher Salt

INSTRUCTIONS

1. Preheat oven to 350F.
2. Slice your bacon into small pieces (almost into small cubes).
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the bacon.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 40-45 minutes, or until bacon is cooked.
7. Spoon out 1/2 Tbsp. pesto sauce per meatball and serve.

Yields 24 medium meatballs. Per meatball, you're looking at:
128 Calories, 9.4g Fats, 0.7g Net Carbs, and 10.1g Protein.

RECIPES



Bacon Infused Sugar Snap Peas

INGREDIENTS

- 3 Cups Sugar Snap Peas (~200g)
- 1/2 Lemon Juice
- 3 Tbsp. Bacon Fat
- 2 tsp. Garlic
- 1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Add 3 Tbsp. bacon fat to a pan and bring to its smoking point.
2. Add your garlic and reduce heat on the pan, letting the garlic cook for 1-2 minutes.
3. Add sugar snap peas and lemon juice, let cook for 1-2 minutes.
4. Remove and serve. Garnish with red pepper flakes and lemon zest.

Yields 3 total servings. Per Serving, you're looking at:
147 Calories, 13.3g Fats, 4.3g Net Carbs, and 1.3g Protein.

RECIPES



BBQ Pulled Chicken

INGREDIENTS

- 6 Boneless, Skinless Chicken Thighs
- 1/3 Cup Salted Butter
- 1/4 Cup Erythritol
- 1/4 Cup Red Wine Vinegar
- 1/4 Cup Chicken Stock
- 1/4 Cup Organic Tomato Paste
- 2 Tbsp. Yellow Mustard
- 2 Tbsp. Spicy Brown Mustard
- 1 Tbsp. Liquid Smoke
- 1 Tbsp. Soy Sauce
- 2 tsp. Chili Powder
- 1 tsp. Cumin
- 1 tsp. Cayenne Pepper
- 1 tsp. Red Boat Fish Sauce

INSTRUCTIONS

1. Mix together all ingredients except for butter and chicken thighs.
2. Place frozen (or fresh) chicken thighs in slow cooker and pour sauce over them.
3. If you aren't going to be home, add butter, turn to low and leave for 7-10 hours.
4. If you are going to be home, let cook on low for 2 hours. Add your butter, turn to high, and cook for an additional 3 hours.
5. Once your chicken has cooked down, shred the chicken with 2 forks. Mix all the sauce together and let cook on high for 45 minutes without the top. This will reduce the sauce.
6. Optional: Serve with coarse sea salt sprinkled over the top, along with chili paste and a sprinkle of curry powder for color.

Yields 4 Total Servings. Per serving, you are looking at:
510 Calories, 30g Fats, 2.3g Net Carbs, and 51.5g Protein.

RECIPES



Buffalo Chicken Strips

INGREDIENTS

- 5 Chicken Breasts Pounded to 1/2" Thickness
- 3/4 Cup Almond Flour
- 1/2 Cup Hot Sauce
- 1/4 Cup Olive Oil
- 3 Tbsp. Butter
- 3 Tbsp. Blue Cheese Crumbles
- 2 Large Eggs
- 1 Tbsp. Paprika
- 1 Tbsp. Chili powder
- 2 tsp. Salt
- 2 tsp. Pepper
- 1 tsp. Garlic Powder
- 1 tsp. Onion Powder

INSTRUCTIONS

1. Preheat oven to 400F.
2. In a ramekin, combine paprika, chili powder, salt, pepper, garlic powder, and onion powder.
3. Pound out chicken breasts to 1/2" thickness, then cut the chicken breasts in half.
4. Sprinkle 1/3 of the spice mix over the chicken breast then flip them over and do the same with 1/3 of the spice mix.
5. In a bowl, combine almond flour and 1/3 of the spice mix.
6. In another container, crack 2 eggs and whisk them.
7. Dip each piece of seasoned chicken into the spice mix and then into the almond flour. Make sure each side is coated well.
8. Lay each piece on a cooling rack on top of a foiled baking sheet.
9. Bake the chicken for 15 minutes.
10. Take the chicken out of the oven and turn your oven to broil. Drizzle 2 Tbsp. olive oil over the chicken.
11. Broil for 5 minutes, flip the breasts, drizzle with remaining olive oil, and broil again for 5 minutes.
12. In a sauce pan, combined 1/2 Cup of hot sauce with 3 Tbsp. butter.
13. Serve chicken with slathering of hot sauce and blue cheese crumbles.

Yields 9 total chicken strips, 3 total servings.

Per serving, the chicken strips come out to:

683 Calories, 54g Fats, 4.8g Net Carbs, and 41g Protein.

RECIPES



“Keto” proof Coffee

INGREDIENTS

1 Cup Coffee
1 Tbsp. Unsalted Butter
1 Tbsp. Coconut Oil
1 Tbsp. Heavy Cream
Seasonings of your choice

INSTRUCTIONS

1. Brew a cup worth of coffee into a large container. I use a measuring cup.
2. Cut off 1 Tbsp. of butter. Drop your butter into the coffee and watch it ooze.
3. Measure out 1 Tbsp. of coconut oil and plunk that it into your coffee also.
4. Last but not least, the 1 Tbsp. of heavy cream. This adds a great creaminess to the coffee.
5. You are welcome to add some ingredients of your choice to change the flavor. Try ground cinnamon, nutmeg, or allspice with a splash of liquid stevia.
6. Mix it all together very well using a hand blender.

