



QUICK START GUIDE TO KETO

# GOING KETO PLAN

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KETO DIET PLAN

# 28-DAY FOUNDATIONS RESET

## TABLE OF CONTENTS

DISCLAIMER..... 2

GENERAL GUIDELINES ..... 3

SUGGESTED FOODS TO ENCOURAGE & AVOID ..... 4

7 DAYS OF SUGGESTED MEALS ..... 5

# 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.

# GENERAL GUIDELINES

- Choose organic produce and organic, grass-fed, free-range meats when possible.
- Macronutrients matter. Getting into ketosis is dependent upon your following these macronutrient ratios:

60-75% fat

20-30% protein

5-10% carbohydrates

The specific ratios and grams of each will vary depending on your goals, activity level, and personal body composition. Review the lessons in Module 5 for more information on this.

- Track what you are eating in a tracking app for at least the first week of keto so that you can get a feel for the macronutrient ratios in the foods you are eating.
- Eat large amounts of vegetables daily (work up to 7-10 cups, monitoring your digestion), aiming for half raw, half cooked and focusing on leafy greens.
- Use healthy organic oils liberally. Include coconut for higher heat cooking, olive for lower heat cooking and olive, flax, hemp, and walnut oils for dressings.
- Include digestion-supportive foods such as fermented veggies and bone broth.
- Incorporate liver and gallbladder supportive foods daily (see Mod 5, Lesson 2).
- Drink enough water daily to achieve light yellow urine.
- Aim for at least 3 colors on your plate at each meal.
- It can be very helpful to measure your ketone levels to determine your state of ketosis, using urine strips, a breathalyzer, or a ketometer.
- Avoid alcohol, don't overdo dairy, consume plenty of electrolytes, and read all ingredient labels to ensure no low-quality oils or added sugars are sneaking in.

## SUGGESTED FOODS TO ENCOURAGE & AVOID

	Encourage	Avoid
<b>Animal Protein</b>	Organic chicken, turkey, lamb and grass-fed beef; wild-caught salmon, tuna, trout, sardines, cod and halibut, organic organ meats, eggs	Fried fish or meat; any conventionally raised (non-organic) meat; canned meat, conventional lunchmeat
<b>Vegetables</b>	Focus on dark, leafy greens and keto-friendly vegetables (see the Keto Charts resource for a list)	Any soy products (tofu, soybeans, soy protein) except traditionally fermented miso and tempeh
<b>Fruits</b>	Berries in limited amounts	Other fruit
<b>Grains</b>	No grains. The only exception is small amounts of cold white rice for resistant starch benefits (see Module 5, Lesson 2 for more information on this).	
<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 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, hemp, and nut milks (almond, cashew, pumpkin seed, walnut, etc.) plain coconut yogurt	Sweetened dairy substitutes

<b>Beverages</b>	Purified water, mineral water, green and herbal teas, yerba mate, freshly pressed vegetable juice	Alcohol, coffee, soft drinks, fruit juice (unless a small amount of fruit is freshly juiced and mixed into your fresh vegetable juice)
<b>Fats &amp; Oils</b>	Cold-pressed organic coconut, olive, sesame, flax, walnut, pumpkin, and avocado oils, butter, ghee, lard, tallow	Margarine, shortening, lard, 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, sauces as listed in recipe guide	Ketchup, relish, commercial sauces and dressings, conventional mayonnaise

In the pages that follow, you'll find a sample 7-day meal plan. Please keep in mind that the amount of fat, carbs, protein and calories you should be eating will depend on your unique requirements based off of your height, weight, and activity level so you may need to adjust the amounts below, such as adding in more fat (for example, in the form of an avocado) to meet your caloric and macronutrient requirements. See Module 5, Lesson 1 for more details on finding your amounts.

Also, please note that the sample meal plan below contains a moderate amount of vegetables. As your digestion allows, increase the cups of leafy greens in your salads and dishes (this adds only a negligible amount of net carbs and calories) until you are reaching 7-10 cups of veggies per day.



# 7 DAYS OF SUGGESTED MEALS

RECIPES CAN BE FOUND IN THE RECIPE GUIDE

## DAY 1

This sample day is 68% fat, 23% protein, 9% carbs, 1317 calories

### UPON WAKING

Drink glass of plain water followed by a mug of warm water with squeeze of lemon juice (.4 net carbs in 1 wedge lemon)

### BREAKFAST

Veggie Scramble p. 18  
(4.6 net carbs, 16.6g fat, 15.6g protein, 239 calories)

### MID- MORNING

Optional snack if hungry (e.g. 1 oz macadamia nuts)  
(1.5 net carbs, 21.5g fat, 2.2g protein, 204 calories)

