



Meal Plan & Guide



This specific meal plan will be a catalyst to further speed up the physical changes you want to achieve. There is no 'one' best diet to follow. There are so many variables that come into play. As we go along, you will continue to discover what works best for you and your body.

This plan does have some rules to follow and they are by no means definitive but I wanted to give you something that takes the guesswork out of the equation. When you wake up in the morning, you will know what you can eat. If you go out for dinner, you will know what you can order. This specific plan is very simple but not necessarily easy. Why? Because regardless of its simplicity, it will still take discipline, will power, patience & self control.

KETOGA MEAL PLAN RULES

#1 Drink a cup of warm water with 1 Tbsp lemon juice upon rising in the morning. This aids digestion.

#2 Water is your beverage of choice. Eliminate milk, fruit juice and soft drinks if you drink them.

#3 No fruit. Except tomato + avocado (1 serving/day), lemon + lime.

#4 No 'white' carbs. This includes all rice (incl. brown), bread, cereal, granola, potatoes, pasta, tortillas + fried food with breading.

#5 TAKE ONE DAY OFF EVERY WEEK. You can eat whatever you'd like on this day. I want you to go all out. This is a part of the process :)

How it Works

Create each meal by picking one item from each of the following three groups. You want to make sure that you eat enough legumes because they are more calorie dense and will keep you full.

Proteins	Veggies	Legumes
Whole Eggs	Spinach	Lentils
Egg Whites	Mixed Vegetables	Black Beans
Chicken Breast or Thigh	Sauerkraut	Pinto Beans
Beef (preferably grass-fed)	Asparagus	Red Beans
Fish (mussels, salmon, shrimp)	Peas	
Pork Tenderloin	Broccoli	
Turkey (ground/bacon)	Green Beans	
	Green Salad	

CONSIDERATIONS

If you are eating out, almost all restaurants can give you a salad or veggies in place of french fries, potatoes or rice. Opt for oil and vinegar or a balsamic vinaigrette on the side when ordering salads.

Meal Ideas

Breakfast Ideas

Egg whites, one whole egg, mixed vegetables, chicken breast

Egg whites, lentils and broccoli

Two whole eggs, 2 slices of turkey bacon, spinach

Lunch Ideas

Mixed vegetables, peas, steak

Spinach salad w/tuna

Chicken thigh, black beans, mixed vegetables

Dinner Ideas

Beef (or pork), asparagus, pinto beans

Chicken, lentils, assorted veggies

Wild salmon, asparagus, cucumber & tomato salad

Juicing

If you happen to own a juicer, you are welcome to include it into the program, however there is no need to go out and buy one specifically for this.

Some of the most popular vegetables to juice include carrots, celery, cucumber, kale, spinach, lemon, beets and romaine. Other add-ins are fresh ginger, chlorella, turmeric and parsley.

I like to juice and drink immediately to maximize the nutrient benefits as opposed to letting the drink sit.

Supplementation

I personally recommend the following:

Omega 3 Fatty Acids

Multi-vitamin

Calcium & Magnesium

* I use the Advocare brand. If you would like to use these, you can purchase online. Every purchase needs an ID #. Mine is 10012926

OTHER NOTES

Figure out which day will be your FUN + FREE DAY and see if you can keep this day the same each week. 6 Days on, 1 Day off.

Feel free to add in some chia seeds and flaxseeds.

Be kind and gentle to yourself!!

Ready, set, GO!!!