



3 DAY KETOGENIC GUIDE

DAY 1

Bulletproof Coffee – 0g
Green Smoothie – 6g
2 slices cooked bacon – 0g
12 raw almonds – 1g
4 Avocado Tuna Melt Bites - 2.1g
1 cup raw baby spinach with 1 Tbsp olive or avocado oil – 1g
2 celery sticks with 1 Tbsp almond butter – 2.5g
Burrata Caprese Salad - 4g
½ cup blackberries – 3.12

DAY 2

Bulletproof Coffee – 0g
Green Smoothie – 6g
2 slices cooked bacon – 0g
2 celery sticks with 1 Tbsp almond butter – 2.5g
4 Avocado Tuna Melt Bites - 2.1g
1 cup raw baby spinach with 1 Tbsp olive or avocado oil – 1g
Baked Cheddar Chips – 1g
Keto Pumpkin Carbonara - 2g
½ small avocado drizzled with 1 tsp olive oil – 1g
Chia Seed Pudding – 1g

DAY 3

Bulletproof Coffee – 0g
Green Smoothie – 6g
3 Bacon Egg Fat Bombs – 0.6g
12 raw almonds – 1g
Lemon Ricotta Pancakes with 2 strips bacon – 2g
Keto Pumpkin Carbonara - 2g
½ small avocado drizzled with 1 tsp olive oil – 1g
Chia Seed Pudding – 1g

RECIPES

KETO COFFEE

8-10oz fresh brewed coffee
1 Tbsp grass-fed butter
1 Tbsp unrefined coconut oil
Blend in a blender until cream-colored

Makes 1 serving

GREEN SMOOTHIE

½ medium avocado
½ cup fresh spinach
¼ cup organic heavy cream + ¼ cup water
½ -¾ cup water + 2-3 ice cubes
1 tsp pure vanilla extract
1 Tbsp coconut oil
5-8 drops liquid stevia

Optional: 1 tsp matcha powder (green tea powder – not green tea latte powder)

Optional: ¼ cup egg white powder

Place all ingredients in a blender and pulse until smooth.

Makes 1 serving: 6g

AVOCADO TUNA MELT BITES

10oz canned white albacore tuna, drained
¼ cup natural mayonnaise
1 medium avocado, cubed
¼ cup organic parmesan
cheese 1/3 cup almond
flour Salt & Pepper to taste
½ cup coconut oil, for frying

1. Drain a can of tuna and add it to a large container where you'll be able to mix everything together.
2. Add mayonnaise, parmesan cheese, and spices to the tuna and mix together well.
3. Slice an avocado in half, remove the pit and cube the inside.
4. Add avocado into the tuna mixture and fold together, trying not to mash the avocado into the mixture.
5. Form the tuna mixture into balls and roll into almond flour, covering completely. Set aside.
6. Heat coconut oil in a pan over medium heat. Once hot, add tuna balls and fry until crisp on all sides.
7. Remove from the pan and serve.

This makes a total of 12 Avocado Tuna Melt Bites: 0.7g

BURRATA CAPRESE SALAD

- 2 medium tomatoes
- Sea salt
- 10 fresh basil leaves
- 1 (8oz) ball burrata cheese, organic
- Extra-virgin olive oil
- Ground black pepper

1. Slice the tomatoes and arrange them on a plate. Sprinkle with salt.
2. Chop or tear the basil leaves and sprinkle them over the top of the tomato slices. Sprinkle with more salt.
3. Add the burrata ball to the top and drizzle it and the tomatoes with lots of olive oil then season with salt and pepper.
4. To serve, slice burrata and let it ooze all over the salad. Makes 2 servings.