### LUNCH

Simple Turkey Burger p. 20 with Micro Greens Salad p. 40  
(5.8 net carbs, 38.9g fat, 28.4g protein, 485 calories)

### AFTERNOON

Mug of herbal tea

### DINNER

Chicken Thighs with Bacon Brussels Sprouts p. 21  
(7.2g net carbs, 23.9g fat, 32.5g protein, 388 calories)

### 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 1 tablespoon 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” system

# DAY 2

This sample day is 70% fat, 21% protein, 9% carbs, 2021 calories

## UPON WAKING

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

## BREAKFAST

Flax & Chia Breakfast Cereal or Pudding p. 19  
(3.1 net carbs, 14.7g fat, 7.3g protein, 208 calories)

## MID- MORNING

Optional snack if hungry (or mug of tea)

## LUNCH

Nicoise Salad p. 26  
(6.5 net carbs, 30.8g fat, 40.9g protein, 484 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Marinated Lamb Chops p. 28 with Herb Salad p. 42  
(10.2 net carbs, 89.1g fat, 41.1g protein, 1327 calories)

## 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 1 tablespoon 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

This sample day is 76% fat, 17% protein, 7% carbs, 2159 calories

## UPON WAKING

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

## BREAKFAST

Breakfast Sausage p. 20 over 2 cups arugula  
(1.6 net carbs, 21.6g fat, 22.2g protein, 292 calories)

## MID- MORNING

Optional snack if hungry (or mug herbal tea)

## LUNCH

Ginger Salmon Salad p. 25  
(9.5 net carbs, 97.8g fat, 42.2g protein, 1084 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Southwestern Kale Chicken Salad p. 33  
(9.9 net carbs, 68.3g fat, 30.7g protein, 783 calories)

## 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 1 tablespoon 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 4

This sample day is 66% fat, 25% protein, 9% carbs, 1697 calories

## UPON WAKING

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

## BREAKFAST

Beef & Greens Breakfast Bowl p. 18  
(7 net carbs, 36.8g fat, 38.7g protein, 529 calories)

## MID- MORNING

Optional snack if hungry (or mug herbal tea)

## LUNCH

Taco-less Salad p. 22  
(4.5 net carbs, 33.1g fat, 17.6g protein, 407 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Coconut Lemon Baked Cod p. 27  
with Cheesy Broccoli p. 35  
(10.2 net carbs, 57.3g fat, 48g protein, 761 calories)

## 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 1 tablespoon 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

This sample day is 79% fat, 15% protein, 6% carbs, 1649 calories

## UPON WAKING

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

## BREAKFAST

Flax & Chia Breakfast Cereal or Pudding p. 22  
(9.9 net carbs, 68.3g fat, 30.7g protein, 783 calories)

## MID- MORNING

Optional snack if hungry (or mug of herbal tea)

## LUNCH

Niçoise Salad p. 26  
(6.5 net carbs, 30.8g fat, 40.9g protein, 484 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Steak Peppercorn Salad p. 32  
(9.4 net carbs, 84.4g fat, 36.6g protein, 957 calories)

## 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 1 tablespoon 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

This sample day is 69% fat, 21% protein, 10% carbs, 1300 calories

## UPON WAKING

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

## BREAKFAST

Coconut Flour Pancakes p. 17 with tablespoon butter  
(3.3 net carbs, 29.1 fat, 12.7 protein, 345 calories)

## MID- MORNING

1 oz macadamia nuts  
(1.5 net carbs, 21.5g fat, 2.2g protein, 204 calories)

## LUNCH

Simple Sesame Cabbage p. 29 with ½ avocado on side  
(9.1 net carbs, 20.6g fat, 20.3g protein, 364 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Grass-Fed Meatballs over Cauliflower Rice p. 47 with 3 cups fresh arugula (or leafy green of your choice, steamed or prepared to your liking)  
(5.7 net carbs, 28.9g fat, 24.7g protein, 388 calories)

## 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 1 tablespoon 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

This sample day is 73% fat, 21% protein, 6% carbs, 2068 calories

## UPON WAKING

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

## BREAKFAST

Breakfast Sausage p. 20 over 2 cups arugula  
(1.6 net carbs, 21.6g fat, 22.2g protein, 292 calories)

## MID- MORNING

Optional snack if hungry (or mug of herbal tea)

## LUNCH

Sesame Ginger Salmon p. 25 with Red Leaf Lettuce Salad with Pistachios p. 41  
(6.6 net carbs, 41.6g fat, 50.2g protein, 618 calories)

## AFTERNOON

Mug of herbal tea

## DINNER

Greek Lamb Salad p. 32  
(10.8 net carbs, 106.1g fat, 33.2g protein, 1158 calories)

## 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 1 tablespoon 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