

speed KETOTM *on a* BUDGET



Dr. Harlan Kilstein



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Introduction

There are stages in Keto when the weight just melts away. And then, suddenly — without any warning, the scale does not budge.

When this happens, we say you have hit a stall or a plateau. In Keto land they say it isn't a stall unless it has lasted for ... at least 3 months.

Most folks don't want a stall to last for even 10 minutes much less 3 months.

Over 50% of the US population is insulin resistant. Unless you have won the genetic lottery, weight loss has become more difficult these days because of the effects of carbs and sugar.

Until now.

Speed Keto is a radical (but safe) approach to breaking through stalls and turning your Metabolic thermostat on high.

In the next month, we not only expect you will break through any plateau or stall, but you will notice a shift on your scale as well.

No one has ever put together this assortment of techniques to help you shed weight more rapidly than you ever thought possible.

Of course, we always recommend you discuss any dietary changes with your physician or health care specialist.

Congratulations for taking the first step in making a serious change in your life.

Speed Keto is what you've been waiting for!

- Harlan Kilstein Ed.D



CompletelyKeto

Speed Keto on a Budget

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Chapter 1

Why can't people keep off the weight, they worked so hard to lose?

Why is it that the majority of people who have worked hard to lose a pile of weight end up regaining it all back? And worse: why are some extra pounds usually tacked on, so folks end up weighing even more than when they started the whole dieting process?

Many people think they can diet, lose weight and well ... that's it! If the loss hasn't been as great as originally hoped for then they assume the same thing the medical establishment thinks; it must be their (the dieter's) fault. Out of a sense of failure they return to their pre-diet way of eating and over a period of time end up gaining all that weight back ... plus some!

But hold on before you judge yourself or others harshly. There are a number of factors that go into this way of thinking. We've actually been trained to think this way and by understanding where we've gone wrong we can shift ourselves into a new way of eating and thinking about the foods we choose to eat.

So, what's making weight loss so difficult for millions of people?

To answer this question, we have to take a closer look at the food industry and our eating habits as a whole society over the past 100 years, and the way we've been encouraged to think about weight gain by the medical establishment and our governments. There have been some major changes in how and what we eat on a daily basis over this time period that may hold some clues about what's causing the obesity epidemic we are currently facing.

We'll start with one of the biggest fallacies of all. The one that's led to so much heartache, feelings of shame and embarrassment for the masses of people who have worked hard to lose weight only to see every one of those hard-lost pounds pile back on.



Unfortunately, it's a firmly held belief that the cure for obesity can be summed up in that simple mantra we all know so well; "Eat less – move more."

Eat less, move more

The commonly accepted belief is that in order for you to lose weight, your daily calories ingested must be less than the calories burned. Hence ... eat less – move more. So, a reduction in calories coupled with an increase in daily physical activity should do the trick, right?

Wrong!! People have been following this advice for more than half a century and as Dr. Fung, a Canadian nephrologist whose practice focuses on Type 2 diabetes, diet and nutrition says, "the proof is in the pudding ... Eat less, move more has been done to death over the past 50 years and it doesn't work."¹

Counting calories, as a sole strategy, NOT the answer ...

He goes on to say that, "the underlying cause of obesity is a hormonal, rather than a caloric imbalance. Insulin is a fat-storage hormone. When we eat, insulin increases, signaling our body to store some of this energy as fat for later use. It's a natural and essential process that has helped humans survive famines for thousands of years, but excessively and persistently high insulin levels result inexorably in obesity. Understanding this leads naturally to a solution: if excessive insulin is causing obesity, then clearly the answer lies in reducing insulin."² Dr. Fung recommends the ketogenic diet coupled with intermittent fasting as being, "excellent methods of reducing high insulin levels."³

Now there are two camps within the Keto community. Some believe that calories ingested and the amounts of fat intake don't matter and others that believe the opposite. It makes sense to us that consuming a huge number of calories a day, even if they are comprised of mostly healthy fats, will result in weight gain for most people.

1 Fung, Jason MD & Moore, Jimmy. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.6

2 Fung, Jason MD & Moore, Jimmy. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.7

3 Fung, Jason MD & Moore, Jimmy. The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.7

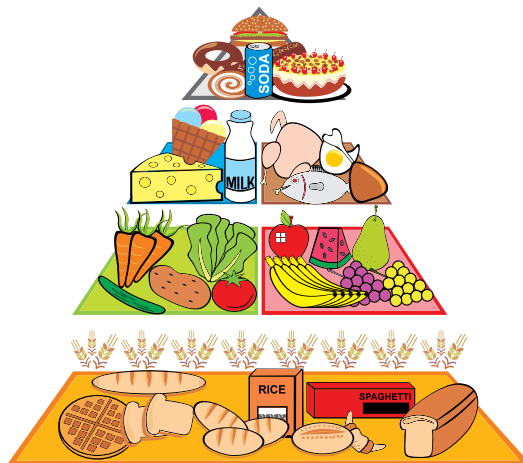


We are in the camp that thinks calories do matter. *However*, if you are careful about your macronutrients, it will automatically give you the correct calorie count. We also agree that hormones are important too, so we employ a balanced approach when crafting recipes and meal plans for our Speed Keto program to ensure that insulin production is controlled. We'll explain more about our 30 day eating plan and the recipes that go with it later in Chapter 10, A Month of Speed Keto.

Eating a low-fat diet is NOT the answer

Since lowering caloric intake has been the dieter's goal over the past fifty years the belief that naturally followed this line of thinking was high calorie foods should be eliminated from the diet. And what food was under the spotlight when this became the focus? Well fats of course. The new dietary villain became calorie-dense fats.

In the 1970's the 'eat less-move more,' low-fat diet craze was in full throttle. In the 80's and 90's governments presented the public and medical establishment with pyramid food charts encouraging low fat eating. Here's how the approved pyramid looked during the 90's. Note how bread, cereals, pasta and rice, etc., dominate the base of the pyramid and fats are at the very tip with a "Use Sparingly" warning:



The food industry harkened to the call and a plethora of margarines were developed for dieters to slather on whole wheat morning toast. Saturated fats were frowned on as new alternative, seed oils, showed up on grocery shelves and were touted as being healthier choices.

But controversy was brewing. Dieters were losing weight in the short-term, yet in the long-run, they weren't successfully maintaining the weight loss. Governments and the medical establishment simply blamed dieters and considered their lack of success as evidence of limited willpower.

While it's true that fats are calorie-dense it's also true that they contribute significantly to satiety, or in other words, they work in the body to create the feeling of "being full". When you are full, hormones are released to signal the brain that it's time to stop eating. Calorie dense foods, like fats, work to provide energy longer than other food groups and also keep higher levels of these hormones circulating in the body. When this group of macronutrients is removed from the diet an important source of energy for the body disappears with them. We know now that with few (or no) fats in the diet, fatigue sets in and inevitably cravings for an energy "quick-fix" follow.

So dieters following a low-fat regime were falling off the wagon in droves because the "quick fix" that followed intense cravings was usually one that involved chowing down on snacks full of carbohydrates.

Now add in the fact certain nutrients and vitamins are fat-soluble; this means the body must have fat present in order to metabolize them. When the body becomes nutrient deficient it goes into survival mode and the brain sends food cravings in order to stimulate the consumption of more food ... and these food cravings are hard to resist!

MRI technology has allowed us to view the brains of people experiencing food cravings. As we all know, a craving of any kind can be intensely compelling and we now see why. The brain areas activated by a food craving are related to memory, emotion and reward. These are the same areas affected by drug cravings.⁴

⁴ Matteo, Anna. Food Cravings: They're all in your Brain, Retrieved from: <https://learningenglish.voanews.com/a/health-lifestyle-food-cravings/4184716.html>
Retrieved on: 27/04/2018



The yo-yo diet treadmill

Legions of dieters over the past half century have been trapped on a yo-yo diet treadmill which looks like this:

- Eat a low-fat diet
- Succumb to hard-to-resist cravings
- Go back to old ways of eating
- Gain back the all the lost weight
- Plus a few extra pounds
- Feel remorse and shame then once again ...
- Eat a low-fat diet

Eventually a few pioneers dared to question what should have been obvious to everyone. Perhaps a low-fat diet wasn't really the healthiest option after all. Dr. Atkins introduced his now famous New Diet Revolution and Low Carbohydrate Diet Plan that emphasized low carbohydrate consumption coupled with higher fat and protein consumption. Other popular low carb/high protein diets followed but the myth of beneficial low-fat eating had already become entrenched. A battle of opinions raged but governments and medical establishments continued to tow the "eat less – move more" line and sadly, many dieters continued to trudge along on the thankless yo-yo diet treadmill.

Fast forward to 2015; fueled by the ongoing debate of low-fat versus higher-fat diets as a strategy for weight loss, researchers from Brigham and Women's Hospital and the Harvard T.H. Chan School of Public Health in Boston undertook a review and meta-analysis of 53 randomized controlled trials that included a total of 68,127 participants.





Dr. Deirdre K Tobias and her team concluded: “Low-fat interventions did not lead to differences in weight change compared with other higher-fat weight loss interventions” and goes on to state, “In weight loss trials, higher-fat weight loss interventions led to significantly greater weight loss than low-fat interventions when groups differed by more than 5% of calories obtained from fat at follow-up.”⁵

So there you have it; higher fat weight loss eating plans lead to more weight loss than conventional low-fat regimes that are still, to this day, recommended by our government and most medical practitioners!

Plus ... we've been encouraged to eat the wrong type of fats!

At the turn of the last century in the early 1900's, butter and lard were the staple fats used in most American homes. Somewhere around 1950, butter and lard dropped away from being the fats of choice in the western diet. At the same time, more vegetable and seed oils as well as oleo (margarine) showed up on grocery shelves and were embraced as “healthy” alternatives.

⁵ Tobias, Deirdre K et al , Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and meta-analysis, The Lancet Diabetes & Endocrinology , Volume 3 , Issue 12 , 968 - 979



These new vegetable and seed oils were all high in omega-6 fatty acids and much lower in omega-3 fatty acids. We now know that omega-6 fatty acids can cause inflammation in the body when they are not consumed in a balanced ratio with omega-3's (the optimal ratio should be 1:4, one-part omega-3 to four parts omega-6). The current low-fat diet recommendations encourage the use of vegetable and seed oils (polyunsaturated fats or PUFA's) with the end result being a typical western diet includes 15 to 20 times more than the recommended amount of omega-6 fatty acids.⁶

We know that chronic inflammation slows down weight loss and can cause stalls. No wonder so many well-intentioned dieters end up high and dry on a plateau feeling discouraged. Also, oils high in PUFA are not suitable for cooking. They oxidize at higher temperatures and become a further source of inflammation!

Then there's margarine. It is usually made using hydrogenated vegetable and seed oils and contains trans fats which are produced when hydrogen molecules are added to liquid oils. Hydrogenation solidifies liquid oils and makes margarines spreadable. In general: the more solid a margarine, the higher its trans fat content. Unfortunately, margarine has been viewed as the dieter's best choice for the better part of the past 60 years!

Pretty well everyone now agrees that trans fats are just plain bad for you. Study after study has shown them to be a major culprit in causing heart disease and stroke because they raise your bad cholesterol (LDL) and lower the good cholesterol (HDL). Eating trans fats also creates a higher risk for developing Type 2 diabetes.⁷ Add to this the fact that many food products include partially hydrogenated oils and you have a ticking trans fat time bomb. Thankfully numerous scientific studies have finally convinced governments that action must be taken to protect the health of citizens. In 2006, a Canadian Task Force on Trans fat recommended that the health of Canadian people be protected with new formal regulations. This led to a ban, making it illegal for manufacturers to include partially hydrogenated oils in all food products. The ban comes into effect in September, 2018.⁸

6 Totsch, Stacie K., Waite, Maegan E., Sorge, Robert E. Dietary Influence on Pain via the Immune System, Chapter 15. Progress in Molecular Biology and Translational Science, Volume 131. Pages, 435 – 569. Retrieved from <https://www.sciencedirect.com/science/article/pii/S1877117314000283?via%3Dihub> on 28/04/2018

7 Article title: Trans Fat. Retrieved from: <https://healthyforgood.heart.org/eat-smart/articles/trans-fat> retrieved on: 28/04/2018

8 Beck, Leslie. What You Need To Know About Trans fats and Why They Are Being Banned. Retrieved from: <https://www.theglobeandmail.com/life/health-and-fitness/health/what-you-need-to-know-about-trans-fats-and-why-they-are-being-banned/article36317373/> Retrieved on: 28/04/2018



Similarly, in the US: “By June 18, 2018, human food must no longer contain partially hydrogenated oils for uses that have not been otherwise authorized by FDA.”⁹

Hidden sugars are everywhere

We all know the exquisite taste of a tempting T-bone steak. It's those little spider veins of saturated fat running through the meat that gives the steak its flavor. Take those away and it won't taste nearly as good.

This is pretty much what happens when fat is removed from the diet. Foods just don't taste as good. The food industry understands the “problem” well and for the past 5 or 6 decades has been slowly adding more and more sugar to processed foods along with the already mentioned notorious hydrogenated trans fats.

Why? Well sugar adds flavor and as we have learned already; it's very addictive. We won't go into detail here but suffice it to say that the manufacturers of sugar and processed foods know full well sugar is not a healthy food. At the same time, they were developing a whole new genre of low-fat foods, they were also busy funding studies that helped vilify saturated fats in a successful attempt to keep sugar out of the main line of fire.

These new “healthy” snacks and cereals, in packaging dressed up with heart-healthy stickers, lined grocery shelves enticing unwary dieters to consume them guilt-free. Granola bars, fancy yogurts with sugary fruit additions and sporty breakfast cereals complete with famous athlete endorsements, were, and still are, packed with hidden sugars, even though they are all dressed up as healthy alternatives.

Today at least 74% of packaged foods on American grocery store shelves contain added sugars.¹⁰ But this sugar content isn't always listed on food labels as “sugar.” It has other names and comes in other forms besides the white and brown sugar we all have in our kitchen cupboards. The University of California lists an astounding 61 different names for hidden sugar on their sugar science website.¹¹ Here they are:

9 Final Determination Regarding Partially Hydrogenated Oils (Removing Trans fats) Retrieved from: <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm449162.htm> Retrieved on 28/04/2014

10 Ng, S.W., Slining, M.M., & Popkin, B.M. (2012). Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009. *Journal of the Academy of Nutrition and Dietetics*, 112(11), 1828-1834.e1821-1826.

11 Article title: Hidden in Plain Site, retrieved from: <http://sugarscience.ucsf.edu/hidden-in-plain-sight/> Retrieved on: 30/04/2018



- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup
- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar



Carbohydrates: A macronutrient in your diet that you need to limit

Carbohydrates are a macronutrient (macro) your body uses to create energy. Once ingested all carbohydrates are broken down during the digestion process into smaller sugar units which are then absorbed through the intestinal wall into the bloodstream. When they reach the liver, they are converted into glucose and carried to all parts of the body (by insulin – more about that process in Chapter 2, when we discuss insulin resistance and Type 2 diabetes). Glucose is then used for basic bodily functions like breathing and muscle power during physical activity.

If glucose isn't used right away it can be converted into glycogen which is then stored in the liver and skeletal muscles. But there's a limit to how much glycogen can be stored at one time and that's about 2,000 calories worth. If a large amount of carbohydrate has been consumed the extra glucose produced will be stored as body fat.

Carbohydrates come in two forms:

- Simple carbohydrates: contain less than three molecules and take less time to digest so they are absorbed quickly and lead to a quick burst of energy (a sugar “high”).
- Complex carbohydrates: contain three or more molecules and take longer to digest. Vegetables, whole grains and foods we sometimes call starches, like potatoes all contain complex carbohydrates.

It's easy to over-consume carbs even if you abstain from sugar. What may seem like healthy choices, whole grains, breads (even when made using whole wheat and other whole grains), rice and fruits are all full of carbohydrates. Once you eat them they are broken down during the digestion process and made into glucose ready for use or storage. If not burned off they are converted and stored as body fat for later use. Complex carbs are just longer chains of glucose molecules. Once ingested and digested they become sugar in the blood and insulin levels rise accordingly.





The danger of grains in our diet

Do you love eating buns, bread, pasta and breakfast cereals? Well you are not alone. These foods are tasty. The USDA pyramid recommends that whole grains should comprise 60% of our daily diet. That's over half of the daily caloric intake coming from grains. Is this really healthy? Many think *no ...* and we agree.

Foods that include large amounts of wheat and/or other high-carbohydrate grains rapidly raise blood sugar. The sudden increase of blood sugar causes the body to release insulin which, as we know, is the fat-storing hormone. So even the complex carbohydrates we've been taught are healthy, are causing weight gain.

So, how does a Keto diet work?

Here's a quick overview of how a Ketogenic eating plan works ...

The body is fueled by glucose which is derived from carbohydrates in foods we eat. For example, foods such as baked goods (bread, buns, cakes and cookies), fruit, and potatoes are high in carbohydrates. But here's something interesting: the body can only store small amounts of glucose at a time, just enough to last a few days. So if carbohydrates aren't available what happens in the body then?



The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment. Once the body's store of glucose is used up, through a process known as ketogenesis, we start to burn stored body fat for energy. When this happens, the liver breaks down stored fat into a source of energy the body can easily use; ketone bodies.

As ketone levels become higher the body moves into a state we call ketosis where stored fat is burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats.

The basic Ketogenic diet

In a typical ketogenic eating plan a person will keep their macronutrient “macros” intake to:

- 75% of calories from fat
- 20% of calories from protein
- 5% of calories from carbohydrates

It's important to note the exact ratios to be consumed will depend on an individual's activity level, their actual weight and how their body responds to this eating plan. The amount of protein and fat consumed may be altered but the amount of carbohydrate consumed will usually not be more than 5% - 10% of total daily calories ingested.

How do you know when you are in ketosis?

It can take anywhere from 3 or 4 days to 2 weeks for your body to start producing enough ketones for them to show up in a blood or a urine test. Everyone is different. By far the simplest way of testing for ketones is using the urine sticks that are available over the counter in most pharmacies.



Each stick has a small beige patch on one end. You simply hold the stick so this beige patch is in the urine stream for a second or two then watch it quickly change color. After about half a minute take note of the color of the small patch on the end of the stick. Your urine will have changed the color of this patch if you are in ketosis.

The color can vary from a light pink to very deep purple depending on the amount of ketones present in your urine. If the patch stays the same light beige color it was before the test, then you are most likely not in ketosis. The level of ketones present doesn't really matter. The most important thing for a ketogenic diet is to be in ketosis.

Now having said that, there are some important factors that could be at play when you are losing inches but don't appear to be in ketosis according to your keto stick results. If you are losing weight, or your clothes are becoming looser and your belt can be moved in a notch or two, yet you are not turning your Keto stick pink or purple, don't think your keto diet plan isn't working.

Remember, these sticks are measuring ketones that are being expelled out of your body in urine. That means they are excess ketones that aren't being used by your body. It is possible that your body is simply super efficient and burning up all of the ketones your liver is producing. We know people who never turn a keto stick even slightly pink yet they successfully lose a great deal of weight following a ketogenic eating program.

The problem with urine sticks is that they are not accurate at all. You could be in Ketosis, but the sticks show that you are not. Or the reverse could be true. You could be out of Ketosis, but the sticks show you are.

The only accurate ways to measure for Ketones in your body are by testing your blood or your breath. Please note, that unless your meter specifically says it measures Ketones, it doesn't. The regular meters for measuring blood sugars for diabetes do not measure Ketones.





Measuring success ...

The whole point of testing for ketones is to provide visual encouragement that tells you your ketogenic eating plan is working. However, using a tape measure to take measurements of your waist, hips, arm and thigh circumferences once a month will be the best indicator of how you are really doing. Losing inches should be your most important indicator of success.

And here's another common trap dieters fall into ... jumping on the scales too often. This can be counter-productive and even downright discouraging. Our weight fluctuates naturally from day to day so try to keep your weigh-in as a weekly (or even monthly) activity.

Having said all that, if the scales haven't budged for three months and your jeans still fit exactly the same way they did a while ago then you might be experiencing that thing all dieters dread ...



The stall

Also known as a plateau, as the name suggests, your weight loss has stopped; at least for the time being. Most people who embark on a ketogenic eating plan are initially rewarded with a large drop in weight right out of the gate.

Water retention is something that goes along with eating larger amounts of carbs and converting them to glucose. When you suddenly and drastically reduce the amount of carbohydrate you are ingesting, your body lets go of all that excess water. This results in the big drop in weight that comes at the beginning of most diets.

After this initial drop in weight, weekly weight loss inevitably slows down and that's to be expected. It's actually a positive thing because now you are in ketosis and burning stored body fat for your daily energy needs. But it's no fun when this slower weight loss grinds to a halt and stays like that despite what seems like your best efforts.

The Speed Keto solution

A stall or plateau can be very frustrating but don't despair, there are tweaks and changes you can make that will end the stall and help you get the scale moving downward again. Implementing the Speed Keto month-long program is exactly what we recommend for dieters dealing with a stall. The program includes a combination of well formulated keto meals along with intermittent fasting intervals that will help those dealing with a stall break through a stubborn plateau.



Chapter 2

Insulin resistance & Type 2 diabetes

Staggering numbers ...

The number of people living with diabetes in the US is on the rise. Many think it's an epidemic. The National Diabetes Statistics Report is a periodic publication published by the Centers for Disease Control and Prevention (CDC) in the US. Here are a few disturbing numbers pulled from their 2017 publication:

- An estimated 30.3 million people of all ages—or 9.4% of the U.S. population—had diabetes in 2015
- This total included 30.2 million adults aged 18 years or older (12.2% of all U.S. adults), of which 7.2 million (23.8%) were not aware of or did not report having diabetes ¹

Diabetes

Diabetes is a chronic disease that affects many people. It occurs when the body's ability to make and use insulin is impaired. Insulin is a hormone that works in the body to control sugar levels in the blood. There are three common types of diabetes:

- Type 1 diabetes: This type of diabetes is considered an autoimmune disorder. It occurs when the cells that produce insulin in the pancreas are destroyed by an individual's immune system. We don't know why the body attacks itself in this way but the end result is that people with Type 1 diabetes must rely on an external source of insulin. Usually, Type 1 diabetes is diagnosed during childhood or adolescence but occasionally in adulthood as well.

¹ Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.





