

Introducing

The Weekday Warrior Package

Your guide to healthy keto eating with ketolibrium.



ketolibrium

Welcome to the Keto Crew!

Inside this box is your weeks' worth of healthy, fresh, ready-made ketogenic food. Please read all instructions to ensure you're making the most of your meal package and optimizing your results!

Low-carb high-fat keto eating is all about getting back to nutritious, unprocessed food. At Ketolibrium we believe you are what you eat. That's why every meal in this box is made fresh using only quality ingredients.

This meal plan is designed to help you cut the carbs and make it easy to eat a healthy keto diet. You don't need to count calories on this meal plan. When eating a balanced ketogenic diet, calories tend to regulate naturally as you start to gain control of your appetite. If you're planning on counting your macros, you can find this package and all of our Ketolibrium food already on MyFitnessPal and Carb Counter.

Happy eating!

Sincerely, the Ketolibrium family



YOUR KETO MEAL PLAN INSTRUCTIONS

In our meal packages are five days' worth of 100% keto friendly meals. We have selected every meal individually so that each day will contain the proper macros to fit into a healthy ketogenic diet. We highly recommend eating the meals exactly as listed in order to make the most of your keto meal package and prevent spoiling. You may start eating your weekday warrior package whenever is most convenient for you. Meals will last up to seven days in the fridge. We recommend freezing some if you do not plan to eat them the first five days after receiving them.

REHEATING YOUR FOOD

All meals can be reheated either in the microwave or the oven/toaster oven. We recommend reheating to an internal temperature of 165 F. To reheat, open a corner of the lid (remove any sauce containers) and microwave for 2 – 4 minutes. In the oven, we recommend preheating to 375 and leaving to heat for about 10 – 15 minutes. Exact heating time will vary on personal preference.

TIPS & TRICKS FOR STARTING OUT ON KETO

- 1. Drink lots of water:** When eating a strict keto diet, it is very important to make sure you drink enough fluids. This is because our body is expelling a lot of water that carbs used to make our body hold onto. Replenishing our sources will help prevent the keto flu and keep our cells running efficiently. Water and herbal teas are the best choices.
- 2. Get enough salt:** It is also important to incorporate enough salt in your diet, especially your first few weeks on keto. Try adding a little salt to bone broth to increase your intake. We sell two local brands of healthy and collagen packed bone broth. Add them to your cart to help ease keto flu symptoms.
- 3. Listen to your body:** Lastly, listening to your body while you're on the keto diet is very important. If something doesn't feel right, take a step back and try to resolve the issue. Always consult your doctor if you have any health questions.



MODIFYING YOUR MEAL PLAN

This meal package is designed for the average person starting the ketogenic diet. You can modify your meals to your liking if you find you need more or less food. For those who find they need more food, please see below for a list of keto friendly foods you can add to your meals to increase satiety. Our list of frequently asked questions on the next page will provide you with more instruction.

KETO FRIENDLY FOOD LIST TO INCREASE SATIETY

We recommend always trying to add more fat in order to keep your macros right and increase satiety. Second best option if you want a little extra food with your meals are leafy greens like spinach or lettuce. These foods can be paired with a healthy oil dressing to help increase your fat intake while providing you with extra food to eat.

Top Keto Foods to Increase Satiety

- Fat bombs
- Drinking a keto coffee (aka coffee made with MCT oil & Butter)
- A handful of nuts (macadamia, walnuts and hazelnuts are good keto options)
- Piece of cheese
- Pork Rinds (sold online!)

Top Meal Add Ons

- Side salads with a healthy oil based dressing
- Good oils for dressings include olive, walnut, Udo's oil & avocado oil
- Sautéed spinach in butter
- Sautéed swiss chard in olive oil
- ½ avocado with olive oil and salt
- ¼ cup full fat yogurt (10% min) with chia seeds on top

Keto Coffee Recipe

This powerful drink is more than your average cup-a-joe. MCT's are used by the brain as quick fuel, supporting productivity, while the high fat content keeps cravings at bay, leaving you to get on with your day feeling full and energized.

Using your favourite roast, combine 1 TBSP MCT oil and 2 tsp grass-fed butter to 1 cup of coffee. Simply blend until frothy and creamy and enjoy!



FAQ's

These meals provide too much food for me. Do I have to eat all of it?

No. Our meals are simply designed to provide enough food for most people. If you find you're not hungry enough to finish all the food, we advise listening to your body and not forcing it, especially if you're trying to lose weight. You can freeze, share or save the leftovers for later!

I'm still hungry after eating some meals. What should I do?

Feel free to add more of any truly low-carb, high-fat food from the list provided. The easiest way is to just add more fat to your meal, like butter, olive oil if you're heating up a dish. You can also purchase more of our fat-bombs to eat with meals to increase satiety.

What if I'm hungry between meals? Can I snack?

People usually stay satisfied on a low-carb, high-fat diet, vastly decreasing the need for snacking. If you do find yourself hungry, we recommend eating foods with a higher healthy fat content. Fat bombs, nuts and seeds are all great options. You can also add additional sides to your meals like a side salad with an oil based dressing or low carb veggies.

What if something goes bad by the end of the week?

All our meals are made fresh to order and will safely last for up to seven days. We recommend eating the meals in the order outlined by us in order to eat the freshest foods first (aka salads). If you're worried about a meal spoiling you can always freeze meals and defrost them as needed.

Can I eat keto desserts with my meal plans?

We recommend avoiding keto-friendly desserts when starting on a keto diet to help curb sugar cravings and break the habit of eating sweets - but we understand everybody is different. You can add desserts into your cart separately if you want to incorporate them into your diet.

Can I freeze my meals?

Yes! All meals (except salads and meals with konjac noodles) can be frozen and thawed.

How much preparation is required?

Almost none! Remove any dips or fresh vegetables, and simply heat your meal either in the microwave or transfer to oven-proof or stove top cooking pans and reheat to reach an internal temperature of 165°F. Plate your meal and enjoy!

Is the packaging recyclable?

All of our packaging is 100% recyclable. Alternatively, you can wash it and reuse it!

For more FAQs visit our [website](#).



SPECIAL CONSIDERATIONS

A ketogenic diet is safe and effective for many people. However, extra support and knowledge may be required if you're dealing with a specific condition, especially if you are:

- Taking medications for diabetes
- Taking blood pressure medication
- Breastfeeding

Please consult your doctor if you fall into any of the above categories. If you have any concerns with starting a ketogenic diet we strongly encourage you to consult with qualified medical professionals for treatment and related advice on individual cases.

DISCLAIMER

All of the information provided in this package and at www.ketolibrium.ca is intended solely for general information and should NOT be relied upon for any particular diagnosis, treatment, or care. The website is not a substitute for medical advice and all information provided is for general informational purposes only.

