

WELCOME TO THE 28 DAY KETO KICKSTART

Must do the performance assessment on last page...

Congrats on your decision to experience better over the next 28 days! So, what can you expect?

Please: Print and Fill out Guide to enter to win prizes: [Pruvit Core4 Guide](#)

Pruvit Core4 Information Site please go over this: [Pruvit Core4 Info](#)

TIPS FOR SUCCESS

A big part of this process is healing your body. Not all progress is measured by the scale and depending on how much damage has been done to your body, it can take months or even years to fully heal it. Do yourself a favor and enjoy the journey to getting healthy. Recognize every win and look for all the positive changes in your life in addition to fat loss, these are the reasons you will stick with this lifestyle and create a healthier you.

- Monday 1 Low Carb Meal: Fast Until 6pm ish (have 2 Keto NATS today, optional Keto Pro) Low Carb dinner protein and veggies
- Tuesday 2 Low Carb Meals: Keto NAT - 7am ish, 12pm Lunch, 3 Optional Keto NAT or Pro, 6pm Dinner
- Wednesday 2-3 Low Carb Meals: 7am ish, 12pm Lunch, 3 Low Carb meal, 6pm Dinner it's always ok to have an extra keto NAT
- Thursday 2 Low Carb Meals: Keto NAT - 7am ish, 12pm Lunch, 3 Optional Keto NAT or Pro, 6pm Dinner
- Friday 2 Low Carb Meals: Keto NAT - 7am ish, 12pm Lunch, 3 Optional Keto NAT or Pro, 6pm Dinner
- Saturday 2-3 Low Carb Meals: 7am ish, 12pm Lunch, 3 Low Carb meal, 6pm Dinner it's always ok to have an extra keto NAT
- Sunday 2 Low Carb Meals: Keto NAT - 7am ish, 12pm Lunch, 3 Optional Keto NAT or Pro, 6pm Dinner

***** This is a guide feel free to change the days around and if you decide to have a drink or a bit of food fun do it on a day that you get the extra meal. Lastly use 1-2 Mitoplex each day for the best hydration and result.**

KETO KICKSTART RECOMMENDED FOOD GUIDE

Healthy Fats: (non GMO and Organic are best): coconut oil; extra virgin olive oil, sunflower oil, walnut oil, avocado oil, grass fed butter, ghee (Grass fed, organic), duck fat, MCT oil, MCT//1:4:3

Protein (choose free range or organic grass fed when possible): Beef, Ground Beef (15% fat or greater), whole eggs, fatty wild caught fish (salmon, chilean sea bass, mackerel, herring, anchovies, sardines), shellfish, chicken (dark meat with skin), turkey, lamb, pork, wild game, bacon, sausage (limit processed meats and choose nitrate free)

Recommended Veggies (Complex Carbs): Asparagus, Avocado, Bell Peppers, Broccoli, Brussel Sprouts, Cauliflower, Celery, Cucumber, Dark Leafy Greens, Garlic, Green Beans, Lettuce, Mushrooms, Onions, Scallions, Shallots, Spinach, Squash (acorn, butternut, spaghetti), Snow Peas, Zucchini

Dairy (Full Fat): Cheeses, Cottage Cheese, Plain Greek Yogurt, Kefir, Cows milk, heavy cream *see note about dairy

Snacks: nuts, nut butters, avocado, seeds (flax seeds, sunflower seeds, pumpkin seeds, chia seeds)
**note nuts should be a snack not a meal, hard boiled eggs, luncheon meats (choose nitrate free)

Recommended Herbs, Seasonings, Condiments and Other: Any and all seasonings and dry rubs, mayonnaise, yellow mustard, dijon mustard, horseradish, sour cream, tapenade, salsa (no sugar added), ginger, parsley, turmeric, sea salt or Himalayan salt, black pepper, stevia, cocoa, cinnamon

***NOTE ABOUT DAIRY/CHEESE: Choose low allergy cheeses such as sheep or goat cheese. If you can tolerate cow cheese, choose cheeses like mozzarella or cream cheese. As always, choose cheeses from grass fed animals! If optimal results are not achieved eliminate all dairy out.**

KETO KICKSTART ASSESSMENT
This is a must do, at your best level...

Keto OS//NAT can help improve strength, performance, recovery and endurance. Since your body uses less oxygen when fueled by Keto OS//NAT you may find that certain exercises may not feel as challenging to perform.

Rate yourself over the next 28 Days in the areas of performance, recovery and endurance and see if you don't notice improvements in one or all areas. Please rate yourself even if your focus is only fat loss.

Prior to starting Keto OS//NAT test your strength and performance in as many of the following areas as your body will allow:

Set a timer for 30-60 seconds. Perform As Many Reps As Possible in as many of the following areas and see where you've improved. This test is a maximal effort test and should only be performed by healthy individuals.

Start Date: _____

Finished Date: _____

Push Ups/Knee Push Ups _____

Pull Ups _____

Burpees _____

Walking Lunges _____

ENDURANCE: One Mile Walk/Run

The mile run/walk can be done outdoors or using a treadmill. The goal of this test is to cover a one-mile distance as quickly as possible. This test is a maximal effort test and should only be performed by healthy individuals. In order to perform this test, you simply need to measure the time it takes you to cover one mile.

Start Date: _____

Finished Date: _____

Endurance Test: _____
