The following are snacks that are approved during ketogenic process. You can use these during the mid-afternoon periods during the program, but can also continue to utilize these after the program if you remain in a ketogenic state.

**The amounts listed below are the MAXIMUM you can consume in one sitting**

 **Snacks Nuts:**

Almonds –Do not exceed 1.5oz at any point

Pecans – 1.5oz

Brazil Nuts – 1.5oz

Macadamia Nuts – 2oz

Cashews – 1oz

Pistachios – 1oz

Walnuts – 1.5oz

**Cheeses (all should be organic):**

Mozzarella – 2oz

Jack – 2oz

Cheddar – 2oz

Brie- 1.5oz

Goat Cheese – 2oz

Feta – 1.5oz

Ricotta – 1/8 Cup

Cream Cheese – 4 Tbsp

**Snack-Foods:**

Beef Jerky Sticks

Pork Rinds – No more than 12 Pieces

Kind Bars – NO MORE THAN ½ of a BAR!!

Almond Butter – 2 Tbsp

Organic Peanut Butter – 2 Tbsp

(watch the carbs on the label)

**Creamers and Coffees:**

Almond Milk

Heavy Cream (use instead of half

and half)

Coconut Milk

Coconut Cream

Almond Milk Lattes with no sweeteners

Keeping Protein moderately low, but fats relatively high will allow your body to start running on fats that much faster.

Please note that this program is set in such a way to assist you in determining your own amounts of food. Although there is a small amount of math involved, it is aimed at making sure you get the most out of your program!

**\*Start Your Day with The Morning Drink\***

**Days 1-4: Breakfast**

**Small Portion of Protein About the Size of Your Fist or 1/6 of Your Weight in Grams of Protein.**

*For Example, a 200lb person would divide their weight by 6 to equal 33g protein*. That’s how many grams of protein you will aim for.

If you use eggs, use ½ of an egg for every 50lbs of bodyweight.

*Sliding Scale:*

*<100lbs = 1 Whole Egg or about 2.5oz of Lean meat*

*101-150lbs = 1.5 Eggs or about 3.5oz Lean meat*

*151-200lbs = 2 Eggs or about 4-4.5oz Lean Meat*

*201-250lbs = 3 Eggs or about 5-5.5oz Lean meat*

*251lbs + = 3.5 Eggs or about 5.5-6oz Lean Meat*

**1/4 Cup of Spinach (raw) for every 50lbs of Body Weight** (this isn’t as much as you think because it shrinks A LOT) You can add this to the eggs or cook it into your other protein sources

*Sliding Scale:*

*<100lbs = ½ Cup Spinach*

*101-150lbs = ¾ Cup Spinach*

*151-200lbs = 1 Cup Spinach*

*201-250lbs = 1.5 Cups Spinach*

**Days 1-4Body to run on**

**½ Level Tbsp of Coconut Oil or KerryGold Grassfed Butter for Every 50lbs of Bodyweight.**

The coconut oil contains MCTs, which will help you get into ketosis faster, and the Grass-fed butter contains the right kinds of Omega 3 Fats. You can use this to cook your eggs/protein or add it after the fact to the spinach.

**I know this will seem like a LOT of oil, but it WORKS**

*Sliding Scale:*

*<100lbs = 1 Tbsp Coconut Oil*

*101-150lbs = 1.5 Tbsp Coconut Oil*

*151-200lbs = 2 Tbsp Coconut Oil*

*201-250lbs = 2 Tbsp*

*251lbs + = 2.5 Tbsp*

**Additional Breakfast Fat Options (choose one):**

- 1 Slice of ORGANIC (must be organic for metabolism reasons) Cheddar or Goat Cheese

- 5x Macadamia Nuts for every 50lbs of Body weight (e.g. 200lbs = 20 Macadamias)

- 4x Slices Organic, Nitrate Free Bacon (yes, bacon is okay, just get it Organic)

- 2x Pieces of Organic Turkey or Pork Sausage that is Nitrite/Nitrate Free

***\*\*Special Note!*** *Make sure you add small amounts of Himalayan Pink salt to your meals as you can sometimes lose electrolytes when you start this higher fat approach*

**Days 1-4: Lunch**

**Protein Options**:

*Grass Fed Ground Beef, Ground Turkey, or Chicken Thigh (Fattier Cut of Meat Here. You can sub Salmon if you must swap)*

Moderate Sized Portion of Protein (Preferred Grass Fed Ground Beef (Burger)) at roughly 1-1.5oz of meat for every 50lbs of Bodyweight.