Yields 1 total serving. Per serving, it comes out to:
273 Calories 30g Fats, 1g Net Carbs, and 0g Protein.

RECIPES



Chai Spice Mug Cake

INGREDIENTS

- 2 Tbsp. Butter
- 2 Tbsp. Honeyville Almond Flour
- 1 Tbsp. NOW Erythritol
- 7 Drops Liquid Stevia
- 1/2 tsp. Baking Powder
- 2 Tbsp. Honeyville Almond Flour
- 1/4 tsp. Cinnamon
- 1/4 tsp. Ginger
- 1/4 tsp. Clove
- 1/4 tsp. Cardamom
- 1/4 tsp. Vanilla Extract

INSTRUCTIONS

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Top with whipped cream and sprinkle of cinnamon.

Yields 1 Serving. Per serving this is:

439 Calories, 42g Fats, 4g Net Carbs, and 12g Protein.

RECIPES



Bacon Cheddar Explosion

INGREDIENTS

- 30** Slices of Bacon
- 2 1/2** Cups Cheddar Cheese
- 4-5** Cups Raw Spinach
- 1-2 Tbsp.** Tones Southwest Chipotle Seasoning
- 2 tsp.** Mrs. Dash Table Seasoning

You will be weaving the bacon in a longer weave, so make sure that you keep going horizontally in this weave with the extra bacon slices.

INSTRUCTIONS

- 1.** Preheat your oven to 375F convection bake. (400F regular bake)
- 2.** Weave the bacon. 15 pieces that are vertical, 12 pieces horizontal, and the extra 3 cut in half to fill in rest, horizontally.
- 3.** Season your bacon with your favorite seasoning mix.
- 4.** Add your cheese to the bacon, leaving about 1 1/2 inch gaps between the edges.
- 5.** Add your spinach and press down on it to compress it some. This will help when you roll it up.
- 6.** Roll your weave slowly, making sure it stays tight and not too much falls through. You may have some cheese fall out, but don't worry about it. Add your seasoning to the outside here, if you'd like.
- 7.** Foil a baking sheet and add plenty of salt to it. This will help catch excess grease from the bacon and not let your oven smoke.
- 8.** Put your bacon on top of a cooling rack and put that on top of your baking sheet.
- 9.** Bake for 60-70 minutes, without opening the oven door. Your bacon should be very crisp on the top when finished.
- 10.** Let cool for 10-15 minutes before trying to take it off the cooling rack. Slice into pieces, and serve!

Yields 3 Total Servings. Per serving, you are looking at:
720 Calories, 63.7g Fats, 4.9g Net Carbs, and 54.7g Protein.

RECIPES



Cheddar Chorizo Meatballs

INGREDIENTS

- 1 1/2 lb.** Ground Beef
- 1 1/2** Chorizo Sausages
- 1** Cup Cheddar Cheese
- 1** Cup Tomato Sauce
- 1/3** Cup Crushed Pork Rinds
- 2** Large Eggs
- 1 tsp.** Cumin
- 1 tsp.** Chili Powder
- 1 tsp.** Kosher Salt

INSTRUCTIONS

1. Preheat oven to 350F.
2. Break up sausage into small pieces so that it will mix well with the ground beef.
3. Add your ground beef, ground pork rinds, spices, cheese, and eggs to the sausage.
4. Mix everything together well until you can form meatballs.
5. Roll your meatballs out into circles and place them in a foiled baking tray.
6. Bake in the oven for 30-35 minutes, or until meatballs are cooked through.
7. Spoon tomato sauce over meatballs and serve.

Yields 24 medium meatballs. Per meatball with sauce, it will have:
115 Calories, 7.8g Fats, 0.8g Net Carbs, and 9.9g Protein.

RECIPES



Cheesy Scrambled Eggs

INGREDIENTS

2 Large Eggs
2 Tbsp. Butter
1 Oz. Cheddar Cheese
1 tsp. Chopped Chives
Spices of your choice

INSTRUCTIONS

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add 2 eggs that have been scrambled.
3. Let the eggs cook slowly, only touching them once or twice throughout the whole process. You can add seasonings of your choice here - chives, salt, pepper, hot sauce.
4. Add cheese and mix everything together.

Yields 1 serving. Per serving, it is:
453 Calories, 43g Fats, 1.2g Net Carbs, and 19g Protein.

RECIPES



Cheesy Spinach

INGREDIENTS

- 7 Cups Spinach
- 1 1/2 Cup Cheddar Cheese
- 3 Tbsp. Butter
- 1/2 tsp. Mrs. Dash
- 1/2 tsp. Salt
- 1/2 tsp. Pepper

INSTRUCTIONS

1. Heat a pan on the stove, adding the butter.
2. Once the butter has melted, add spinach and spices. Let the spinach begin to wilt.
3. Once the spinach is almost completely wilted, add shredded cheese to the top and let it all melt together.
4. Once melted, serve.

Yields 2 servings. Per serving, it is:

446 Calories, 47g Fats, 4.8g Net Carbs, and 24g Protein.

RECIPES



Chicken Roulade

INGREDIENTS

1 Chicken Breast
1/2 Tbsp. Pesto
2 1/4 tsp. Olive Oil
Zest 1/4 Lemon
1/4 tsp. Minced Garlic
38g Halloumi Cheese
Salt & Pepper

INSTRUCTIONS

1. Pat your chicken breast dry of any extra moisture. Pound the chicken breast to 1/8".
2. Mix together Pesto and 1 1/4 tsp. olive oil. Spread the mixture out on all the chicken breast.
3. Add salt, pepper, garlic, and lemon zest to chicken.
4. Add sliced halloumi cheese to chicken breast.
5. Roll the chicken breast up and tie them using butchers string or toothpicks.
6. Preheat oven to 450F.
7. Heat 1 tsp. Olive Oil in a cast iron to high heat.
8. Sear each side of the chicken making sure it gets nice and brown.
9. Bake for 6-7 minutes until juice runs clear.

