



k teamketo

EXPANDED & UPDATED!

KETO

TORCH FAT OFF

INCREASE ENERGY & FOCUS

BECOME SUPERHUMAN

KICKSTART



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GETTING STARTED

What is ketosis?

Ketosis is a state where your body changes its fuel source from carbs to fats. Most of us are used to eating carbs like rice, pasta, bread, beans, potatoes, and fruit. Yes, fruit counts as a carb since our body breaks it down to glucose (aka sugar) and uses that as a fuel source to provide us energy.

Aren't fats bad for me?

Nope! Not on a keto diet. Instead of carbs that produce glucose, we eat fat to produce ketones. Ketones are a longer lasting source of energy. An excess of ketones can put your body into the fat burning stage of ketosis!

Think it sounds crazy? Actually it's not. Our body was designed to store fat as a survival mechanism. When carb food sources were scarce our body fueled itself by BURNING FAT and creating ketones to energize us!

How much fat, protein, and carbs do I eat?

75% or more of our daily calories will come from fat, 20% protein or less, and 5% carbs or less. Less than 20g of net carbs (total carbs minus fiber) a day is recommended.

Do I need to track macros or count calories?

No, when you follow the meal plan **you DO NOT NEED to track your calories or macros**. Everything is calculated for you. (See more info about your meal plan on page 9) Although it is not necessary, you can use a food tracker such as MyFitnessPal to track. Regarding calories, as long as you eat intuitively and stop when you're full... your body will regulate itself.

IMPORTANT: ELECTROLYTES ARE ESSENTIAL

It is critical to get electrolytes on keto. I repeat it is **CRITICAL**. This is because on keto you're flushing out a lot of stored water and electrolytes that your body is used to. A lack of electrolytes can lead you to feel low energy, have a headache, dizziness and seem brain fogged throughout much of the day. We call this the keto flu and it could especially happen on the first few days on keto. The good news is that this is **COMPLETELY avoidable** by following these steps:

1. Multiply your weight by 2/3 (67%) to find out your daily ounces.
2. Get in your electrolytes (5-7g sodium, 300-500 mg magnesium, 1-3.5g potassium) through food, Himalayan salt, and supplementation.
3. Supplement with an exogenous ketone and electrolyte drink like [TeamKeto Fuel](#). It'll help you transition into ketosis smoother. As well as [C8 MCT Powder](#) which is highly beneficial in helping your body produce ketones quicker.

If you experience any keto flu symptoms just follow the steps above and they should go away within a day or two!

GETTING STARTED

What are the do's and don'ts of the Keto diet?

Eat This: Fats

- Things like high-fat dairy products—cheese, heavy whipping cream, butter—all fair game.
- Fatty meats are great too. That's right, I want you to have bacon, sausage, and fatty ground beef. It'll actually help you get better ketogenic results.
- Nuts and seeds are great too. Macadamia, almonds, and sunflower seeds are a few of my favorites.
- Heck, even just adding a couple tablespoons of oil can help you get the right fats in the right amounts. Olive, avocado, or coconut all work great.
- And don't just eat your veggies, enjoy them with plenty of delicious buttery goodness on top.
- As for sweeteners you are allowed to use stevia, erythritol, monk fruit (Lo Han / Luo Han), and Allulose.

Not That: Carbs

- Speaking of veggies. Some vegetables should actually be completely avoided: anything starchy, like potatoes, corn, and peas. Other things, like carrots and green beans should be limited for the full fat-burning benefits of ketosis.
- Keeping keto with carbs also means ditching wheat and other grains, rice, pasta, bread, cookies, chips, cereal, and juices/sodas that are packed with sugar. A small misstep can actually keep you from crushing it with ketosis.
- It's very important to avoid bad artificial sweeteners like high fructose corn syrup, agave syrup, sucralose (splenda), equal, and aspartame.

How long does it take to get into ketosis?

When you stick to this meal plan most people take 2-3 days to produce enough ketones to be considered in a state of ketosis. Although, some may take 5-7 days.

How do I even know if I'm in ketosis?

There are three main test methods: breath, blood, or urine.

I have always just used the ketone test strips that you pee on. They are by no means an exact measuring method but are the simplest and cheapest way to give you a rough estimate of your ketone levels. [Here's the ones I use and recommend.](#)

The blood test is by far the most accurate! But also the most expensive. I recommend using a Precision Xtra for blood testing.

I have never personally used the breath test. Although it is a fairly reliable method.

REAL KETO RESULTS



Kenzie lost 35 lbs using TeamKeto's meal plan and supplements.

If she can do it... so can you!

At TeamKeto we are dedicated to helping you achieve your fitness goals.

Follow the meal plan below and you will be on your way to feeling lean, confident, and amazing!

APPROVED KETO FOODS

PROTEIN

Beef (fatty cuts)
Fish (fatty cuts)
Shellfish
Whole Eggs
Bacon (no added sugar)
Pork (fattier cuts)
Sausage & Chorizo (containing ONLY meat and spices. No Fillers)
Offal/Organ
Other Meat: Bison, Venison, Duck, Turkey, Lamb, etc. (fatty cuts)

VEGETABLES (BEST)

Avocados
Cauliflower
Cabbage
Broccoli
Asparagus
Romaine
Spinach
Kale
Celery
Olives
Kimchi
Pickles

VEGETABLES (OK in moderation)

Brussel Sprouts
Green Beans
Mushrooms
Tomato
Mini Peppers
Bell Peppers
Eggplant
Squash
Garlic

***OK in moderation:** These items have higher carbs per serving so do not over eat these foods. You'll be OK if you consume small amounts.

NUTS / SEEDS

Macadamia Nuts
Brazil Nuts
Pecans
Almonds & Butter (OK in moderation)
Walnuts (OK in moderation)
Hazelnuts (OK in moderation)
Peanuts & Butter (OK in moderation)
Sunflower Seeds
Chia Seeds
Flax Seeds
Almond / Coconut milk (30 cal per serving range, unsweetened)

FATS/OILS

Olive Oil
Avocados & Avocado Oil
Coconut Oil
Coconut Cream/Butter
Mayonnaise
C8 MCT Powder (C8 powder produces more ketones than regular MCT and is much more easily digested than MCT oil which can cause the runs)
Heavy Whipping Cream
Butter / Ghee
Cocoa Butter

DAIRY

Cheese (High Fat)
Cream Cheese
Full Fat Cottage Cheese
Sour Cream
Heavy Whipping Cream
High Fat Greek Yogurt

ELECTROLYTES & FLUIDS

Pink Himalayan Salt or Real Salt
LOTS of Water
[TeamKeto Fuel Exogenous Ketones](#)
Sweetened drinks (with keto approved sweeteners)

DO NOT EAT

ALL Fruit

Potatoes / Sweet Potatoes

Parsnip

Corn

Carrots

Peas

Grains: Wheat, Rice, pasta, bread, cookies, chips, cereal, crackers

Juices/sodas that are packed with sugar

Anything with sugar or "hidden sugars"

Processed Foods that include "Hidden Sugars" (See page 8)

Any carbs

HIDDEN SUGAR GUIDE

Be aware that companies love to sneak sugars into their foods using ingredients that sound harmless or directly by using a scientific name that people may not have ever heard before. Don't fall for their trap. The following list encompasses all the different names for sugar that might end up on a food label. Educate yourself and avoid sugar in any form. Use keto approved sweeteners instead.