- **Type 2 diabetes:** When the pancreas doesn't make enough insulin and/or the body isn't using the insulin that is produced properly, we consider the problem to be a metabolic disorder called Type 2 diabetes. People who have a family history of diabetes, are obese or over-weight, or who are physically inactive, have a higher incidence of this type of diabetes. Certain ethnic groups are more pre-disposed to developing this metabolic disorder as well. While it can occur at a younger age, it is most common in people over 40 years old.
- **Gestational Diabetes:** This type of diabetes in women is characterized by high blood sugar levels during a pregnancy. Once the baby is born the mother's blood sugar levels return to normal. However, it is worth noting that a gestational diabetes diagnosis is linked to a greater risk of developing Type 2 diabetes later on.

Insulin

When we eat food the digestion process begins in the mouth. As we chew, saliva mixes with what we've eaten and starts to break this food down before we even swallow. As the swallowed food moves through the stomach and small intestine, the chewed food is broken down into three main components: fats, protein and carbohydrate. We call these components macronutrients or macros for short.



In order to be absorbed and used by the body these macros need to be broken down into even smaller components:

- Fats are broken down into fatty acids
- Protein chains are broken into individual amino acids
- Carbohydrates are broken down into sugar molecules including glucose

Glucose can be used by every cell of the body for energy and this is where insulin becomes necessary. Insulin is a hormone produced throughout the pancreas by clusters of cells known as the Islets of Langerhans. The pancreas releases insulin into the bloodstream allowing it to travel throughout the body where insulin has a number of different tasks. One of its main jobs is to assist in the transportation and use of glucose for energy.

In order for glucose to be transferred into a body cell, insulin has to connect to a special receptor on the wall of the cell. Here it acts like a key fitting into a lock, to open up the cell so the glucose molecule can enter and be used as energy.

When there's more glucose in the blood than is needed for energy, insulin will signal the liver that it's time to start storing the excess energy. The liver will do this in one of two ways: by using excess glucose to produce glycogen for storage in muscles and/or the liver, or by producing triglycerides for storage as fat.

Production of glycogen: Glucose molecules are used to make longer chains of molecules known as glycogen which are then stored in muscle tissue and the liver. The body can hold approximately 1200 – 2000 calories in the form of glycogen at any given time so storage of this energy source is limited!

Production of fat: When the liver reaches glycogen capacity it switches to creating fat by a process called lipogenesis. In this process, glucose is used to create molecules of fat (triglycerides) which are then sent out into the bloodstream and transported to fat cells where they are stored for later use in adipose tissue (body fat).

Both these processes are instigated by the messenger hormone, insulin.



What is insulin resistance?

Sometimes the cells of the body stop responding to the usual level of insulin and in response the pancreas works harder to create and release more insulin to stimulate the needed cellular responses. The result is that higher levels of insulin are required so the pancreas works harder to produce more. When the amount of insulin circulating in the blood exceeds what would be considered normal in relation to the amount of glucose, the condition is called hyperinsulinemia.

Eventually the pancreas can't keep up with the amounts needed to combat the cells' resistance. Without insulin to unlock the door glucose can't enter. Consequently, blood sugar levels rise. This is called insulin resistance. It usually happens slowly, over a period of time.

In the early stages of insulin resistance, blood sugar levels are only high after a meal is consumed. But eventually they creep up in between meals and finally, blood sugar is high in the morning as well. Even after the longer fast imposed by a good night's sleep, insulin resistance prevails.

When blood sugar levels reach a certain point, Type 2 diabetes is diagnosed. Insulin resistance and the accompanying hyperinsulinemia always precede this diagnosis.

What is pre-diabetes?

As we've just outlined, insulin resistance occurs when cells throughout the body have trouble absorbing glucose. This causes a buildup of sugar in the blood stream. When glucose levels are higher than normal, but have not yet reached high enough levels to be considered Type 2 diabetes, the condition is diagnosed as pre-diabetes.

What causes insulin resistance?

First of all, genetics can be a factor and you can simply inherit a tendency towards insulin resistance. You may have been born with body cells that are more resistant to insulin. This is especially true if one of your parents had or has diabetes.

Secondly, genetics could be dictating where you carry any excess weight — specifically, around the waist. Excess abdominal fat is implicated in metabolic syndrome that can eventually lead to Type 2 diabetes, but more about that later.





Aging is also a factor. According to the American Centers for Disease Control, 84.1 million adults aged 18 years or older have pre-diabetes (33.9% of the adult US population) and of this group 23.1 million are 65 years of age or older.² We produce less hormones as we age and this includes insulin.

We've seen in Chapter 1 how the Western diet has changed over the past 60 or 70 years. Sugar addiction is rampant and grain consumption is at an all time high. Excess consumption of carbohydrates forces the body to deal with high levels of glucose that it simply can't handle. How and what we eat combined with genetics and the aging process all work together in the complicated story of what causes insulin resistance. In his book, *The Diabetes Code*, Dr. Jason Fung explains how Type 2 diabetes is the result of two separate physiological defects. He describes these defects as occurring in two distinct phases:

- Phase One: Insulin resistance which is accompanied by hyperinsulinemia.
- Phase Two: Beta cell (cells inside the pancreas that create insulin) dysfunction.³

Hyperinsulinemia and insulin resistance

We know that sedentary people who are overweight have an increased chance of developing pre-diabetes and eventually Type 2 diabetes.⁴ However there are many overweight people who do not become insulin resistant. Similarly, there are also slim people who do develop insulin resistance and eventually go on to be diagnosed with Type 2 diabetes. So what's at play here?

2 Centers for Disease Control and Prevention. National Diabetes Statistics Report, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.

3 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*, Location 1306, Greystone Books, Vancouver/Berkley,

4 Biswajit Mukherjee, Chowdhury M. Hossain, Laboni Mondal, Paramita Paul, Miltu K. Ghosh Biswajit Mukherjee, Chowdhury M. Hossain, Laboni Mondal, Paramita Paul, Miltu K. Ghosh. Obesity and Insulin Resistance: An Abridged Molecular Correlation Department of Pharmaceutical Technology, Jadavpur University, Kolkata, India. *Lipid Insights* 2013;6 Retrieved from: <http://journals.sagepub.com/doi/pdf/10.4137/LPI.S10805> Retrieved on: 08/05/2018



It turns out that where you carry your excess weight makes a difference. When the majority of excess pounds are packed around the trunk of the body (visceral fat) as opposed to being more evenly distributed around the rest of the body and deposited just beneath the skin (subcutaneous fat), there is a corresponding higher risk of developing insulin resistance and eventual Type 2 diabetes.⁵

Visceral fat

Visceral fat isn't always obvious. Just a slightly thicker waistline could be hiding fat packed in and around internal organs. This explains how some normal weight people can be afflicted with Type 2 diabetes.

There are two types of visceral fat:

- Omental fat: found outside and around the internal organs of the abdomen (liver, kidneys, pancreas, stomach & intestines).
- Intra-organic fat: These deposits of fat are actually inside the organs

Fatty liver, fatty muscles, fatty pancreas

Let's take a closer look at what's happening when excess weight starts to accumulate in the trunk of the body. The first place this intra-organic fat starts to show up is in the liver.

When the liver has created the maximum amount of glycogen that it can store it switches into transforming glucose (and to a lesser extent protein) into fat molecules. These are then shipped out to fat cells, wherever they happen to be, for storage as body fat. For people who tend to pack the pounds on subcutaneously there doesn't seem to be too much of a metabolic issue, at least not until the abdomen starts to enlarge. But for the folks who carry most of their excess weight around the middle, fat storage becomes an issue much sooner.

Since the liver is where glucose is processed, it makes sense that the organ affected with internal fat deposits first would be the liver. This is how Dr. Fung describes the process:

5 Matos LN, Giorelli Gde V, Dias CB. Correlation of anthropometric indicators for identifying insulin sensitivity and resistance. Sao Paulo Med J. 2011 Jan 6;129(1):30-5. Abstract retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/21437506> retrieved on: 08/05/2018



- Hyperinsulinemia causes fatty liver
- Fatty liver causes insulin resistance
- Insulin resistance leads to compensatory hyperinsulinemia
- Cycle repeats⁶

He goes on to say “fat inside the liver, rather than over-all obesity, is the crucial stepping stone towards insulin resistance and diabetes.”⁷

It isn't just the liver that gets “fatty”. A similar thing happens in the muscles too, according to Dr. Fung. He calls it “fatty muscles.” The human body can accumulate lines of fat looking much like those marbled steaks we love to eat! The end result isn't as pretty ... as fat accumulates, these big skeletal muscle groups also become insulin resistant.⁸

And the process continues until eventually the pancreas becomes riddled with deposits of fatty tissue.

Pancreatic beta cell dysfunction

This instigates the second phase in the process that leads to Type 2 diabetes, described by Dr. Fung: “In the second phase, fatty pancreas creates beta cell dysfunction. The pancreas is not burnt out; it is merely clogged with fat.”⁹

As the pancreas becomes increasingly riddled with fat deposits, its groupings of beta cells are simply unable to produce adequate insulin. For many years this condition was considered to be irreversible however we now know this to be untrue. A 2011 study, published first in *Diabetologia*, included 11 patients with Type 2 diabetes as well as a control group without this disease. They were all put on a very restricted, low calorie diet of only 600 calories/day. After just one week of fasting plasma glucose normalized in the Type 2 diabetes group.

6 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Location 1330, Greystone Books, Vancouver/Berkley,

7 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Chapter 7: Diabetes a Disease of Dual Defects. Location 1330. Greystone Books, Vancouver/Berkley

8 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Chapter 7: Diabetes a Disease of Dual Defects. Location 1408 – 1434. Greystone Books, Vancouver/Berkley

9 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Chapter 7: Diabetes a Disease of Dual Defects. Location 1483. Greystone Books, Vancouver/Berkley



By the end of the 8-week study, the scientists involved were able to conclude: “Normalisation of both beta cell function and hepatic insulin sensitivity in Type 2 diabetes was achieved by dietary energy restriction alone. This was associated with decreased pancreatic and liver triacylglycerol stores. The abnormalities underlying Type 2 diabetes are reversible by reducing dietary energy intake.”¹⁰

So, Type 2 diabetes can be reversed; the pancreas can recover and function normally again ... given the right treatment.

Bariatric surgery and Type 2 diabetes

Now let's switch gears for a moment and have a look at the dramatic results obese Type 2 diabetics undergoing bariatric surgery have experienced.

As we've already noted, the obesity epidemic which took hold in the 1970s and gained serious traction throughout the 80's and 90's has created a large group of people desperate to lose weight but unable to do so with any kind of sustained success. As a result, we've seen an uptick in the number of people being recommended for and choosing bariatric surgery for desperately needed weight loss.

Interestingly, many Type 2 diabetics find, not only satisfactory weight loss, they also enjoy a reversal of their Type 2 diabetes. And it happens within weeks of the surgery.

One of the effects of bariatric surgery is an inability to ingest a normal quantity of food in one sitting. In fact, the ability to consume only a tablespoon or two in the first months post-surgery is the norm. It's during this time, when food intake is so severely restricted that diabetics see their Type 2 diabetes resolved.

It appears that what is basically a state of fasting in the weeks after surgery creates the exact conditions that are necessary for healing in the pancreas and liver to take place. However, choosing this type of surgery is a drastic course of action and comes with some obvious risks.

¹⁰ Lim, E.L., Hollingsworth, K.G., Aribisala, B.S. et al. Reversal of Type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol *Diabetologia* (2011) 54: 2506. Retrieved from: <https://doi.org/10.1007/s00125-011-2204-7> Retrieved on: 09/05/2018





Fasting

The take-away lesson learned from the rapid weight loss bariatric surgery patients enjoy in the months immediately after their surgery is: fasting works for weight loss. Of course, people who have had this surgery literally can't eat post-surgery and so for quite a few months only very small amounts of food can be ingested. The result is rapid weight loss. However, while this surgery can be life-saving for some, for most of us battling the bulge, it's a drastic solution.

We believe a ketogenic approach to eating integrated with a program of intermittent fasting will not only kick start weight loss for those just getting started but will also help break through a stubborn plateau. We also believe the Keto lifestyle when combined with intermittent fasting (IF) can actually reverse pre-diabetes, insulin resistance and even full-blown Type 2 diabetes.

Medical conditions

Having said this, we also have to stress the importance of consulting your physician before embarking on any new eating plan, including the one we are outlining in this book. Careful monitoring by your doctor will be necessary for anyone with a diagnosed medical condition(s).

Please be aware the physicians are not taught nutrition and are probably not up-to-date on research in the weight loss field.

If they are aware of the latest research, then it's likely they will endorse your new way of eating. And, when they see how dramatically your blood and sugar levels change, they will become a raving fan.



Chapter 3

Intermittent Fasting (IF)

Feast and famine

In days gone by, think way back before we humans had figured out agriculture, food might be plentiful in the warmer seasons and scarcer, or non-existent, during winter and early spring. Add to this war, pestilence, injury, illness or any number of other factors and a pattern of feast (times of plenty) followed by famine (little or no food available) evolves. So you have a pretty good idea of what early humans were facing. And yet the human body was able to adapt to this pattern and we survived as a species.

Eventually we figured out a system of planting and harvesting crops, and while there were still times of plenty and scarcity, the availability of food became less sporadic. Unplanned food shortage was replaced by periods of voluntary fasting. Evidence suggests that cultures from around the world incorporated periods of fasting for health and healing as well for spiritually held beliefs.

Fast forward to the present. Now we are told to eat within an hour of getting up in the morning and admonitions to never skip breakfast prevail. Eating “healthy” snacks is actively encouraged with the end result being most people in the western world are eating five to seven times a day.

And we like to get these eating habits started early in life. You know the drill: I’m talking about the bedtime snack ritual that signals to most North American children that bedtime approaches.



The all-day feast

Many of us eat every two or three hours all day long. So if our bodies are constantly in the process of digesting and processing the last ingestion of food, when can they possibly switch over to using fat for energy? The short answer is: they can't and they won't.

The liver will be tied up all day processing glucose and guess what? Any extra will be converted to fat molecules and shipped off for storage. Eating three meals a day plus three or four snacks isn't working as a strategy for maintaining a healthy weight and body.

Intermittent fasting: what is it?

Simply defined, intermittent fasting describes periods of fasting interspersed with periods of eating normally. The length of the fasting periods and eating periods can vary. In his book, *The Complete Guide to Fasting*, Dr. Fung categorizes fasting periods as: "short, (less than 24 hours) or long, (more than 24 hours)." ¹ A person undertaking a short fast will still be eating at least once a day. It isn't as hard as it sounds and works well for ongoing and sustained weight loss.

Types of Intermittent Fasts employed on the Speed Keto Program

Longer fasting periods will accelerate weight loss but it's best to undertake long intermittent fasts less often. Speed Keto combines a program of both short and long intermittent fasts with a ketogenic meal plan. During the month-long program, you will employ the following short fasting strategies at different times:

- 12-hour fast: This is the usual over-night fast that happens every night. We break this fast in the morning with breakfast. If you finished your supper at 7:00 pm and ate breakfast the next morning the time in between these meals would be 12 hours.

¹ Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc., p.199





- 16-hour fast: Many people living a ketogenic lifestyle use this form of intermittent fasting on a daily basis. This means they just skip breakfast. In the scenario where dinner is finished at 7:00 pm the first meal of the day would be taken no sooner than 11:00 am.
- 24-hour fast: Also referred to as one meal a day or OMAD. Using the supper over at 7:00 pm model, a person practicing OMAD would skip both breakfast and lunch the next day and eat only the evening meal at 7:00 pm.

Speed Keto also includes two long fasts:

- 36-hour fast: This one starts at the end of a meal, 7:00 pm, and continues throughout the next day and night ending with breakfast at 7:00 am. the following day. There will be one full day where no eating occurs, just hydration.
- 48-hour fast: This is the same as the 36 hour fast except you don't eat until 7:00 pm on the last day of the fast.



Chapter 4

OMAD – One meal a day

What is OMAD?

OMAD is an acronym for one meal a day. It describes a form of intermittent fasting that embraces a menu plan based on twenty-three hours of fasting with a one hour window for taking in food, hence; one meal a day. Some OMAD plans have few restrictions on what can be eaten during that hour and calories are never counted. One meal a day on Speed Keto is slightly different.

Speed Keto and OMAD

The Speed Keto Program includes only well-formulated ketogenic meals, periods of short and long term fasting as well as OMAD.

In this program the OMAD meal will always be ketogenic. You will have a 60-minute window during the day in which to consume this meal. Calorie intake will be slightly different for each individual and you can simply eat until you are satisfied.

Keep it Interesting

When eating one meal a day you will want to make sure the one meal you do eat:

- satisfies your hunger
- is nutritious
- has eye-appeal
- and tastes great





The higher fat content in keto meals along with moderate protein satiates hunger better than high carb meals that spike insulin production. Inevitably, an insulin spike is followed by a sugar-low crash. This in turn leads to cravings as the body tries to stabilize insulin levels. The “you-can-eat-whatever-you-want” approach to OMAD means compliance is often difficult because of poor food choices and food cravings.

That’s why we stick to ketogenic meals ... even when there is only one meal a day on the menu. On Speed Keto your OMAD meal choice will be simple. The plan outlines when to eat, what should be eaten and provides delicious, nutritious recipes.

Because you will be having only that one meal on OMAD days it’s important to be prepared and have all the necessary ingredients on hand. We’ve supplied recipes and meal plans that feature not only well-balanced ketogenic meals but they also have eye-appeal and taste great.



Make time for meal prep!

There's a wide variety of recipes included in the Speed Keto Meal Plan. Some are geared to nights when you are on the go and have limited time to prepare the meal and others can be whipped up quickly because they utilize leftovers from the day before. But all the meals will require a willingness on your part to make meal prep an important part of your day.

Our recipes include easy-to-find ingredients and clear preparation instructions so don't worry if cooking isn't a skill-set you already possess. By the end of the Speed Keto month you will have new abilities in the kitchen under your belt (which will have to be moved in a notch ... or two ... or maybe even three!)

You want every bite of your OMAD meal to be delicious and satisfying. Taking time to make a meal that features the taste profiles you prefer will keep OMAD interesting.

It gets easier ...

It takes a while for your body to acclimatise to any new eating regime and OMAD is no different. You will be hungry and have to battle some cravings, but people on this eating plan report the intense cravings they experienced at first lessen over time. The hunger that they do feel when it's getting close to dinner is easy to tolerate knowing a satisfying meal is being prepared. Very quickly clothes become noticeably looser and the rewards of sticking through the first few days of OMAD become obvious.



Chapter 5

The Speed Keto “no” foods

Why we restrict the foods outlined in this chapter

Foods you might find on a regular ketogenic diet may not appear in our list of YES foods. We’ve chosen foods and formulated a 30 day plan that alternates eating delicious food with different types of fasting. The program is formulated to maximize your weight loss while helping you maintain a state of nutritional ketosis.

Sometimes people will plateau in terms of their weight loss goals, even when eating Keto and watching their macro ratios. A number of factors can contribute to a weight loss stall and switching to this Speed Keto Diet for 30 days often helps break the plateau and re-start the bathroom scales on that downward trend.

As we’ve noted in Chapter 2, if you are dealing with a medical condition such as metabolic syndrome, PCOS or Type 2 diabetes you are likely insulin resistant. This means you may have trouble getting into nutritional ketosis, especially at the beginning of a ketogenic diet. The Speed Keto Diet will help your body make the transition from being a glucose burning furnace into one that thrives on ketones.

Avoid nuts, nut butters and nut flours

While nuts are definitely one of nature’s powerhouses we don’t include them on Speed Keto because they are so easy to over-consume. Nut butters and nut flours are even more calorie-dense.

Did you know there are about 90 almonds in one cup of almond flour! Those home-made keto mug cakes made with nut flours may just be the source of a nasty stall. If you want to kick start your weight loss program or break through a stall then give nuts, nut butters and flours a break for 30 days of Speed Keto eating and see what a difference this can make.



No seeds including psyllium and flax

Seeds are also not included for the same reason. A sprinkle of seeds to garnish those chicken wings adds carbs and when you are keeping the carb count as low as possible that sprinkle of sesame seeds just doesn't make sense.

You may be thinking, “No psyllium or flax? What will I do to get fiber in my diet?” Psyllium and flax seeds are often used as ways of including fiber in a ketogenic diet. They are used to bulk up the stool to keep food moving along through the intestines and thus preventing constipation. But it turns out that this practice could be having the exact opposite effect.

A study to investigate the effect of reducing dietary fiber on patients with idiopathic constipation was carried out between 2008 and 2010. The study concluded: “Idiopathic constipation and its associated symptoms can be effectively reduced by stopping or even lowering the intake of dietary fiber.”¹

It's important to know that meat contains fiber as well as plants, especially in the connective tissues. When on the Speed Keto eating plan, you should expect the volume of stool to be less but this is natural given the restriction of carbohydrates.

Almost all dairy is restricted on Speed Keto

On Speed Keto you can have 2 tsp of heavy cream in a cup of coffee no more than three times a day. That's it for dairy. And if you can drink your coffee without cream then so much the better. We've found that people are often sensitive to dairy in their diet, often without knowing it.

You don't have to have a full-blown allergy to a particular food to be sensitive to it. However, the irritation it causes when ingested results in inflammation in the body and that inflammation will cause fatigue and slow down weight loss.

¹ Kok-Sun Ho, Charmaine You Mei Tan, Muhd Ashik Mohd Daud, Francis Seow-Choen. Stopping or reducing dietary fiber intake reduces constipation and its associated symptoms. World Journal of Gastroenterology, September 7, 2012, Volume 18, Issue 33 2012 September 7; 18(33): 4593-4596 ISSN 1007-9327 (print) ISSN 2219-2840 (online) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3435786/pdf/WJG-18-4593.pdf>





No cheese

Limited dairy also means no cheese! When a dieter's weight loss stalls often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long. We've seen this often enough that we recommend no dairy when starting a Speed Keto program.

But don't despair; you can try introducing dairy products after completing a month of Speed Keto paying close attention to how you react. Follow these instructions to test for dairy intolerance once the first month of Speed Keto is over:

- Weigh yourself first thing in the morning
- Eat a small amount of dairy
- Weigh yourself again in the evening

If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you.

You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.





Remove all sweeteners for 30 days

Low-carb sweeteners can also slow down weight loss for some people, so we want your first month of Speed Keto eating to be without them. After that we recommend using pure liquid stevia, stevia Glycerate (has a honey-like texture) or concentrated stevia powder (not the granular type that has maltodextrin added to make it measure cup-for-cup like sugar).

Erythritol can also be used. Some people develop diarrhea when consuming a large amount of Erythritol at one time, but not everyone reacts this way. Sucralose is not recommended.

