

# One Sheet Daily Guide

## **Protein:**

EAT AS MUCH AS YOU WISH OF THESE:

Meat: veal, beef, lamb, pork, ham bacon, any game meat

Poultry: chicken, turkey, duck or any game bird

Seafood: any fish or shellfish, or plain canned fish or seafood in oil or water (not cured with sugar) Eggs:

Eat whole eggs, not just the whites.

## **Veggies:**

1-2 cups per day leafy salad greens, spinach, kale, green onions, sprouts (if it has a leaf you can eat it!)

1 cup of other vegetables that grow above the ground: asparagus, beet greens, bok choy, broccoli,

Brussels sprouts, cabbage, cauliflower, celery, chard, Chinese cabbage, cucumber, eggplant, green

beans, kale, leeks, mushrooms, peppers, spinach, string beans, squash, tomatoes, turnips, wax beans and zucchini.

YOU MUST EAT VEGETABLES EVERY DAY!

## **Fats:**

4 to 6 Tablespoons of fat: Butter, oils, cheese, heavy cream, mayonnaise, avocado.

This category could also include salad dressings (low or no carbs/sugars), and oils could include coconut oil, MCT oil, MCT//143 from us, liquid coconut cooking oil, olive oil, canola, safflower, etc. (preferably organic, expeller or cold-pressed whenever available). For avocado I suggests one small or one-half large per day—you could add another avocado serving in place of one tablespoon of oil.

## **Tips:**

Here are a couple simple tips if using the diet for Fat Loss:

Intermittent Fasting Eat Between 12 pm and 8 PM

Only eat when you are hungry

Cut back on Fat to 2-3 Tablespoons of fat.

Important: \*\*\*Increase your salt intake add electrolytes\*\*\*

\*\*\*There might be a few days where you don't feel like eating much that's OK

## **Secret Tips:**

KETONE SUPPLEMENTS for the easiest time doing keto:

We have the right Ketone Supplements that boost ketosis, suppress appetite, and encourage fat loss, helps with energy, focus and mood.

Thanks

The Keto Pro