AVOID:

Artificial Sweeteners

Aspartame
Acesulfame - K
Equal
Nutra - Sweet
Saccharin
Splenda
Sucralose
Sweet-n-Low
High Fructose Corn Syrup

Natural Sugars:

Agave Nectar
Coconut Nectar
Coconut Sugar
Date Sugar
(Evaporated) Cane Juice
Fruit Juice
Honey
Syrup (maple, malt, refiners, rice, date)
Molasses
Rice Malt (Extract)
(Sweet) Sorghum
Treacle

Scientific Names for Sugar

Dextrose
Disaccharide
Fructose
Glucose
Galactose
Lactose
Maltose
Monosaccharide
Polysaccharide
Ribose
Saccharose
Sucrose

APPROVED:

Best:

Stevia
Erythritol
Monk Fruit Powder (Lo Han / Luo Han)
Allulose

Use in Moderation:

Xylitol
Inulin
Mannitol
Tagatose
Yacon Syrup Powder



MEAL PLAN INSTRUCTIONS

We've included simple and delicious meal plans for you to choose from. Make sure to select one meal plan and stick to it for the ENTIRE day.

With this meal plan all of your macros are already calculated for you. You do NOT need to track anything. I've listed the servings as the MAXIMUM amount for a single portion... you are welcome to eat less but not to eat more than what is listed as a single serving. The goal is for you to be satisfied not to be stuffed. You are learning to listen to your body's hunger signals. There is a difference between true hunger and boredom or thirst.

Please note: You do not need to eat all the meals... you are to eat ONLY when you are hungry. If that means 1 meal each day or 3 meals each day, either one is fine. Snacks are purely **optional**.

You are welcome to swap meals from our [delicious TeamKeto Recipe Library](#) but please do not try recipes found elsewhere (books, online, Pinterest, etc) as many recipes found online are not truly keto.

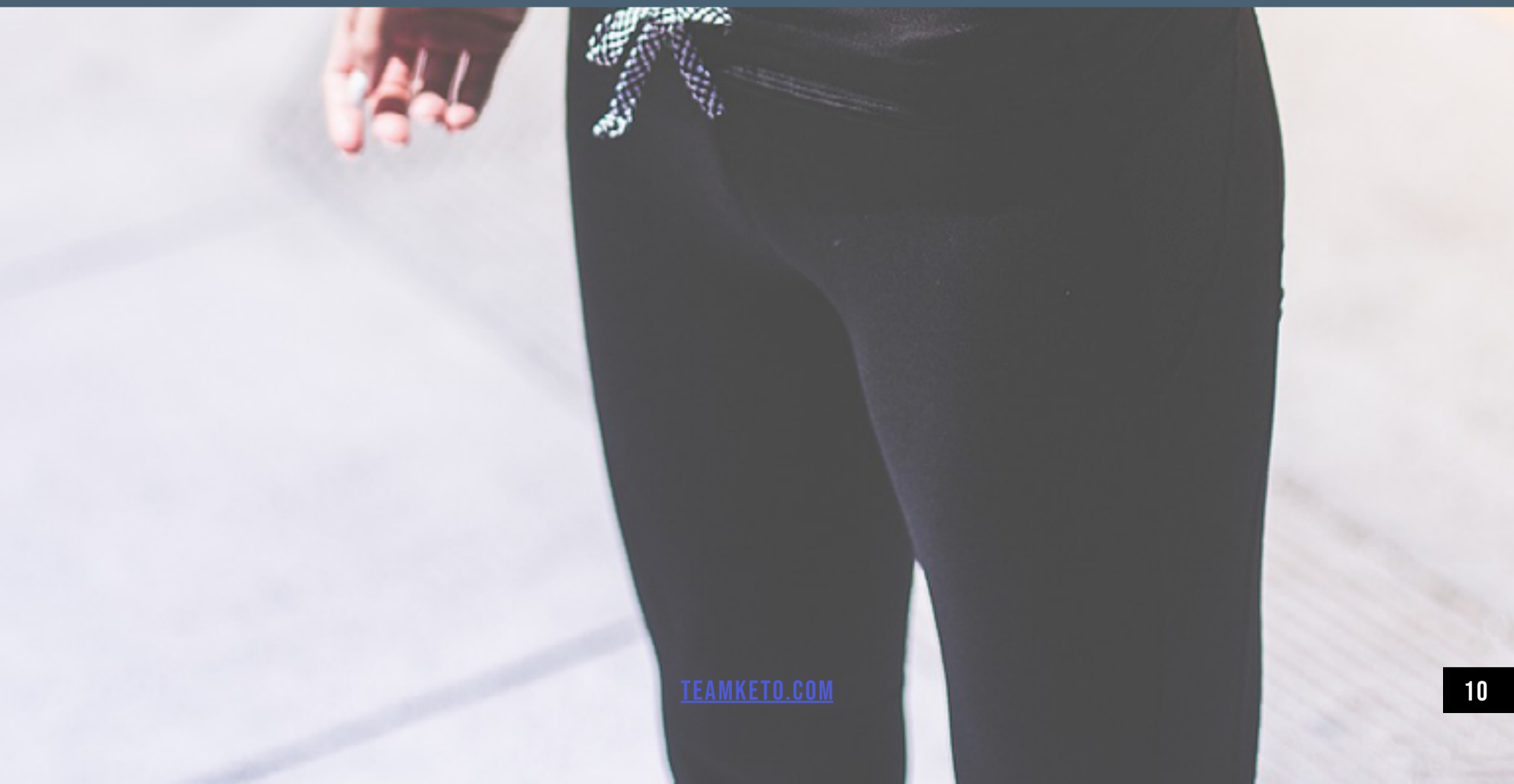
You do not need to try each plan. If there's one you love you can stick to it for the entire challenge! **We recommend choosing your favorite meals and meal prepping those meals for 3-4 days.**

The optional "post workout" does not need to be between breakfast and lunch. If you workout in the afternoon or at night you can move it to after your workout.

To boost your ketone levels and ensure that you're getting **CRITICAL** electrolytes we recommend drinking [TeamKeto Fuel](#) throughout the day. I personally drink half a scoop in the morning and half throughout the afternoon. You can even add [C8 MCT Powder](#) to your drink to add in some extra fats and make it taste creamy. I love adding it to coconut water.



WOMEN'S MEAL PLAN



MEAL PLAN #1

Breakfast:

High Fat Coffee or Hot Chocolate:

1 tbsp butter
1/2 tbsp coconut oil
1 scoop TeamKeto C8 MCT powder
1 tbsp heavy whipping cream
Vanilla stevia drops as desired

For hot chocolate use:

8 oz unsweetened nut milk
1 tbsp cocoa powder

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch

Chicken Salad

1 cup spinach
1 cup romaine lettuce
5-6 medium olives
4 oz chicken
2 tbsp avocado or olive oil
1/8 cup shredded cheese
2 tbsp or 1/4 avocado
1/4 cup slivered almonds

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

4 oz of ground beef (add the 1 tbsp olive oil to stir in taco seasoning)
1 tbsp taco seasoning (no added sugar)
1 cup broccoli
1 tbsp butter
1 tbsp olive or avocado oil
2 tbsp or 1/4 avocado

Optional Snack/Treat*

Keto Chocolate/Vanilla Ice Cream
(See Recipe Below)

*If you had the optional post-workout, skip the snack/treat.

MEAL PLAN #2

Breakfast

Bacon Spinach Omelet

Handful of spinach
2 tbsp chopped onion
2 strips of bacon
2 whole eggs
2 tbsp coconut oil or butter
1/4 cup chopped bell peppers
4 olives (sliced)
1/8 cup shredded cheese
Optional: 2 tbsp avocado spread on top

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch:

Taco Salad

4 oz ground beef (add 1 tbsp olive oil to stir in taco seasoning)
1 tbsp taco seasoning (no added sugar)
1 cup spinach
1 cup romaine lettuce
2 tbsp or 1/4 avocado
2 tbsp full fat sour cream
1/8 cup shredded cheese
diced jalapeños

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

4 oz of salmon
1 tbsp butter
1 tbsp pesto sauce (no added sugar)
6-8 spears of asparagus

Optional Snack/Treat*

Cookie Dough Fat Bombs
(See Recipe Below)

*If you had the optional post-workout, skip the snack/treat.