No alcohol

When alcohol is consumed it is converted by your body into acetate which can then be burned for energy. In fact, your body will switch from burning ketones to using up the acetate in order to get rid of it as soon as possible. Acetate can't be stored so body fat burning stops, ketone production slows down and acetate becomes the prime source of fuel until you stop feeding your body the alcohol.

And here's something else to consider. If you happen to be having a glass of wine with your meal, your liver will be busy making acetate from the alcohol. That will be its priority, so guess what that means? The food you eat will have to be converted to body fat while your liver is otherwise occupied.



A few suggestions to get you successfully started...

- Get rid of the NO foods listed in this chapter - remove them from the refrigerator, your pantry and your freezer
- Get all foods off your counter tops so they aren't visible every time you walk through the kitchen ... the old saying "out of sight, out of mind" really is true
- Make sure you have the right kind of snacks in your pantry, fridge and freezer ... when a craving hits you will be ready
- Use supplementation — Bifidobacteria (probiotics), magnesium and zinc can help quell some of the cravings you are suffering
- Make sure you are taking an electrolyte formula every single day.
- Get 8-10 hours of sleep every night ... lack of sleep creates stress and in response to this stress your body goes into "survival mode," slowing down your metabolism to protect resources while simultaneously producing ghrelin, the hormone that stimulates appetite — double whammy!
- If you are not hungry, don't eat ... forget the old adage that breakfast is the most important meal of the day and break your overnight fast only when you are truly hungry, ready to eat and actually want a meal
- Practice IF (intermittent fasting) which will encourage your body to burn its own fat stores for fuel (more about this in Chapter 6)
- Don't drink any alcohol ... it literally stops the body from burning fat for fuel and switches it into a process of burning the alcohol you just ingested instead.



Chapter 6

The Speed Keto "yes" foods

Choose local and organic as often as possible

Because we recommend consuming only 15 - 20 grams of carbs a day on Speed Keto we want those carbohydrates to be as nutritious as possible. The majority of carbs on your diet will come from the vegetables on our YES list and we urge you to choose organic and fresh produce whenever possible ...

We love weekend mornings at the local Farmer's Market. A great selection of freshly picked, in-season organic veggies always awaits; at least during the growing season. We know the nutrients are better-preserved in these foods because they were just picked!

Our local supermarket also has an ever-growing selection of organic produce and this is our second choice during winter months. In a pinch we also use organic frozen vegetables but always stay away from canned versions of our YES list veggies.

Look for pastured, raised-without-antibiotics meats

When we say "pastured" we mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source.

Grass-fed, raised-without-antibiotics meats are starting to appear on main-stream supermarket shelves in North America. In addition, local farmers markets can be a good source of quality meats. Direct purchase from local farmers is also an option for many.

We do recognize that these meats are usually more expensive and may be out of reach for those on low or fixed incomes. If this is the case we urge you; "don't give up!" Just do the best you can with the dollars available and continue on. You will still benefit from our Speed Keto Program.



Read labels

When purchasing pre-packaged products always read labels and be on the look-out for hidden sugars. It is possible to find commercially prepared foods like mayonnaise, ketchup, boxed broth, tomato paste and sauces that are sugar free.

There are also specialty on-line low carb grocery stores that offer products that may interest you. Again, be wary of hidden sugars. There are also online websites where you can purchase grain-fed meats and they will be delivered right to your door. These options tend to be pricey but if it's in your budget, go ahead and place an order. Most bacon has added sugar but there are some brands that are naturally smoked and contain no sugar. The same is true for deli-meats. In general, choose the baked roast beef, ham, chicken or turkey when shopping for deli lunch meats.

The Speed Keto-approved "yes" food list

Meat

- Bear
- Beef
- Buffalo
- Elk
- Goat
- Lamb
- Pork
- Rabbit
- Venison

Fish

- Ahi
- Catfish
- Cod
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi Mahi
- Salmon
- Sardines
- Snapper
- Swordfish
- Tilapia
- Trout
- Tuna
- Walleye
- White fish

Seafood

- Clams
- Crab
- Lobster
- Mussels
- Oyster
- Prawn
- Scallop
- Scampi
- Shrimp

Poultry

- Chicken
- Duck
- Goose
- Game hen
- Ostrich
- Partridge
- Pheasant
- Quail
- Squab
- Turkey



Eggs

We understand that some of you may be sensitive to eggs and will need to employ an egg replacer. The only egg replacer that can be used on the Speed Keto eating plan is made with grass-fed gelatin. Make a Keto-friendly egg replacer by dissolving 1 T of grass-fed gelatin in 2 T room temperature water. Add 2 T hot water and stir.

- Chicken eggs
- Duck eggs
- Goose eggs
- Ostrich eggs
- Quail eggs

Dairy

- Only minimal dairy is allowed: 2 tsp heavy cream in coffee (no more than 3 times per day)
- Ghee is allowed. Since the whey has been removed and only the butterfat remains, ghee can be used in place of other cooking oils when cooking at higher temperatures. Make sure to use grass-fed butter when making your own ghee.

On Speed Keto we suggest that people following the thirty-day program limit their consumption of dairy products. Sensitivity to dairy is a common issue and often people aren't aware that their body doesn't tolerate this food group. If this is the case, taking the month away from eating dairy daily allows inflammation to lessen throughout the body and gives the gut a chance to heal.

Here's how to test for dairy intolerance once the first month of Speed Keto is over:

- Weigh yourself first thing in the morning
- Eat a small amount of dairy
- Weigh yourself again in the evening





If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you. When a dieter's weight loss stalls often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long.

You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.

Fats

On the Speed Keto 30-day program, it is important to eat the right (healthy) kind of fats. We burn healthy fats as fuel. Look for and use fats that contain a high amount of saturated fatty acids, also called SFAs. Avoid those high in polyunsaturated fat (PUFA) content whenever you can. The essential fatty-acids contained in PUFAs are important in a healthy diet but it's also important that these "essentials" be eaten in the correct proportions, one-part omega-6 to 4 parts omega-3 (1:4). Most seed and vegetable oils are higher in omega-6 and so we recommend avoiding them.



Our recommended list of fats high in saturated fatty acids and lower in polyunsaturated fats follows:

- MCT oil (97% SFA, less than 1% PUFA) Can be heated - use at low to moderate temperature, no higher than 320 F
- Coconut oil (92% SFA, 1.9% PUFA) Can be heated - use for cooking at higher temperatures
- Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at higher temperatures
- Beef Tallow (49.8% SFA, 1.3% PUFA) Can be heated - use for cooking at higher temperatures
- Lard (41% SFA, 12% PUFA) Can be heated - use for cooking at higher temperatures
- Duck Fat (25% SFA, 13% PUFA) Can be heated - use for cooking at higher temperatures
- Extra-virgin olive oil (14% SFA, 9.9% PUFA) Use only at low heat temperatures or at room temperature as in salad dressings
- Palm Kernel Oil (82% SFA, 2% PUFA) Can be heated - use for cooking at higher temperatures
- Grass-fed ghee (48% SFA, 4% PUFA) Can be heated - use for cooking at higher temperatures

Fruit

In truth, the majority of fruit is very high in natural sugars so their carbohydrate count is too high for them to be included in a ketogenic eating plan. However, there are a few fruits we can include and mostly they are the ones we don't usually think of when considering fruit. Here's a list of the fruits you can include on Speed Keto:



Fruit

- Avocado
- Lemon
- Lime
- Olives
- Tomato (keep this to a minimum)

Vegetables

- Arugula
- Asparagus
- Bok choy
- Broccoli
- Cabbage
- Capers
- Cauliflower
- Celery
- Collard greens
- Cucumbers
- Eggplant
- Endive
- Garlic
- Kale
- Kelp
- Lettuce
- Mushrooms
- Onions (scallions, red, yellow, white)
- Peppers
- Radishes
- Seaweed
- Spinach
- Swiss chard
- Watercress
- Zucchini

Vegetables to eat in smaller quantities

We've included the following vegetables but urge you to use them in smaller amounts as they are higher in carbohydrates than the veggies in the above list.

- Brusselss sprouts
- Green beans
- Pumpkin

Beverages

Coffee drinking should be kept to a minimum; no more than three cups a day. Caffeine can interfere with weight loss for some people. If you are in a stall, try cutting out caffeine completely (this means coffee and green teas). Make sure to drink plenty of water daily. If you can, drink reverse osmosis water.



- Green tea
- Herbal tea
- Organic coffee
- Organic water processed decaffeinated coffee
- Mineral water
- Water

Natural Sweeteners

We allow two sweeteners on Speed Keto:

- Erythritol (natural sweetener found in some fermented foods and fruits)
- Liquid Stevia (use the liquid stevia not the granular because the granulated stevia contains maltodextrin which has an extremely high glycemic index)
- Stevia Glycerate (has a thick honey-like texture and tends to not have a bitter after-taste like some other forms of stevia)
- Powdered stevia (very concentrated powder – a little bit goes a long way!)

Erythritol is a sugar alcohol that is found in some fruits and fermented foods. Commercially available erythritol is made from corn. Look for a non-GMO erythritol if you choose to use this sweetener. It's worth noting that not everyone tolerates erythritol well. It can cause diarrhea, headaches and stomach aches, so if you are new to using erythritol use it sparingly until you see how you react.



Herbs and spices

Herbs and spices provide superb nutritional value and add flavor. Use them often!

- Anise
- Basil
- Bay leaf
- Black pepper
- Caraway
- Cardamom
- Cayenne pepper
- Celery seed
- Chervil
- Chili pepper
- Chives
- Cilantro
- Cinnamon
- Cloves
- Coriander
- Cumin
- Curry
- Dill
- Fenugreek
- Galangal
- Garlic
- Ginger
- Lemongrass
- Licorice
- Mace
- Marjoram
- Mint
- Mustard seeds
- Oregano
- Paprika
- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla beans
- Flavor Enhancers,
Sauces and Other
Canned Goods





Learn to read labels and then read them all the time. Choose products with no added sugars. It's possible to find things like basic tomato sauce and tomato paste that are made with simple Keto-friendly ingredients, but you have to be vigilant!

- Apple cider vinegar
- Coconut aminos (high carbs)
- Coconut vinegar
- Fish sauce
- Organic tamari
- Boxed beef and chicken broth
- Canned anchovies
- Canned coconut milk (full-fat)
- Canned oysters
- Canned sardines
- Canned salmon
- Canned tuna
- Capers
- Fermented pickles (no sugar added)
- Fermented sauerkraut (no sugar added)
- Tomato sauce (no sugar added)
- Tomato paste
- Olives



Chapter 7

The Speed Keto process

The chart

Speed Keto is a month-long program that combines ketogenic eating with both long and short periods of intermittent fasting and OMAD (one meal a day). This may sound complicated but really it's not; everything is clearly laid out on a daily basis for each day of the month.

An easy to read chart lets you know exactly what to do each day and delicious recipes for all meals are provided. We recommend you print the chart and keep it on the fridge so you can see at a glance, what's planned for each day.

Why you should choose a Ketogenic meal plan

A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats. This allows the liver to break down stored body fat (adipose) into a source of energy the body can easily use called ketone bodies.

As ketone levels become higher the body moves into a state we call ketosis where stored body fat is being burned as the main source of fuel. Simply stated, the goal of a ketogenic diet is to stay in ketosis. The Speed Keto plan includes delicious recipes, tailor-made to keep you in ketosis and burning fat.

Short term and long term intermittent fasting

Intermittent fasting is exactly as it sounds; periods of eating nothing in between periods of consuming food. There are two types of intermittent fasting employed on the Speed Keto Diet:

- Short Term: less than 24 hours
- Long Term: more than 24 hours





Fasting speeds up weight loss, provides rest for stressed body organs and promotes healing. While you will abstain from eating meals during Speed Keto fasting periods you will always be allowed to drink water. In addition, Bulletproof Coffee and an electrolyte drink are allowed. More about these drinks later.

Chicken broth can also be taken during the day as desired. The goal is that this is easy for you.

We've already led thousands of people through fasts, and most are able to make it through fine.

In fact, the number one response we hear is that "I could have gone on longer."

BUT ... if you feel ill for any reason, tired, or just not 100%, you should stop and eat immediately.

You should also consult with your physician before starting this process.

OMAD (one meal a day)

A short term, 24-hour fast is also referred to as one meal a day or OMAD. Speed Keto includes four OMAD days during the second and fourth weeks of the month-long program.

Most people find eating one meal a day to be fairly easy once they get used to it. They skip breakfast and usually work through lunch. For those at home finding activities away from the house on OMAD days helps too. The one meal a day you are allowed to eat will be especially delicious as anticipation and ultimately appreciation intensifies along with hunger.



We allow fat fortified Bulletproof Coffee every morning which will satisfy the appetite and help curb cravings throughout the morning and into the afternoon.

Bulletproof Coffee — What is it?

Coffee is a healthy drink that boosts metabolism so don't shy away from including it in your diet but we do urge you to select certified organic coffee when making a purchase. Two teaspoons of heavy cream are allowed in a cup of coffee. However, watch the number of cups consumed because we want you to minimize dairy consumption during Speed Keto. Calories also add up quickly with heavy cream additions.

To make Bulletproof Coffee you will be adding Brain Octane Oil (MCT Oil) to your morning cup of coffee with the addition of heavy cream being optional. The added fat means added fuel and when you are doing OMAD or other forms of fasting, the energy boost from Bulletproof Coffee really helps curb the appetite.

It also tastes great!

Brain Octane Oil

Brain Octane Oil is medium-chain triglyceride oil (MCT oil). This form of fat is immediately accessible as an energy source for your body. It doesn't need a lot of processing in the liver; your brain loves medium chain triglycerides and gobbles them up!

Adding this oil to your coffee in the morning helps clear up a foggy brain and gives you immediate energy for tackling a busy day. It also supports ketosis which is just what you want on Speed Keto.

You will find quite a few different brands of MCT oils out there but they are not all equal. It really matters what the MCT oil is made from. Most MCT oil comes from coconut oil. Cheaper varieties are often manufactured using too much caproic acid which has a throat burning sensation. Others use lauric acid which does not convert to ketones.

https://www.amazon.com/gp/product/B00R7FFYO8/ref=as_li_qf_sp_asin_il_tl?linkCode=as2&slotNum=7&linkId=9d45165dd269d4c1bcbff1380f2cc117&creativeASIN=B00R7FFYO8&imprToken=XEXNZP00fj3ByiGwUh7cRQ&tag=beachmillions-20&ie=UTF8&creative=9325&camp=1789&th=1



Brain Octane Oil (it's a brand of MCT oil) is ethically sourced and uses caprylic acid which converts to ketones within minutes giving you the boost you need each morning. You can buy this product online.

If you choose a different brand of MCT please be sure it is organic and uses caprylic acid in the manufacturing of the oil.

Walking

Walking is recommended during the month of Speed Ketosis and on specific days it's encouraged first thing in the morning. We want you to burn off any glucose that's accumulated in the form of glycogen so your body will start producing ketones for energy as early in the day as possible. Once the body's store of glucose is used up during a 20-minute morning walk, you will then switch to burning stored body fat for energy.

Electrolyte drink

Your body depletes itself of nutrients daily while on Keto.

Your body *requires* (not an option) you replace these electrolytes daily.

Chicken broth

Every Sunday during the Speed Keto program is considered to be your weekly "prep" day. You will notice we have you making a large batch of chicken broth on this preparation day every week. It doesn't really take much time to get the ingredients into the soup pot and on the stove top but it does take a long time to simmer the broth to perfection.

The long and slow simmer allows important nutrients that are trapped inside the bones to leech out into the liquid broth, thus creating a drink you can have whenever you feel the need. There are minuscule calories in chicken broth so indulge and you'll never feel hungry.

You can actually purchase decent organic (ethically raised) broth but it is expensive and may not be in everyone's budget. If you do choose to make your own, you will be rewarded with a deeply flavored and nourishing cup of delicious broth.



Chapter 8

Supplementation: Your body needs these

Electrolytes

An electrolyte is a chemical that is capable of conducting electricity when mixed with water. Electrolytes necessary for normal bodily functions include:

- Sodium
- Potassium
- Calcium
- Bicarbonate
- Magnesium
- Chloride
- Phosphate

Here's an example ... muscles use calcium, sodium, and potassium when they contract. Each time your heart beats it's actually contracting in a specific rhythm. If electrolytes become too imbalanced it can lead to weakness in muscles. Excessive contraction (as in muscle cramps) can also occur. It's easy to deduce that where the heart is concerned we need electrolytes to survive and we need them in the proper proportions.

Leg cramps are common during or after a workout and athletes often replenish electrolytes lost through sweat by having an electrolyte drink after exertion. While it's good to take in electrolytes when depletion is suspected, it's important to read labels, as electrolyte drinks are often full of hidden sugars.



So we want you to supplement your electrolytes on a daily basis. But good news ... One of the reasons we include chicken broth on the Speed Keto Menu plan is to naturally supplement the body with certain electrolytes. The long, slow-simmering process involved in making bone stocks of all kinds leeches electrolytes like calcium, phosphate and sodium from nutrient dense bones that often go to waste. You are encouraged to take a cup of bone broth whenever you feel the need during the Speed Keto process.

Sodium

Drinking water at regular intervals during the day is extremely important during Speed Keto. In fact, you will probably need to find ways of reminding yourself to take in another sip of H₂O. Keeping a water container close by will quickly become a habit.

But along with drinking more water and following a ketogenic diet comes a need to urinate more often and with that there may be a need for more sodium. This may be especially true since you will have eliminated all that excess salt from packaged foods and much of your daily intake will come from the sodium you add to your meals in the form of salt.

When selecting a salt, look for either sea salt or rock salt. We are particularly fond of the pink Himalayan salt that can be found in most supermarkets today. Both sea salt and rock salt will add other important minerals to your daily diet.

Potassium can also be depleted just like sodium due to the diuretic effect that is part of any diet low in carbohydrate content. Your tasty bone broth will help add the much-needed sodium and potassium to your daily intake.

This brings us to magnesium because it's needed in order for your body to be able to absorb potassium properly. Often potassium levels are low in the body because there is an insufficient level of magnesium present.

Magnesium

While there will be magnesium present in your chicken broth it may not be in a high enough quantity to give you what you need each day. Most people are deficient in magnesium from the get go. This is true for a number of reasons:



- For city dwellers the available drinking water goes through a filtering process which ends up removing most of its magnesium content; the same is true for bottled waters
- The process of “softening” water removes magnesium
- While magnesium is present in some foods it is not there in sufficient quantities, making it hard to take in adequate magnesium through diet alone

While on the Speed Keto program it is recommended that you take 400 – 800 milligrams of magnesium daily. There are different types of magnesium available on drugstore and health food shop shelves but we recommend taking magnesium glycinate because it is easier for the body to absorb in this form.

Magnesium can cause loose stools for some people. If this is the case then split your daily dose up, taking 400 milligrams in the morning with food and another 400 at lunchtime; again, with food. If this dosage still proves to be too much then switch to taking a smaller dose each time.

Cramping muscles can also be soothed by a good soak in a warm tub with a few cups of Epsom salts added in as the bath water is running.

If you have any concerns at all, be sure to consult with your family doctor.

Vitamin D

Exposure to the sun is by far the best (and most economical) way to raise vitamin D levels in the body. Many North Americans are deficient in Vitamin D. Those living the farthest distance from the equator are the ones most likely to be afflicted. Today we all wear brimmed hats and protective clothes in an effort to protect our eyes and skin from UV rays; this, along with sunscreens that are lathered on liberally further complicate the problem.

According to a WebMD article: “Exposure of the hands, face, arms, and legs to sunlight two to three times a week for about one-fourth of the time it would take to develop a mild sunburn will cause the skin to produce enough vitamin D.”¹

¹ WebMD website. Article title: Vitamin D. Retrieved from <https://www.webmd.com/vitamins/ai/ingredientmono-929/vitamin-d> on 20/05/2018.





If you don't get enough time in the sun then it may be prudent to take a vitamin D supplement. Correct dosages vary according to body weight and current vitamin D levels in the body.

Enzymes

Enzymes work to speed up chemical reactions and many chemical reactions in your body are regulated by enzymes. They work to catalyze the pathways of cell metabolism including the digestion of large molecules like carbohydrates, proteins and fats. Enzymes assist with breaking them down into smaller more easily absorbed molecules:

- Simple sugars (glucose) from carbohydrates
- Amino acids from protein
- Cholesterol from fats

Many of these digestive enzymes are produced by the pancreas and intestines as well as in the salivary glands and stomach. It's possible to have a healthy diet yet be deficient in nutrients if digestive enzymes are not present in high enough quantity.

Enzyme deficiency can be caused by certain diseases as well as inflammation in the digestive tract. Food allergies and sensitivities, IBS, diverticulitis, leaky gut, aging, low stomach acid and stress are only a few of the things that could contribute to insufficient digestive enzymes with chronic stress being a major contributor.



Finding ways to reduce stress and eating a healthy balanced diet can help restore normal digestion but sometimes supplementation with digestive enzymes is beneficial.

If you choose to supplement with digestive enzymes choose a product that includes a variety of enzymes. Read the label and look for a product that includes:

- proteases for breaking down proteins
- lipases for breaking down fats
- carbohydrase (amylase) for breaking down carbohydrates

Probiotics

Inside the digestive tract we have trillions (yes, trillions!) of bacteria. We call this “gut flora”. A healthy and functioning gut flora:

- helps in the digestion of food
- assists in detoxifying harmful compounds
- produces vitamins as well as other nutrients
- balances the immune system

These good bacteria can be decimated when antibiotics are introduced. They are wiped out along with the bad bacteria that the antibiotic is actually targeting. This, along with chronic stress, is one of the biggest culprits for disrupting a healthy gut flora population.

Probiotics can be taken to restore gut flora and come in powdered form, usually in a capsule. The last 10 years have seen an uptick on understanding gut health and its importance for over-all health but there are still many questions that need answering. Research is ongoing.

If you decide to take a probiotic, look for a reputable brand that includes both Lactobacillus and Bifidobacterium.



Triphala

Triphala is an Ayurvedic herbal powder made from three fruits:

- Amalaki
- Bibhitaki
- Haritaki

Used for thousands of years in Ayurvedic medicine practice, Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a source of antioxidants and vitamin C.

Triphala can be taken in powder form but due to its taste, which is very bitter, sour, pungent, and astringent all at the same time, you may prefer to take it in a capsule.

