

The background of the page is a collage of three food-related images. The top image shows a blue speckled bowl containing a salad with green leafy vegetables, shredded orange carrots, and a slice of avocado. The middle image shows a white plate with spaghetti, a hard-boiled egg, and sliced radishes. The bottom image shows several sliced radishes on a wooden surface, with a knife and a branch of white flowers nearby.

QUICK START GUIDE TO KETO

# FOUNDATIONS RESET

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KETO PREPARATION PLAN

# 28-DAY FOUNDATIONS RESET

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# DISCLAIMER

The information contained within this document is intended for educational purposes only, and it hasn't been evaluated by the Food and Drug Administration. This information isn't intended to diagnose, treat, cure, or prevent any condition or disease should not be construed as medical advice, nor does it represent a client-practitioner relationship between the author and reader. One should always consult a qualified health professional before engaging in any dietary or lifestyle change.

This document is not designed to replace medical advice or medical treatments.

## SPECIAL NOTE ON BEANS AND FRUIT

The Foundations Reset includes foods that will not be part of the full keto diet. Specifically, you'll find beans, additional fruits, and a small amount of honey included in the Foundations Reset plan.

# FOUNDATIONS RESET GUIDELINES

- Avoid or eliminate all artificial, processed and packaged foods and beverages.
- Choose organic produce and organic, grass-fed, free-range meats when possible.
- Focus on eating higher amounts of fat, moderate protein, and fewer carbs.
- In the first two weeks of this protocol, eat every two to three hours. You don't need to eat a lot at any one time; a fist full of nuts or small serving of chicken would be sufficient. The goal is to keep you out of the low blood sugar stage where cravings are strongest and impossible to resist. During the second two weeks, simply eat when you are hungry.
- Avoid eating anything other than a light, protein-based snack near bedtime.
- Eat large amounts of greens and brightly colored vegetables daily (7-10 cups).
- Use healthy organic oils liberally. Include coconut and olive for cooking and flax, hemp, walnut, sesame oils for dressings.
- Include plenty of digestion-supporting foods such as fermented foods and bone broth. You may also have fermented drinks such as water kefir and low-sugar kombucha (look for varieties with 5 grams of sugar or less).
- Incorporate liver and gallbladder supportive foods daily, e.g. beets and lemon.
- Drink enough water each day to achieve light yellow urine.
- Aim for 3-5 colors on your plate at each meal. This could look like:
  - 1) A salad of dark green spinach, red and yellow bell peppers with light green avocado served with brown organic beef
  - 2) A salad of dark green kale, red tomatoes, orange carrots, black beans with white chicken
  - 3) A salad of red lettuce sprinkled with tan/white sunflower seeds or slivered almonds, a small side of orange sweet potatoes, a side of steamed dark green broccoli and brown dark meat chicken



## SUGGESTED FOODS TO ENCOURAGE & AVOID

	Encourage	Avoid
<b>Protein</b>	Each meal should include a minimum of 2-3 ounces of protein.	
<b>Animal Protein</b>	Organic chicken, turkey, lamb and grass-fed beef; wild-caught salmon, tuna, trout, sardines, cod and halibut, eggs	Fried fish or meat; any conventionally raised (non-organic) meat; shellfish, canned meat, conventional lunchmeat
<b>Plant Protein</b>	Lentils, beans, whey protein, hemp protein, bee pollen, spirulina, avocado	Any soy products (tofu, soybeans, soy protein) except traditionally fermented miso and tempeh
<b>Vegetables</b>	Eat as many vegetables as you would like – you can't eat too many. Focus on dark, leafy greens (such as spinach, kale, chard, etc.) and a variety of colors. Aim for 3-5 colors on your plate at each meal.	
	Raw, steamed, baked, roasted, grilled, sautéed or juiced vegetables.	Canned, creamed or fried vegetables
<b>Fruits</b>	For this plan, fruit is not recommended, except for low-glycemic fruits such as an avocado, raw coconut, berries, ½ a green-tipped banana or a small apple. It is also recommended that you eat fruit with some nut butter as well (such as almond butter) to avoid a spike in blood sugar.	
<b>Grains</b>	No grains, regardless of whether they are unrefined or processed. Although the nutrient value is very different between the two, both have a significant impact on blood sugar.	