Yields 1 servings. Per serving, this is:

478 Calories, 31g Fats, 2.5g Net Carbs, and 53.3g Protein.

RECIPES



Buffalo Chicken Strip Slider

INGREDIENTS

Almond Flour Buns

- 1/3 Cup Almond Flour
- 1/4 Cup Flax Seed
- 3 Tbsp. Parmesan Cheese
- 2 Large Eggs
- 4 Tbsp. Butter
- 1 tsp. Baking Soda
- 1 tsp. Southwest Seasoning
- 1 tsp. Paprika
- 1/2 tsp. Apple Cider Vinegar
- 8 drops Liquid Stevia

Chicken Filling

- 2 Leftover Buffalo Chicken Strips

INSTRUCTIONS

1. Preheat oven to 350F.
2. Mix together all dry ingredients in a large mixing bowl.
3. Melt butter in the microwave, then add eggs, vinegar, stevia and butter to mixture.
4. Mix everything well and spread the mixture out between 8 muffin top slots in a pan.
5. Bake for 15-17 minutes. Once baked, let cool for 5 minutes, then cut buns in half.
6. Assemble slider together with bun, and buffalo chicken strips.

Yields 8 Buns (only 2 are used in a serving). Per serving, this is:
625 Calories, 51g Fats, 4.3g Net Carbs, and 34.8g Protein.

RECIPES



Bacon, Cheddar & Chive Mug Biscuit

INGREDIENTS

- 1 Egg
- 2 Tbsp. Butter
- 2 Tbsp. Almond Flour
- 1/2 tsp. Baking Powder
- 2 Slices Bacon, cooked
- 1 Tbsp. Almond Flour
- 1 Tbsp. Packed Shredded Cheddar
- 1 Tbsp. Packed Shredded White Cheddar
- 1 Tbsp. Chopped Chive
- Pinch Salt
- 1/4 tsp. Mrs. Dash

INSTRUCTIONS

1. Mix all room temperature ingredients together in a mug.
2. Microwave on high for 70 seconds.
3. Turn cup upside down and lightly bang it against a plate.
4. Optional: Let cool for 3-4 minutes.

Yields 1 Serving. Per serving this is:
573 Calories, 55g Fats, 5g Net Carbs, and 24g Protein.

RECIPES



Cinnamon & Orange Beef Stew

INGREDIENTS

1/2 lb Pound Beef
3/4 Cup Beef Broth
1 Tbsp. Coconut Oil
1/4 Medium Onion
 Zest of **1/4** Orange
 Juice of **1/4** Orange
3/4 tsp. Fresh Thyme
3/4 tsp. Minced Garlic
1/2 tsp. Ground Cinnamon
1/2 tsp. Soy Sauce
1/2 tsp. Fish Sauce
1/4 tsp. Rosemary
1/4 tsp. Sage
1 Bay Leaf

Note: You are welcome to double, triple, or quadruple the recipe in order to save extras for leftovers on another night. Using a crock pot for 1 recipe may sound silly, but I had scaled the original recipe back for the meal plan.

INSTRUCTIONS

1. Cut your meat into approximate 1" cubes and zest a whole orange.
2. Heat coconut oil in a cast iron skillet, waiting for it to get to the smoke point.
3. Add your seasoned (salt and pepper) meat to the skillet in batches. Don't overfill the skillet. Brown the beef and remove from the cast iron, then add more beef to brown.
4. Once your beef is finished browning, remove the last batch and add your vegetables. Let these cook for 1-2 minutes.
5. Add your orange juice to de-glaze the pan and then add all other ingredients except for the rosemary, sage, and thyme.
6. Let this cook for a moment, and then transfer all ingredients to your crock pot.
7. Let this cook for 3 hours on high.
8. Open your crock pot and add the rest of your spices. Let this cook down for 1-2 hours on high.

Yields 1 serving with leftovers. Per serving, this is:
649 Calories, 44.5g Fats, 1.9g Net Carbs, and 53.5g Protein.

RECIPES



Coffee & Red Wine Beef Stew

INGREDIENTS

2.5 lbs Stew Meat
3 Cups Coffee
1 Cup Beef Stock
1 1/2 Cup Mushrooms
2/3 Cup Red Wine (Merlot)
1 Medium Onion
3 Tbsp. Coconut Oil
2 Tbsp. Capers
2 tsp. Garlic
Salt & Pepper to taste

INSTRUCTIONS

1. Cube all stew meat, then thinly slice onion and mushrooms.
2. Bring 3 Tbsp. coconut oil to its smoking point in a pan on the stove.
3. Season beef with salt and pepper, then brown all of it in small batches, making sure that the pan isn't overcrowded.
4. Once all meat is browned, cook onion, mushrooms, and garlic in the remaining fat in the pan. Do this until onions are translucent.
5. Add coffee, beef stock, red wine, and capers to the vegetables and stir this mixture.
6. Add beef into the mixture, bring to a boil then reduce heat to low.
7. Cover and cook for 3 hours.