Fish oil

As discussed earlier, the typical Western diet with poor meat quality, fast foods, processed foods and vegetable oils lacks omega-3 fatty acids (EPA and DHA) and is overly rich in pro-inflammatory omega-6 fatty acids. For many people the resulting systemic inflammation causes a wide range of negative health consequences.

Your body cannot make EPA or DHA and you must get them from the foods you eat or from supplementation. Fish oil is a potent source of these anti-inflammatory fatty acids and is also readily available in liquid or capsule form.

Fish oil will affect the “stickiness” of platelets so you should consult your physician if you have any bleeding issues, are taking blood thinners or have a surgery scheduled in the near future.

Krill oil

Krill oil is an extract prepared from a tiny crustacean, Euphausia Superb, which is a species of Antarctic krill. It contains similar omega-3 fatty acids to fish oil but usually has higher levels of EPA.





Krill oil omega-3s are attached to phospholipids, which make them more easily absorbed by the body than the triglyceride form of omega-3s found in fish oil.

Since the source for krill oil is a crustacean, anyone with an allergy to shellfish should exercise caution if considering taking this supplement.

**As always we recommend that everyone consult with their physician or primary health care provider before starting any new diet or program of supplementation.*



Chapter 9

Budget Speed Keto 31 Day Meal Plan (non-fasting)

Week One

Day #1

This is your first preparation day:

- Weigh yourself, record your weight then put your scales away for the month!
- Measure yourself around the chest, waist, hips, thighs (around both when standing with them together), around one thigh alone and around the upper arm
- Make or buy chicken broth for drinking on intermittent fast days in the week ahead
- Shop for groceries needed to prepare the meals this week
- If necessary, plan for busy days by preparing meals ahead and freezing meal-sized portions

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken and Broccoli with Mashed “Nips” and Fresh Greens Salad (save some chicken for tomorrow’s lunch)





- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #2

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (Make enough eggs so you have a few leftover for lunch tomorrow)
- Lunch: Budget Avocado Chicken Lunch Bowl (use leftover chicken from yesterday's dinner)
- Dinner: Budget Slow Cooker Meatballs with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #3:

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Devilish Dilly Eggs
- Dinner: Go-to Casserole (save a slice for lunch tomorrow) with Slow Cooker Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #4

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Basted Eggs & Bacon
- Lunch: leftover Go-to Casserole with Tomato & Cucumber Salad
- Dinner: Crispy Keto Chicken Nuggets with Budget Keto Coleslaw
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #5

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Avocado Egg Bake
- Lunch: Budget Salad Nicoise
- Dinner: Speed Keto Stir-fry Wok Meal
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #6

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Blueberry/Spinach Super Smoothie
- Lunch: Chicken Soup (make enough for tomorrow's lunch)
- Dinner: Easy Baked Salmon with Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #7

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Perfectly Poached Eggs
- Lunch: leftover Chicken Soup
- Dinner: Budget Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week Two

Day #8

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken and Broccoli with Mashed “Nips” (save chicken leftovers for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.





**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 9:

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (make extra hard-boiled eggs for tomorrow)
- Lunch: Chicken Caesar Salad (with leftover chicken)
- Dinner: Thai Style Skirt Steak with Stir-fry Wok Veggies
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #10

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Egg Salad Sandwich
- Dinner: Coconut Chicken Curry with Cauliflower Fried "Rice"
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #11

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Budget Salad Nicoise
- Dinner: Bacon Wrapped Meat Loaf with Cauliflower Garlic Mash and Slow Cooker Roasted Brussels Sprouts

Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day # 12

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Blueberry/Spinach Super Smoothie
- Lunch: Chicken Soup (save some for tomorrow)
- Dinner: Easy Baked Salmon with Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #13

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: leftover Chicken Soup
- Dinner: Budget Beef & Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #14

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Basted Eggs & Bacon
- Lunch: Devilish Dilly Eggs with Tomato & Cucumber Salad
- Dinner: Crispy Baked Drums with Budget Keto Coleslaw (make enough of both to have leftovers for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week Three

Day #15

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (make extra for lunch tomorrow)
- Lunch: Leftover Crispy Chicken Drums with Budget Keto Coleslaw
- Dinner: Baked White Fish with Company's Coming Broccoli Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #16

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Egg Salad Sandwich (using hard boiled eggs made yesterday)
- Dinner: Go-to Casserole (save a slice for lunch tomorrow) with Caesar Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #17

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Poached Eggs
- Lunch: leftover Go-to Casserole and Green Salad with Green Goddess Salad Dressing
- Dinner: Budget Slow Cooker Meatballs with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #18

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Blueberry/Spinach Super Smoothie
- Lunch: Avocado Egg Bake
- Dinner: Bacon-wrapped Chicken Thighs with Steamed Florets
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #19

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Basted Eggs & Bacon
- Lunch: Tuna Salad Sandwich
- Dinner: Speed Keto Stir-fry Wok Meal
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.





**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #20

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken with Broccoli and Mashed “Nips”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #21

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (make extra hard boiled eggs for tomorrow's lunch)
- Lunch: Budget Avocado Chicken Lunch Bowl (use leftover chicken from yesterday's dinner)
- Dinner: Thai Style Skirt Steak with Stir-fry Wok Veggies
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week Four

Day #22

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausages
- Lunch: Devilish Dilly Eggs with Fresh Greens Salad and dressing of choice
- Dinner: Easy Baked Salmon with Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #23

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Budget Breakfast Bowl
- Lunch: Broccoli, Cauliflower & Bacon Salad
- Dinner: Crispy Chicken Nuggets with Caesar Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #24

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Blueberry/Spinach Super Smoothie
- Lunch: Chicken Soup (make extra for lunch tomorrow)
- Dinner: Budget Beef & Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #25

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Basted Eggs & Bacon
- Lunch: leftover Chicken Soup
- Dinner: Coconut Chicken Curry with Fried Cauliflower "Rice" (double recipe so you have leftovers for dinner tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #26

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods (make extra hard boiled eggs for tomorrow)
- Lunch: Tuna Salad Sandwich
- Dinner: Leftover Coconut Chicken Curry with Fried Cauliflower Rice
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #27

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Egg Salad Sandwich
- Dinner: Baked White Fish with Broiled Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #28

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Baked Avocado Egg
- Lunch: Budget Salad Nicoise
- Dinner: Budget Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.





Non-fasting

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week Five

Day #29

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken and Broccoli with Fresh Greens Salad and dressing of choice (save leftover chicken for tomorrow's lunch)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #30

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Chicken Caesar Salad (made with leftover chicken)
- Dinner: Go-to Casserole (save a slice for lunch tomorrow) and Slow Cooker Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #31

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Budget Breakfast Bowl
- Lunch: leftover slice of Go-to Casserole with Green Salad and dressing of choice
- Dinner: Budget Slow Cooker Meatballs with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Week 1	Breakfast	Lunch	Dinner
Day #1	Scrambled Eggs & Sausage	Salmon Salad Lunch Plate	Roast Chicken and Broccoli with Mashed "Nips" and Fresh Greens Salad (save some chicken for tomorrow's lunch)
Day #2	1 or 2 Boiled Eggs: 3 Methods! (Make enough eggs so you have a few leftover for lunch tomorrow)	Budget Avocado Chicken Lunch Bowl (use leftover chicken from yesterday's dinner)	Budget Slow Cooker Meatballs with Zucchini Noodles
Day #3	Green breakfast Smoothie	Devilish Dilly Eggs	Go-to Casserole (save a slice for lunch tomorrow) with Slow Cooker Roasted Brussels Sprouts
Day #4	Basted Eggs & Bacon	Leftover Go-to Casserole with Tomato & Cucumber Salad	Crispy Keto Chicken Nuggets with Budget Keto Coleslaw
Day #5	Avocado Egg Bake	Budget Salad Nicoise	Speed Keto Stir-fry Wok Meal
Day #6	Blueberry/Spinach Super Smoothie	Chicken Soup (make enough for tomorrow's lunch)	Easy Baked Salmon with Asparagus
Day #7	1 or 2 Perfectly Poached Eggs	Leftover Chicken Soup	Budget Beef Bourguignon with Garlic Cauliflower Mash
Week 2	Breakfast	Lunch	Dinner
Day #8	Scrambled Eggs & Sausage	Salmon Salad Lunch Plate	Simple Roast Chicken and Broccoli with Mashed "Nips" (save chicken leftovers for lunch tomorrow)
Day #9	1 or 2 Boiled Eggs: 3 Methods! (make extra hard-boiled eggs for tomorrow)	Chicken Caesar Salad (with leftover chicken)	Thai Style Skirt Steak with Stir-fry Wok Veggies
Day #10	Green Breakfast Smoothie	Egg Salad Sandwich	Coconut Chicken Curry with Cauliflower Fried Rice
Day #11	Perfectly Poached Eggs	Budget Salad Nicoise	Bacon Wrapped Meat Loaf with Cauliflower Garlic Mash and Slow Cooker Roasted Brussels Sprouts
Day #12	Blueberry/Spinach Super Smoothie	Chicken Soup (save some for tomorrow)	Easy Baked Salmon with Asparagus
Day #13	Scrambled Eggs & Sausage	leftover Chicken Soup	Budget Beef & Broccoli
Day #14	Basted Eggs & Bacon	Devilish Dilly Eggs with Tomato & Cucumber Salad	Crispy Baked Drums with Budget Keto Coleslaw (make enough of both to have leftovers for lunch tomorrow)



Week 3	Breakfast	Lunch	Dinner
Day #15	1 or 2 Boiled Eggs: 3 Methods! (make extra for lunch tomorrow)	Leftover Crispy Chicken Drums with Budget Keto Coleslaw	Baked White Fish with Company's Coming Broccoli Casserole
Day #16	Scrambled Eggs & Sausage	Egg Salad Sandwich (using hard boiled eggs made yesterday)	Go-to Casserole (save a slice for lunch tomorrow) with Caesar Salad
Day #17	Poached Eggs	leftover Go-to Casserole and Green Salad with Green Goddess Salad Dressing	Budget Slow Cooker Meatballs with Zucchini Noodles
Day #18	Blueberry/Spinach Super Smoothie	Avocado Egg Bake	Bacon Wrapped Chicken Thighs with Steamed Florets
Day #19	Basted Eggs & Bacon	Tuna Salad Sandwich	Speed Keto Stir-fry Wok Meal
Day #20	Green Breakfast Smoothie	Salmon Salad Lunch Plate	Roast Chicken with Broccoli and Mashed "Nips"
Day #21	1 or 2 Boiled Eggs: 3 Methods! (make extra hard boiled eggs for tomorrow's lunch)	Budget Avocado Chicken Lunch Bowl (use leftover chicken from yesterday's dinner)	Thai Style Skirt Steak with Stir-fry Wok Veggies
Week 4	Breakfast	Lunch	Dinner
Day #22	Scrambled Eggs & Sausages	Devilish Dilly Eggs with Fresh Greens Salad and dressing of choice	Easy Baked Salmon with Asparagus
Day #23	Budget Breakfast Bowl	Broccoli, Cauliflower & Bacon Salad	Crispy Chicken Nuggets with Caesar Salad
Day #24	Blueberry/Spinach Super Smoothie	Chicken Soup (make extra for lunch tomorrow)	Budget Beef & Broccoli
Day #25	Basted Eggs & Bacon	leftover Chicken Soup	Coconut Chicken Curry with Fried Cauliflower Rice (double recipe so you have leftovers for dinner tomorrow)
Day #26	1 or 2 Boiled Eggs: 3 Methods (make extra hard boiled eggs for tomorrow)	Tuna Salad Sandwich	Leftover Coconut Chicken Curry with Fried Cauliflower Rice
Day #27	Green Breakfast Smoothie	Egg Salad Sandwich	Baked White Fish with Broiled Asparagus
Day #28	Baked Avocado Egg	Budget Salad Nicoise	Budget Beef Bourguignon with Garlic Cauliflower Mash





Week 5	Breakfast	Lunch	Dinner
Day #29	Perfectly Poached Eggs	Salmon Salad Lunch Plate	Roast Chicken and Broccoli with Fresh Greens Salad and dressing of choice (save leftover chicken for tomorrow's lunch)
Day # 30	Scrambled Eggs & Sausage	Chicken Caesar Salad (made with leftover chicken)	Go-to Casserole (save a slice for lunch tomorrow) and Slow Cooker Roasted Brussels Sprouts
Day #31	Budget Breakfast Bowl	leftover slice of Go-to Casserole with Green Salad and dressing of choice	Budget Slow Cooker Meatballs with Zucchini Noodles





Budget Speed Keto 31 Day Meal Plan (with fasting)

Week One

Day #1

This is your first preparation day:

- Weigh yourself, record your weight then put your scales away for the month!
- Measure yourself around the chest, waist, hips, thighs (around both when standing with them together), around one thigh alone and around the upper arm
- Make or buy chicken broth for drinking on intermittent fast days in the week ahead
- Shop for groceries needed to prepare the meals this week
- If necessary, plan for busy days by preparing meals ahead and freezing meal-sized portions



Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken and Broccoli with Mashed “Nips” and Fresh Greens Salad with dressing of choice (save some chicken for tomorrow’s lunch)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #2

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods!
- Lunch: Budget Avocado Chicken Lunch Bowl (use left-over chicken from yesterday’s dinner)
- Dinner: Budget Slow Cooker Meatballs with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #3

This is your first OMAD day. You will skip breakfast and lunch and eat a delicious dinner. Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) but no cream today.

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: Go-to Casserole with Slow Cooker Roasted Brussels Sprouts (save enough of both recipes for dinner tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #4

OMAD again today ... start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) but no cream today.

Menu for the day:

- Breakfast: Fasting
- Lunch: Fasting
- Dinner: left-over Go-to Casserole with Slow Cooker Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



Day #5

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) but no heavy cream this morning.

Menu for the day:

- Breakfast: Fasting – drink electrolytes, BPC, chicken broth & plenty of fluids
- Lunch: Budget Salad Nicoise
- Dinner: Crispy Drums with Fried Cauliflower “Rice”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #6

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Blueberry/Spinach Super Smoothie
- Lunch: Chicken Soup (make enough for tomorrow’s lunch too!)
- Dinner: Easy Baked Salmon with Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #7

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Perfectly Poached Eggs
- Lunch: left-over Chicken Soup
- Dinner: Budget Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2

Day #8

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Tuna Sandwich
- Dinner: Roast Chicken and Broccoli with Mashed “Nips”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day # 9: Tuesday

This is an OMAD day. Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no cream today.

Menu for the day:

It's OMAD again!

- Breakfast: Fasting - Drink electrolytes, BPC, Chicken broth & plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Chicken Caesar Salad (use left-over chicken from last night's dinner)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #10:

It's another OMAD day today. Start with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no cream today.

Menu for the day:

- Breakfast: Fasting - Drink electrolytes, BPC, Chicken broth & plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Bacon Wrapped Meatloaf with Garlic Cauliflower Mash and Zucchini Noodles





- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #11

Another OMAD day today ... start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Coconut Chicken Curry with Fried Cauliflower “Rice” (double both recipes & use for tomorrow’s dinner)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



Day # 12

Last OMAD day this week ... start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: left-over Coconut Chicken Curry with Fried Cauliflower “Rice”
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #13

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs
- Lunch: Chicken Soup (make enough for left-overs)
- Dinner: Budget Beef & Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #14

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Basted Eggs & Bacon
- Lunch: Leftover Chicken Soup
- Dinner: Crispy Chicken Drums with Budget Keto Coleslaw
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3

Day #15

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (Make extra hard boiled eggs for lunch tomorrow)
- Lunch: Leftover Crispy Chicken Drums with Budget Keto Coleslaw
- Dinner: Baked White Fish with Company's Coming Broccoli Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #16

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausage
- Lunch: Egg Salad Sandwich (using eggs made yesterday)
- Dinner: Go-to Casserole (save a slice for lunch tomorrow) with Caesar Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #17

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) but no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Budget Slow Cooker Meatballs with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #18

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Bacon Wrapped Chicken Thighs with Steamed Florets
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #19

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Speed Keto Stir-fry Wok Meal



- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #20

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids
- Dinner: Roast Chicken and Broccoli with Mashed “Nips” (save some cooked chicken for lunch tomorrow)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #21

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: 1 or 2 Boiled Eggs: 3 Methods! (Make extra hard boiled eggs for tomorrow's lunch)



- Lunch: Budget Avocado Chicken Lunch Bowl (use left-over chicken from yesterday's dinner)
- Dinner: Thai Style Skirt Steak with Stir-fry Wok Veggies
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4

Day #22

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Scrambled Eggs & Sausages
- Lunch: Devilish Dilly Eggs (use left-over hard boiled eggs) with Fresh Greens Salad and dressing of choice
- Dinner: Easy Baked Salmon with Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #23

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Crispy Keto Chicken Nuggets and Caesar Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #24

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Budget Beef & Broccoli
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.



**Try to drink at least 8 cups of water daily*

Day #25

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Coconut Chicken Curry with Fried Cauliflower "Rice" (double recipe & use for tomorrow's dinner)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #26

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.



Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: left-over Coconut Chicken Curry with Fried "Cauliflower Rice"
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #27

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Green Breakfast Smoothie
- Lunch: Tuna Sandwich
- Dinner: Baked White Fish with Broiled Asparagus
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Day #28

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

- Breakfast: Avocado Egg Bake
- Lunch: Budget Salad Nicoise
- Dinner: Budget Beef Bourguignon with Garlic Cauliflower Mash
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 5

Day #29

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Perfectly Poached Eggs
- Lunch: Salmon Salad Lunch Plate
- Dinner: Roast Chicken and Broccoli with Fresh Green Salad and dressing of choice
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



Day #30

OMAD today — Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Bacon Wrapped Meat Loaf with Slow Cooker Roasted Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*

Day #31

OMAD today ...

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) no heavy cream.

Menu for the day:

- Breakfast: Fasting – BPC, Electrolytes, chicken broth and plenty of fluids throughout the day
- Lunch: Fasting
- Dinner: Crispy Baked Drums with Zucchini Noodles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily*



Week 1	Breakfast	Lunch	Dinner	Exercise
Day #1	Electrolytes, BPC, Scrambled Eggs & Sausage	Salmon Salad Lunch Plate	Roast Chicken and Broccoli with Mashed "Nips" and Fresh Greens Salad (save leftover chicken for tomorrow's lunch)	
Day #2	Electrolytes, BPC, 1 or 2 Boiled Eggs: 3 Methods!	Budget Avocado Chicken Lunch Bowl (using chicken leftovers)	Budget Slow Cooker Meatballs with Zucchini Noodles	
Day #3 OMAD	Fasting -Electrolytes, BPC, chicken broth, tea throughout the day	Fasting	Go-to Casserole with Slow Cooker Roasted Brussels Sprouts (save leftovers for dinner tomorrow)	30 minute walk
Day #4 OMAD	Fasting -Electrolytes, BPC, chicken broth, tea throughout the day	Fasting	Leftover Go-to Casserole with Slow Cooker Roasted Brussels Sprouts	30 minute walk
Day #5	Fasting - Electrolytes, BPC, chicken broth, tea.	Budget Salad Nicoise	Crispy Drums with Fried Cauliflower Rice	30 minute walk
Day #6	Electrolytes, BPC, Blueberry/Spinach Super Smoothie	Chicken Soup (save some for lunch tomorrow)	Easy Baked Salmon with Asparagus	
Day #7	Electrolytes, BPC, Perfectly Poached Eggs	Leftover Chicken Soup	Budget Beef Bourguignon with Garlic Cauliflower Mash	30 minute walk
Week 2	Breakfast	Lunch	Dinner	Exercise
Day #8	Electrolytes, BPC, Scrambled Eggs & Sausage	Tuna Sandwich	Roast Chicken and broccoli with Mashed "Nips" (save some chicken for tomorrow's dinner)	
Day #9 OMAD	Fasting – BPC, electrolytes, chicken broth, water, tea throughout the day	Fasting	Chicken Caesar Salad (use leftover chicken from last night's dinner)	30 minute walk
Day #10 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Bacon Wrapped Meatloaf with Garlic Cauliflower Mash and Zucchini Noodles	30 minute walk
Day #11 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Coconut Chicken Curry with Fried Cauliflower "Rice" (double recipe & use for tomorrow's dinner)	30 minute walk
Day #12 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Leftover Coconut Chicken Curry with Fried Cauliflower "Rice"	30 minute walk
Day # 13	Electrolytes, BPC, Scrambled Eggs	Chicken Soup (make enough for leftovers)	Budget Beef & Broccoli	
Day #14	Electrolytes, BPC, Basted Eggs & Bacon	Leftover Chicken Soup	Crispy Chicken Drums with Budget Keto Coleslaw (make extra coleslaw & drums for lunch tomorrow)	



Week 3	Breakfast	Lunch	Dinner	Exercise
Day #15	Electrolytes, BPS, 1 or 2 Boiled Eggs: 3 Methods! (make extra hard boiled eggs for lunch tomorrow)	Leftover Crispy Chicken Drums with Budget Keto Coleslaw	Baked White Fish with Company's Coming Broccoli Casserole	
Day #16	Electrolytes, BPC, Scrambled Eggs & Sausage	Egg Salad Sandwich (using eggs made yesterday)	Go-to Casserole with Caesar Salad	
Day #17 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Budget Slow Cooker Meatballs with Zucchini Noodles	30 minute walk
Day #18 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea	Fasting	Bacon Wrapped Chicken Thighs with Steamed Florets	30 minute walk
Day #19	Fasting – BPC, Electrolytes, chicken broth, water, tea	Fasting	Speed Keto Stir-fry Wok Meal	30 minute walk
DAY #20	Electrolytes, BPS, Green Breakfast Smoothie	Fasting	Roast Chicken and Broccoli with Mashed "Nips" (save some cooked chicken for lunch tomorrow)	
Day #21	Electrolytes, BPS, 1 or 2 Boiled Eggs: 3 Methods! (make extra hard boiled eggs for tomorrow's lunch)	Budget Avocado Chicken Lunch Bowl (use leftover chicken from yesterday's dinner)	Thai Style Skirt Steak with Stir-fry Wok Veggies	30 minute walk
Week 4	Breakfast	Lunch	Dinner	Exercise
Day #22	Electrolytes, BPS, Scrambled Eggs & Sausage	Devilish Dilly Eggs (use leftover hard boiled eggs) with Fresh Greens salad and dressing of choice	Easy Baked Salmon with Asparagus	
Day #23 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Crispy Keto Chicken Nuggets and Caesar Salad	30 minute walk
Day #24 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Budget Beef & Broccoli	30 minute walk
Day #25 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Coconut Chicken Curry with Fried Cauliflower Rice (double recipe & use for tomorrow's dinner)	30 minute walk
Day #26 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Leftover Coconut Chicken Curry with Fried Cauliflower Rice	30 minute walk
Day #27	Electrolytes, BPS, Green Breakfast Smoothie	Tuna Salad Sandwich	Baked White Fish with Broiled Asparagus	
Day #28	Electrolytes, BPS, Avocado Egg Bake	Budget Salad Nicoise	Budget Beef Bourguignon with Garlic Cauliflower Mash	30 minute walk





Week 5	Breakfast	Lunch	Dinner	Exercise
Day #29	Electrolytes, BPS, Perfectly Poached Eggs	Salmon Salad Lunch Plate	Roast Chicken and Broccoli with Fresh Greens Salad and dressing of choice	
Day #30 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Bacon Wrapped Meat Loaf with Slow cooker Roasted Brussels Sprouts	30 minute walk
Day #31 OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day	Fasting	Crispy Baked Drums with Zucchini Noodles	30 minute walk



Chapter 10

Budget Speed Keto Shopping Lists

Organic versus Non-organic ...