*Sliding Scale:*

*<100lbs = 3oz Grass Fed Ground Beef Burger, Turkey Burger or Chicken THIGH*

*101-150lbs = 4oz Grass Fed Ground Beef Burger, Turkey Burger or Chicken THIGH*

*151-200lbs = 5oz Grass Fed Ground Beef Burger, Turkey Burger or Chicken THIGH*

*201-250lbs = 5.5oz Grass Fed Ground Beef Burger, Turkey Burger or Chicken THIGH*

*251lbs + = 6oz Grass Fed Ground Beef Burger, Turkey Burger or Chicken THIGH*

**Additional Fats and Toppings for Burger (or protein source)**

You can select **TWO** of the following toppings to put on top of your burger or protein source in the following quantities (you can double up one if you like it):

- Organic Bacon – ½ Piece of bacon for every 50lbs of Bodyweight

- Organic Avocado – 1/8 of an avocado for every 50lbs of bodyweight

- Goat Cheese – Slice or piece about the size of FOUR of your thumbs put together

- Organic or Raw Cheese – Slice or piece about the size of THREE of your thumbs

- Organic CANOLA Mayonnaise (please no Soy) – ½ Tbsp for every 50lbs

**Veggies on the Side or Salad**

It is very important with this meal that you have some veggies so that your body can absorb the minerals from this meal!

You can **select** from the Following Options:

- Asparagus – 2 Stalks for Every 50 Lbs of Bodyweight with ½ Tbsp Coconut or Olive Oil

- Artichoke – 3 leaves for every 50lbs of Bodyweight with ½ Tbsp Coconut or Olive Oil

- Broccoli – ¼ cup for every 50lbs of Bodyweight

- Small Salad – 1 Cup Mixed Greens with 1 Tbsp Olive Oil and Apple Cider Vinegar

**Days 1-4: Optional Mid-Afternoon Snack**

*This is entirely optional and is strongly discouraged unless you are truly hungry.*

***\*\*It must be at minimum 3 hours AFTER you complete your lunch meal***

**Optional Snacks – Pick ONE:**

- Macadamia Nuts – 4-5 nuts for every 50lbs of bodyweight

- Almonds – 7-10 nuts for every 50lbs of bodyweight

- Almond Butter or Peanut Butter – ½ Tbsp for every 50lbs of bodyweight

- ORGANIC Pork Rinds – 3 pieces for every 50lbs of Bodyweight

**Days 1-4: Dinner**

*For Dinner you can either follow the below protocol.*

*\*\*Note – You can sub dinner proteins if need be, the below are only the* ***BEST*** *recommendations.*

**Option 1: Turkey or Beef Bolognese:**

- 1.5oz Ground Turkey or Beef for every 50lbs of Bodyweight

- Coconut Oil or Olive Oil – ½ Tbsp for Every 50lbs Bodyweight added to meat

- Organic Tomato Sauce (not marinara, it has sugar)

- Organic Parmesan Cheese (1/8 Cup for every 50lbs)

- Italian Spices as Needed

- Garlic and Onion as needed (this will provide good prebiotic fiber)

**Additional Fats Allowed (Pick ONE)**

- Mozzarella Cheese – Piece the Size of your thumb per 50lbs

- Organic Sour Cream - ½ Tbsp for Every 50lbs of Bodyweight (very high in probiotic cultures)

**Veggie Options with Dinner:**

- Zucchini – Fist Sized Portion

- Bok Choy – Fist Sized Portion

- Kale – Fist Sized Portion

- Cauliflower – Fist Sized Portion

**Option 2: Salmon and Butter Sauce**

- 1.5oz Wild Caught Salmon for every 50lbs of Bodyweight

- ¼ Tbsp of Organic, GrassFed Butter (KerryGold) for every 50lbs of bodyweight

- Splash of ORGANIC Heavy Cream (if you can do dairy, do not exceed 2 Tbsp of Cream)

- Add Chicken Broth to the Butter Sauce along with Garlic to Taste

**Additional Fats for Option 2, Pick ONE:**

- 5 Macadamia Nuts for Every 50 lbs

- Organic Bacon (Nitrate/Nitrite Free) 1 Piece for Every 50lbs

- Organic Swiss Cheese – ½ Oz for Every 50lbs (this is very low sodium cheese)

**Veggie Options with Dinner:**

- Zucchini – Fist Sized Portion

- Bok Choy – Fist Sized Portion

- Kale – Fist Sized Portion

- Cauliflower – Fist Sized Portion

During days 5-14 we will slightly back off of the fat intake ever so slightly, but will also increase the variety that you can have with some of your meals.