MEAL PLAN #3

Breakfast

1 scoop of TeamKeto Fuel
1 scoop TeamKeto C8 MCT Powder

Lunch:

Bacon Wrapped Chicken

4 oz of chicken (cut into 2-3 thin strips)
2-3 bacon strips
1 cup green vegetable of choice
1 tbsp butter

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

4 oz steak
2 tbsp or 1/4 avocado
1 cup green vegetable of choice
1 tbsp butter

Optional Snack/Treat*

Keto Chocolates
(See Recipe Below)

*If you had the optional post-workout, skip the snack/treat.

MEAL PLAN #4

Breakfast

Keto Quiche

(See Recipe Below)

2 whole eggs

2 strips bacon, sausage or ham

2 tbsp heavy cream

1 handful spinach

Chopped bell pepper, white onion,
green onion, garlic (as desired)

1/4 cup cheese goat, feta or
shredded

Beverage:

Drink 1 scoop of TeamKeto Fuel
throughout the day

Optional: For additional ketone boost
add 1 scoop TeamKeto C8 MCT Powder
to Fuel

Lunch:

Protein Style Burger

4-6 oz ground beef

1 tsp onion powder

1 tsp paprika

1/2 tsp salt

1/2 tsp freshly ground pepper

1/2 tsp coriander

Pinch of cayenne

1 green onions, chopped

1 tomato, sliced

2 large romaine leaves

1 cup fresh spinach or arugula

1/2 avocado, sliced

Optional Post-Workout

1/2 scoop TeamKeto collagen protein

1 cup unsweetened almond milk

1 scoop TeamKeto C8 MCT powder

2 tbsp heavy whipping cream (to
make creamier)

Dinner

Balsamic Green Bean Salad

1 cup fresh green beans, ends
trimmed if desired

1/4 cup cherry or grape
tomatoes, halved

Dressing:

2 tbsp olive oil

1 tablespoons freshly squeezed
lemon juice

2-3 tablespoons balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/8 teaspoon pepper

Topping:

1/4 cup feta cheese

2-3 strips bacon, cooked and
crumbled

Optional Snack/Treat*

Keto Chocolate/Vanilla Ice Cream
(See Recipe Below)

*If you had the optional post-workout,
skip the snack/treat.

MEAL PLAN #5

Breakfast:

High Fat Keto Coffee or Bone Broth (See Recipes Below)

Mug Cake Or Bacon & Eggs (See Recipes Below)

You can have both the breakfast drink and meal together or just one or the other.

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day.

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch

Baked Lemon Cod Salad or Beef Tacos (See Recipes Below)

Optional Post-Workout

1 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

Zuppa Toscana & Breadsticks Or Chicken Nuggets (See Recipes Below)

Optional Snack/Treat*

Hard Boiled Eggs
Pepperoni Slices (try to find ones without added/hidden sugars)
String Cheese
Or More Treat Recipes Below

*If you had the optional post-workout, skip the snack/treat.

MEAL PLAN #6

Breakfast:

High-Fat Keto Coffee or Bone Broth (See Recipes Below)

Banana Pancakes or Berries and Cream (See Recipes Below)

You can have both the breakfast drink and meal together or just one or the other.

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day.

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch

Salmon Bowl OR Spinach Salad (See Recipes Below)

Optional Post-Workout

1 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

Coconut Chicken Or Greek Chicken (See Recipes Below)

Optional Snack/Treat*

Hard Boiled Eggs
Pepperoni Slices (try to find ones without added/hidden sugars)
String Cheese
Or More Treat Recipes Below

*If you had the optional post-workout, skip the snack/treat.



RECIPES





KETO COFFEE (CINNAMON VANILLA)

Ingredients:

- 8 oz. fresh brewed coffee
- 1 Scoop [TeamKeto Salted Caramel Collagen](#)
- 1/8 tsp cinnamon
- 8 oz. Coconut milk, full fat, canned
- 1 tbsp. Kerry Gold Butter
- 1 Scoop [TeamKeto C8 MCT Oil Powder](#)

Instructions:

Add all ingredients into a blender and pulse until blended, it will be frothy.

You can make this a liter at a time & chill in your fridge. Just increase ingredients accordingly.

Macros: 284 Calories, 27 g Fat, 2 Net Carbs, 8 grams protein

8 oz =1 serving



BETTER THAN BOTOX BONE BROTH

Ingredients:

3-4 lbs. Beef Bones
3 Celery Stalks
2 Medium Onions
2 tbsp. Apple Cider Vinegar
2 Cloves Garlic
10 cups Water

Instructions:

Preheat oven to 400 degrees. Blanch your bones to remove any impurities that you don't want in your broth. To Blanch: Place bones in a pot of COLD water & heat to a boil. Remove bones onto a baking sheet.
Roast your bones: this will ADD FLAVOR! Roast for 1 hour, flipping halfway through. While roasting, roughly quarter your veggies & place in Crock-Pot. Add bones when done roasting. Fill with water and Apple Cider vinegar.
Cook on low for 18-24 hours. Remove bones (make sure all that lovely marrow has been absorbed, scrape any leftover in bone with a butter knife.) Strain Broth through a fine strainer or cheese cloth. Pour broth into 4-6 oz containers. Place in the fridge immediately.
A layer of fat will form over the broth protecting it from bacteria, you can remove this and use it for cooking or heat with your broth & drink. Do not discard it! You can add broth to soup, coffee, or drink it plain. This also freezes well as ice cubes!

Macros: 72 calories, 6 g Fat, .7 Net Carb, 3.6 g Protein

4-6 oz = 1 serving



KETO QUICHE

Ingredients:

2 whole eggs
2 strips bacon, sausage or ham
2 tbsp heavy cream
1 handful spinach
Chopped bell pepper, white onion,
green onion, garlic (as desired)
1/4 cup cheese goat, feta or
shredded

Instructions:

1. Cook bacon in a skillet, when done leave excess fat in skillet from bacon and sauté desired vegetables.
2. Crack eggs into a bowl, add heavy cream and whisk lightly.
3. Chop up bacon into little bits and add it to the egg mixture bowl along with cheese, spinach, and sautéed vegetables. Mix everything in the bowl,
4. Then add 1/2 tbsp coconut oil into 2 muffin tin holes and pour egg bowl mixture divided between 2 muffins tin holes.
5. Set muffin tins in oven to cook for 10-15 minutes at 350-400 degrees. (If following recipe and only making 2 quiches then may be good to fill up other muffin tin holes partially with water. Other wise just double or triple the recipe and have some quiches meal prepped ready to go for the week)
6. Makes 2 little muffin sized keto quiches.



BANANA CREAM CHEESE PANCAKES

Ingredients:

8 oz Cream Cheese

8 Eggs (Large)

1 Tsp Ground Cinnamon

1 Tsp Baking Powder

Sugar-Free Maple Syrup (without hidden or artificial sugars)

Optional: 1 Tbsp Banana Extract or Vanilla Extract

Instructions:

Preheat nonstick skillet over medium heat. Place all ingredients in a blender and blend until mixed completely. It will be frothy. Put 2 tbsp butter into the skillet & allow it to melt. Pour $\frac{1}{4}$ cup of batter into skillet and cook for about 2 minutes, until you begin to see the edges lift and large bubbles start to form in the pancake. Flip and cook the other side. Will be thin like a crepe, but fluffy.