	Encourage	Avoid
<b>Nuts &amp; Seeds</b>	Almonds & walnuts coconut butter, nut butters, flax, chia and hemp seeds pumpkin & sunflower seeds Emphasize <i>raw</i> nuts.	Peanuts and peanut butter should be the last choice of nut butters, as they generally contain a high amount of mold.
<b>Dairy</b>	Heavy whipping cream, butter, full fat yogurt, hard cheeses (raw preferred)	Low-fat or sweetened dairy products
<b>Dairy Substitutes</b>	Unsweetened coconut, rice, hemp and nut milks (almond, cashew, pumpkin seed, walnut, etc.) plain coconut yogurt	Sweetened dairy substitutes
<b>Beverages</b>	Purified water, mineral water, coffee, green and herbal teas, yerba mate, freshly pressed vegetable juice	Alcohol, soft drinks, fruit juice (unless a small amount of fruit is freshly juiced and mixed into your fresh vegetable juice)
<b>Oils &amp; Fats</b>	Cold-pressed organic coconut, olive, sesame, flax, walnut, pumpkin and avocado oils, butter, ghee, lard, tallow	Margarine, shortening, vegetable oils, canola oil, processed oils, conventional salad dressings, conventional mayo
<b>Sweeteners</b>	Stevia, xylitol, monk fruit, honey (in very small amounts)	Artificial sweeteners (Splenda, Sweet'N Low, Equal, aspartame), other natural sweeteners (maple syrup, molasses, etc)
<b>Condiments &amp; Seasonings</b>	Fresh herbs and spices, salt, pepper, mustard, unsweetened cacao and carob, vinegars, wasabi, miso, Bragg's Liquid Aminos	Ketchup, relish, commercial sauces and dressings, conventional mayonnaise

# WEEK 1 GUIDELINES (DAYS 1-7)

## FOCUS IS ON: WATER

This week, in addition to following the previously mentioned Foundation Reset dietary guidelines, we'll be focusing on optimizing your water intake.

### Tips for staying properly hydrated:

- Keep a reusable water bottle with you at all times (on your desk at work, etc.)
- If you don't have a reusable water bottle that you like, treat yourself to one! Here are some great choices you can check out:

(\$\$\$)

- Hydroflask
- Yeti Rambler Bottle
- S'well

(\$\$)

- Lifefactory
- Soma
- Simple Modern Wave Bottle

(\$)

- Nalgene
- CamelBak
- Ello Pure Syndicate Bottle

- Add a pinch of sea salt to your water to help restore electrolytes
- Add a squeeze of lemon to your water to keep it interesting and help guard against kidney stones (lemons contain a compound called citrate and when you're low on this, you're at a higher risk for kidney stones)
- Sip your water slowly throughout the day (rather than drinking a huge amount all at once) and drink enough so that your urine is light yellow or clear in color
- Just like anything, "too much of a good thing" also applies to water. Overconsuming water (e.g. over a gallon a day) can deplete your minerals, so listen to your body and drink enough so that your urine is light yellow or clear

# WEEK 2 GUIDELINES (DAYS 8-14)

## FOCUS IS ON: OPTIMIZING SLEEP

This week, in addition to following the previously mentioned Foundation Reset dietary guidelines, we'll be focusing on optimizing your sleep. Remember, even if you're eating perfectly, if the foundational element of adequate sleep is missing, this promotes sugar cravings and dysregulates the hormones for appetite and fat storage, resulting in feeling hungry as well as *storing* fat rather than *burning* fat.