Yields 4 servings. Per serving, this is:

755 Calories, **48.3g** Fats, **4g** Net Carbs, and **63.8g** Protein.
[Freeze Leftovers]

RECIPES



Crispy Curry Rubbed Chicken Thigh

INGREDIENTS

2 Chicken Thighs
1 Tbsp. Olive Oil
1/2 tsp. Yellow Curry
1/2 tsp. Salt
1/4 tsp. Cumin
1/4 tsp. Paprika
1/4 tsp. Garlic Powder
1/8 tsp. Cayenne Pepper
1/8 tsp. Allspice
1/8 tsp. Chili Powder
1/8 tsp. Coriander
Pinch Cardamom
Pinch Cinnamon
Pinch Ginger

INSTRUCTIONS

1. Preheat oven to 425F.
2. Mix together all spices into a bowl.
3. Wrap a baking sheet in foil and lay chicken thighs on to the foil.
4. Rub olive oil evenly into all chicken thighs.
5. Rub spice mixture on both sides of the chicken, coating liberally.
6. Bake for 40-50 minutes.
7. Let cool for 5 minutes before serving.

Yields 1 serving. Per serving, this is:

555 Calories, 39.8g Fats, 1.3g Net Carbs, and 42.3g Protein.
If you are on week 4, you will need to make 1 extra chicken thigh.

RECIPES



Drunken Five Spice Beef

INGREDIENTS

1 1/2 lbs. Ground Beef
1 Can Coors Light
(Or 1/2 Cup Red Wine)
150g Sliced Mushrooms
135g Chopped Broccoli
75g Raw Spinach
3 Tbsp. Reduced Sugar Ketchup
2 Tbsp. Soy Sauce
2 tsp. Garlic
2 tsp. Minced ginger
1 Tbsp. Five Spice
1 Tbsp. Pepper
1 tsp. Salt
2 tsp. Cumin
1 tsp. Cayenne Pepper
1/2 tsp. Onion Powder

INSTRUCTIONS

1. Chop up broccoli florets, ginger, and garlic.
2. Bring cast iron to high heat and add ground beef.
3. Brown all ground beef then add ginger and garlic to the pan.
4. Mix everything well, add broccoli, soy sauce, and spices and stir everything together.
5. Pour 1 can of Coors Light (or other low carb beer, or 1/2 Cup Red Wine) into the pan. Add mushrooms and spinach and mix everything in together.
6. Once spinach has wilted, add ketchup, mix, and serve!

This makes 4 Total Servings, each coming out to:
515 Calories, 35g Fats, 6g Net Carbs, and 33.3g Protein.
[Freeze Leftovers]

RECIPES



Cheesy Frittata Muffins

INGREDIENTS

- 8 Large Eggs
- 1/2 Cup Half n' Half
- 4 Oz. Bacon
(pre-cooked and chopped)
- 1/2 Cup Cheddar Cheese
- 1 Tbsp. Butter
- 2 tsp. Dried Parsley
- 1/2 tsp. Pepper
- 1/4 tsp. Salt

Note: You are welcome to add sauces or seasonings of your choice to this. If you'd like to add red pepper flakes, a little bit of reduced sugar ketchup, or moyonnaise - feel free!

INSTRUCTIONS

1. Preheat oven to 375 degrees
2. Mix eggs and half n' half in a bowl until almost scrambled, leaving streaks of egg white
3. Fold in the bacon, cheese, and spices. Add any other additional ingredients now.
4. Grease a muffin tin with butter. This recipe makes about 8 frittata muffins.
5. Pour the mixture, filling each cup about 3/4 way.
6. Stick them in the oven for 15-18 minutes, or until puffy and golden on the edges.
7. Remove from the oven and let cool for 1 minute. These freeze well and can be heated individually.

Yields 8 servings, each having:
205 Calories, 16.1g Fats, 1.3g Net Carbs, and 13.6g Protein.

RECIPES



Fried Queso Fresco

INGREDIENTS

- 1 lb. Queso Fresco (or Paneer Cheese if Queso Fresco is not available)
- 1 Tbsp. Coconut Oil
- 1/2 Tbsp. Olive Oil

INSTRUCTIONS

1. Cut cheese into cubes, or thin rectangles.
2. Bring 1 Tbsp. coconut oil and 1/2 Tbsp. olive oil to high heat in a pan.
3. Once the smoke point hits, add your cheese. Let it cook until browned on one side and then flip over and do the same on the other side.
4. Remove from pan and drain excess grease on a paper towel.

Yields 5 servings. Per serving, it is:

243 Calories, 19.5g Fats, 0g Net Carbs, and 16g Protein.

[Save Leftovers]

RECIPES



Lemon Rosemary Chicken

INGREDIENTS

- 3 1/2** Skinless, Boneless Chicken Thigh
[For 1/2, Cut 1 Thigh In Half]
- 1 1/2 tsp.** Minced Garlic
- 1 1/2 tsp.** Olive Oil
- 1** Lemon
- 1 1/2 tsp.** Fresh Thyme
- 3/4 tsp.** Dried Rosemary
- 1/2 tsp.** Dried Ground Sage
- 1 tsp.** Kosher Salt