If you like the structure of days 1-4, you can absolutely continue with this protocol as long as needed, just note that you will want to back down from the fats a little bit.

Remember, the purpose of the higher fat intake in the first few days is to help your body get into ketosis a bit faster and easier (hence why so much coconut oil)!

You’re going to notice that I recommend brief periods of less food. This is because now that your body is in a ketogenic state, you can manipulate its ability to use fats for a fuel a bit more. This means that we can slowly subtract some calories from time to time and get a BIG impact.

**How the Calorie Deficit Works – VERY IMPORTANT:**

*\*Note- The intermittent fasting is entirely optional!! However, it will enhance the effects of this program by about 14% by doing 2 days of fasting (only eating dinner)*

On days 5-14, you will want to pick TWO DAYS that you do a MILD form of intermittent fasting. What this will mean, is that you will only eat at Dinner Time.

The high fat nature of this diet will allow you to be very satiated throughout the course of the day, and you will simply pick up the remaining meal at dinner time with **SLIGHTLY MORE** **FOOD**. You will still want to follow the same ratio of nutrients, but you’ll slightly increase.

***For Example:***

*Normally eat – 5oz Chicken, 3 Tbsp Almond Butter, 10 Stalks of Asparagus*

*After Fasting, you will increase with the same ratio (roughly) – 7oz Chicken, 4 Tbsp*

*Almond Butter, 15 Stalks of Asparagus*

This insures that you get all the right amounts of macronutrients to elicit the right

hormone response when you break your fast.

**Recommended Days to Fast on this protocol: Days 8 and 12**

**Days 5-14 Intermittent Fasting and Less Fat**

**Days 5-14: Breakfast**

**Small Portion of Protein About the Size of Your Fist or 1/6 of Your Weight in Grams of Protein.**

*For Example, a 200lb person would divide their weight by 6 to equal 33g protein*. That’s how manygrams of protein you will aim for.

If you use eggs, use ½ of an egg for every 50lbs of bodyweight.

*Sliding Scale:*

*<100lbs = 1.5 Whole Egg or about 3oz of Lean meat*

*101-150lbs = 2 Eggs or about 4oz Lean meat*

*151-200lbs = 2.5 Eggs or about 4-4.5oz Lean Meat*

*201-250lbs = 3 Eggs or about 5-5.5oz Lean meat*

*251lbs + = 3 Eggs + 1 Egg white or about 6-7oz Lean Meat*

**Coconut Oil to Still Induce Ketosis and Mobilize Fat**

You’ll want to consume just enough to cook the eggs, and not much added

*Sliding Scale:*

*<100lbs = ¼ Tbsp Coconut Oil*

*101-150lbs = ¾ Tbsp Coconut Oil*

*151-200lbs = 1 Tbsp Coconut Oil*

*201-250lbs = 1 Tbsp*

*251lbs + = 1.5 Tbsp*

**Additional Breakfast Fat Options (choose one):**

- 1 Slice of ORGANIC (must be organic for metabolism reasons) Cheddar or Goat Cheese

- 5x Macadamia Nuts for every 50lbs of Body weight (e.g. 200lbs = 20 Macadamias)

- 4x Slices Organic, Nitrate Free Bacon (yes, bacon is okay, just get it Organic)

- 2x Pieces of Organic Turkey or Pork Sausage that is Nitrite/Nitrate Free

***\*\*Special Note!*** *Make sure you add small amounts of Himalayan Pink salt to your*

*meals as you can sometimes lose electrolytes when you start this higher fat approach*

**Days 5-14: Lunch**

For lunch you will notice that the meal sections are broken down into parts that you can

mix and match. You will pick ONE Protein Source, ONE Fat Source, and ONE Veggie

Source.