### Tips for optimizing sleep:

- Shut down your electronic devices two hours before bed and/or use amber-tinted glasses to block the melatonin-disruptive blue light from electronics
- Install a program like f.lux on your laptop, which adjusts the color and brightness of your screen in the evening based on your time zone
- Get on a consistent sleep schedule (this supports your internal body clock)
- Create a clean, quiet, cool, comfortable, dark bedroom for optimal sleeping
- Create a bedtime routine for yourself that you can follow each evening (revisit Module 3, Lesson 2 for ideas on how to create your own evening ritual)
- Try using a light-based alarm clock rather than a blaring alarm. This element is optional, but if you're interested in exploring this, here are a few popular ones:
  - (\$\$\$)
    - The Casper Glow Light
    - Philips Wake-Up Light or Philips Somneo Sleep and Wake-Up Light Therapy
    - Lumie Bodyclock Active 250 Wake-Up Light
  - (\$\$)
    - MOSCHE Sunrise Alarm Clock
    - LB01-Sunrise Alarm Clock
    - ACETEND Alarm Clock
  - (\$)
    - hOmeLabs Sunrise Alarm Clock
- Expose your eyes to bright daylight first thing in the morning to help regulate your internal body clock



# WEEK 3 GUIDELINES (DAYS 15-21)

## FOCUS IS ON: MOVEMENT

This week, in addition to following the previously mentioned Foundation Reset dietary guidelines, we'll be focusing on optimizing your movement. Exercise helps to further improve our sleep, can help support healthy blood sugar levels, and can also help reduce our stress levels, meaning less stress hormones that would otherwise tell our cells to store fat rather than burn it.

Furthermore, when we exercise while we're in the state of ketosis, this helps our cells *create more* ketone receptors, which helps us transition into ketosis more quickly and efficiently.

Even though the 28 Day Foundations Reset isn't necessarily putting you into ketosis, establishing a regular exercise habit *now* will help set you up for success in your keto transition and supports your health foundations.

### Exercises you can try during the 28 Day Foundations Reset:

If you're just getting started with exercise (these are also the best exercises to do during your early stages of transitioning into ketosis):

- Low-intensity cardio workouts (such as swimming, hiking, jogging)
- Light strength training (such as weight lifting, where you're doing fewer reps with lighter weights)
- Flexibility exercise (such as stretching and yoga)

If you are more experienced with exercise:

- High intensity interval training (HIIT), which is exercise wherein you alternate between short periods of intense exercise with less intense recovery periods

For example, doing an intense burst of activity (whether you're jogging, exercising on an elliptical, bike, or stair machine, or any other form of exercise) for 30 seconds, then lightening up the intensity for 90 seconds, then doing another intense burst of activity for 30 seconds, then lightening up again for 90 seconds, and repeating these alternating levels of intensity for 10-12 minutes or for as long as you can comfortably and safely sustain

# WEEK 4 GUIDELINES (DAYS 22-28)

## FOCUS IS ON: SELF-CARE + INTERMITTENT FASTING

This week, in addition to following the previously mentioned Foundation Reset dietary guidelines, we'll be focusing on incorporating self-care and beginning the early stages of intermittent fasting.

High levels of stress hormones in the body can sabotage even the best of diets, resulting in sugar cravings and increased fat storage rather than fat burning. And while we may be dealing with situations in life where removing the sources of stress isn't immediately possible (e.g. a highly demanding career), we *can* incorporate self-care to help us manage our stress levels. Revisit Module 3, Lesson 4 to create your self-care list and implement at least one self-care item each day during this week.

In addition, we'll be starting the early stages of intermittent fasting during this week, which will help to further prepare you for ketosis. This will also serve as an evaluation of sorts to help determine whether you are ready to progress into full ketosis or if you may need to continue the Foundations Reset for a little longer.