I do recognize that pastured meats and organic vegetables are more expensive and may be out of reach for those on low or fixed incomes. I have many clients who just can't afford to eat organic and have success despite this limitation. I am assuming that many reading this book will be in the same boat and I urge you; "don't give up!" Just do the best you can with the dollars available, and success will follow.

Because we drastically limit the number of daily carbs allowed on Speed Keto we want those carbohydrates to be as nutritious as possible. I love Saturday morning at the local Farmer's Market. A great selection of freshly picked, in-season veggies always await; at least during the growing season. The nutrients are better-preserved in these foods because they were just picked.

If organic is out of reach then make sure to give your veggies a good scrubbing. Be especially careful with veggies like cauliflower that have lots of little bumps and grooves. I suggest cutting cauliflower and broccoli into florets before rinsing and washing.

Pastured meats or wild-caught fish ...

When we say "pastured" we mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source.

Grass-fed, raised-without-antibiotics meats are starting to appear on main-stream supermarket shelves in North America but are quite a bit more expensive than other meats. Once again I just urge my clients to do the best they can on this front.

Shopping at your local farmers market could be a source of quality meats ... or direct purchase from local farmers might also be a good option.



Farmed fish are often raised using anti-biotics so select wild caught fish if available. You can often find fish labeled wild-caught in the grocery store freezer section or, even better; get out your fishing rod! If you have friends that hunt (or are a hunter yourself) then you have another great source for good quality meat.

Read labels

When purchasing pre-packaged products always read labels and be on the look-out for hidden sugars. It is possible to find commercially prepared foods like mayonnaise, ketchup, boxed broth, tomato paste and sauces that are sugar-free.

There are also specialty, low carb grocery stores online that offer many products. Again, be wary of hidden sugars. As well, there are online websites where you can purchase grain-fed meats and they will be delivered right to your door. These options tend to be pricey but if it's in your budget, go ahead and place an order.

Most bacon has added sugar but there are some brands that are naturally smoked and contain no sugar. The same is true for deli-meats. In general choose the baked roast beef, ham, chicken or turkey when shopping for deli lunch meats.

Before you dive in, a quick word about substitutions ...

You will be more successful if you enjoy each mouthful, so substitutions are allowed; with one caveat. You must only substitute using recipes that are provided on the program. If you prefer one meal over another then that's what you should have. If the spice profile of a dish doesn't suit, then change it up for something that does appeal. Swap mixed greens for baby spinach leaves in a salad if that tickles your fancy. The main thing here is to enjoy the meals you eat.

Substitutions will definitely alter the macros (nutritional content) of your meals and may impact your net carb intake for the day, but I wouldn't be too concerned about that. As long as you exchange for allowed food items the substitutions shouldn't be overly significant.





Weekly Shopping Lists – Non-fasting

Week One

You may want to check out what you already have in stock in the pantry before heading out to the grocery store and/or the Farmer's Market. This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, Himalayan salt or kosher salt flakes, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week.

Throughout the Budget Speed Keto program you will be drinking plenty of fluids so make sure to stock up on a variety of teas, coffee, sugar-free electrolyte drinks and chicken broth (if not making your own from scratch). It doesn't hurt to have a few extra boxes of chicken broth available in case you run out of homemade broth as the week progresses.

Please Note:

*The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you will also have to adjust some of the recipes (and what you need to purchase) accordingly.



Basic Items

- MCT oil
- Extra virgin olive oil (select a good quality oil)
- Coconut oil
- Dark Asian sesame oil
- Electrolyte drinks, sugar-free
- Calcium/magnesium powder (if making homemade electrolyte drinks)
- Base liquid for homemade electrolyte drinks (herbal tea, coconut water, etc.)
- Coffee, regular & decaf
- Tea, herbal & regular
- Stevia sweetener, liquid and/or concentrated powder form (do not use granular)
- Erythritol (if desired as a sweetener)
- Wheat free soy or tamari sauce, 1 bottle
- Hot sauce, 1 bottle (sugar-free)
- Apple cider vinegar
- White vinegar
- Pure vanilla extract
- Dried thyme
- Dried oregano
- Dried basil
- Dried dill
- Onion powder
- Garlic powder
- Ground turmeric
- Paprika or smoked chipotle powder
- Bay leaves
- Black peppercorns
- Pink Himalayan salt (or kosher salt flakes)
- Nutritional yeast



Meats & Seafood

- 3 oz sausage, flavor of choice
- ½ lb Italian sausage (use 3 - 3 oz sausages & remove meat from casings if necessary)
- Bacon (pork or turkey)
- Whole chicken (buy 2 if making homemade broth)
- 3 ½ lb regular ground beef (or ground turkey)
- 1 lb boneless, skinless chicken thighs
- 1 lb salmon filets
- 1 lb beef round, flank or top sirloin steak

Vegetables & Fruit

- 3 lemons
- 3 ripe Hass avocado
- Frozen blueberries
- Bell pepper
- Carrots
- Celery
- 24 spears of asparagus
- 3 small zucchini & 1 medium zucchini
- Bag of yellow cooking onions
- 1 Red onion
- Green onions (scallions)
- Package of mixed greens
- 1 or 2 packages of baby spinach leaves
- Romaine lettuce
- 1 turnip
- Bunch of broccoli
- 1 large head of cauliflower or 2 medium heads
- 1 lb Brussels sprouts
- 2 bulbs of garlic
- 2 English cucumbers
- Pint of cherry tomatoes
- 1 beefsteak (or other type of large & ripe) tomato



Dairy Section

- 2 dozen eggs
- Heavy cream
- 1 lb butter
- Ghee (or buy an extra lb of butter if making homemade ghee)

Other Items

- 3 cans of full fat canned coconut milk
- Full fat mayonnaise
- Dijon mustard
- Canned salmon
- Canned solid tuna
- Ketchup (sugar-free)
- Tomato paste (sugar-free)
- Jar of capers
- 2 (1 quart)tetra pack boxes chicken broth (you may need more if not making homemade broth)
- Mediterranean style black olives (salted, dried & packed in oil)
- Jar of sugar-free dill pickles
- Pork rinds (chicharron) or use a small amount of almond flour
- Konjac “rice” noodles

Week Two

Once again, it's a good idea to have a look in the fridge and pantry before heading out to do your shopping for week two. You may have a few eggs, butter, some veggies, maybe a bit of bacon, etc. leftover and will have to alter this shopping list accordingly.

If making homemade chicken broth, you will have chicken meat leftover from the whole chicken you use to make the broth. Freeze it carefully wrapped and use it within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day.

You could also use the cooked meat in the Coconut Chicken Curry recipe on Day 10.



Basic Items

- Anchovy paste (if using)
- Worcester sauce
- Red pepper flakes
- Curry powder
- Xanthan gum (used as a thickener in sauces or gravy instead of flour)

Meats, Fish & Seafood

- 1-3 oz sausage (if needed)
- Whole chicken (2 if making homemade broth)
- 1 ½ lb skirt steak
- 1 lb boneless, skinless chicken thighs
- 2 chicken breasts (for making soup if you don't have cooked chicken in freezer)
- 2 lb chicken drumsticks
- Bacon (if needed)
- 1 lb salmon filets

Vegetables & Fruit

- 3 lemons
- 1 lime
- 1 Hass avocado
- Fresh ginger root (small piece)
- 2 garlic bulbs
- Red onion (if needed)
- 1 bunch green onions (scallions)
- 1 romaine lettuce
- package of baby spinach leaves
- 1 English cucumber
- 1 or 2 heads of cauliflower (depending on size)
- 1 bell pepper
- 1 jalapeno pepper
- ½ lb mushrooms
- 1 ½ lb asparagus
- cooking onion (if needed)
- 2 bunches of broccoli
- Zucchini
- 1 carrot
- Celery stock for soup (if needed)
- 1 lb Brussels sprouts
- 1 ripe tomato
- 1 package pre-shredded cabbage





Dairy Section

- Heavy cream (if needed)
- 1 or 2 doz. eggs
- Butter (to make ghee if necessary)

Other Items

- 2 cans solid tuna
- 1 can full fat coconut milk
- Sugar-free BBQ sauce (if not making your own)
- Boxed chicken broth (if needed)
- Boxed beef stock or bouillon cubes
- Konjac rice noodles
- Konjac vermicelli (if using instead of cauliflower rice with Budget Beef & Broccoli)

Week Three

Just like last week, if making homemade chicken broth, you will have chicken meat leftover. Freeze it carefully wrapped and use within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day.



Meats, Fish & Seafood

- 1 whole chicken, (or 2 if making homemade stock)
- 2 lb haddock filet
- ½ lb Italian sausages (use 3 - 3 oz sausages & remove meat from casings if necessary)
- 2 ½ lb ground beef or turkey
- 1 ½ lb skirt steak
- 2 lbs. boneless, skinless chicken thighs
- Bacon (turkey or pork), if needed

Vegetables & Fruit

- 2 lemons
- 2 limes
- Small piece of ginger root, if needed
- Frozen blueberries, if needed
- 4-5 Hass avocado
- 1 bunch green onions (scallions)
- 2 package of pre-shredded cabbage or 1 whole cabbage
- Fresh dill (if using)
- Fresh parsley (if using)
- Bunch broccoli (about 2 ½ - 3 lbs)
- 1 head cauliflower (or 2 if small)
- 1 medium zucchini & 3 small zucchini
- Cooking onions (if needed)
- 1 garlic bulb
- Romaine lettuce, if needed
- Package of mixed greens
- Package of baby spinach leaves
- English cucumber
- 1 turnip
- 1 stalk celery, if needed
- 1 bell pepper, if needed
- 1 pint cherry tomatoes
- Red onion, if needed



Dairy Section

- Heavy cream (if using)
- Butter (to make ghee if necessary)
- 1 or 2 dozen eggs, as needed

Other Items

- 2 or 3 cans full fat coconut milk, as needed
- Sugar-free ketchup, if needed
- Full fat mayonnaise, if needed
- 1 can solid tuna
- Tomato paste
- 1 can salmon

Week Four

Check the pantry and fridge to see what's leftover from last week before finalizing this week's shopping list. Freeze chicken meat for later use as described last week if you elect to make a homemade chicken broth!

Basic Items

- Gluten free tamari sauce, if more is needed

Meats, Fish & Seafood

- 1 lb salmon filets
- 2 chicken breasts (for soup) if no cooked chicken in freezer
- ½ lb deli corned beef
- 1 ½ lb beef stew meat
- Bacon (pork or turkey)
- 1 lb boneless, skinless chicken thighs





Vegetables & Fruit

- 1 lemon
- Frozen blueberries, if needed
- 3 Hass avocado
- Small piece of ginger root
- Cooking onion, if needed
- 1 lb asparagus
- Bunch Green onion (scallions), if needed
- Mixed greens, if needed
- 2 stalks celery
- 1 carrot
- 1 garlic bulb
- ½ lb mushrooms
- Bunch of broccoli (about 2-2 ½ lb)
- English cucumber
- 2 large heads of cauliflower
- 1 package baby spinach leaves
- Romaine lettuce

Dairy Section

- Heavy cream
- Butter (to make ghee if necessary)
- 1 or 2 doz. Eggs, as needed

Other Items

- 1 or 2 cans of full fat coconut milk, f needed
- 2 cans solid tuna
- Small package pork rinds (chicharron), or use a small amount of almond flour
- 1 qt tetra pack box of chicken broth (if not making homemade)
- 1 qt tetra pack box of beef broth
- Tomato paste
- 1 package of Konjac rice



Week 5

Almost there ... just a few more days!

Meats, Fish & Seafood

- 1 whole chicken, 2 if making broth
- 1- 3oz sausage
- ½ lb Italian sausages
- 1 ½ lb ground beef or turkey
- Bacon, if needed

Vegetables & Fruit

- 2 lemons
- 1 bunch of green onions (scallions)
- Bell pepper
- 1 celery stalk
- Mixed greens, if needed
- Romaine lettuce, if needed
- 1 bunch of broccoli
- Cauliflower, if needed
- 1 lb Brussels sprouts
- 1 medium zucchini
- 1 garlic bulb, if needed

Dairy Section

- ½ dozen eggs, if needed
- Heavy cream, if using
- Butter for ghee, if needed

Other Items

- 1 can salmon
- Tomato paste, if needed
- Full fat canned coconut milk, if needed
- Chicken broth, if needed





Weekly Shopping Lists - Fasting

Week One

Check out your pantry to see what you already have in stock before heading out to the grocery store and/or the Farmer's Market. This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, Himalayan salt or kosher salt flakes, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week.

Throughout the Budget Speed Keto program you will be drinking plenty of fluids so make sure to stock up on a variety of teas, coffee, sugar-free electrolyte drinks and chicken broth (if not making your own from scratch). It doesn't hurt to have a few extra boxes of chicken broth available in case you run out of homemade broth as the week progresses.

If you do make your own broth you will have plenty of cooked chicken meat leftover which can be removed from the bones and frozen. This frozen chicken can be used when making Coconut Chicken Curry on Day 5 or Chicken Soup on day 6.

Please Note:

*The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary.



If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly.

Basic Items

- MCT oil
- Extra virgin olive oil (select a good quality oil)
- Coconut oil
- Dark Asian sesame oil
- Gluten-free tamari sauce
- electrolyte drinks, sugar-free
- calcium/magnesium powder (if making homemade electrolyte drinks)
- Base liquid for homemade electrolyte drinks (herbal tea, coconut water, etc.)
- Coffee, regular & decaf
- Tea, herbal & regular
- Stevia sweetener, liquid and/or concentrated powder form (do not use granular)
- Erythritol (if desired as a sweetener)
- Xylitol (if desired as a sweetener)
- Cider vinegar
- White vinegar
- Pink Himalayan salt or kosher salt flakes
- Black peppercorns
- Dried thyme leaves
- Dried parsley
- Dried oregano
- Dried basil
- Onion powder
- Garlic powder
- Cayenne pepper (or smoked chipotle powder)
- Paprika
- Bay leaves
- Xanthan gum (used as a thickener instead of flour)



Meats, Fish & Seafood

- 1 whole chicken (or 2 if making homemade broth)
- 2 lb chicken drumsticks
- 3 oz sausage, flavor of choice
- 2 chicken breasts (for soup if necessary)
- ½ lb Italian sausage
- 1 ½ lb ground meat (beef, turkey or chicken)
- 1 ½ lb beef stew meat
- 1 lb bacon (pork or turkey)
- 1 lb salmon filets

Vegetables & Fruit

- 2 lemons
- 1 bag frozen blueberries
- 1 Hass avocado
- White or cremini mushrooms (1 cup sliced)
- 1 bunch green onions (scallions)
- Bag of yellow cooking onions
- Small piece of ginger root
- 1 red onion
- 2 garlic bulbs
- 1 pint cherry tomatoes
- Mixed greens
- Spinach
- Romaine lettuce
- 24 asparagus spears (about 1 lb)
- 1 bunch of Celery
- 1 carrot
- Bunch broccoli
- 2 heads of cauliflower
- 1 lb Brussels sprouts
- 1 turnip
- English cucumber
- 3 small zucchini
- 1 medium zucchini

Dairy Section

- Heavy cream (if using)
- Butter (to make ghee if necessary)
- 1 or 2 doz. Eggs





Other Items

- Boxed chicken broth (if not using homemade)
- 1 box beef broth
- 1 can salmon
- 1 can solid tuna
- 3 cans full fat coconut milk
- 1 jar full fat mayonnaise
- 1 jar Dijon mustard
- Ketchup, sugar-free
- 1 or 2 cans tomato paste, sugar-free (or buy tomato paste in a tube)
- 1 jar Ghee (if not using homemade ghee)
- Black Mediterranean style olives, (dried & packed in oil)
- 1 package konjac “rice” noodles

Week Two

Once again, it's a good idea to have a look in the fridge and pantry before heading out to do your shopping for week two. You may have a few eggs, butter, some veggies, maybe a bit of bacon, etc. leftover and will have to alter this shopping list accordingly.

If making homemade chicken broth, you will have chicken meat leftover from the whole chicken you use to make the broth. Freeze it carefully wrapped and use it within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day.



Basic Items

- Coffee, regular & decaf if needed
- Tea, regular & herbal, if needed
- Electrolyte drinks, as needed
- Anchovy paste, if using for Caesar Salad
- Worcestershire sauce
- Chili powder
- Liquid smoke (if making Harlan's
- Budget Speed Keto BBQ Sauce)
- Sugar-free hot sauce (if making Harlan's Budget Speed Keto BBQ Sauce)
- Ground cumin
- Curry powder
- Dried dill, if using
- Unseasoned rice vinegar

Meats, Fish & Seafood

- 1 whole chicken (2 if making your own broth)
- 2 lb boneless, skinless chicken thighs
- 2 chicken breasts (if needed for Chicken Soup)
- 2 lb chicken drumsticks
- 1 lb beef round, flank or top sirloin steak
- 3 oz sausage, flavor of choice
- 1 lb bacon (pork or turkey)

Vegetables & Fruit

- 2 lemons
- Romaine, if needed
- 1 garlic bulb
- 1 turnip
- 2- 3 bunches of broccoli
- 3 small zucchini
- 3- 4 heads of cauliflower
- 1 jalapeno pepper
- Celery, if needed
- 1 carrot
- 1 package shredded cabbage
- Fresh dill, if using



Dairy Section ---

- Heavy cream (if using)
- Butter (for ghee, if needed)
- 1 or 2 dozen eggs

Other Items ---

- 1 can solid tuna
- 1 package konjac “rice” noodles
- 2 cans full fat coconut milk
- 1 package konjac vermicelli noodles (if using with Beef & Broccoli)
- Sugar-free BBQ sauce (if not making Harlan’s Budget Speed Keto BBQ Sauce)
- Boxed chicken broth (for fasting and/or Chicken Soup)
- Tomato paste

Week Three

Just like last week, if making homemade chicken broth, you will have chicken meat leftover. Freeze it carefully wrapped and use within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day.

Basic Items ---

- Dried dill, if using
- Tea, regular & herbal, if needed
- Red pepper flakes
- Electrolyte drinks, as needed
- Coffee, regular & decaf if needed
- Allowed sweeteners, as needed

Meats, Fish & Seafood ---

- 1 whole chicken (or 2 if making broth)
- 2½ lb ground meat (beef, chicken or turkey)
- 2 lb haddock filets (or other white fleshed fish)
- 1 ½ lb skirt steak
- 3 oz sausage of choice
- Bacon (pork or turkey), if needed
- ½ lb Italian sausage meat
- 1 lb boneless, skinless chicken thighs



Vegetables & Fruit

- 2 lemons (3 if making Vinaigrette)
- 1 lime
- 2 Hass avocado
- Small piece of fresh ginger root
- 1 bag of baby spinach leaves
- 1 pint cherry tomatoes
- 1 English cucumber
- 2 large bunches
- 1 lime of broccoli
- 1 head cauliflower
- 1 turnip
- 1 medium zucchini
- 3 small zucchini
- 1 bunch green onions (scallions)
- Red onion, if needed
- Yellow cooking onions, if needed
- 1 or 2 garlic bulbs
- Fresh dill, if using
- Romaine lettuce
- 1 package pre-shredded cabbage

Dairy Section

- Heavy cream, if using
- 1 or 2 dozen eggs
- Butter, for making ghee & other use

Other Items

- 3 cans of full-fat coconut milk
- Jar of Ghee, if needed
- Tomato paste, if needed
- Boxed chicken broth, if needed
- Sugar-free BBQ sauce (or Harlan's Budget Keto BBQ Sauce), if needed

Week Four

Check the pantry and fridge to see what's leftover from last week before finalizing this week's shopping list. Freeze chicken meat for later use as described last week if you elect to make a homemade chicken broth!



Vegetables & Fruit

- Coffee, regular & decaf if needed
- Tea, regular & herbal, if needed
- Electrolyte drinks, as needed
- Allowed sweeteners, as needed
- Nutritional yeast flakes

Meats, Fish & Seafood

- 1 whole chicken, if making homemade broth
- 3 oz sausage, flavor of choice
- 2 lb salmon filets
- 3 lb boneless, skinless chicken thighs
- 1 lb beef round, flank or top sirloin steak
- 2 lb haddock filets, or other white fleshed fish
- Bacon, pork or turkey
- 1 ½ lb stew beef

Vegetables & Fruit

- 2 or 3 lemons
- 2 lb asparagus
- 2 Hass avocados
- 2 garlic bulbs
- 1 celery stock
- Romaine lettuce
- 1 red onion, if needed
- 1 bunch broccoli
- Small piece of fresh ginger root
- 3 heads cauliflower
- 1 bag baby spinach leaves, if needed
- 1 English cucumber
- Fresh dill, if using
- 1 ripe tomato
- 1 C white or cremini mushrooms
- Fresh parsley, if using

Dairy Section

- Heavy cream, if using
- 1 or 2 dozen eggs, if needed
- Butter, for ghee & other uses





Other Items

- 1 small package pork rinds (or use 1 C almond flour if you don't eat pork)
- 2 cans full fat coconut cream
- Boxed chicken broth
- 2 cans solid tuna
- Tomato paste, if needed
- Full fat mayonnaise, if needed
- Boxed beef broth
- Boxed chicken broth, as needed if not making homemade
- 1 package of konjac vermicelli if using with Beef & Broccoli

Week Five

Almost there ... just a few more days!