INSTRUCTIONS

- 1.** In a mortar, add your garlic and 1/2 tsp. salt.
- 2.** Grind the garlic and salt together with a pestle, creating a paste.
- 3.** Slowly add your oil, grinding and mixing the paste into an aioli.
- 4.** Once the aioli is finished, dry your chicken off and put it into a bag with the aioli. Coat the chicken well.
- 5.** Marinate the chicken for anywhere from 2-10 hours.
- 6.** Preheat your oven to 425F.
- 7.** Slice 1 lemon thin and arrange the slices on the bottom of a baking pan.
- 8.** Lay your chicken on top of the lemons.
- 9.** Remove the thyme leaves from the stem and add your thyme, rosemary, sage, pepper, and remaining salt to the chicken.
- 10.** Bake for 25-30 minutes, or until the juices run clear.
- 11.** Remove the chicken from the pan and add all the pan drippings to a saucepan.
- 12.** Bring the sauce to a boil while stirring well.
- 13.** Turn the heat down to medium-low while continuing to stir the sauce. Let it reduce.
- 14.** Spoon the sauce over the chicken, enjoy!

Yields 1 serving. Per serving, it is:

589 Calories, 40.5g Fats, 4.2g Net Carbs, and 47g Protein.

RECIPES



Keto Szechuan Chicken

INGREDIENTS

- 1 1/2 lbs.** Ground Chicken
- 6** Cups Spinach
- 1/2** Cup Chicken Stock
- 4 Tbsp.** Organic Tomato Paste
- 3 Tbsp.** Coconut Oil
- 2 Tbsp.** Chili Garlic Paste
- 2 Tbsp.** Soy Sauce
- 1 Tbsp. + 1 tsp.** Erythritol
- 1 Tbsp.** Red Wine Vinegar
- 2 tsp.** Spicy Brown Mustard
- 2 tsp.** Salt
- 2 tsp.** Pepper
- 1 tsp.** Red Pepper Flakes
- 1/2 tsp.** Mrs. Dash Table Blend
- 1/2 tsp.** Minced Ginger

INSTRUCTIONS

- 1.** Mix together tomato paste, soy sauce, chili garlic paste, brown mustard, and ginger in a ramekin.
- 2.** On the stove, bring 3 Tbsp. coconut oil to medium-high temperature.
- 3.** Cook the ground chicken with salt and pepper (to taste, about half) in the oil until it is cooked through. Break it up into small pieces.
- 4.** Add 2/3 of your sauce to the mixture and mix it well.
- 5.** Add your spinach to the chicken and let it wilt. Add salt and pepper (to taste, about half), Mrs. Dash seasoning, red pepper flakes.
- 6.** Add the last 1/3 of your sauce, chicken stock, red wine vinegar and erythritol. Mix the spinach and spices in well.
- 7.** Turn the heat to low and cover the pan. Let this cook for about 10-15 minutes.

This makes 3 Total Servings, each coming out to:
515 Calories, 38.3g Fats, 5.2g Net Carbs, and 63g Protein.
[Freeze Leftovers]

RECIPES



Not Your Caveman's Chili

INGREDIENTS

2 lbs. Stew Meat
1 Medium Onion
1 Medium Green Pepper
1 Cup Beef Broth
1/3 Cup Tomato Paste
2 Tbsp. Soy Sauce
2 Tbsp. Olive Oil
2 Tbsp. + 1 tsp. Chili Powder
 (Reduce if you're not a fan of heat)
1 1/2 tsp. Cumin
2 tsp. Red Boat Fish Sauce
2 tsp. Minced Garlic
2 tsp. Paprika
1 tsp. Oregano
1/2 tsp. Cayenne Pepper
1 tsp. Worcestershire

INSTRUCTIONS

1. Cube half stew meat into small cubes, and process the other half in a food processor into ground beef.
2. Chop pepper and onion into small pieces.
3. Combine all spices together to make sauce.
4. Saute cubed beef in a pan until browned, transfer to a slow cooker. Do the same with the ground beef.
5. Saute vegetables in the remaining fat in the pan until onions are translucent.
6. Add everything to the slow cooker and mix together.
7. Simmer for 2 1/2 hours on high, then simmer for 20-30 minutes without the top.

Note: If you're a fan of spicy chili, use 1 tsp. Cayenne pepper in this instead of 1/2 tsp.

This makes 4 Total Servings, each coming out to:
 398 Calories, 17.8g Fats, 5.3g Net Carbs, and 51.8g Protein.
 [Freeze Leftovers]

RECIPES



Omnivore Burger with Creamed Spinach & Roasted Almonds

INGREDIENTS

1 lb. Ground Beef
100g (~1 Cup) Sliced Mushrooms
1/4 Onion
1/4 Bell Pepper
2 1/2 Cups Raw Spinach
2 1/2 Tbsp. Roasted Almonds
1 Tbsp. Cream Cheese
1/2 Tbsp. Heavy Cream
1/2 Tbsp. Butter
1/2 Tbsp. Tone's Southwest Chipotle Seasoning
1 tsp. Cumin
1 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Preheat oven to 450 convection or 475 normal. (Convection preferred)
2. Measure out 100g mushrooms, 1/4 onion, and 1/4 bell pepper. Put them in the food processor and pulse until you have diced vegetables.
3. Add your meat, diced vegetables, and seasonings into a mixing bowl and mix well.
4. Portion out 3 burger patties from the meat mix.
5. Rest the 3 patties on a cooling rack that sits over a baking sheet. The baking sheet should be covered in foil and salt added to it (to catch drippings).
6. Put small amount of remaining meat into pan and bring to sizzle.
7. Add spinach and let it wilt down with some salt, pepper, and red pepper flakes.
8. Add almonds, cream cheese, butter, and heavy cream and stir it well. Let this continue to cook down and stay warm.
9. Remove the burgers from the oven after 19-24 minutes. Keep your eye on these as once they start getting past rare temperature, they cook quickly.