Makes 20-24 Pancakes, 2-3 Pancakes = 1 serving

Macros: Calories 484, 4 Net Carb, 21 Grams Protein, 38 Grams Fat



BERRIES & CREAM

Ingredients:

½ cup blackberries
2 strawberries
¼ cup blueberries
½ cup raspberries
3 tbsp mint, diced
½ cup heavy cream
1 tsp vanilla
1 tsp sweetener

Instructions:

Place berries in bowl. Mix together vanilla, cream & sweetener together and pour over berries. Garnish with mint.

Macros: Calories 298, 8.2 Net Carbs, 23 Grams Fat, 4 Grams Protein

Makes 1 Serving



BAKED LEMON COD SALAD

Ingredients:

12 oz cod, less than 1 inch thick & cut into 4 equal slices
1/2 cup fresh parmesan cheese
1 tbsp fresh parsley, chopped
1/2 tsp paprika
1/2 tsp garlic powder
4 cups Spring mix
2 cups arugula

Sauce:

4 cloves garlic, minced
2 tbsp fresh lemon juice
5 tbsp butter
1 tsp oregano
1 tsp thyme

Instructions:

Preheat oven to 400 degrees. Pat fillets with paper towels to absorb excess water. Sprinkle salt on both sides of the fillet. Set aside. In an oven-safe skillet or pan, heat butter over medium-high heat, add garlic, and cook until fragrant. Add lemon juice and herbs and allow to simmer. Turn off heat and set aside, place cod in a pan and on top of sauce. Mix parmesan and paprika together and place evenly over the cod. Transfer pan to oven and bake for 15-20 minutes. They are done when cod is easily flaked with a fork. Serve cod over spring arugula mix. Squeeze fresh lemon over cod and arugula, pour the sauce over cod. Sprinkle with fresh parsley.

Makes 4 Equal Servings

Macros: Calories 484, 4 Net Carb, 21 Grams Protein, 38 Grams Fat



SHREDDED BEEF TACOS

Ingredients:

2.5-3 Lb Beef Chuck Roast

1 Onion, diced

4 Garlic Cloves

2 tbsp. Tomato Sauce

1-2 tbsp. Lime juice

1 tsp Cumin

1 Head Butter lettuce

Blue Cheese crumbles

1/4 tsp chili powder

1 tsp Paprika

1 tsp Oregano

1 tsp Himalayan Salt

1/4 tsp Red Chili Flakes

1/2 avocado (sprinkle on top or eat on the side to get in your fat macros)

*Optional toppings: 1/2 tsp sour cream, 1 tsp shredded cheese.

Instructions:

Mix together chili powder, cumin, paprika, salt, oregano, and red chili flakes... set aside. Add chopped onion, and garlic to slow cooker with the tomato paste, lime juice, and just 1-2 tsp of the spice mixture. Stir everything together until mixed. Sprinkle the rest of the spices over the chuck roast, patting to help it stick. Place meat on top of onion mixture and cook on low for 7-8 hours. Shred the meat, removing any large pieces of fat and discard. Stir to mix the meat with the sauce.

Makes 9 Tacos, 1 serving = up to 3 tacos, 1 ounce of meat per taco

Macros: 378 Calories, 2 Net Carbs, 28 Grams Protein, 26 Grams Fat



ZUPPA TOSCANA & BREADSTICKS

Soup Ingredients:

1 Tbsp. Butter
6 Slices Bacon
1Lb. Hot Italian Sausage
1 Yellow Onion
4 cloves Garlic, minced
2 C Bite Sized Cauliflower Florets
2 C Kale, chopped
4 C Chicken Broth
1 C Heavy Cream
½ tsp Red Pepper Flakes

Breadstick Ingredients:

4 oz. Mozzarella, shredded
1 oz. Parmesan, shredded
2 Eggs
½ tsp Xanthan Gum
¼ tsp Garlic Powder
¼ tsp Italian Seasoning

Soup Instructions:

In a 6 qt stockpot, melt butter over medium-high heat. Add bacon pieces and cook for 5 minutes, or until it reaches desired doneness. Using a slotted spoon, remove bacon to a paper towel-lined plate. Leave grease in the pan. Add sausage, onion, and garlic to the pot with the bacon grease and cook until sausage is browned. About 10 minutes. Add cauliflower and broth, simmer, uncovered for 20 minutes, or until the cauliflower has softened. Add kale and heavy cream and stir. Remove from the heat. Top soup with bacon and red pepper flakes, and serve immediately. Makes 4-5 equal servings.

Breadstick Instructions:

Pre-heat the oven to 400, line a baking sheet with parchment paper. Put mozzarella, parmesan, egg, xanthan gum, and garlic powder in a medium bowl. Mix well with a fork. Transfer cheese mixture to a lined baking sheet. Form dough into a square or circle and press into an even layer. You can make this as thin or thick as you want. Sprinkle Italian seasoning on top. Bake until the bread is golden brown, about 15-18 minutes.

Makes 4 equal servings. Cut bread sticks into bars.

Soup Macros: 698 Calories,, 5 Net Carbs, 25 grams protein, 38 grams Fat

Breadstick Macros: 122, Calories, 2 Net Carbs, 10 grams Protein, 8 grams Fat



CHICKEN NUGGETS

Ingredients:

4 Chicken Thighs
1C Dill Pickle juice
2 Eggs
2 tbsp. water
1 ½ cups BBQ Pork Rinds (crumbled)
1 tbsp. Paprika
1 tbsp. Garlic Powder
Avocado oil
Cucumber
Radishes

Instructions:

Cut chicken into bite-size pieces. Place chicken and pickle juice in a gallon-sized resealable bag, seal & marinate in the refrigerator for a minimum of 4 hours. Overnight is best. Place eggs and water in a small, shallow bowl, whisk together, and set aside. Put pork rinds, paprika, and garlic powder in another gallon-sized resealable plastic bag, crush pork rinds and shake to combine with spices. Add chicken to pork rind mixture. Repeat until all chicken is coated evenly. Coat the bottom of a large skillet with avocado oil and place over high heat. When the oil is shimmering, but not smoking, carefully place a few of the chicken pieces in the hot oil. Fry until golden brown on one side for 3-4 minutes. Flip the chicken over and cook until the other side is golden brown. Cook 2-3 minutes. Slice veggies and serve with ranch. Makes 4 Equal Servings.

Makes 4 Equal Servings of chicken nuggets. Up to 10 slices of cucumber & 5 radishes.

Macros: 310 Calories, 4 Net Carbs, 32 grams protein, 13 gram Fat



CINNAMON MUG CAKE

Ingredients:

1 serving Vanilla Protein Powder
½ tsp Baking Powder
1 tbsp. Coconut flour
½ tsp Cinnamon
1 Tbsp. Sweetener
1 Egg
¼ C Almond milk
¼ tsp Vanilla Extract

Glaze Ingredients:

1 Tbsp. Butter, melted
½ tsp Almond Milk
Pinch Cinnamon

Instructions:

Grease a large mug that is microwave safe with cooking spray, and add protein powder, baking powder, coconut flour, cinnamon, sweetener & mix well. Add the egg and mix into dry ingredients. Add almond milk, & vanilla. If the batter is too crumbly, continue to add a tbsp of milk until a very thick batter is formed. Add an extra tbsp of Truvia and extra cinnamon and swirl over the top. Microwave for 1 minute. Top with glaze. The key is to follow these steps in order to achieve the right consistency in your cake.

Makes 1 Serving.