Meats, Fish & Seafood

- 1 whole chicken, buy 2 if making homemade broth
- 2 lb chicken drumsticks
- 1 lb ground meat, beef or turkey
- Bacon (pork or turkey), if needed





Vegetables & Fruit

- 1 lemon
- 1 Hass avocado
- 1 bunch green onions (scallions)
- 1 garlic bulb, if needed
- 1 English cucumber
- 1 bag mixed greens
- 1 Bell pepper
- 1 bag baby spinach leaves, if needed
- 1 jalapeno pepper
- 1 stalk celery
- 1 bunch broccoli
- 1 lb Brussels sprouts
- 3 small zucchini

Dairy Section

- Heavy cream, if using
- Eggs, if needed
- Butter
- 1 can salmon

Other Items

- Boxed chicken broth, if not making homemade
- Sugar free BBQ sauce, if needed



Chapter 11: Recipes

Essentials

- Bullet Proof Coffee
- Homemade Electrolyte Drink
- Homemade Chicken Broth
- Ghee
- Budget Keto "Bread"
- Vinaigrette
- Completely Keto Green Goddess Salad Dressing
- Harlan's Budget Speed Keto BBQ Sauce
- Chimichurri Sauce
- Basic Salad Dressing

Salads & Veggies

- Budget Keto Coleslaw
- Sliced Tomato & Cucumber Salad
- Fresh Greens Salad
- Budget Caesar Salad
- Fried Cauliflower "Rice"
- Garlic Cauliflower Mash
- Stir-fry Wok Veggies
- Broiled Asparagus
- Mashed "Nips"
- Zucchini Noodles
- Steamed Florets
- Company's Coming Broccoli Casserole
- Slow Cooker Roasted Brussels Sprouts

Breakfast

- Boiled Eggs: 3 Methods!
- Avocado Egg Bake
- Basted Eggs & Bacon
- Perfectly Poached Eggs

- Scrambled Eggs (with & without) Sausage
- Green Breakfast Smoothie
- Blueberry/Spinach Super Smoothie
- Budget Breakfast Bowl

Lunch

- Budget Avocado Chicken Lunch Bowl
- Egg Salad Sandwich
- Tuna Salad Sandwich
- Budget Salad Nicoise
- Salmon Salad Lunch Plate
- Lemon Chicken Lunch Bowl
- Devilish Dilly Eggs
- Chicken Soup
- Broccoli, Cauliflower & Bacon Salad
- Slow Cooker Roasted Brussels Sprouts

Dinner

- Go-to Casserole
- Crispy Chicken Nuggets
- Bacon-wrapped Chicken Thighs
- Crispy Baked Drums
- Coconut Chicken Curry
- Roast Chicken with Broccoli
- Bacon-wrapped Meat Loaf
- Budget Slow Cooker Meatballs
- Speed Keto Stir-fry Wok Meal
- Budget Beef Bourguignon
- Budget Beef & Broccoli
- Thai Style Skirt Steak
- Easy Baked Salmon with Asparagus
- Baked White Fish



Essentials





Bullet Proof Coffee

There are many different versions of bullet proof coffee out there on the internet. The Speed Keto version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Note: Some people react with loose stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon but if you notice a problem cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof morning coffee.

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0





Homemade Electrolyte Drink

There are many brands of electrolyte drinks commercially available today but homemade is also a convenient and more economical option. You can pick up powdered calcium magnesium mixtures at most pharmacies, health food/supplement stores or you can also easily order it from online sources.

I use a fruit flavored herbal tea as a base for my homemade electrolyte brew and steep it with an added stevia leaf for sweetener. I know fresh stevia leaves aren't available to everyone so this recipe includes the option of sweetening to taste with the powdered version.

Coconut water is also an excellent base liquid and is a natural source of sodium and potassium.

Ingredients

- 1 quart base liquid (green tea, flavored herbal tea, coconut water, or plain water)
- 1/8 - 1/4 tsp Himalayan salt
- 1 tsp calcium/magnesium powder
- Stevia sweetener (to taste)

Preparation

1. Brew tea if using, or slightly warm the base liquid.
2. Add Himalayan salt, calcium/magnesium and stevia powder (if using). Mix well until the additions have dissolved into the base liquid.
3. Cool and store in refrigerator for up to four days.





Homemade Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon!

When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5-8 hours (or more). Makes about 4 quarts of stock.

Ingredients

- 1, 4-5 lb chicken whole or cut into pieces
- 2 celery stalks cut in half
- 5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 ½ tsp dried)
- Handful of fresh parsley (or 2 tsp dried)
- 2 tsp pink Himalayan salt (or kosher salt flakes)
- 1 tsp black peppercorns
- 1 ½ T apple cider vinegar
- water to fill the 6-8 quart pot



Preparation

1. Place all ingredients into a 6 – 8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10-20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.
4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.
5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies & bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

Yield: About 4 quarts (16 one cup servings)

If using a slow cooker ... follow the steps outlined above.

The chicken will likely take 2 ½-3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4-24 hours.





Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ghee is a great fat to cook with primarily because the milk solids have been removed. It's the milk solids that tend to brown quickly and burn. Once they are gone the remaining fat can be heated to high temperatures, making ghee an excellent choice for stir-fry wok dishes or other high temperature cooking situations.

Ingredients

- 1 lb unsalted grass-fed, organic butter



Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color
3. The middle will be yellow. This is the deepest layer and it is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15 – 20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0





Budget Keto “Bread”

Recipes for this bread, also known as Oopsie bread are all over the internet with no one really being clear about where it originated. Here’s our favorite version; there’s only two ingredients required! We substitute the cream cheese, usually used in this recipe, with full fat mayonnaise to make the pancake-shaped bread completely Speed Keto compliant.

This bread keeps well in the fridge for three days. If you freeze it make sure to slip a piece of parchment paper between the slices to ensure they won’t stick together. It’s a good idea to always have this substitute for bread available for a quick lunch sandwich.

Ingredients

- 3 large eggs, separated
- 3 T full fat mayonnaise



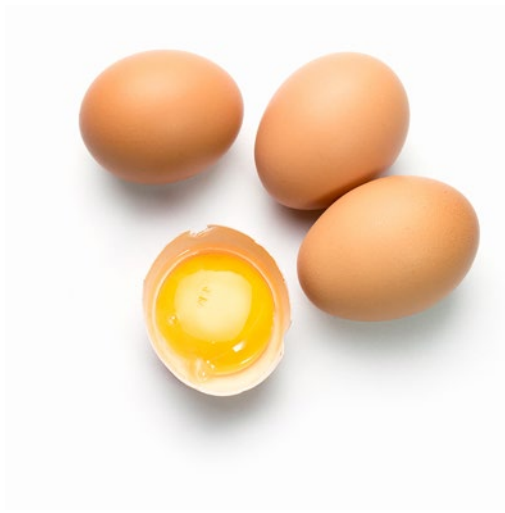
Preparation

1. Pre-heat oven to 300 F.
2. Whip egg white with a hand held mixer until stiff peaks form.
3. Using the mixer blend the egg yolks and mayonnaise until light and creamy.
4. Gently fold the egg white and yolk mixture together using a spatula.
5. Make 6 separate circular mounds of the batter on a parchment lined baking sheet, leaving a bit of space between each of the round pancake shapes.
6. Bake until lightly golden in color (about 30 minutes). Cool on a wire rack.

Yield: 6 pieces of cloud bread (one piece/serving)

Nutritional Information:

- Total Calories/serving: 85
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 7 g
- Protein: 4 g





Vinaigrette

Homemade vinaigrettes are easy to make. Once you get on to how easy it is to whip one up there will be no going back to heavy handed, fake tasting store bought salad dressings.

Ingredients

- Juice from 1 lemon or 2 limes
- 1 tsp Dijon mustard
- 3 drops of liquid stevia
- 1 garlic clove
- $\frac{3}{4}$ C olive oil



Preparation

1. Whisk lemon juice, mustard, garlic and liquid stevia.
2. Drizzle olive oil into the lemon juice mixture and continue whisking until all the oil has been incorporated into the dressing.

Yield: 16 servings (1 Tablespoon in each serving)

Nutritional Information:

- Total Calories/serving: 90
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 0 g





Completely Keto Green Goddess Dressing

This dressing was invented and served to me by a friend. I begged for the recipe. Once again I suggest you keep an eye on the “reduced produce” section at the grocery store. Quite often I find perfectly ripened avocados there, ready for use on the same day. That’s when I make this divine salad dressing. It works well with any of the salads I have listed here.

Tip: Even though a bit more expensive, always use freshly squeezed lemon or lime juice. The bottled juices have preservatives added that alter their flavors.

Ingredients

- 2 ripe avocados, peeled and stone removed
- 2 garlic cloves, minced or pushed through a press
- ½ C green onions (scallions), chopped
- 1 ½ T fresh dill, chopped (or 2 tsp dried)
- ¼ C parsley, chopped (or 2 tsp dried)
- 1 T fresh lemon juice
- ½ T fresh lime juice
- 1 ½ T extra virgin olive oil
- Freshly ground pink Himalayan salt & black pepper, to taste



Preparation

1. Put all ingredients in food processor and process until creamy.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 161
- Total Carbs: 9 g
- Fiber: 6 g
- Net Carbs: 3 g
- Total Fat: 14 g





Harlan's Budget Speed Keto BBQ Sauce

This BBQ sauce adds extra flavor to many different dishes plus it's totally Keto. I use it when making Bacon Wrapped Chicken Thighs and the very tasty Budget Meatballs recipe. I'm sure you'll find many other uses for this homemade sauce ... so fire up the BBQ and enjoy!

Ingredients

- 2 T ghee or coconut oil
- 1 medium Onion, fine dice
- 2 cloves garlic, minced or pushed through a press
- 1 T chili powder
- ½ tsp ground black peppercorns
- ¼ tsp ground cumin
- ½ tsp dried oregano
- 1 tsp dried basil
- ¼ tsp Liquid Smoke (if desired)



- 1 T Dijon Mustard
- ½ C sugar-free ketchup
- 2 T tomato paste
- ¾ C water
- ¼ C vinegar, white or apple cider
- 1 tsp Keto hot sauce (add more if you like heat & less if you don't)
- 1/3 C Erythritol Sweetener (or stevia to taste)

Preparation

1. Melt ghee in a stainless steel pot; add diced onion and sauté for a few minutes until soft and translucent.
2. Add minced garlic, himic powder, pepper, cumin, oregano and basil. Continue to sauté for another few minutes.
3. Add remaining ingredients and simmer, stirring occasionally, for 20 minutes.

Yield: Approximately 2 cups (each serving is 2 Tablespoons in size so there's about 16 servings in total)

Nutritional Information

- Calories/serving (2 T): 41
- Total carbs: 4 g
- Fiber: 1 g
- Total Fat: 3 g
- Protein: 1 g





Chimichurri Sauce

You can customize the “heat” in this recipe with your choice of hot pepper. A jalapeño pepper will give a bit of heat and others, like Serrano or habanera, will kick it up a notch! This is an easy condiment to make and you may find it becomes a staple in your fridge. A few tablespoons of Chimichurri in some mayonnaise makes a great salad dressing and sautéing spiralized zucchini noodles with Chimichurri makes a tasty side dish that can be paired with many different entrées.

Ingredients

- 1 lemon, the juice & finely grated zest
- 1 hot pepper, seeded
- ½ yellow bell pepper, seeded
- ¼ C fresh parsley, chopped
- ½ C cilantro, chopped
- 2 T fresh oregano, minced
- 3 garlic cloves, minced or pushed through a press
- ¾ C olive oil
- Salt and pepper, to taste



Preparation

1. Give the lemon a scrub, pat it dry and grate the peel finely. Juice lemon and add juice and zest to a blender (or food processor).
2. Chop the seeded pepper and add to blender along with the yellow bell pepper, parsley, cilantro, oregano, minced garlic and olive oil. Season with salt and pepper.
3. Blend on high until all the ingredients have become coarse in texture.
4. Correct the seasoning and store in a glass jar with a tight fitting lid in the fridge.

Yield: about 2 cups altogether (16 servings of 2 tablespoons each)

Nutritional Information:

- Calories/serving: 109 (2 tablespoons)
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 10 g
- Protein: 1 g



Salads & Veggies





Budget Keto Coleslaw

Bagged shredded cabbage mixtures are readily available in most grocery stores so whipping up coleslaw takes no time at all on days you are in a hurry to get a meal on the table. Of course it's more economical to buy a whole cabbage and shred it yourself. Using a food processor makes quick work of this job, so whatever method you choose; coleslaw will be an easy to make side-salad.

Ingredients

- 3 C pre-shredded cabbage
- 1 dill pickle, small dice
- 3 T onion, minced
- 3 T mayonnaise
- ½ T pickle juice
- Salt and pepper to taste



Preparation

1. Mix all ingredients together and serve.

Yield: 4 servings (reserve one portion for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 91
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 8 g
- Protein: 1 g





Sliced Tomato & Cucumber Salad

Most supermarkets have a spot where “reduced in price” produce is sold. I often find perfectly ripened tomatoes, of all types, in this section. I’ve found it’s definitely worthwhile to swing by this area as bargains abound!

Ingredients

- 2 C baby spinach leaves
- 2 large ripe tomatoes, sliced
- ½ English cucumber, thin slices
- 6 Mediterranean style black olives, pitted and chopped
- 1 thin slice red onion, rings pulled apart
- 1 T capers
- ¼ C Vinaigrette



Preparation

1. Sprinkle spinach leaves around the outer edges of a round platter. Fan out tomato slices in a circle inside the ring of spinach leaves. Place cucumber slices on top of the spinach around the outer edges. Sprinkle the onion rings, black olive bits and capers evenly over-top the whole salad.
2. Drizzle on the Vinaigrette. If you make this salad about ½ hour ahead of serving time the flavors will meld nicely.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 137
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 12 g
- Protein: 2 g





Fresh Greens Salad

On speed keto we eat plenty of fresh greens. I try to change the type of ready-to-serve greens I purchase so that over the course of a week I get plenty of variety in my salads.

Ingredients

- 2 C mixed greens of your choice
- 2 C baby spinach leaves
- 2 green onions (scallions), thinly sliced
- ¼ C English cucumber, small dice
- ½ avocado, sliced (if desired)
- 2 T vinaigrette ([link to recipe](#)), or other allowed dressing of choice



Preparation

1. Toss mixed greens, spinach, cucumber and green onions together in a salad bowl. Add in avocado, if using.
2. Drizzle vinaigrette over-top.
3. Toss and serve immediately.

Yield: Serves 4

Nutritional Information:

(without avocado)

- Total Calories/serving: 193
- Total Carbs: 6 g
- Fiber: 4 g
- Total Fat: 19 g
- Protein: 2 g

Nutritional Information:

(with avocado)

- Total Calories/serving: 307
- Total Carbs: 12 g
- Fiber: 9 g
- Total Fat: 30 g
- Protein: 3 g





Budget Caesar Salad

A Caesar Salad on the side dresses up a meal nicely. Add leftover chicken and you have a perfect meal in one bowl for lunch or dinner.

Ingredients

- 1 ½ C romaine lettuce, torn into pieces
- 1 clove garlic, finely minced.
- ½ tsp anchovy paste (optional)
- ¼ tsp Worcestershire sauce.
- 2 tsp fresh lemon juice
- ½ tsp Dijon mustard.
- ¼ C full fat mayonnaise.
- Salt & Pepper to taste.



Preparation

1. Place torn romaine leaves into salad bowl.
2. In a separate bowl whisk anchovy paste, Worcestershire sauce, lemon juice, Dijon mustard and mayonnaise. Add salt & pepper to taste. Drizzle salad dressing over the romaine, toss & serve.

Nutritional Information:

Yield: Serves 2

- Total Calories/serving: 194
- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 1 g





Fried Cauliflower “Rice”

You can use a variety of different spices and herbs to create different flavor profiles for this tasty fried “rice”. It’s a versatile side-dish that works well with many different entrées.

Ingredients

- 2 T extra virgin olive oil or coconut oil
- 2 C cauliflower, grated by hand or pulsed in a food processor (about 3 C of small florets)
- ¼ C onion, fine dice
- 2 garlic cloves, minced



Preparation

1. Melt oil in a wok or heavy skillet over medium/high heat.
2. Sauté onion for 3 minutes or until soft.
3. Add minced garlic and sauté for one more minute.
4. Add grated cauliflower and stir-fry for about 4 or 5 minutes until the rice is soft and cooked through. Remove from heat and serve immediately.

Yield: 4 servings (1/2 C each)

Nutritional Information:

- Total Calories/serving: 86
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 8 g
- Protein: 1 g





Garlic Cauliflower Mash

For creamy cauliflower mash you will need to take care when squeezing the excess moisture out of the steamed cauliflower. It's a bit of a messy process but the end result is worth your effort. The mash will be creamier and thicker ... just the way you like it!

If you are in a hurry you can skip roasting the garlic. Simply sauté the raw chopped garlic in the ghee until it browns and gets a bit crispy.

Ingredients

- 1 ½ heads of cauliflower, cut into florets
- 1 garlic bulb
- 3 T ghee, melted
- ¼ tsp pink Himalayan salt flakes
- ¼ tsp black pepper



Preparation

1. Pre-heat oven to 375 F.
2. Remove excess paper from garlic bulb and brush off any loose dirt from the root end. Use a sharp knife to cut off a bit of the top part of the bulb but leave the root end intact. Place bulb on a baking sheet and onto the middle rack of the pre-heated oven. Bake for 25 minutes or until the bulb turns a golden brown and the individual cloves inside the bulb are soft. When cool enough to handle, separate the cloves and remove the papery coating. Chop roughly into smaller chunks and set aside.
3. Steam cauliflower over boiling water until very tender. Transfer cooked cauliflower to a deep bowl. Fold a few sections of paper towel and place on top of the cauliflower.
4. Using paper towel squeeze as much excess moisture as possible out of the flowerets by pressing down on them. The moisture will wick upwards into the paper towel. Don't worry if the cauliflower falls apart during this process.
5. Melt the ghee and sauté the chopped garlic until it gets a bit crispy. Mash the cauliflower using a hand-held blender. Don't be afraid that the mash will get gluey by over-processing. It's the starch in potatoes that does that and since there's no starch in cauliflower, you don't have to worry!
6. Correct the seasoning with salt and pepper. Serve while hot.

Serves 6

Nutritional Information:

- Total Calories/serving: 98
- Total Carbs: 8 g
- Fiber: 4 g
- Total Fat: 7 g
- Protein: 3 g





Stir-fry Wok Veggies

I love using my wok to stir-fry up a medley of leftover veggies at the end of the week. Today I have some broccoli, asparagus, zucchini, mushrooms and bell pepper in the fridge that need to be used. Feel free to substitute whatever you have on hand.

Ingredients

- 1 T ghee
- ½ cooking onion, cut into thin wedges
- 1 C broccoli florets, small florets
- ½ C asparagus, cut into 1" pieces
- ½ C zucchini, sliced
- ½ C sliced mushrooms
- ½ Bell pepper, cut into strips
- Herbs and spices of choice, to taste



Preparation

1. Melt ghee in a wok over medium heat. Add onion and stir-fry until onion softens. Toss in the broccoli and asparagus. Continue to stir-fry for a few minutes more until the broccoli and asparagus become bright green and semi-cooked.
2. Add the zucchini, mushrooms, bell pepper and herbs or spices of choice. Stir-fry for a few minutes more, until the veggies are cooked to your liking.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 59
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 4 g
- Protein: 2 g





Broiled Asparagus

Asparagus is one of my favorite vegetables. These scrumptious green stalks are available all year round but my favorite time of year is when local asparagus shows up at the farmer's market. You just can beat that freshly picked flavor. There's no need to fancy asparagus up with lots of spices. This easy broiling method is simple and lets the natural flavor shine.

Ingredients

- 1 lb asparagus
- 1 T melted ghee (or extra virgin olive oil)
- Grinding of pink Himalayan salt & black peppercorns

Preparation

1. Wash asparagus well under running water. Pat dry and trim the stalks to remove the woody ends. Toss with melted ghee to coat the asparagus evenly and lay out on a rimmed baking sheet. Season with salt & pepper.
2. Run under the broiler for 3 minutes, flip asparagus and broil for 2 or 3 minutes on the other side. Serve while hot or at room temperature.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 56
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 4 g
- Protein: 2 g





Mashed “Nips”

Mashed turnip or, as my Scottish friend says “nips”, is a versatile vegetable side-dish. It goes particularly well with pork but also pairs with roast chicken or meat-loaf nicely.

Ingredients

- 3 C turnip (rutabaga), cubed
- 1 T butter
- Salt & pepper, to taste

Preparation

1. Cover with water, in a heavy bottomed saucepan, and boil cubed turnip until very soft (about 10 – 15 minutes).
2. Add butter and mash.
3. Correct seasoning with salt & pepper and serve immediately

Yield: 4 servings (1/2 C each)

Nutritional Information:

- Total Calories/serving: 51
- Total Carbs: 6 g
- Fiber: 3 g
- Total Fat: 3 g
- Protein: 1 g





Zucchini Noodles

I have a vegetable spiralizer but no worries if you haven't got one. You can make the noodles by hand; it just takes a bit longer and they may not be quite as thin as the spiralized noodles. Either way, the flavor is grand!

Ingredients

- 1 T ghee
- 3 zucchini, small size
- 2 cloves of garlic, minced
- Grinding of salt & pepper, to taste



Preparation

1. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. If you don't have a spiralizer slice zucchini lengthwise into very thin slices. Lay each slice flat and cut, lengthwise into flat fettuccini noodle style strips about 1/3 " wide. You will have about 5 – 6 cups of "veggie pasta" when done.
2. Melt ghee in a wok or flat-bottomed skillet over medium high heat.
3. Add minced garlic and cook, stirring until the garlic becomes translucent.
4. Add the zucchini noodles and continue stir-frying until the zucchini is softens and is cooked. This will only take a few minutes. Careful not to over-cook or the noodles will become mushy. Serve immediately

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 49
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 4 g
- Protein: 1 g





Steamed Florets

Steamed lightly and served with butter melting over-top this combo can accompany a variety of entrees. These veggie florets feel right at home next to fowl, fish or meat.

Ingredients

- 3 C broccoli florets
- 3 C cauliflower florets
- 2 T butter
- Salt & pepper to taste

Preparation

1. Fill the bottom of a large pot with about 2" of water. Place steamer over the water put in the cauliflower and broccoli florets.
2. Cover the pot with a tight fitting lid and steam over medium-high heat. S
3. team for 5-7 minutes until, the florets are tender but still slightly crunchy.

Serve immediately with butter melting over-top!