This makes 2 total Servings, each coming out to:
 562 Calories, 38.5g Fats, 4.8g Net Carbs, and 45.3g Protein.

RECIPES



Bacon Wrapped Pork Tenderloin

INGREDIENTS

- 1/2 lb. Pork Tenderloin
- 2 1/2 Slices Bacon
- 1 1/2 tsp. Dijon Mustard
- 1 1/2 tsp. Sugar Free Maple Syrup
- 3/4 tsp. Soy Sauce
- 1/4 tsp. Minced Garlic
- 1/4 tsp. Liquid Smoke
- 1/4 tsp. Dried Rosemary
- Pinch Black Pepper
- Pinch Cayenne
- Pinch Dried Sage

INSTRUCTIONS

1. Mix together all of the wet and dry ingredients to make the marinade.
2. Pat the pork tenderloins dry and add them to a ziploc bag.
3. Pour marinade into bag and rub onto the tenderloins. Put this in the fridge for 3-5 hours.
4. Preheat oven to 350F.
5. Put pork tenderloins on a foiled baking sheet, and wrap in bacon. About 5 slices per tenderloin.
6. Bake for 1 hour, then broil the bacon for 5-10 minutes.
7. Cover the tenderloins with foil for 10-15 minutes to rest. Cut and serve.

This makes 1 total servings with leftovers. In total this comes out to:
418 Calories, 20g Fats, 0.3g Net Carbs, and 54g Protein.

RECIPES



Red Pepper Spinach Salad

INGREDIENTS

- 3 Cups Spinach
- 2 Tbsp. Ranch Dressing
- 1 1/2 Tbsp. Parmesan Cheese
- 1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Add spinach to a mixing bowl, then drench in ranch.
2. Mix everything together and add your parmesan and red pepper flakes.
3. Mix everything together again and serve.

Yields 1 total serving. This comes out to:
208 Calories, 18g Fats, 3.5g Net Carbs, and 8g Protein.

RECIPES



Roasted Pecan Green Beans

INGREDIENTS

- 1/2 lb. Green Beans
- 2 Tbsp. Olive Oil
- 1/4 Cup Chopped Pecans
- 2 Tbsp. Parmesan Cheese
- 1/2 Lemon's Zest
- 1 tsp. Minced Garlic
- 1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Preheat oven to 450F, then add pecans to your food processor.
2. Grind the pecans in the food processor until they are chopped nicely. Some pieces should be large, some small.
3. In a large mixing bowl, mix together green beans, pecans, olive oil, parmesan cheese, the zest of 1/2 lemon, minced garlic, and red pepper flakes.
4. Spread out the green beans on a foiled baking sheet.
5. Roast the green beans in the oven for 20-25 minutes.
6. Let cool for 4-5 minutes, then serve!

Yields 3 total servings. Each serving comes out to:
182 Calories, 16.8g Fats, 3.3g Net Carbs, and 3.7g Protein.
[Freeze Leftovers]

RECIPES



Shrimp & Cauliflower Curry

INGREDIENTS

24 Oz. Shrimp
5 Cups Raw Spinach
4 Cups Chicken Stock
1 Medium Onion
1/2 Head Medium Cauliflower
1 Cup Coconut Milk
1/4 Cup Butter
1/4 Cup Heavy Cream
3 Tbsp. Olive Oil
2 Tbsp. Curry Powder
1 Tbsp. Coconut Flour
1 Tbsp. Cumin
2 tsp. Garlic Powder
1 tsp. Chili Powder
1 tsp. Onion powder
1 tsp. Cayenne
1 tsp. Paprika
1/2 tsp. Ground Ginger
1/2 tsp. Coriander
1/2 tsp. Turmeric
1/4 tsp. Cardamom
1/4 tsp. Cinnamon
1/4 tsp. Xanthan Gum

INSTRUCTIONS

1. Mix all spices (except xanthan and coconut flour), set aside.
2. Cut 1 medium onion into slices.
3. Bring 3 tbsp. olive oil to hot heat in a pan. Add onion, cook onion till soft.
4. Add butter, heavy cream 1/8 tsp. xanthan and spices, stir it in so it's all mixed well.
5. After about 1-2 mins of the spices sweating, add 4 cups chicken broth, and 1 cup coconut milk. Stir well and cover.
6. Cook for 30 mins, with the lid on. Chop cauliflower into small florets then add to curry. Cook for another 15 minutes, covered.
7. Detail and devein shrimp, then add them to the curry. Cook for an additional 20 minutes with the lid off.
8. Measure out coconut flour and 1/8 tsp. xanthan gum and stir well into curry. Let cook for 5 minutes.
9. After 5 minutes, add spinach and mix it in well. Cook for an addition 5-10 minutes with the lid off.

Yields 6 total servings. Each serving comes out to:
331 Calories, 19.5g Fats, 5.6g Net Carbs, and 27.4g Protein.
 [Freeze Leftovers]

If you're on week 2, double the serving size.