Macros: 361 Calories, 3 Net Carbs, 32 grams Protein, 20 grams fat



BACON & EGGS

Ingredients:

3 Eggs
2 slices Bacon, cooked
1 tbsp. Butter

Instructions:

Preheat oven to 350, crack eggs into a small casserole dish. Tear bacon into small pieces and sprinkle on top. Scatter chunks of butter on top of eggs and season with salt & pepper. Bake for 10-15 mins. At 10 mins, egg yolks will be runny.

Makes 1 Serving.

Macros: Calories 472, 2 net Carbs, 36 grams Protein, 32 grams Fat



SALMON & JALAPENO RICE BOWL

Ingredients:

- 10 oz. Cauliflower, riced
- 16 oz. Cabbage or Coleslaw, shredded
- 1 Red Onion, thinly sliced
- 1 Avocado, diced
- 4 radishes, thinly sliced
- 1 Jalapeno, sliced
- ¼ C Cilantro, fresh
- 1Lb. Salmon filet, cooked & chilled
- 1 Lime, juiced

Instructions:

Microwave or bake riced cauliflower @350 degrees for 20 mins. Set aside. In a large bowl toss the cabbage, radishes, avocado, jalapeno, and cilantro. Add cooled cauliflower to the bottom of the serving bowl, top with cabbage mixture, followed by salmon. Squeeze lime juice, olive oil, and fresh cilantro in a small mixing bowl & pour over fish & veggies.

To Cook Salmon Bake at 450 degrees for 12-15 minutes covered in tinfoil. Slice into 4 equal filets. Season fish with lemon, butter, salt, and pepper prior to baking to your taste preference.

Makes 4 Equal Servings.

Macros: 468 Calories, 7 Net Carbs, 28 grams Protein, 58 grams Fat



STRAWBERRY SPINACH SALAD

Ingredients:

16 oz. Baby Spinach
6-8 Strawberries, Sliced
¼ C Red Onion, diced
4 oz. Feta cheese
½ C Sliced Almonds

Dressing Ingredients:

¼ C Olive Oil
2 tbsp. Unseasoned Rice Vinegar
¼ tsp Garlic Powder
¼ tsp Sweetener

Instructions:

Place spinach, strawberries, onion, and feta cheese in a large bowl and combine. Mix together dressing. Pour dressing over salad when ready to eat.

Makes 3 Equal Servings.

Macros: 242 Calories, 6 Net Carbs, 9 grams Protein, 21 grams Fat



COCONUT LIME CHICKEN & ASPARGUS

Ingredients:

2 tbsp. Coconut Oil
4 Chicken Thighs, butterflied
¼ C Red Onion, diced
1 Red Bell Pepper, diced
Bunch Asparagus
1 Lime, juiced
½ C Fresh Cilantro
¼ tsp Xanthan Gum
¼ tsp Red Pepper Flakes
1 C Chicken Broth
1 ½ C Coconut Cream
½ tsp Turmeric Powder

Instructions:

Heat coconut oil in a large skillet over medium heat. Place chicken thighs between two sheets of plastic wrap and pound to make them thinner with meat mallet or rolling pin. Sprinkle chicken with salt and pepper and put in a skillet to cook for 5-7 mins per side until brown and crispy. It doesn't need to be cooked all the way, as you're going to continue cooking in the sauce. Remove chicken from pan. Add onions, asparagus, and peppers to hot skillet and cook until onions are translucent. Add lime juice, cilantro, xanthan gum and red pepper flakes to the skillet and cook for 1 minute. Stir in the broth and bring mixture to a boil. Once boiling reduce heat to a minimum to allow to thicken. You may sprinkle more xanthan gum to achieve desired thickness. Sprinkle lightly and wait before adding more. Turn heat down to medium and add coconut cream, turmeric and bring to a boil again. Once sauce is boiling, return chicken to the pan with sauce. Cover and reduce heat to low and cook until chicken is cooked all the way through, 5-7 minutes. Garnish with cilantro and lime juice.

Makes 4 Equal Servings.

Macros: 369 Calories, 6 Net Carbs, 44 grams Protein, 31 grams Fat



GREEK CHICKEN

Ingredients:

4 Chicken Thighs
1 C Mayonnaise
1 tsp Garlic Powder
Avocado oil
1 can Black Olives
1 Cucumber
1 C Feta Cheese
½ C Red Onions
½ C Tzatziki Sauce

Tzatziki Ingredients:

1 Cucumber
1 ½ C Fage Plain Yogurt
3 cloves Garlic, minced
2 tbsp. Fresh Dill
2 tbsp. Extra Virgin Olive Oil
1 tbsp. Lemon juice
½ tsp. Himalayan salt

Instructions:

Cut chicken into bite-size chunks. About 1-2 inches. Place the chicken in a gallon-sized resealable plastic bag, to the bag add the mayo, garlic powder, and salt and pepper. Let all the excess air out of the bag and then seal. Toss bag to coat chicken and then marinate for 30 mins in the fridge. Heat a large skillet over medium-high heat and coat the pan with oil. Toss marinated chicken into the pan and fry until cooked all the way through. About 10 mins. Serve with black olives, cucumber, red onion slices, tzatziki sauce and top with feta cheese.

Tzatziki Sauce Instructions:

Peel cucumber, discard peel. Grate your cucumber over a paper towel, wrap cucumber in a paper towel and squeeze out extra liquid. Put cucumber in a medium bowl, add other ingredients, and mix. Drizzle with olive oil and garnish with more dill.

Makes 4 Equal Servings.

Macros: Calories 678, 3 Net Carbs, 46 grams Fat 26 grams Protein



KETO ICE CREAM

Ingredients (Chocolate):

- 1/4 cup unsweetened coconut milk
- 1/4 cup heavy whipping cream
- 1/4 tsp cream of tartar or xanthan gum, or 1 egg yolk
- 1 scoop TeamKeto Chocolate Collagen Protein
- 1 scoop TeamKeto C8 MCT Powder
- 4-5 stevia drops or 3 packets/1 tbsp truvia or swerve (erythritol)

Ingredients (Vanilla):

- 1/4 cup unsweetened coconut milk
- 1/4 cup heavy whipping cream
- 1/4 tsp cream of tartar, xanthan gum, or 1 egg yolk
- 1/4 cup unsweetened coconut flakes
- 4-5 stevia drops or 3 packets/1 tbsp truvia or erythritol (swerve)
- 1 tsp vanilla extract
- 1 scoop Teamketo C8 MCT Oil Powder
- Optional: 1 scoop TeamKeto Unflavored Collagen

Instructions:

1. In a small bowl whip together the coconut milk, heavy cream, and third ingredient.
2. Mix well until it thickens up.
3. Add in each remaining ingredient one by one mixing thoroughly as you go.
4. Set in freezer to chill till hardens up then serve.

Servings: 1



COOKIE DOUGH FAT BOMBS

Ingredients:

3 tablespoons cream cheese
8 tablespoons grass-fed butter
1/4 cup stevia / truvia
1 tablespoon vanilla
1/2 teaspoon PH salt
2 cups almond flour
1 scoop of TeamKeto Collagen Peptides Protein
1/2 cup cacao nibs / keto-approved chocolate
Optional: Add in 1 scoop Teamketo C8 MCT Oil Powder for extra fat

Instructions:

1. Mix cream cheese and butter at room temp.
2. Beat in stevia / truvia, vanilla, and salt.
3. Gradually mix in almond flour and Collagen Peptides.
4. Add in cocoa nibs / keto-approved chocolate.
5. Scoop into 1 1/2 inch balls and place on wax or parchment paper.
5. Freeze for 20 min. and enjoy! Save remaining fat bombs in an air-tight container in the freezer.