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 56
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 4 g
- Protein: 2 g





Company's Coming Broccoli Casserole

This casserole will serve 12 people and is a crowd pleaser. It's easy enough to cut the recipe in half if there aren't quite that many people around the table tonight!

Ingredients

- 1 Large bunch broccoli (about 2 lb)
- 1 tsp extra-virgin olive oil
- ¼ C full-fat canned Coconut milk
- 2/3 C mayonnaise (no sugar mayo)
- 4 Eggs
- 1 T onion powder
- 1 Tsp pink Himalayan salt flakes
- Grinding of black pepper



Preparations

1. Pre-heat oven to 350 F
2. Brush inside of casserole dish with the oil and set aside.
3. Thoroughly wash broccoli and trim off any tough ends. Steam until tender but not too soft. Drain well, reserve ½ C of the florets and mash the rest using a mixer or food processor
4. Whisk the coconut milk, mayonnaise, eggs, onion powder, salt and pepper.
5. Add the mashed broccoli and mix well.
6. Transfer the mixture to the prepared casserole dish and dot the reserved florets here and there across the top of the broccoli mixture.
7. Place casserole on the middle rack of the pre-heated oven. Bake for 30 minutes or until puffy and a nice golden color.

Yield: Serves 12

Nutritional Information:

- Calories: 127/serving
- Total Fat: 10 g
- Total Carbs: 6 g
- Fiber: 2 g
- Protein: 4 g





Slow Cooker Roasted Brussels Sprouts

Sometimes the oven is occupied and there's no room for the veggies you want to cook. This may be a good time to get out your slow cooker. This recipe for roasted Brussels sprouts is dead easy and they end up looking like they came straight out of the oven: i.e. nicely browned! This crock-pot roasting method also works well for cauliflower florets.

Ingredients

- 1 lb Brussels sprouts
- 3 T extra-virgin olive oil
- Grinding of pink Himalayan salt & black pepper, to taste

Preparation

1. Place Brussels sprouts in slow cooker. Drizzle olive oil over-top and toss to coat, evenly. Season with salt & pepper
2. Cover with the lid. Cook on low heat for 4 hours or high heat for 2 ½ hr., stirring every once in a while.

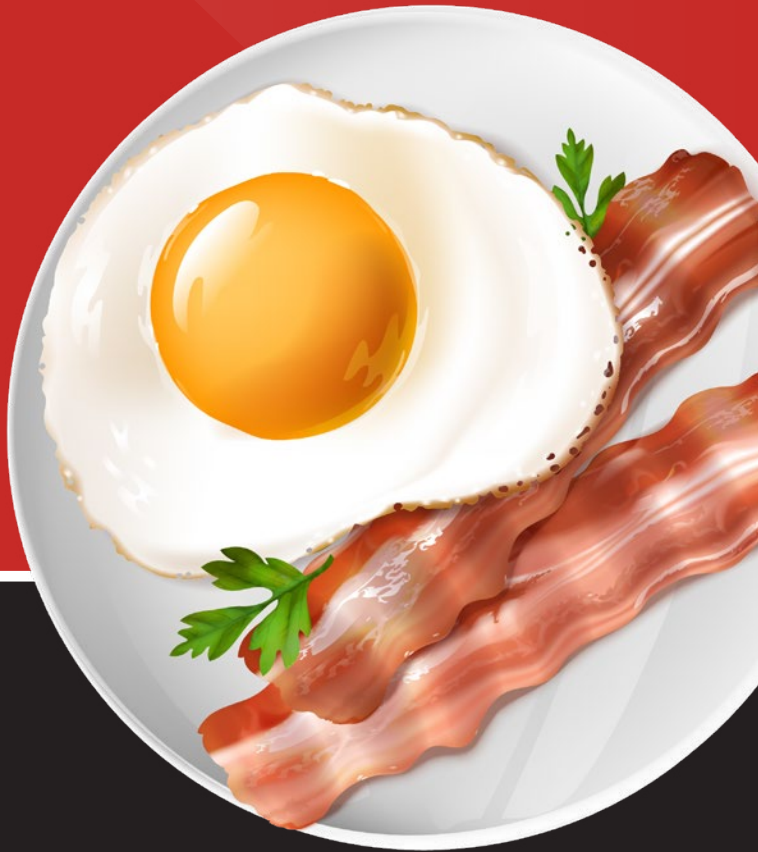
Yield: 6 Servings

Nutritional Information:

- Calories/serving: 92
- Total Fat: 8 g
- Total Carbs: 5 g
- Fiber: 2 g
- Protein: 2 g



Breakfast





Boiled Eggs: 3 Methods!

Here are 3 different methods for cooking perfect eggs; boiled in water, baked in the oven or made in an instant pot. Whichever method you choose the resulting eggs, with soft or hard yolks, won't disappoint.

Method # 1: Stove-top Boiled Eggs

Keep a stash of ready to eat hard boiled eggs in the fridge for a quick snack if the need arises. I make boiled eggs using large sized eggs that come straight out of the fridge. Simply place eggs in a heavy bottomed pot that comfortably fits the number of eggs you are boiling. Cover the eggs with water (1" above the tops of the eggs in the pot) using cold water from the kitchen tap.

Hard Boiled Eggs

1. Set your timer for 15 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at as rapid a rate.
2. When 15 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process. Refrigerate the eggs when cool enough to handle. Hard boiled eggs can be stored in the fridge for up to a week.





Soft Boiled Eggs:

1. Set your timer for 7 minutes and place the pot over high heat until the water boils. Immediately lower the heat to medium high so the water continues to boil but not at as rapid a rate.
2. When 7 minutes is up remove from heat and plunge the boiled eggs into ice cold water to immediately stop the cooking process.

Method #2: Instant Pot Eggs

Peeling eggs that have been cooked in an instant pot is amazingly easy; you will never have to deal with shell that just won't release from the membrane again!

Hard Boiled Eggs:

1. Place eggs on the rack that fits into the bottom of the inner pot. Seal lid.
2. Set to high pressure for 5 minutes then perform a quick manual release after 5 minutes. Run the eggs under a stream of cold water until cool enough to handle. Peel immediately.



Soft Boiled Eggs:

1. Place eggs on the rack that fits into the bottom of the inner pot. Seal lid. Set to high pressure for 3 minutes then perform a quick manual release after 5 minutes.
2. Run the eggs under a stream of cold water until cool enough to hold. Peel right away.

Method #3: Baked in Oven

Hard Boiled Eggs:

1. Place eggs into a muffin tin (so they aren't rolling around in the oven) and bake on the middle rack of an oven that has been pre-heated to 325 F for 30 minutes. Plunge into cold water until eggs can be easily handled.
2. Soft Boiled Eggs: Follow instructions above and bake for 22 minutes. Plunge into icy cold water to stop the cooking process and to cool the outside of the eggs so they are easier to handle.

Yield: 1 large egg per serving

Nutritional Information:

- Total Calories/serving: 70
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 2 g
- Protein: 6 g





Avocado Egg Bake

Even though I'm placing this recipe in the breakfast section, I also enjoy this Avocado Egg Bake for lunch and dinner. There are a variety of additions that can be tucked in with egg in that lovely little hollow inside the avocado; various herbs, Chimichurri sauce, smoked salmon, small ham cubes & turkey sausage or bacon bits all can add flavor to this easy meal. Let your family customize their own avocado/egg according to their individual taste bud preferences!

Ingredients

- ½ ripe hass avocado, cut in half & pit removed
- 1 egg
- Grinding of pink Himalayan salt and black peppercorns



Preparation

1. Pre-heat oven to 350 F.
2. Cut avocado in half and remove pit. Leave skin on. Hollow out the interior a bit so there's room enough inside the boat to hold the egg (and other ingredients, if desired).
3. Crack an egg into the cavity of the avocado and season with salt and pepper. Place avocado boat on a parchment-lined, rimmed baking sheet.
4. Place baking sheet on the middle rack of the pre-heated oven for 20-25 minutes or until the eggs are done to your liking.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 152
- Total Carbs: 4 g
- Fiber: 3 g
- Total Fat: 13 g
- Protein: 7 g





Basted Eggs & Bacon

Many of my clients do not eat pork so I am providing two versions of this recipe; one using pork bacon and the other with turkey bacon. Both are tasty but the turkey version has less fat so some ghee or other fat will have to be added. I have provided nutritional information below for both versions.

Ingredients

- 4 slices bacon
- 2 eggs
- 1 - 2 T ghee (if using turkey bacon)
- Grinding of pink Himalayan salt & black peppercorns, to taste



Preparation

1. Heat a heavy bottomed skillet over high heat. When hot, turn heat down to medium high and add strips of bacon. Cook, flipping half-way through until preferred crispness is reached. Drain on paper towel and keep warm.
2. Crack eggs into the hot bacon grease. If using turkey bacon and there isn't enough fat now is the time to add the ghee. It will melt quickly in the hot pan. Season eggs with a grinding of salt & pepper.
3. Once the eggs have set, tilt the pan slightly and use a tablespoon to baste the top of the eggs with the hot grease. Continue doing this until a light, white skim of egg white forms over the top of the yellow yolk. When the yolk is as solid as you want, use a spatula to remove the eggs to warm plates. Serve with 2 strips of bacon next to the egg on each plate.

Yield: 2 Servings

Nutritional Information:

(with pork bacon)

- Total Calories/serving: 150
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 12 g
- Protein: 11 g

Nutritional Information:

(with ghee and turkey bacon)

- Total Calories/serving: 178
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 14 g
- Protein: 12 g





Perfectly Poached Eggs

It takes 4 minutes to perfectly poach one egg in water that is just at the simmering point. The end result is a nicely shaped egg with a warm yolk that is slightly thickened; not too runny or overly hard. Since we'll be poaching 4 eggs we will add about 20 seconds per extra egg. Some folks add a wee bit of vinegar to the simmering water which helps keep those wisps of egg white from escaping each egg and messing up the water. Be careful if you add vinegar ... too much and it will affect the flavor of your eggs. It takes practice to get perfectly poached eggs but is not impossible!

Ingredients

- 4 large eggs



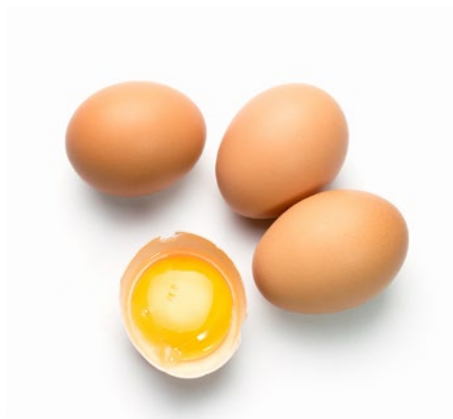
Preparation

1. Select a pan, large enough to hold 4 eggs without them being too crowded, and fill it halfway up with water. Place pan over high heat and bring the water up to the boil. Reduce heat beneath the pan so the water is just at the simmering point. You will see small bubbles forming across the bottom of the pan that rise gently to the surface when the water is at the right temperature.
2. Crack fresh eggs, one at a time, into a measuring cup that has a long handle. Gently slip the eggs into the simmering water, one at a time. Poach the eggs for 5 minutes altogether.
3. Use a slotted spoon to remove each egg from the pan. I like to remove excess water by gently blotting the egg while it's still in the spoon. Serve while hot with a quick grinding of salt & pepper if desired.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 70 (one egg/serving)
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 0 g
- Protein: 6 g





Scrambled Eggs (with & without) Sausage

Italian (turkey) sausage is my favorite but you can get these larger (3 oz) sausages in a variety of flavors. Remember to read the label and choose a sausage with no added sugars.

Ingredients

- 1 tsp ghee (or extra-virgin olive oil)
- 4 eggs
- 2 T full fat coconut milk
- 1 sausage (3 oz), cooked and sliced into small chunks
- Salt & pepper to taste



Preparation

1. Whisk eggs and coconut milk together.
2. Melt ghee in a heavy skillet over medium high heat.
3. Add the whisked egg mixture and chunks of cooked sausage and lower the heat to medium. Scramble until cooked through and serve immediately.

Yield: 2 servings

Nutritional Information:

(with sausage)

- Total Calories/serving: 277
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 21 g
- Protein: 19 g

Yield: 2 servings

Nutritional Information:

(without sausage)

- Total Calories/serving: 203
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 17 g
- Protein: 12 g





Green Breakfast Smoothie

Nothing beats a smoothie when you are in a hurry. Grab it on your way out the door; sip and enjoy on your way to work!

Ingredients

- 1 Hass avocado, seeded and peeled
- 1 C coconut milk, canned
- ½ C baby spinach leaves
- ¼ C English cucumber
- ½ tsp pure vanilla extract
- Sweetener to taste
- 4 ice cubes

Preparation

1. Place all ingredients in blender or food processor and process until creamy and smooth. Divide into two portions and serve.

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: 291
- Total Carbs: 9 g
- Fiber: 4 g
- Total Fat: 26 g
- Protein: 6 g





Blueberry/Spinach Super Smoothie

Use frozen blueberries for a cold and thick smoothie that will make an excellent start to your busy day. Packed full of nutrients from two super-star foods, blueberries and spinach; this smoothie packs great taste into one glass too!

Ingredients

- ½ C full fat coconut milk
- ¼ C blueberries, frozen
- ½ C baby spinach leaves
- 1 T melted coconut oil
- Sweetener, to taste
- 3 ice cubes

Preparation

1. Blend all ingredients and pour ... enjoy!

Yield: 1 serving

Nutritional Information:

- Total Calories/serving: 305
- Total Carbs: 9 g
- Fiber: 2 g
- Total Fat: 30 g
- Protein: 3 g





Budget Breakfast Bowl

Corned beef pairs perfectly with cauliflower in this easy-to-make breakfast bowl. You won't miss the potatoes; promise!

Ingredients

- 1 T ghee
- ¼ C onion, small dice
- 2 C cauliflower florets, processed into rice
- ½ lb corned beef, coarsely chopped
- Top with Perfectly Poached Eggs, if desired



Preparation

1. Melt ghee in a heavy bottomed skillet over medium high heat. Saute onions until soft. Add the riced cauliflower. Saute, stirring occasionally for 3 or 4 minutes.
2. Add shredded corned beef and continue to sauté until the cauliflower bits are softened and lightly browned. Serve immediately divided into 2, wide-brimmed bowls. Garnish each serving with a poached egg, if desired.

Yield: 2 Servings

Nutritional Information:

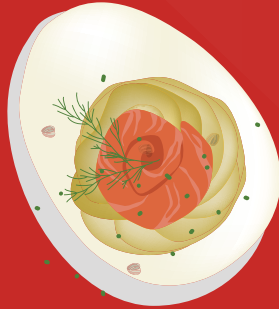
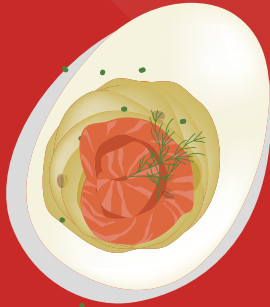
- Total Calories/serving: 288
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 23 g
- Protein: 16 g

If you garnish with an egg add the following:

- Total Calories/serving: 358
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 25 g
- Protein: 22 g



Lunch





Budget Avocado Chicken Lunch Bowl

You could easily call this recipe a dinner bowl and you might even consider it for your breakfast menu. Use leftover chicken or sauté a chicken breast or boneless thigh and make up a keto dressing of your choice. I like Vinaigrette drizzled over this salad but you could also use the Sesame Soya Dressing for an Asian flavored meal.

Ingredients

- 2 C torn romaine lettuce leaves
- ½ C baby spinach leaves
- 3 oz cooked chicken
- 1 small ripe Hass avocado, cut into small chunks
- 1 thin slice red onion, cut in half
- ½ C English cucumber, small chunks
- 1/3 C cherry tomatoes, quartered
- 4 T Vinaigrette



Preparation

Toss together the romaine and spinach and divide between two salad bowls. Arrange the remaining ingredients on top and drizzle 2T of the dressing over each salad. That's it! Enjoy!!

Yield: 2 Servings

Nutritional Information:

- Total Calories/serving: (with Vinaigrette)
- Total Carbs: 9 g
- Fiber: 5 g
- Total Fat: 19 g
- Protein: 11 g





Egg Salad Sandwich

I love a bit of curry in my egg salad but skip this spice if it's not on your list of favorites.

Ingredients

- 2 Budget Keto Bread pieces
- 1 Perfectly Hard Boiled Egg
- 1 T full fat mayonnaise
- ¼ tsp Dijon mustard
- 1 green onion (scallion), thinly sliced or 2 T red onion, minced
- ½ tsp curry powder
- 1 Romaine lettuce leaf
- Himalayan salt & black pepper (to taste)



Preparation

1. Mash hardboiled egg with a fork and mix in the mayonnaise, Dijon mustard, green onion and curry powder. Correct the seasoning with salt & pepper.
2. Spread the egg mixture on one piece of cloud bread. Top with the Romaine lettuce and cover with the second piece of Cloud Bread. Cut in half and serve.

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 245
- Total Carbs: 6 g
- Fiber: 5 g
- Total Fat: 20 g
- Protein: 10 g





Tuna Salad Sandwich

Ingredients

- 4 Budget Keto Bread pieces
- 1 can solid tuna
- 2 T full fat mayonnaise
- 2 green onion (scallion), thinly sliced or 2 T red onion, minced
- 2 Romaine lettuce leaf
- Grinding of pink Himalayan salt & black pepper (to taste)

Preparation

1. Mash solid tuna with a fork and mix in the mayonnaise and green onion. Correct the seasoning with salt & pepper.
2. Divide the tuna mixture between two pieces of the Budget Keto Bread. Top each with the Romaine lettuce and cover with the second piece of keto bread. Cut the sandwiches in half and serve.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 271
- Total Carbs: 5 g
- Fiber: 2 g
- Total Fat: 22 g
- Protein: 13 g





Budget Salad Nicoise

Here's an easy lunch; assemble the ingredients; toss everything together and your done. Lunch is served!

Ingredients

- 1-7.5 oz can solid tuna, pulled into small chunks
- $\frac{1}{4}$ C tomatoes, small dice (use cherry tomatoes or whole tomato)
- $\frac{1}{4}$ C cucumber, small dice
- 1 thin slice red onion, pulled apart into rings
- 1 C lettuce
- 3 black olives
- 1 T fresh lemon juice
- 1 T olive oil

Preparation

1. Combine all ingredients, toss and enjoy!

Yield: 1 serving

Nutritional Information:

- Total Calories/serving: 297
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 23 g
- Protein: 16 g





Salmon Salad Lunch Plate

Ingredients

- 1 T mayonnaise (full-fat)
- 2 T lemon juice
- 2 green onions, sliced thinly
- 2 C mixed greens
- ¼ C bell peppers, small dice
- ¼ C celery, small dice
- 1 - 7.5 oz can salmon, drained
- Salt & pepper to taste



Preparation

1. Toss green onions, mixed greens, bell pepper and celery together. Divide onto 2 plates.
2. Place salmon in a small bowl and break up into chunks.
3. Whisk mayonnaise and lemon juice and mix with the salmon chunks. Spoon over-top the mixed greens mixture dividing the salmon evenly between the two bowls and serve.

Yield: serves 2

Nutritional Information:

- Total Calories/serving: 176
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 6 g
- Protein: 16 g





Devilish Dilly Eggs

If you have done up a batch of Hard-boiled Eggs: 3 Methods and have them ready and waiting in your fridge, this spicy version of devilled eggs won't take long to make. Feel free to adjust the seasonings and level of heat to your taste. If you don't have an herb garden just use dried dill for a less expensive version.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- ½ tsp dried dill (or ½ T minced fresh dill)
- ½ tsp hot sauce (or to taste)
- Grinding of pink Himalayan salt & black peppercorns
- Sprinkle of smoked chipotle pepper or paprika, for garnish if desired
- Sprig of fresh dill, for garnish if desired



Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard, onion powder, dill and hot sauce. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish with chipotle pepper and fresh dill, if desired. Serve immediately or cover and refrigerate.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 249
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 20 g
- Protein: 12 g





Chicken Soup

I usually make this soup the day after I've served roast chicken for dinner. There are usually some leftovers that I can use for the soup. The cauliflower rice adds body to the soup and is superb at absorbing the chicken flavor as the soup simmers. If you don't have konjac rice available, simply double the amount of cauliflower rice shown below. This chicken soup is truly a comfort food for me and my family.

Ingredients

- 1 T ghee
- ½ yellow cooking onion, medium dice
- ½ C celery, medium dice
- ½ carrot, medium dice
- 1 tsp thyme
- 1 box chicken broth (or 1 qt. homemade broth)
- 2 C cauliflower florets, grated or riced using a food processor
- 2 C diced cooked chicken (or 2 chicken breasts cut into small cubes)
- 1 package Konjac “rice” noodles



Preparation

1. Melt ghee over medium high heat in a heavy bottomed soup pot. Add diced onion, celery and carrot. Sauté until onion and celery are soft and translucent. The carrot will soften somewhat as well.
2. Sprinkle thyme into the veggies and add broth. Turn heat up under the pot until the broth begins to simmer.
3. Most Konjac rice noodles come suspended in liquid, inside a plastic package. The liquid has a bit of an odour but don't worry this is normal; the noodles just need to be drained and rinsed. Drain the konjac rice noodles in a large sieve and rinse under cold running water while stirring the noodles around to make sure all the packaging liquid is rinsed away. Add the "rice" to your simmering broth.
4. Add chicken and simmer for a few more minutes. Make sure chicken is cooked if using fresh breasts. Divide into bowls and sprinkle on a garnish of minced fresh parsley (if desired).

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 176
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 8 g
- Protein: 13 g





Broccoli, Cauliflower and Bacon Salad

The trick with this salad is to steam the cauliflower and broccoli lightly. You want the florets to be al dente; with a little bit of crunch left in them.

Ingredients

- 4 strips pork (or turkey) bacon, cut into 1" pieces
- 1 C small broccoli florets
- 1 C cauliflower florets
- 1 T bacon fat
- ¼ C full-fat mayonnaise
- 2 tsp unseasoned rice vinegar
- Sweetener to taste
- 2 C baby spinach leaves
- 2 green onions thinly sliced



Preparation

1. Fry bacon pieces over medium high heat until crisp. Drain on paper towel reserving 1 T of the bacon fat.
2. Make sure broccoli and cauliflower florets are cut into small-sized pieces. Steam over boiling water for 3 minutes while the bacon is cooking.
3. To make a dressing whisk mayonnaise, bacon fat, rice vinegar and sweetener. Set aside.
4. Combine dressing with steamed broccoli, cauliflower and green onion. Toss until veggies are evenly coated.
5. Make a bed of spinach on 4 plates. Top with the veggie mixture and sprinkle on the bacon pieces. Serve immediately.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 214
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 19 g
- Protein: 4 g



Dinner





Go-to Casserole

Quick prep time makes this go-to casserole a weekly mainstay in my home. Pop it in the oven and bake for 30 minutes (50 minutes if frozen). Pair with a salad of your choice and dinner is served!