RECIPES



Simple Lunch Salad

INGREDIENTS

2 Tbsp. - 4 Tbsp. Olive Oil
2 Cups Spinach
1 Tbsp. - 2 Tbsp. Parmesan Cheese
1 1/2 tsp. Dijon Mustard
3/4 tsp. Curry Powder (optional)
Zest **1/4** Lemon
Meat Specified in Day-by-Day

INSTRUCTIONS

1. Combine all wet ingredients in a small bowl.
2. Combine meat and spinach in a bowl.
3. Pour wet ingredients over meat and spinach when ready to eat.

Yields 1 total serving.

Macros depend on what type of meat you put in
(macros broken day by day meal plan).

RECIPES



Keto Snickerdoodle Cookies

INGREDIENTS

- 2 Cups Almond Flour
- 1/4 Cup Coconut Oil
- 1/4 Cup Maple Syrup
- [\[You can find the recipe on my website!\]](#)
- 1 Tbsp. Vanilla
- 1/4 tsp. Baking Soda
- 2 Tbsp. Cinnamon

INSTRUCTIONS

1. Preheat oven to 350F.
2. Mix together your almond flour, baking soda, and salt.
3. In a separate bowl, mix together coconut oil, homemade maple syrup, vanilla, and stevia.
4. Mix dry ingredients into wet ingredients until a dough is formed.
5. Mix together cinnamon and erythritol until a powder is formed.
6. Roll dough into balls, roll into cinnamon mixture, then set them on a silpat.
7. Use the underside of a mason jar to flatten the balls, greasing the bottom as needed.
8. Bake for 9-10 minutes, remove, and let cool.

Yields 14 total cookies. Per cookie, they are:
132 Calories, 12.4g Fats, 2g Net Carbs, and 3.4g Protein.

RECIPES



Low Carb Spice Cakes

INGREDIENTS

Spice Cakes

- 2 Cups Honeyville Almond Flour
- 3/4 Cup Erythritol
- 1/2 Cup Salted Butter
- 5 Tbsp. Water
- 4 Large Eggs
- 2 tsp. Baking Powder
- 1 tsp. Vanilla Extract
- 1/2 tsp. Cinnamon
- 1/2 tsp. Nutmeg
- 1/2 tsp. Allspice
- 1/2 tsp. Ginger
- 1/4 tsp. Ground Clove

Cream Cheese Frosting

- 8 Oz. Cream Cheese
- 2 Tbsp. Butter
- 3 Tbsp. Erythritol
- 1 tsp. Vanilla Extract
- 1/2 of Lemon's Zest

INSTRUCTIONS

1. Preheat your oven to 350F.
2. In a mixing bowl, add your butter and sweetener. Cream it together until smooth.
3. Add 2 of your eggs and continue mixing it until combined, then add and mix in your last 2 eggs.
4. Grind up your spices, then add all the dry ingredients to the batter. Mix until smooth.
5. Add your water to the batter and mix well, until it is creamy.
6. Spray your cupcake tray, fill it about 3/4 of the way up, and put them in the oven for 15 minutes.
7. While they're cooking, cream together your cream cheese, butter, sweetener, vanilla, and lemon zest for the frosting.
8. Remove your cupcakes from the oven, let them cool for 15 minutes, and then frost them.

Yields 12 total frosted cakes. Per frosted cake, they are:
283 Calories, 27g Fats, 3.3g Carbs, and 7.3g Protein.

RECIPES



Chicken and Bacon Sausage Stir Fry

INGREDIENTS

- 4 Chicken Sausages
- 3 Cups Broccoli Florets
- 3 Cups Spinach
- 1/2 Cup Parmesan Cheese
- 1/2 Cup Rao's Tomato Sauce
- 1/4 Cup Red Wine
- 2 Tbsp. Salted Butter
- 2 tsp. Minced Garlic
- 1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Slice the 4 bacon & cheddar chicken sausages.
2. Start to boil water on the stove. While that is happening, add your sausage to a pan on high heat.
3. Add your broccoli to the boiling water and cook for 3-5 minutes depending on how you like it done.
4. Stir your sausages until they brown on both sides.
5. Move your sausages to one side of the pan, then add the butter. Put your garlic in the butter and let it saute for 1 minute.
6. Mix everything together and then add your broccoli.
7. Pour in the tomato sauce, red wine, and add red pepper flakes.
8. Mix together, add your spinach with salt and pepper and let it cook down. Simmer this for 5-10 minutes.
9. Before serving, add fresh parmesan cheese over the top to let it melt.

Yields 3 total servings. Per serving, it is:

451 Calories, 28.3g Fats, 7.3g Net Carbs, and 35.7g Protein.
[Freeze Leftovers]

RECIPES



Taco Tartlets

INGREDIENTS

The Pastry

- 1 Cup Blanched Almond Flour
- 3 Tbsp. Coconut Flour
- 5 Tbsp. Butter
- 1/4 tsp. Salt
- 1 tsp. Xanthan Gum
- 1 tsp. Oregano
- 1/4 tsp. Paprika
- 1/4 tsp. Cayenne
- 2 Tbsp. Ice Water

The Filling

- 1/3 Cup Cheddar Cheese
- 400g Ground Beef
- 80g Mushroom
- 3 Stalks Spring Onion
- 2 Tbsp. Tomato Paste
- 1 Tbsp. Olive Oil
- 2 tsp. Yellow Mustard
- 2 tsp. Garlic
- 1 tsp. Cumin
- 1/2 tsp. Pepper
- 1 tsp. Salt
- 1 tsp. Worcestershire
- 1/4 tsp. Cinnamon