KETO PUMPKIN CARBONARA

1 package Shirataki Noodles
5 oz. Pancetta
2 large Egg Yolks
1/4 cup Heavy Cream
1/3 cup Parmesan Cheese
2 Tbsp Grass-fed Butter
3 Tbsp Pure Pumpkin Puree
1/2 tsp Dried Sage
Salt and Pepper to Taste

1. Rinse off the shirataki noodles under hot water for 2-3 minutes then dry them off completely with paper towels and put aside.
2. Chop pancetta and place into a hot pan to sear on the outside.
3. In the meantime, place butter into a small pot and let brown. Once it starts to brown, mix the sage into the butter.
4. Once the sage is mixed in, add your pumpkin puree and mix together well.
5. By this point, the pancetta should be browning up nicely. Once it's crispy on the outside, remove from the pan and save the fat.
6. Add heavy cream to the pumpkin puree sauce and mix together well until everything is combined.
7. Add pancetta fat into the sauce and mix again until well combined. Let the sauce simmer on medium heat.
8. Turn the pan that had the pancetta in it to high and add the shirataki noodles. Dry fry them for at least 5 minutes, until a good amount of steam has come out of the noodles.
9. Add parmesan cheese to the pumpkin sauce and mix together well. Turn the heat to low.
10. Continue to stir the sauce until you can scrape a spatula through the sauce and it takes a moment to come back together.
11. Add noodles and pancetta into the sauce and toss well. Add 2 egg yolks and mix into the sauce.
12. Serve with extra parmesan and pancetta to taste.

3 servings: 2 net grams

BAKED CHEDDAR CHIPS

4 cups shredded organic cheddar cheese
Sea salt

1. Preheat the oven to 350°F.
2. Line a rimmed baking sheet with parchment paper.
3. Spread out the cheese evenly on the sheet.
4. Bake for 3 to 5 minutes, checking regularly until the cheese browns but does not burn.
5. Remove the baking sheet from the oven and season the cheese with salt.
6. While the cheese is still warm, use a pizza cutter to cut into strips or triangles. Let cool before serving.

Makes 4 servings: 1 net gram per serving.

CHIA SEED PUDDING

2 Tbsp chia seeds
1 Tbsp organic heavy cream
½ cup unsweetened almond milk
½ tsp pure extract – like vanilla, coffee, maple, almond

Place all ingredients into a small jar
Shake well to combine
Place in fridge, shaking every few hours
Refrigerate at least 4 hours or overnight.

Makes 1 serving: 1g

BACON & EGG FAT BOMBS

2 strips uncured bacon
2 large free-range eggs
¼ cup butter or ghee, softened
2 Tbsp natural mayonnaise

Salt to taste

0. Cook bacon; reserve fat.
1. Hard boil the eggs. When chilled, peel off the shell.
2. Cut the butter into small pieces and add the peeled and quartered eggs. Mash with a fork.
3. Add the mayo & bacon fat; season with salt & pepper & mix well. Place in the fridge for 20-30 minutes or until it's solid and easy to form fat bombs.
4. Remove the egg mixture from the fridge and start creating 6 balls. You can use a spoon or an ice-cream scooper.
5. Crumble bacon and roll each ball in bacon crumbles.
6. Eat immediately or store in the fridge for up to 5 days.

Makes 6 servings: 0.2 net grams

LEMON RICOTTA PANCAKES

6 large free-range eggs
¼ cup + 2 Tbsp whole milk ricotta cheese
1 tsp pure vanilla extract
1 tsp fresh lemon juice (or lemon extract)
3 Tbsp coconut flour
½ tsp baking powder
1 Tbsp butter

1. In a blender, combine the eggs, ricotta cheese, sweetener, lemon juice, coconut flour and baking powder. Blend on low for 10 seconds.
2. In a medium skillet, melt the ghee over medium heat. Pour about ¼ cup of the batter into the center of the pan. Cook the pancake until the bottom is brown and crispy, about 1 minute. Flip the pancake and cook the other side until brown and crispy, 30 seconds to 1 minute more. Repeat this step to cook 3 more pancakes.
3. Sprinkle each serving with lemon zest and top the pancakes with a pat of butter.

Makes 3 servings: 2g

BONUS: PROTEIN FAT BOMBS

BROWNIE BATTER ICE CREAM BOMB

1/3 cup chocolate whey isolate protein powder

1 Tbsp ghee

1 Tbsp coconut oil

1 Tbsp heavy cream

1. Blend all ingredients in food processor until well-combined.
2. Form mixture into 4 equal-sized balls.
3. Put the balls on a parchment-lined sheet and place in the freezer for at least 30 minutes or until hardened.