### **How to begin the early stages of intermittent fasting:**

- Begin delaying your first meal of the day until you naturally start to feel hungry.
- Don't try to push it past the point of real hunger, weakness, or impaired concentration and be patient with yourself as your body adjusts to being able to use fat for fuel and subsequently go longer periods of time without eating. This is not about trying to struggle your way to meeting an hours-based fasting goal and making yourself feel famished, weak or fatigued. This should be comfortable.
- If you do feel the need to eat an early breakfast, focus on avoiding carbs in the morning. Over time, you'll likely find that your morning appetite reduces.
- You can also try incorporating a high-fat coffee or tea in the morning, which can make it easier to extend the amount of time before your first meal (such as coffee with MCT oil, butter, heavy cream, or coconut oil). These won't derail your fat-adaptation efforts, as you aren't consuming carbohydrates.
- The goal is to feel comfortable with an intermittent fasting once or twice per week times per week for 14 hours (e.g. fasting from 7 pm to 9 am) to 16 hours (e.g. fasting from 8 pm to 12 pm)

# HOW TO TELL IF YOU'RE READY TO BEGIN YOUR TRANSITION TO FULL KETO

While 28 days is the average amount of time most people do the Foundations Reset plan, you may find that you need or want to spend a little more time in this phase, especially if you've had a history of yoyo dieting or have otherwise compromised your metabolism.

There is no shame in giving this phase a few more weeks to give your body a chance to get more grooved into a lower carb way of eating and support the nutritional and lifestyle foundations.

On the following page, you'll find a self-assessment that will help you determine whether you are ready to transition into full keto or if you should continue in the Foundations Reset phase longer.

## Self-Assessment Instructions

On the following page, you'll find a self-assessment that will help you determine whether you are ready to transition into full keto or if you should continue in the Foundations Reset phase longer.

You'll see that there are three answer options for each question and there is a point value associated with each answer: Strongly Agree, Mildly Agree, and Disagree.

Answer each question, note down the point value for each, then add up your points.

**A perfect score is 50 points. A passing score is 30 points.**

**If you scored 30 points or higher, you're ready to move ahead into full keto.**

**If you scored 29 points or lower, continue on the Foundations Reset phase for another week or two, then take the self-assessment again.**

# SELF-ASSESSMENT

**You've completely eliminated refined sugars from your diet and are not experiencing sugar or carbohydrate cravings**

*Strongly Agree = 8 points // Mildly Agree = 5 points // Disagree = 1 point*

**Your energy and concentration levels are relatively stable throughout the day**

*Strongly Agree = 3 points // Mildly Agree = 2 points // Disagree = 1 point*

**You aren't experiencing crashes, hunger-induced shakiness, or feeling "hangry" between meals**

*Strongly Agree = 6 points // Mildly Agree = 4 points // Disagree = 1 point*

**You're eating within a general framework of higher fat, moderate protein, and low carbohydrates**

*Strongly Agree = 6 points // Mildly Agree = 5 points // Disagree = 2 points*

**You have good hydration habits and your urine is usually at least light yellow**

*Strongly Agree = 3 points // Mildly Agree = 2 points // Disagree = 1 point*

**You have good sleep habits and are generally following the sleep guidelines**

*Strongly Agree = 3 points // Mildly Agree = 2 points // Disagree = 1 point*

**You are incorporating regular self-care to help manage stress levels**

*Strongly Agree = 3 points // Mildly Agree = 2 points // Disagree = 1 point*

**You can comfortably fast for 14-16 hours (e.g. 7 pm to 9 am or 8 pm to 12 pm) at least a few times per week**

*Strongly Agree = 4 points // Mildly Agree = 2 points // Disagree = 1 point*

**You aren't experiencing pain in the right side of your upper back, around your right shoulder blade or around your right shoulder after a high-fat meal (this can be a sign of impaired fat digestion)**