INSTRUCTIONS

1. Combine all the dry ingredients of the pastry and put them into a food processor.
2. Chop cold butter into small squares and add it to your food processor also. Pulse the dough together until crumbly, adding 1 Tbsp. ice water until pliable.
3. Chill your dough in the freezer for 10 minutes.
4. Roll the dough out between 2 silpats using a rolling pin. Cut out circles using a cookie cutter or a glass.
5. Put the dough into your whoopie pan and preheat your oven to 325F.
6. Prep all the filling ingredients – chop spring onions, mince garlic, and slice mushrooms.
7. Saute onions and garlic in olive oil. Add ground beef to the mixture and sear it well – adding dry spices and Worcestershire.
8. Add mushrooms and mix together. Then add tomato paste and mustard right before finishing.
9. Spoon ground beef mixture evenly into the pastry tartlets. Cover with cheese and bake for 20-25 minutes. Optional: Broil for 3-5 minutes before taking out of the oven.
10. Let cool completely and remove the pastries.

Yields 11 total tartlets. Per tartlet, they are:

241 Calories, 19.4g Fats, 1.7g Net Carbs, and 13.1g Protein.

[Freeze All Leftovers, We Do Not Use Them Anymore - Use as Snacks]

RECIPES



Thai Peanut Chicken

INGREDIENTS

6 Boneless, Skinless Chicken Thighs
1 Cup Peanuts (1/2 Cup Peanut Butter if you aren't making your own)
1/4 Cup Chicken Stock
2 Tbsp. Soy Sauce
1 Tbsp. Orange Juice
1 Tbsp. Lemon Juice
1 Tbsp. Rice Vinegar
1/2 Tbsp. Coconut Oil
1/2 Tbsp. Erythritol
1/2 tsp. Sesame Oil
2 tsp. Chili Garlic Paste
1/4 tsp. Coriander
1/4 tsp. Cayenne Pepper
 Salt + Pepper to taste

INSTRUCTIONS

1. Rinse peanuts off and spin them in a salad spinner to get rid of extra moisture. Pat dry with paper towels.
2. Put the nuts in your food processor and blend until creamy. Add coconut oil and erythritol and blend further.
3. Mix together all of the ingredients except for chicken, cayenne, salt and pepper to make the sauce.
4. Cube your chicken thighs and season with salt and pepper.
5. Heat 1 Tbsp. olive oil to high heat in a pan. Add your chicken once hot.
6. Pat the extra moisture out of the pan with a paper towel. Continue cooking until chicken is browned on both sides.
7. Stir in your peanut butter sauce and add 1/4 tsp. cayenne pepper and more salt and pepper if you wish.
8. Turn to low and let simmer for 10 minutes.

Yields 2 total servings. Per serving, it is:

743 Calories, 53.5g Fats, 8.8g Net Carbs, and 70.5g Protein.
 [Freeze Leftovers]

RECIPES



Vanilla Latte Cookies

INGREDIENTS

1 1/2 Cups Honeyville Blanched Almond Flour
1/2 Cup Unsalted Butter
1/3 Cup NOW Erythritol
2 Large Eggs
1 Tbsp. + 1 tsp. Instant Coffee Grounds
1 1/2 tsp. Vanilla Extract
1/2 tsp. Baking Soda
1/2 tsp. Kosher Salt
1/4 tsp. Cinnamon
17 Drops Liquid Stevia

INSTRUCTIONS

1. Preheat your oven to 350F.
2. In a mixing bowl, combine your almond flour, coffee grounds, baking soda, salt, and cinnamon.
3. In separate containers or bowls, separate your egg whites and egg yolks.
4. In another mixing bowl, add your butter and beat it well. Add you erythritol to the butter and continue beating it until almost white in color.
5. Add your egg yolks to the butter and mix until smooth.
6. Add half of the mixed almond flour to the butter and mix it in. Add your vanilla extract and liquid stevia, then add the rest of your almond flour and mix well.
7. Beat your egg whites until stiff peaks form. Fold the egg whites into the cookie dough.
8. Divide your cookies on a cookie sheet, I made 10 large cookies. Bake them for 12-15 minutes.
9. Once finished, remove the cookies to a cooling rack for 10-15 minutes.

Yields 10 total cookies. Per cookie, they are:
167 Calories, 17.1g Fats, 1.4g Net Carbs, and 3.9g Protein.

RECIPES



Vegetable Medley

INGREDIENTS

6 Tbsp. Olive Oil
240g Baby Bella Mushrooms
115g Broccoli
100g Sugar Snap Peas
90g Bell Pepper
90g Spinach
2 Tbsp. Pumpkin Seeds
2 tsp. Minced Garlic
1 tsp. Salt
1 tsp. Pepper
1/2 tsp. Red Pepper Flakes

INSTRUCTIONS

1. Prep all vegetables by chopping them into small, bite size pieces.
2. Heat oil in a pan to high heat. Once hot, add garlic and let saute for 1 minute.
3. Add mushrooms and let them soak up some of the oil. Once they do, add broccoli and mix together well.
4. Let broccoli cook for a few minutes, then add sugar snap peas. Mix this together well.
5. Add bell pepper, spices, and pumpkin seeds then mix together well.
6. Once everything is cooked, lay spinach on top of the vegetables and let the steam wilt it.
7. Once the spinach wilts, mix it all together and serve.

Yields 3 servings. Per serving, it is:

330 Calories, 30.7g Fats, 7.7g Net Carbs, and 6.7g Protein.

KETO Challenge

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It is your responsibility to evaluate the information and results from the tools and information provided.