

Restart or Beginner Keto & Fasting Weekly Meal Plan

Meal Planning Magnets (HERE)

	FASTING TIME	LUNCH	SNACKS (IF YOU HAVE TO)	DINNER
MONDAY	14 hour fast	Hamburger + 1 tablespoon of clean mayo + 2 cups of spinach + 1 tablespoon of ranch + 3 pieces of bacon	1/4 cup of walnuts + 1 1 cup of cucumbers (3 net carbs) + Apple cider vinegar/olive oil	NY Strip steak + 1 tablespoon of grassfed butter + 2 cups of spinach + 1 teaspoon of ACV/olive oil
TUESDAY	16 hour fast	Leftovers of last night's dinner - NY Strip steak for easy life + salad!	Starbucks coffee or green tea with 1 tablespoon of butter added. Use FROTHER (here)	8 pieces of bacon with guac for 'chips & dip' + 2 ounces of grassfed cheese + 2 cups of spinach & ACV/olive oil
WEDNESDAY	16 hour fast	Easy life! Leftovers from last night's bacon chips & dip meal + guac + salad	1 unsweetened sparkling water + 1/2 cup of olives	Keto Fried Chicken Fry in bacon grease from yesterday. Cut chicken into little pieces. Coat in egg wash & cover in Pork Panko HERE
THURSDAY	18 hour fast	Easy Life! Leftover keto fried chicken + 2 cups of spinach + blue cheese dressing	Deviled Eggs Recipe HERE	Fried Egg, Bacon Cheeseburger + Avocado + pickles
FRIDAY	18 hour fast	Easy Life! Leftover bacon cheeseburgers & salad	1/4 cup of walnuts + 1 1 cup of cucumbers (3 net carbs) + Apple cider vinegar/olive oil	Keto Pizza. Use THIS Crust.
SATURDAY	12 hour fast	Easy Life! Leftover keto pizza & 2 cups of spinach with dressing	Leftover hamburger with mayo	Chipotle - Order THIS!
SUNDAY	24 hour fast	Pepperoni + cheese + spinach rollups with guac	1/4 cup of pecans + 1 1 cup of cucumbers (3 net carbs) + Apple cider vinegar/olive oil	Ribeye Steak + 1 cup of broccoli in butter

Keto Beginner:

1) Keto is high fat, moderate protein, low carb. Keto is not high protein, but moderate protein. You eat a lot of fat. ;-)

2) Figure out your daily macros of fat & protein for your body [HERE](#).

3) You will use or stay under 20 net carbs or 20 carbs daily.

4) Track your macros daily for at least a week to understand portion sizes...particularly how much fat.

5) It takes 4-6 weeks to see full benefits of ketosis.

6) If you can, try to stay away from keto treats, keto sweets and sugar free products at the beginning to detox.