[Click Here to See Recipe Demo Video](#)



KETO CHOCOLATES

Ingredients:

- 4 tbsp cocoa powder
- 1/4 cup cocoa butter
- 4 tbsp coconut oil (virgin is recommended)
- 1/4 cup heavy whipping cream
- 3 packets/1 tbsp truvia or erythritol (swerve)
- 1/4 cup chopped macadamia nuts
- 1 baking mold/tray or ice tray works
- Optional: Add in 1 scoop Teamketo C8 MCT Oil Powder for extra fat

Instructions:

1. In small bowl pour in heavy cream then whip up until it gets thicker.
2. In a separate small microwave safe bowl melt the cocoa butter and coconut oil. Then add the cocoa powder, nuts and sweetener, mix into melted chocolate form.
3. Begin to slowly pour the melted chocolate into the thickened heavy cream, folding the cream over the chocolate resulting in a mousse texture.
4. Place the now chocolate mousse bowl in to the fridge to chill for 10-15 minutes. And place the chocolate mold tray in to the freezer. Remove chocolate mousse from fridge and mold tray from freezer then pour the mousse into the chilled tray.
5. Place mold tray back in freezer for 10-15 minutes then take out and chocolates are ready to eat! You can keep them in the tray in the freezer, fridge or zip-lock bag to carry on the go.

2-3 chocolates per serving
Servings: 4



WANT MORE TASTY RECIPES?

You are welcome to swap meals from our delicious [TeamKeto Recipe Library](#) but please do not try recipes found elsewhere (books, online, Pinterest, etc) as many recipes found online are not truly keto.

[CLICK HERE TO SEE MORE RECIPES](#)



MEN'S MEAL PLAN



MEAL PLAN #1

Breakfast:

High Fat Coffee or Hot Chocolate

1 tbsp butter
1 tbsp coconut oil
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream
Vanilla stevia drops as desired

For hot chocolate use:

8-12 oz unsweetened nut milk
1 tbsp cocoa powder

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch

Chicken Salad

1 cup spinach
1 cup romaine lettuce
8-10 medium olives
6 oz chicken
2 tbsp avocado or olive oil
1/4 cup shredded cheese
4 tbsp or 1/2 avocado
1/4 cup sliced almonds

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

6 oz of ground beef (add the 1 tbsp olive oil to meat to stir in taco seasoning)
1 tbsp taco seasoning (no added sugar)
1 cup broccoli
2 tbsp butter
1 tbsp olive or avocado oil
4 tbsp or 1/2 avocado

Snack/Treat

Keto Chocolate/Vanilla Ice Cream
(See Recipe Above)

MEAL PLAN #2

Breakfast

Bacon Spinach Omelet

Handful of spinach
2 tbsp chopped onion
4 strips of bacon
3 whole eggs
2 tbsp coconut oil or butter
1/4 cup chopped bell peppers
4 olives (sliced)
1/4 cup shredded cheese
Optional 2 tbsp avocado spread on top

Beverage:

Drink 1 scoop of TeamKeto Fuel throughout the day

Optional: For additional ketone boost add 1 scoop TeamKeto C8 MCT Powder to Fuel

Lunch:

Taco Salad

6 oz ground beef (add 2 tbsp olive oil to stir in taco seasoning)
1 tbsp taco seasoning (no added sugar)
1 cup spinach
1 cup romaine lettuce
2 tbsp olive oil
4 tbsp or 1/2 avocado
2 tbsp full fat sour cream
1/4 cup shredded cheese
diced jalapeños

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

6 oz of salmon
2 tbsp butter
2 tbsp pesto sauce (no added sugar)
6-8 spears of asparagus

Snack/Treat

Cookie Dough Fat Bomb
(See Recipe Above)

MEAL PLAN #3

Breakfast

1 servings of TeamKeto Fuel
1 scoop TeamKeto C8 MCT Powder

Lunch:

Bacon Wrapped Chicken

6 oz of chicken (cut into 3-4 thin strips)
3-4 bacon strips
1 cup green vegetable of choice
2 tbsp butter

Optional Post-Workout

1/2 scoop TeamKeto collagen protein
1 cup unsweetened almond milk
1 scoop TeamKeto C8 MCT powder
2 tbsp heavy whipping cream (to make creamier)

Dinner

6 oz steak
4 tbsp or 1/2 avocado
1 cup green vegetable of choice
2 tbsp butter

Snack/Treat

Keto Chocolates
(See Recipe Above)

*If you had the optional post-workout, skip the snack/treat.

MEAL PLAN #4

Breakfast

Keto Quiche

(See Instructions on Page 15)

2 whole eggs

2 strips bacon, sausage or ham

2 tbsp heavy cream

1 handful spinach

Chopped bell pepper, white onion,
green onion, garlic (as desired)

1/4 cup cheese goat, feta or
shredded

Beverage:

Drink 1 scoop of TeamKeto Fuel
throughout the day

Optional: For additional ketone boost
add 1 scoop TeamKeto C8 MCT Powder
to Fuel

Lunch:

Protein Style Burger

4-6 oz ground beef

1 tsp onion powder

1 tsp paprika

1/2 tsp salt

1/2 tsp freshly ground pepper

1/2 tsp coriander

Pinch of cayenne

1 green onions, chopped

1 tomato, sliced

2 large romaine leaves

1 cup fresh spinach or arugula

1/2 avocado, sliced

Optional Post-Workout

1/2 scoop TeamKeto collagen protein

1 cup unsweetened almond milk

1 scoop TeamKeto C8 MCT powder

2 tbsp heavy whipping cream (to
make creamier)

Dinner

Balsamic Green Bean Salad

1 cup fresh green beans, ends
trimmed if desired

1/4 cup cherry or grape
tomatoes, halved

Dressing:

2 tbsp olive oil

1 tablespoons freshly squeezed
lemon juice

2-3 tablespoons balsamic vinegar

1/4 teaspoon salt

1/4 teaspoon garlic powder

1/8 teaspoon pepper

Topping:

1/4 cup feta cheese

2-3 strips bacon, cooked and
crumbled

Snack/Treat

Keto Chocolate/Vanilla Ice Cream
(See recipe on page 16)

*If you had the optional post-workout,
skip the snack/treat.

What is the keto flu and how do I prevent it?

The idea (and sound) of the keto flu freaks most people out.

Honestly, I reacted the same way at first. ...yeah, I kinda hate the flu.

But the “keto flu” is actually a good thing.

For one, it’s not the actual flu. *sigh of relief* By now, you’re already on the tail end of it. And, most importantly, it means you’re doing the right stuff...

There are two big shifts you’ll feel as your body switches from using carbs to fat for fuel. The first is what people have nicknamed the keto flu. You might experience lower energy, brain fog, fatigue, and the like. You can completely prevent this. In order to do so you need to get in adequate water and electrolytes (5-8g pink or real salt, 300-500mg Magnesium, 1-3.5g Potassium). To learn how to get these amounts [please watch this video](#).

But it won’t be long before you hit the second shift... Becoming Fat-Adapted

Simply put, becoming fat (or keto) adapted means your body has become the fat-burning machine I’ve been telling you about. You’re using fats more efficiently, you’re better at processing ketones for fuel, and you’re left with boost in energy and mental clarity.

Being fat-adapted is one of the biggest benefits of a keto diet. And the better you stick to your meal plan, the sooner it’ll happen.

Why is it so important to read food labels on keto?

A lot of people think that they don’t need to pay close attention to food labels because they’re following the meal plan and keeping to a keto menu. This is a problem.

You could be killing ketosis without even realizing it.

Even if you’re sticking to the right high-fat foods, different brands can have huge differences in fat content and added sugars. Especially when I’m shopping for cheese, bacon, and sausage, I’m shocked by how much added sugar and extra carbs can be hidden in different brands.

The short of it? Read. Your. Food. Labels.

It takes two seconds and can make all the difference.

How much water should I be drinking daily?