This allows you to have variety. Note that the scale of how much to have per amount of

bodyweight is listed above the options. What is most important is the overall fat to

protein ratio here, however you still have some variety to make this absolutely tolerable

and enjoyable for the next 9 days.

**Proteins (Protein Sources Below):**

*Sliding Scale:*

*<100lbs = 3oz Protein (2.5oz if Shrimp)*

*101-150lbs = 4oz Protein (3oz if Shrimp)*

*151-200lbs = 5oz Protein (3.5oz if Shrimp)*

*201-250lbs = 6oz Protein (4oz if Shrimp)*

*251lbs + = 7oz Protein (5oz if Shrimp)*

***Protein Sources:***

- Grass Fed Ground Beef (as lean as possible, 93% or leaner)

- 99% Lean Ground Turkey (Organic)

- Shrimp

- Lean White Fish – Dover Sole, Haddock, Halibut, Cod

- Organic, Free Range Chicken Breast

- Chunk Light Tuna – NO ALBACORE (Higher Mercury)

**Fat Sources Pick 1 individually or ½ of Two:**

- Avocado 1/8 of an avocado for every 50lbs of weight

- Mayonnaise (Organic) ½ Tbsp for Every 50lbs of weight

- Organic Jack Cheese ½ oz for Every 50lbs of Weight

- Almond Butter 1 Tbsp for Every 50lbs of Bodyweight

- Pecans, Almonds, or Brazil Nuts 8 pieces for every 50Lbs of bodyweight

- Peanut Butter ½ Tbsp for every 50lbs of bodyweight

- Ranch or Blue Cheese Salad Dressing (Organic and if using the salad below)

**Veggies (Pick ONE)**

- Mixed Green Salad with cucumbers (use dressing above)

- Cauliflower (about the size of 1.5 fists)

- Broccoli (About the size of 1.5 fists)

**Days 5-14: Dinner**

*The dinner protein selections are going to be a bit higher fat cuts of meat, and if you choose to go with a lower fat cut of meat, then add additional fats from the fat-sources section. You’ll notice that fat amounts are a bit less as you’ll be getting a fair bit of fats from your meat sources in this case.*

**Protein Amounts (Sources are Listed below)**

*Sliding Scale*

*<100lbs = 3oz Protein (2.5oz if Pork)*

*101-150lbs = 4oz Protein (3oz if Pork)*

*151-200lbs = 5oz Protein (3.5oz if Pork)*

*201-250lbs = 6oz Protein (4oz if Pork)*

*251lbs + = 7oz Protein (5oz if Pork)*

***Protein Sources:*** *(okay to cook in a small amount of kerrygold butter)*

- Wild Caught Salmon (with skin would be preferred)

- Ribeye Steak with light marbling (don’t eat the large amounts of fat on the outside)

- New York Strip Steak

- Chicken Thigh or Chicken Drumstick (only weight the meat, not the bone)

- 93% Lean Ground Turkey (this is standard ground Turkey

- Scallops (although this is a more expensive option, I recommend 1x per week)

Adaptive Body Boost 42

**Fat Sources**

*These are the additional fats that you will add to your meal, you can pick any* ***ONE*** *of these to go along with your higher fat protein source.*

- Macadamia Nuts – 5 pieces for every 50 lbs of bodweight

- Almond Butter – ½ Tbsp for every 50 lbs of bodyweight

- Sunflower Seeds (unshelled) – ½ Tbsp for every 50lbs of Bodyweight

- Organic Mayonnaise – ½ Tbsp for every 50lbs of bodyweight

- Organic Cheese (preferred goat) – ½ oz for every 50lbs of bodyweight

- Pork Rinds – 4 Pieces for every 50 lbs of bodyweight

- Olive Oil and Vinegar for Dressing if You Choose the Below Salad

**Veggies**

*It is extremely important that you have a fair bit of veggies with this meal to help you*

*digest the fattier cuts of protein a bit more:*

- Asparagus – 3 stalks for every 50lbs of bodyweight

- Mixed Green Salad (use olive oil and vinegar from above)

- Artichoke Leaves

- Artichoke Heart – Roughly one heart depending on size

- Bok Choy Sauteed with Vinegar – ½ Cup for every 50 lbs of bodyweight