Makes 4 servings: 0.25g

COOKIE DOUGH BARS

Crust

- 1 cup Almond Flour
- 2 Tbsp Coconut Flour
- 1/4 tsp salt
- 1/2 tsp xanthan gum
- 4 Tbsp butter melted
- 1/2 cup sugar equivalent

Instructions

1. Preheat oven to 350 degrees.

Crust

1. Combine almond flour, coconut flour, xanthan gum, and salt; mix well with a whisk.
2. Melt butter and add in the sweetener. Combine with the dry ingredients using a spatula.
3. Line an 8 inch casserole dish with parchment paper. (9x6) or (8x8) baking pan can be sprayed with cooking oil.
4. Bake for 20-25 minutes until the crust has a light golden brown color.
5. Let cool in the dish for 10-20 minutes and remove by lifting up parchment paper. Don't try to take it off the paper yet. Move to the fridge to continue cooling for about one hour. It will be ready to handle after that.

Cookie Dough

- 1/3 cup vanilla whey isolate protein powder
- 1 Tbsp ghee
- 1/4 cup heavy cream
- Pinch of salt
- 1 oz sugar-free chocolate, grated

Cheesecake:

- 8 oz cream cheese, at room temperature
- 4 oz heavy cream (1 cup whipped)
- 5-10 drops liquid stevia
- 1 tsp vanilla

Whisk together the Shakeo, ghee, heavy cream and salt in a small bowl. Fold in the chocolate. Drop by the spoonful onto a wax-lined baking sheet and freeze for 5 minutes.

1. Whip 4 oz of heavy cream and 1/4 cup sugar equivalent with an electric mixer on high. (You can add a pinch of xanthan gum to the cream and it will whip right up!)
2. Combine 1/4 cup sugar equivalent with softened cream cheese and vanilla extract until very smooth.
3. Fold the whipped cream and cream cheese together until full combined.
4. Fold in cookie dough pieces and spread on to the crust in a big mound.
5. Let chill for at least an hour.

Makes 8 servings: 4g

KETOGENIC LIVING PANTRY GUIDE

PROTEIN AND DAIRY ITEMS

- Cage-free eggs
- Free-range chicken
- Grass-fed beef & pork cuts
- Uncured bacon
- Uncured salami
- Wild-caught salmon
- Canned white albacore tuna
- Grass-fed butter
- Unsweetened almond milk
- Organic heavy cream
- Full-fat organic cream cheese
- Organic shredded cheese (mozzarella, cheddar)
- Mascarpone
- Whole milk cheese sticks
- Naturally flavored whey isolate protein powder (Jay Robb is a good brand – 1g of carbs and 1g sugar)

BAKING ITEMS

- PURE Flavor extracts: vanilla, maple, almond – your choice
- Baker's chocolate
- Unsweetened cocoa powder
- Almond flour
- Coconut flour
- Hazelnut flour
- Sunflower seed flour (if nut free)
- Liquid stevia
- Granulated swerve
- Confectioners swerve

NUTS/SEEDS/COCONUT

- Raw macadamia nuts
- Raw pecans
- Raw almonds
- Chia seeds
- Unsweetened coconut flakes
- Natural almond butter

SEASONINGS/OILS/CONDIMENTS

- Ghee
- Natural mayonnaise
- Himalayan sea salt
- Black pepper
- Italian seasoning
- Pure vanilla extract
- Coconut oil
- Extra-Virgin olive oil
- Avocado oil
- Full-fat canned coconut milk
- Rao's Sensitive Formula pasta sauce

PRODUCE

- Lemon
- Avocado
- Organic romaine lettuce
- Organic baby spinach
- Radishes
- Broccoli
- Cauliflower
- Celery
- Blackberries
- Garlic

BEVERAGES AND SNACKS

- Coffee
- Matcha (green tea – NOT Latte)
- WATER!! (La Croix is my favorite)
- Beef/Chicken/Vegetable Bouillon
- Bone Broth
- Unsweetened Iced Tea
- Pork Rinds