A good guideline is this: Have half your bodyweight (lbs) in ounces of water per day. (For example, a 130lb woman should drink roughly 65 oz each day.)

FAQ

Drinking enough water will help you with recovery, improve performance, and help your body properly function. And it's especially important during your 15-Day Keto Kickstart Challenge because you want to be firing on all cylinders.

But you can't just guzzle gallon after gallon of water. There's another piece to the puzzle:

Electrolytes. (Think: sodium, magnesium, and potassium.)

A lot of people get stuck focusing on drinking enough water and completely neglect electrolytes. This is a problem no matter who you are, but especially for anyone on a keto diet.

As our bodies shift from carb to fat-based fuel, fluid and electrolyte levels and balance also shift. Your body produces less electrolytes on keto and when these levels are low it can lead to the keto flu. So if you want to avoid that and maximize your energy while optimizing your results, you need to do both...

1. Drink your water
2. Get your electrolytes

Well, I've got a way to hit both birds with one stone. Remember the exogenous ketones that are going to help you keep yourself in ketosis and burn fat like a machine? Well, those ketones will also help replenish much-needed electrolytes as well.

Better hydration. Improved electrolyte balance. And pure ketogenic fuel. Come to think of it, that sounds more like three birds...

Hit three birds with one exogenous ketone stone.

What are some tips to make keto meal prep easy?

Meal prep doesn't have to be hard. In fact, it shouldn't be. And I'm about to show you how to make it as easy as possible.

First off, I can't stress how important meal prep is. It can honestly make the difference between mediocre results and a jaw-dropping transformation. Follow this step-by-step meal prep to make sure it makes, instead of breaks, your progress:

Step One: Start Simple

You don't want to over complicate your meal prep. The more complicated is, the harder it'll be. But I see a lot of people make the same mistake—they bite off more than they can chew and go from zero prep to all of the prep overnight. It's a recipe for disaster.

Instead, start simple and prep the meal that's hardest for you to eat. (I've found that's usually breakfast or lunch for most people.)

Step Two: Gradually Build Up

Once meal prep starts to become habitual, start prepping more meals. But ease into that throttle. Again, you don't want to over complicate the process. Your success is directly related to how simple you make your plan.

FAQ

After step one, simply add another meal to your prep. (If you started off with breakfast in step one, that means you'll start meal prep for either lunch or dinner.)

What are some simple keto snacks for on the go?

For most people, they snack a lot less on a keto diet. That's because your body has switched off of quick and fleeting carb-based energy to steady fuel from fat. But it's always good to be prepared with my favorite on-the-go keto snacks...

- Cheese (string or sliced)
- Pepperoni
- Salami
- Vienna sausage
- Spam (not my first choice haha)
- Canned sardines
- Nuts (I like macadamia and almonds)
- Seeds
- Jerky (just be wary about added sugar)
- Olives
- Nut butter

With snacks, it's always better to have them and not need them than need them and not have them. Stock your kitchen and set yourself up for success.

What do I order when I eat out with friends?

The key, as with anything keto, is to eliminate as many carbs as possible. So go for that nice fatty burger—just keep it protein-style and ditch the bun.

Replace those carbs with keto-friendly things like cheese, avocado, bacon, butter—gah, I'm getting hungry just writing that list. (Wanna meet up for a double-bacon avocado cheeseburgers later?)

If you go for a salad, be careful with the dressing. A lot of dressings are sneaky and have added sugars, which is a problem for us keto dieters. That's why I recommend substituting most dressings for simple oil (olive or avocado) and vinegar.

And if you're in a pinch, bring help.

Remember all those awesome keto snacks we talked about the other day? They're a great backup plan for the social keto.

So, in review:

1. Order full-fat, full-flavor foods.
2. Replace carbs with keto-friendly substitutes.
3. Keep dressings deliciously simple.
4. When needed, bring backup.

FAQ

How do I make sure I get adequate vitamins and minerals on keto?

Most of the nutrients in your meal plan come from—you guessed it... veggies. I mean, sure, you'll get some from things like meat and dairy too, but the bulk of your vitamins and minerals come from the veggies you eat.

There's a problem, though.

Nobody eats perfectly. Nobody. Inevitably, there are gaps in our nutrition (if not gaping holes), and we're short on much-needed vitamins and minerals. Especially when you're working out, your body needs those nutrients to properly function, boost recovery, promote health, and prevent illness.

So how do we fill in the unavoidable gaps of our imperfect eating? Simple, with supplements.

This is actually what they're meant to do—supplement a healthy diet to make sure your body has everything it needs for optimal function. Don't think of supplements as a way to replace your eating, but to support it.

- **Daily Multivitamin (I like Standard Process, Life Extension, Source Naturals, and Alive)**
- **Vitamin C**
- **Vitamin D or get plenty of sun!**
- **Vitamin E (Full spectrum E is a must-have. MRM Complete E is an inexpensive option)**
- **Fish Oil or Omega 3**
- **Probiotic (I've noticed a huge difference for digestion and help with leaning out)**

No, I'm not going to require you get all of these. But your body might. And the better you treat your body, the better it'll treat you in return. (Aka, you'll look and feel better.) Supplements are a small price to pay for feeling and looking your best.



BIGGEST KETO MISTAKES

Mistake #1: Starving Yourself With Low Calories

Done right, a ketogenic diet will turn your body into a fat-burning machine. Pretty literally, actually. The goal is to enter what's called ketosis, which means your body starts to rely on burning fat for fuel instead of carbs.

Part of the beauty of a ketogenic diet is that you don't need to starve yourself to get results.

Part of the problem with ketogenic dieters is that they don't realize that fact.

Traditional dieting is contingent on cutting calorie after calorie to lose weight. And, as I'm sure you know, that can totally work. But I'm also sure you know how miserable it can be. Low-calorie, starvation diets are no fun. And most of us are stuck in a calorie-cutting mindset.

With a keto diet, things are a little different—in all kinds of delicious ways.

Remember, the goal is to flip your body's switch from relying on carbs to burning fat-based fuel. To do that, you need to feed it that fuel. Translation: You need to eat enough food (especially dietary fat) to fuel your workouts, fat loss, and ketosis.

Starving yourself simply won't do.

Finding the right balance in a ketogenic diet can be tricky. Like we've already talked about, you've got to eat enough to fuel your results. But you can't eat too much either. After all, you're here to drop pounds, shed fat, and lose inches.

Eat too much and you'll gain weight.

Starve yourself and you'll miss out on the full fat-burning benefits of a keto diet.

Get your eating just right and you'll see amazing results without starving yourself on low-calorie misery.

Best part? I've already done that for you. With the meal plan for your 15-Day Keto Kickstart Challenge, I've made it as simple as possible for you to stop starving and start succeeding.

Your ticket to avoiding Mistake #1 is easy—just follow the meal plan.

Mistake #2: Suffering Through Low-Carb

Let's be real for a second, a ketogenic diet relies on lowering carbohydrate consumption. That's just a fact. In order to flip the fat-burning switch and rely on fat-based ketone energy, you have to eat fewer carbs.

But a lot of people poorly approach cutting carbs for ketosis.

You can't just cut carbs and expect ketogenic magic. You have to do it the right way to get the full benefit. (More on that in a jiffy.)

BIGGEST KETO MISTAKES

For one, low-carb diets are hard without entering ketosis. Your body's craving carb-based energy that it's not getting and you suffer the consequences: you're exhausted, foggy-brained, and discouraged.

As if that's not enough, you won't get results either—no matter how hard you cut carbs. It's like insult to injury, right? Here's why:

Ketogenic diets require the right balance and ratios of the three macronutrients—protein, carbs, and fat—(macros for short). If you're not properly following a ketogenic diet, you simply can't get ketogenic results.