Ingredients

- 1 whole medium zucchini, cut into 4 lengthwise slices
- ½ lb Italian sausages, meat removed from casings
- ½ lb ground meat, (beef or turkey)
- ¼ C onion, small dice
- 3 cloves garlic, minced or pushed through a press
- 1 T ghee
- 1 ½ C full fat coconut milk
- 2 eggs, whisked lightly
- ½ T tomato paste
- 1 tsp turmeric
- ½ tsp pink Himalayan salt flakes
- ½ tsp ground black peppercorns



Preparation

1. Pre-heat oven to 350 F.
2. Spray casserole dish lightly with olive oil and arrange zucchini on the bottom of the dish.
3. Melt ghee and sauté onion for a few minutes until softened and translucent. Add the garlic and sauté one minute more before adding the ground Italian sausage and ground beef. Turn the heat up under the skillet and brown the meat. Remove from heat and cover the zucchini with the meat.
4. Make a sauce by whisking coconut milk, tomato paste, turmeric salt and pepper. Pour into hot skillet and deglaze the bits that are stuck to the pan. Simmer for a few minutes to reduce the sauce somewhat. Remove from heat and cool for a few minutes before adding the whisked eggs. Whisk sauce/egg mixture then pour over the meat in the casserole. Bake on the middle rack of the oven for 45-50 minutes until the casserole reaches an internal temperature of 165 F.
5. Allow the casserole to rest for 10 minutes Cut into slices and serve.

Yield: 6 Servings

Nutritional Information:

- Total Calories/serving: 346
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 28 g
- Protein: 16 g





Crispy Keto Chicken Nuggets

Here's a recipe the kids will love. These crispy chicken nuggets freeze well so consider making a double batch and freezing some for an easy lunch or dinner on a busy day. If you do not eat pork you can substitute almond flour for the ground pork rinds but be aware that this will change the nutritional info recorded below the recipe.

Ingredients

- ½ C full-fat coconut cream
- 1 T white vinegar
- 2 garlic cloves, minced or pushed through a press
- Grinding of black peppercorns
- 1 lb boneless, skinless chicken thighs, cut into nugget sized chunks
- 1 egg
- 1 T heavy cream
- 1 C ground pork rinds (or finely ground almond flour)
- 1 ½ T nutritional yeast
- 1 tsp dried oregano
- 1 tsp paprika (or smoked chipotle powder)
- ½ tsp garlic powder
- ½ tsp onion powder
- Grinding black peppercorns
- ½ tsp pink Himalayan salt flakes
- Cayenne pepper, to taste



Preparation

1. Whisk coconut cream, vinegar, garlic and pepper. Place chicken thigh chunks in a re-sealable plastic bag and pour marinade over-top. Seal bag and smooch marinade and chicken around to ensure the chicken is well coated. Place in fridge for a minimum of 3 hours (or, even better, overnight).
2. Pre-heat oven to 400 F.
3. Whisk egg and cream. Set aside.
4. Make a coating by mix remaining ingredients together. Spread some of the coating mixture out on a flat plate.
5. Drain the chicken and pat dry. Discard the remaining marinade. Line a rimmed baking sheet with parchment paper.
6. Dip several chicken chunks into the egg/cream mixture and roll them around in the coating. Place coated nuggets on baking sheet. Repeat until all the coating is used up and the chicken is nicely coated.
7. Bake on the middle rack of the pre-heated oven for 20 minutes or until the internal temperature of the nuggets reaches 165 F. Serve with your favorite keto BBQ sauce on the side.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 413
- Total Carbs: 3 g
- Fiber: 1 g
- Total Fat: 28 g
- Protein: 30 g





Bacon-wrapped Chicken Thighs

Both kids and adults love these fingers of bacon-wrapped chicken. Make them ahead of time and hold them in the fridge until it's time for dinner. Chicken fingers also make a perfect appetizer to take along to a party ... so you will have something keto to eat and share! Serve them with your favorite Keto BBQ Sauce on the side, for dipping; everyone will love them!

Ingredients

- 1 lb boneless and skinless chicken thighs, cut in half
- 8 strips of bacon (use pork or turkey bacon), cut in half lengthwise
- $\frac{3}{4}$ C sugar-free BBQ sauce of choice (or Harlan's Budget Keto BBQ Sauce), if needed



Preparation

1. Preheat oven to 350 F.
2. Brush each piece of chicken thigh on all sides with BBQ sauce.
3. Wrap a strip of the bacon around each chicken piece and place the bacon wrapped chicken finger on a foil lined (or parchment lined) rimmed baking sheet, making sure there is space between each chicken finger.
4. Brush each chicken finger with the remaining BBQ sauce then place the pan on the middle rack of the pre-heated oven.
5. Bake for 25 minutes until the bacon is crisp and the internal temperature of the chicken fingers reaches 165 F.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 232
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 13 g
- Protein: 26 g





Crispy Baked Drums

I bake these drumsticks in a hot oven in order to get a nice crispy texture on the skin. When I make them I do up a big batch, so there are plenty of leftovers for lunch next day. I make this recipe using chicken thighs too, but usually find drumsticks to be more economical.

Ingredient

- 1 tsp paprika
- 1 tsp garlic powder
- ½ tsp onion powder
- ½ tsp thyme
- 1 tsp Pink Himalayan salt or kosher salt flakes
- ½ tsp ground black pepper
- ¼ tsp cayenne pepper (or smoked chipotle pepper)
- 2 T melted ghee or extra-virgin olive oil
- 2 lb chicken drumsticks



Preparation

1. Pre-heat oven to 425 F
2. Make a rub by mixing paprika, garlic powder, onion powder, thyme, salt, pepper and cayenne.
3. Coat the drums with the melted ghee and sprinkle the rub onto all sides of each drumstick. Place on a foil-lined, rimmed baking sheet leaving some room around each drumstick.
4. Place pan on the middle rack of the pre-heated oven and bake for 40-50 minutes or until the internal temperature of chicken drumsticks reaches 165 F.

Yield: 6 Servings

Nutritional Information:

- Total Calories/serving: 316
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 16 g
- Protein: 32 g





Coconut Chicken Curry

Once you've assembled all your ingredients this curry cooks up quickly. I like to serve the curry over Fried Cauliflower "Rice" and may add a Fresh Greens Salad on the side. The meal is made economical by substituting chicken thigh meat for the usual chicken breast that's used when making a curry. In fact, I've grown to prefer the thigh meat as it is more flavorful and rich tasting!

Ingredients

- 2 T ghee or extra-virgin olive oil
- ½ cooking onion. Medium dice
- 1 T curry powder
- 1 tsp paprika
- ¼ tsp ground cumin
- 1 lb boneless & skinless chicken thighs, cut into chunks
- ½ tsp kosher salt flakes
- 1 tsp fresh ginger root, minced
- 4 garlic cloves, minced or pushed through a press
- 2 T tomato paste
- ½ C chicken broth
- 1 C coconut cream



Preparation

1. Melt ghee in a large, heavy bottomed skillet. Add onion and sauté for a few minutes until the onion softens and becomes translucent.
2. Stir in curry powder, paprika, cumin, ginger and garlic. Continue to sauté for one minute more. Add the chicken chunks and sauté for a few minutes until the meat is lightly browned.
3. Sprinkle in the salt and add the tomato paste, chicken broth and coconut cream. Stir until the tomato paste dissolves into the other liquids. Adjust the heat so the curry is just simmering. Simmer, stirring occasionally until the chicken is cooked through. Serve the curry ladled over Cauliflower “Rice”.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 332
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 24 g
- Protein: 22 g





Roast Chicken with Broccoli

Remember to save the carcass in the freezer after you've pulled all the meat from the bones. You can throw these bones in the soup pot the next time you're making Chicken broth.

Ingredients

- 1 whole chicken
- ½ cooking onion, peeled
- 2 cloves garlic
- 1 T extra-virgin olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano
- 2 C broccoli florets
- Salt & pepper



Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken, inside and out with cool water and pat dry. Remove excess fat from around the edges of the chicken cavity then place the half onion and garlic cloves inside the cavity. Put the chicken into a roasting pan.
3. Brush outside of chicken with olive oil and sprinkle the thyme, oregano, salt and pepper over the skin surface. Place the pan on the middle rack of the pre-heated oven.
4. Immediately reduce the oven heat to 350 F and roast the chicken for about one hour. Baste the chicken with the pan drippings and return to the oven for about another ½ hr or until the internal temperature reaches 165 F (test both white and dark meat areas). Let the chicken rest on a platter for 5 minutes while you prepare the broccoli.
5. Steam broccoli flowerets for 3-5 minutes until cooked but still a nice bright green color. Carve chicken and serve with steamed broccoli florets on the side.

Yield: Serves 4 (save some for lunch tomorrow)

Nutritional Information:

- Total Calories/serving: 312 (with ½ C steamed broccoli florets)
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 16 g
- Protein: 30 g





Bacon Wrapped Meat Loaf

We've used ground beef for this recipe but it's equally tasty with ground chicken or ground turkey. If you choose the turkey or chicken option, the meal will be a bit more expensive. Select turkey bacon if pork isn't on your personal menu. The bacon wrapping adds another layer of deliciousness to this classic comfort food.

Ingredients

- 1 lb ground meat (beef or turkey)
- ½ C cooking onion, minced
- 1 jalapeno pepper
- 2 garlic cloves, minced or pushed through a press
- 1 tsp Himalayan salt
- Grinding of pepper
- 1 egg, lightly beaten
- 5 bacon strips
- ¼ C sugar-free BBQ sauce or make Harlan's Budget Speed Keto BBQ Sauce



Preparation

1. Using clean hand mix together ground meat, onion, jalapeno, garlic, salt, pepper and egg until well blended.
2. Form into an oblong loaf and wrap bacon strips around the log, tucking the ends of the strips underneath.
3. Place on a foil-wrapped rimmed baking sheet and brush with half of the BBQ sauce.
4. Place on the middle rack of the pre-heated oven and bake for half an hour. Brush on the remaining BBQ sauce and return to the oven for 20 more minutes or until the internal temperature of the meatloaf reaches 165 F.
5. You may want to place the meatloaf about 6” beneath the broiler for a few minutes if the bacon still needs to crisp up; but watch closely so it doesn’t burn. Let the meatloaf sit for 5 minutes before slicing.

Yield: 4 servings

Nutritional Information:

- Total Calories/serving: 370
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 27 g





Budget Slow Cooker Meatballs

Get these meatballs in the crock pot before heading out the door in the morning and you will come home to a superb meal that is ready to serve. The chopped stewed tomatoes will thicken during the day and form a sauce. I like to make a Caesar salad to serve alongside these tasty meatballs.

Ingredients

- ½ cooking onion, quartered
- 2 garlic cloves
- 3 slices bacon, cut into small pieces (use turkey or pork bacon)
- 1 lb ground meat (beef, turkey or chicken)
- ½ tsp thyme
- ½ tsp dried oregano
- ½ tsp dried basil
- 1 tsp ground Himalayan salt
- Grinding of black peppercorns
- 1 egg, lightly beaten
- ½ C ketchup, sugar-free
- 2 T tomato paste
- 1 C chicken broth
- Squirt of liquid stevia, to taste



Preparation

1. Spray interior of crock pot lightly with cooking oil to keep the meatballs from sticking to the sides of the pot.
2. Place onions, garlic cloves and bacon in a food processor and pulse until finely chopped. Mix with ground beef. Add the dried herbs, egg, salt and pepper. Continue mixing until all ingredients are evenly distributed throughout the ground meat mixture.
3. Using a spoon scoop up some of the meat and roll it into a round meatball. Place in the crock-pot. Continue until all the mixture is used up.
4. Whisk ketchup, tomato paste and broth. Add liquid stevia to taste. Pour over meatballs and cover crock pot with lid.
5. Set the temperature to low (for about 8 hours) or high (for 4-5 hours). The meatballs can be also be baked in the oven at 350 F (uncovered) for about 40 minutes or until the internal temperature of the meatballs reaches 165F.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 312
- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 17 g
- Protein: 29 g





Speed Keto Stir-fry Wok Meal

A few years back a recipe for something called “crack slaw” showed up all over the internet and was big hit with low carb dieters and ketogenic enthusiasts. The Asian flavor profile as well as the ease with which this meal could be thrown together made it popular with families who had to eat on the fly during hockey, soccer or baseball season. You can buy the cabbage ready to use and already shredded to make getting this meal on the table even easier.

We’ve added a few of our favorite veggies and like to serve the stir fry over cauliflower rice. Give it a try and tweak the recipe to reflect your own taste preferences.

Ingredients

- 1 tsp ghee
- ½ large cooking onion, cut in thin wedges
- 2 garlic cloves, minced
- 1 lb ground beef (or ground turkey)
- 2 C shredded cabbage
- ¼ C gluten free tamari sauce
- 1 tsp dark Asian sesame oil
- 2 C cauliflower florets
- 2 green onions, fine slices for garnish



Preparation

1. Melt ghee in a wok or heavy skillet over medium high heat and add the onion wedges. Stir fry for a few minutes until the onion is soft and slightly golden in color. Add minced garlic and continue to stir fry for one more minute.
2. Add the beef and continue to stir-fry while stirring until the beef is nicely browned. Toss in the shredded cabbage. Pour in the tamari sauce and sesame oil and continue the stir fry process until the beef and cabbage are cooked through. This will take 3 or 4 more minutes. Remove from heat and keep warm.
3. Use a food processor to process cauliflower florets into rice sized chunks and place in a microwavable dish. Add 2 T water and cover, leaving a space for steam to escape. Microwave on high until the cauliflower softens and is cooked. This takes about 3 minutes in my 1000 watt microwave. Fold a paper towel and place overtop the cooked riced cauliflower. Press down on towel so that excess moisture is wicked up and into the paper towel. Discard paper towel and divide the “rice” between 4 bowls.
4. Serve stir-fried meat mixture over the hot cauliflower rice. Garnish with green onion slices.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 268
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 16 g
- Protein: 27 g





Budget Beef Bourguignon

This speed keto version of beef bourguignon is outstanding when served over Cauliflower Garlic Mash. You can substitute a cup of dry burgundy wine for one cup of the beef broth when you switch to regular keto from this speed keto program. Either way this traditional beef stew is super yummy!

Ingredients

- 4 bacon slices, diced
- 1 ½ lb beef stew meat, cut into 1" cubes
- 1 T ghee
- ½ medium cooking onion, medium dice
- 1 celery stock, diced
- 2 garlic cloves, minced or pushed through a press
- ½ tsp xanthan gum
- 2 C beef broth
- 2 T tomato paste
- ½ tsp dried thyme leaves
- 1 bay leaf
- ½ tsp kosher salt flakes
- ½ tsp ground black peppercorns
- 1 C button mushrooms (white or cremini), cut in half
- 1 T fresh chopped parsley, for garnish if desired



Preparation

1. Pre-heat oven to 325 F.
2. Heat a large enamelled cast iron Dutch oven over medium high heat. Add bacon and fry until crisp. Drain on paper towel. Add beef and brown on all sides (do this in two batches so beef cubes aren't crowded; they shouldn't touch each other). Remove and keep warm.
3. Add 1/2 T of the ghee to the pot and sauté onion and celery until they soften and the onion becomes translucent. Stir in garlic and xanthan gum. Whisk tomato paste, thyme, and kosher salt flakes, pepper and beef broth. Pour into pot and simmer until the sauce thickens slightly. Add the bacon and browned beef back into the pot along with the bay leaf. Give everything a stir then place the covered pot onto the middle rack of the pre-heated oven and bake for one hour. Stir, uncover the pot and bake for another hour or until the meat is very tender. You could also cook in a slow cooker (crock-pot) on low for 6 - 8 hours.
4. Just before you are ready to serve the meal, melt the remaining ½ T of ghee over medium high heat in a large, heavy bottomed skillet. Saute the mushroom until cooked and nicely browned. Stir the mushrooms into the stew.
5. Remove bay leaf and ladle the beef bourguignon over-top Garlic Cauliflower Mash. Garnish with parsley (if desired) and serve.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 294
- Total Carbs: 6 g
- Fiber: 2 g
- Total Fat: 11 g
- Protein: 42 g





Budget Beef & Broccoli

I keep an eye on the steak section where I do my grocery shopping and when there are reduced prices, I buy several steaks. When I get home I'll slice up the beef, make up a large batch of the marinade and then freeze the meat & marinade, divided into zip-top plastic bags that hold meal-sized portions. On the evening before I want to make this stir-fry, I simply pull out one of these pre-prepared bags and leave it in the fridge to thaw overnight.

Ingredients

- 1 lb beef round, flank or top sirloin steak, cut into thin strips

For the marinade:

- ¼ C gluten free tamari sauce
- 2 T unseasoned rice vinegar
- 1 garlic clove, minced or pushed through a press
- ½ tsp dark Asian sesame oil
- Sweetener to taste

For the stir-fry:

- 2 T ghee
- 5 C small broccoli florets
- 1 garlic cloves, minced or pushed through a press
- 1" piece of fresh ginger root, peeled and minced
- 2 tsp dark Asian sesame oil
- ½ tsp Xanthan gum
- ¼ C beef broth
- ¼ C gluten free tamari sauce



Preparation

1. Place beef strips into a re-sealable plastic bag. Whisk marinade ingredients together and pour over-top the beef strips. Seal the bag and smoosh everything around in the bag so that all the beef is coated with the marinade. Marinate overnight in the fridge (or for at least 2 hours prior to use).
2. Drain the beef and discard the leftover marinade. Heat wok over medium high heat and melt 1 T of the ghee into the hot wok. Add drained beef strips and stir-fry until the beef is cooked through and nicely browned on both sides. Remove to a plate and keep warm.
3. Melt the remaining ghee in the hot wok and toss in the broccoli. Stir-fry until tender but still a nice bright green in color. This will take several minutes, depending on the size of the florets.
4. Whisk tamari, beef broth, sesame oil and xanthan gum. Pour over broccoli and add the garlic and ginger. Stir fry for a few minutes until the sauce thickens. Add the beef back into the wok and heat through. Serve the beef & broccoli stir-fry with heated “Miracle” konjac vermicelli noodles or Cauliflower “Rice”.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 327
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 19 g
- Protein: 31 g





Thai Style Skirt Steak

Lime, coconut and basil give a Thai spin to this economical skirt steak recipe. If the weather co-operates use your BBQ to grill this marinated steak or simply fire up a grill pan on your stove top. Either way, nice charred grill marks will add another layer of superb flavor to your Thai style skirt steak dinner.

Ingredients

- ¼ C coconut oil
- Zest of one lime
- ¼ C fresh lime juice
- 1” piece ginger root, peeled and minced
- 1 tsp dried basil
- 1 tsp red pepper flakes
- 1 tsp Pink Himalayan salt (or kosher salt flakes)
- 1 ½ lb skirt steak



Preparation

1. Melt coconut oil and pour into a large bowl. Whisk in lime zest, lime juice, ginger, basil, red pepper flakes and salt. Add the steak and flip it over so it is well coated with marinade. Allow the steak to marinate for 20 minutes at room temperature, flipping it at around the 10 minute mark.
2. Preheat a ridged, heavy bottom skillet over high heat. Transfer the steak to the skillet and immediately adjust the heat down to medium high. Sear the steak on both sides (about 4 minutes/side depending on its thickness. The steak will be done to medium rare when the internal temperature reaches 135 F. Remove from heat and allow the steak to rest for 5 minutes before slicing and serving.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 468
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 36 g
- Protein: 35 g





Easy Baked Salmon with Asparagus

This is a quick meal for a busy evening. You can either steam the asparagus spears as described below, or use my recipe for Broiled Asparagus if you have a bit more time.

Ingredients

- 1 lb fresh salmon filets (4 equal sized filets)
- 1 T extra virgin olive oil
- Grinding of pink Himalayan salt & black peppercorns
- Freshly squeezed juice from 1/2 lemon
- 24 asparagus spears



Preparation

1. Preheat oven to 350 F
2. Place sheet of foil on rim lined pan, large enough to hold all the filets lying side-by-side. Line filets up on the pan and brush the top of each filet with olive oil.
3. Sprinkle filets with grinding of salt and pepper. Pour lemon juice on top and cover with a second piece of foil. Crimp edges of foil sheets together to make a sealed packet.
4. Bake fish on the middle rack of the pre-heated oven for about 15 – 20 minutes. You want the fish moist and flaky but not dry. The amount of time it takes for the filets to reach this point will depend on their size and thickness.
5. While the salmon is baking prepare the asparagus: Wash and dry asparagus spears. Break off the tough end of each spear and discard. Each spear will likely be about 5” long. Steam asparagus over boiling water for 4 – 5 minutes until cooked through but still a nice bright green. The spears will become more of a yellow green if overcooked. Time the cooking of the asparagus spears so both the salmon and spears are ready to serve at the same time.

Yield: 4 Servings

Nutritional Information:

- Total Calories/serving: 238
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 9 g
- Protein: 38 g





Baked White Fish

We use haddock in this recipe but you can substitute whichever white fleshed fish is available where you live; tilapia, catfish and halibut all work well but you may have to adjust the baking time according to the thickness of the filets you select.

Ingredients

- 2 lbs Haddock filets
- 1 T ghee, melted
- 2 T snipped fresh dill or 1 tsp dried dill
- Freshly squeezed juice from ½ lemon (about 2 T)
- Grinding of pink Himalayan salt & black peppercorns



Preparation

1. Preheat oven to 350 F
2. Place sheet of foil on rim lined pan, large enough to hold all the filets lying side-by-side. Line filets up on the pan and drizzle melted ghee over-top.
3. Sprinkle filets with dill and grinding of salt and pepper. Pour lemon juice on top and cover with a second piece of foil. Crimp edges of foil sheets together to make a sealed packet.
4. Bake fish on the middle rack of the pre-heated oven for about 15 - 20 minutes. You want the fish moist and flaky but not dry. The amount of time it takes for the filets to reach this point will depend on their size and thickness. Serve garnished with fresh dill and a wedge of lemon.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 238
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 6 g
- Protein: 42 g



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