*Strongly Agree = 5 points // Mildly Agree = 2 points // Disagree = 1 point*

**You aren't experiencing diarrhea after a high-fat meal (this can also be a sign of impaired fat digestion)**

*Strongly Agree = 4 points // Mildly Agree = 2 points // Disagree = 1 point*

**You aren't experiencing nausea after a high-fat meal (this can also be a sign of impaired fat digestion)**

*Strongly Agree = 5 points // Mildly Agree = 2 points // Disagree = 1 point*

Your Self Assessment Total: \_\_\_\_\_

# 7 DAYS OF SUGGESTED MEALS

RECIPES CAN BE FOUND IN THE RECIPE GUIDE

## DAY 1

### UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

### BREAKFAST

Veggie Scramble p. 19

### MID- MORNING

Optional snack if hungry

### LUNCH

Simple Turkey Burger p. 21 with Sweet Potato Fries p. 41 & Micro Greens Salad p. 49

### AFTERNOON

Optional snack if hungry

### DINNER

Chicken, Bacon & Pan-Roasted Brussels Sprouts Salad p. 33

### BEDTIME

Mug of herbal tea & review your food/mood journal

### ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, p. 48 of the Recipe Guide
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.



# DAY 2

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Flax & Chia Breakfast Cereal or Pudding p. 20

## MID- MORNING

Optional snack if hungry

## LUNCH

Chicken & Sweet Potato Soup p. 22  
with Endive, Apple & Walnut salad p. 52

## AFTERNOON

Optional snack if hungry

## DINNER

Ground Turkey & Hummus Salad p. 35

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, p. 48 of the Recipe Guide
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.

# DAY 3

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Breakfast Sausage p. 18  
with a side of Mashed Yams p. 44

## MID- MORNING

Optional snack if hungry

## LUNCH

Roasted Spaghetti Squash Pasta with Grass-Fed Meatballs  
p. 25 & Herb Salad p. 51

## AFTERNOON

Optional snack if hungry

## DINNER

Southwestern Kale Chicken Salad p. 39

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack)
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.

# DAY 4

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Beef, Greens & Sweet Potato Breakfast Bowl p. 19

## MID- MORNING

Optional snack if hungry

## LUNCH

Grilled Orange-Miso glazed salmon p. 27 with Red Leaf Lettuce Salad with Pistachios p. 51

## AFTERNOON

Optional snack if hungry

## DINNER

Avocado Chicken Salad p. 36

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, p. 48 of the Recipe Guide
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.

# DAY 5

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Flax & Chia Breakfast Cereal or Pudding p. 20

## MID- MORNING

Optional snack if hungry

## LUNCH

Niçoise Salad p. 28 & Creamy Curried Cauliflower Soup p. 45

## AFTERNOON

Optional snack if hungry

## DINNER

Steak Peppercorn Salad p. 37

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, *p. 48 of the Recipe Guide*
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.

# DAY 6

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Coconut Flour Pancakes p. 18

## MID- MORNING

Optional snack if hungry

## LUNCH

Simple Sesame Cabbage p. 31 & Miso Soup p. 47

## AFTERNOON

Optional snack if hungry

## DINNER

Carrot Ginger Salmon Salad p. 33

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, p. 48 of the Recipe Guide
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.



# DAY 7

## UPON WAKING

Drink glass of plain water followed by a mug of warm water with juice of ½ lemon

## BREAKFAST

Breakfast Sausage p. 18  
With a side of Lemon Almond Green Beans p. 45

## MID- MORNING

Optional snack if hungry

## LUNCH

Coconut Lemon Baked Cod p. 29  
with Mashed Yams p. 44

## AFTERNOON

Optional snack if hungry

## DINNER

Greek Lamb Salad p. 38

## BEDTIME

Mug of herbal tea & review your food/mood journal

## ENCOURAGED ADDITIONS:

- Include 2 tablespoons of fermented vegetables twice per day (either with meals or as a snack) and/or 2 tablespoons of the Liver/Gallbladder Slaw, *p. 48 of the Recipe Guide*
- Take digestive bitters before each meal (mixed with a small amount of water)
- Take 5 deep breaths before each meal to engage the “rest and digest” portion of your nervous system, which will improve your ability to digest your meal.