To do it the right way, you've got to do more than merely cut carbs. You've got to get your fat and protein consumption dialed in as well.

Without enough fat, you'll limit your body's ability to thrive in ketosis and become a fat-burning machine. Most people don't eat nearly enough fat on a ketogenic diet. Don't worry, I've got you covered so that won't be you.

Protein is especially tricky.

A lot of people follow conventional dieting advice, have too much protein, and ruin ketosis through a process called gluconeogenesis. To get nerdy for a second, this process takes place in the liver and essentially uses excess protein to generate the glucose your body's craving for carb-based fuel.

Normally, this wouldn't be much of an issue. But it's problematic when you're trying to keep yourself in ketosis and reap all the amazing fat-burning benefits that brings. That extra glucose will kill ketosis, neutralize the would-be benefits, and leave you frustrated with minimal progress.

But you don't have to worry about that, because...

Keeping carbs low doesn't mean you have to suffer.

Eating the right amounts of the right macros (fat and protein) ensures that you won't. Get enough fat and you'll crush ketosis. Eat the right amount of protein and you'll avoid keto-killing gluconeogenesis.

Do BOTH and you'll unlock your fat-burning potential without low-carb suffering along the way.

Again, it all comes down to following your meal plan. That's the critical piece to getting the results you want without starving or suffering through low-calorie and low-carb diets.

That's at least where it starts.

SUPPLEMENTS: EXOGENOUS KETONES

The more ketones flowing in your blood the more likely you are to experience the improved fat burning and brain performance benefits of ketosis.

However, getting in all the right foods and electrolytes the body requires to function optimally on keto can be tough!

Even harder? Keeping yourself in ketosis.

When we consume carbohydrates our bodies break it down into glucose—a carb-based fuel the body can use for energy. When we consume fat our bodies break it down into ketones. The main one is Beta Hydroxybutyrate or BHB (a fat-based fuel the body can use for long lasting energy). This is just one reason why supplementing with exogenous ketones is very helpful.

Exogenous is really just science-speak for ketones you consume rather than create in your liver. (Fun fact: ketones your liver creates are ENDOgenous).

Assuming you're following a solid keto meal plan, you've got endogenous ketones on lockdown. Your meal plan makes sure you eat the right foods, in the right amounts, at the right times so you've got a steady stream of fat-based fuel from food.

At that point, you're poised to supercharge your success by adding exogenous ketones. Think of exogenous ketones like an instant supply of PURE energy.

Energy that goes to fueling all of these amazing benefits during your keto journey:

- * Facilitates a **quick switch** that puts you into a fat burning state of ketosis (**in less than 60 min**).
- * **Boosts your energy, your focus, and your mental clarity** by providing ketone fuel.
- * Replenishes your essential **electrolytes** (especially those hard to get in food).
- * **Reduces** your chance of getting keto flu symptoms (brain fog, low energy, etc).
- * Trains your body to **produce natural ketones** and controls appetite.
- * Helps you stay in ketosis **even when you make mistakes**. (Nutrition labels are tricky)

When you turn your body into a ketogenic, fat-burning machine, giving it more of the fuel it needs you will reap amazing benefits.

My favorite exogenous ketones: [TeamKeto Fuel](https://www.teamketo.com). These are what I use, they're what I recommend, and, if you're ready to take your results to the next level, they're exactly what you need.



SUPPLEMENTS: C-8 MCT POWDER



When it comes to you and your ketosis, MCTs are a game-changer.

Remember how a keto diet turns your body into a fat-burning machine? Well... Medium-chain triglycerides are the super-premium unleaded fuel for your fat-burning machine.

MCTs get digested very quickly and go straight to the liver to produce quick and easy ketones.

Compared to other (more common) C10 and C12 MCTs, C8 is much more quickly utilized for energy and packs a much more powerful ketogenic punch.

Studies actually show that C8s (which have 8 carbons) increase ketones about THREE TIMES more than C10s (which have 10 carbons). Basically, more carbon means more processing and less ketogenic fuel.

Here are a few of the BENEFITS of C8 MCTs:

- * **Boosts ketone levels fast.**
- * Easily boosts daily **fat levels.**
- * Makes maintaining a 70% fat diet **much easier.**
- * Boosts your **energy**, your **brain performance**, and your **focus.**
- * Makes your drinks or treats **creamy and delicious!** (Coffee & tea, smoothies, shakes, baking treats, etc)
- * MCT powder will be **much easier on your stomach** than regular MCT oil.

And that's exactly what my favorite MCT product does. [TeamKeto C8 MCT Powder](#). Other premium MCTs have a 50/50 split of C8s and C10s—at best—which is simply selling you and your results short. Not. Good. Enough. I'm here to make sure you get nothing but the best.

Pure C8 unflavored MCT powder tastes great mixed in with all your keto friendly drinks.

Just add 1 scoop to make for richer creamier protein shakes, keto hot chocolate, and coffee. Plus it adds those extra fats to your protein shakes to make sure to stay in ketosis.

If you want your fat-burning machine to run on all cylinders, you need to feed it the right fuel—the best fuel. [Click Here](#) to get yours now.

SUPPLEMENTS: COLLAGEN PEPTIDES



Collagen is the most abundant naturally occurring protein in all connective tissue of the body such as your skin, hair, nails, bones, joints, muscles and vital organs.

When you add a scoop of collagen peptides to your cold/hot liquids or baking you are boosting all of these critical parts of our body. Collagen contains the same essential amino acids that you can find in bone broth without all the time consuming prep.

That means clearer skin, more vibrant hair, stronger nails, joint support, faster recovery from workouts, and so much more.

BENEFITS OF COLLAGEN PEPTIDES:

- * Quality energy
- * Boosts skin, hair, nail, and joints
- * Fuels muscles & joints after workout
- * Improve connective tissue repair
- * Increases metabolism
- * Appetite control

One specific amino acid to highlight is glycine. Most protein sources are significantly lower in glycine compared to a whopping 35% glycine commonly found in collagen protein.

Glycine is a precursor to glutathione. Glutathione is one of our bodies super antioxidants. It helps support our liver in its vital processes such as detoxification and most specifically production of ketones which is what keto is all about!

Also, since keto is a high fat, moderate protein, and low carb diet it can be extremely hard finding a protein powder that works with you on keto rather than against you.

So many protein powders out there contain unnecessary carbs and 25+ grams of protein per scoop.

Too much carbs and protein can make it almost impossible for you to stay in the fat burning mode of ketosis.

That's why we created [TeamKeto Collagen Peptides Protein](#) with minimal carbs. It is perfect for your keto lifestyle.

SUPPLEMENTS: MEAL REPLACEMENT



Meal Replacement is the first true ketogenic food replacement designed to provide functional macros in the correct ratio.

Using only the highest quality ingredients, Meal Replacement contains MCT powder, coconut oil, grass-fed whey protein and 100% natural flavors and sweeteners.

TeamKeto Meal Replacement makes on-the-go nutrition a compromise-free part of daily life.

TEAM KETO MEAL REPLACEMENT BENEFITS:

- * Ultra-Convenient: Simply grab and go with water!
- * Tastes Amazing: We extensively researched for months to find the perfect taste!
- * Boosts Ketosis: Supports production of ketones to help you stay in the fat burning stage of ketosis.
- * Supports Weight Loss: Suppresses hunger, cravings, and helps you stay full.
- * Boosts Electrolytes: Includes 220 mg of sodium to boost electrolyte levels
- * Blends super smooth: No chalkiness, grittiness or oily texture! Blends perfectly with water, almond milk, coffee, etc.

[Grab your TeamKeto Meal Replacement Here.](#)