



# Getting Started: Selecting and Understanding your Protocol

Welcome to your food-as-medicine ketogenic journey! The primary goal in my program is to heal and balance your body. I am providing you with guidelines on where to start and considerations when selecting your entry point, but as you may be familiar, one of my favorite mantras is “doctrine creates disconnect”. This means that throughout my structured approach we want to honor the process and allow the body to adapt to macronutrient shifts, timing of eating or fasting, and therapeutic add ons of supplements and foods for at least 4-6 weeks to get feedback and once received, if optimal we will continue, but if imbalanced we will adjust. You are as unique as your fingerprint so it would be impossible to make a protocol that absolutely fits your needs. I am going to try my darndest to use my 10 years of clinical experience with successful outcomes to provide a structured entry point to provide successful launch pad that as you learn in my program you can take the reigns and drive the shifts you need to make for your body based on your system's feedback.

## What is phase 1 and phase 2?

Phase 1 and Phase 2 are defined primarily by macronutrient shifts to drive nutritional ketosis seen in phase 1 with tighter carb restriction or in phase 2 a low-glycemic diet that provides low to moderate-low carb vs. very low carb seen in phase 1. As phase 2 has liberalization of carbs it will also have lower fat and likely slightly higher protein to support metabolism and muscle maintenance as ketone production will be reduced in phase 2 so you will not reap the benefits of muscle sparing seen when in deeper nutritional ketosis.

## What are the protocols?

The protocol tiers are based on calorie restriction. Within the **Weight Loss Fasttrack** protocol, **Steady and Sustained** protocol, and **Heal Maintain and Gain** protocol, there will be an application of a phase 1 where you will have a time of more restrictive carb consumption to rev ketone production and reap the benefits of that “keto high”....(I mean that's why you are here right?) as well as consideration of phase 2, a more liberalized approach to use quarterly to reset leptin, monthly following your hormonal cycle to support balance in your body, or as a transition if desired and feeling off in a state of deep nutritional ketosis. Throughout this document, you can identify your protocol with these helpful icons, read on to see which one is right for you and then learn more on how to define phase 1, 1.5, and phase 2 within your protocol



**Weight Loss Fast  
Track**



**Steady and  
Sustained**



**Heal Maintain  
and Gain**

## Choosing Your Protocol

The **Weight Loss Fasttrack** may sound like a “duh” entry point for many of you because if we want something we want it now. But...I caution you to jump right into this category if you:

- Are dealing with high stress levels



## Getting Started: Selecting and Understanding your Protocol

- Have recently had a child (delivery within 18 months)
- Are on an immunosuppressant drug
- Have unregulated thyroid or Hashimotos
- Experience chronic fatigue
- Have poor sleep quality or insomnia
- Like to do high intensity exercise and are not willing to give up or reduce
- Have a newly diagnosed autoimmune disease and are not yet in remission
- Deal with disordered eating

Note: if just hypothyroid and regulated with medication with negative antibodies for hashimotos, you could totally do **Weight Loss Fastrack!**

If you said yes to one of those but still want to lose weight, strongly consider the **Steady and Sustained** protocol, if you said yes to two of those...move on for sure! If you push to do **Weight Loss Fastrack** and you have all that going on, your body will get pissed and shut down or start working against you! Take a deep breath and move on to **Steady and Sustained** where your body will feel more safe to release.

If you said no to all or only yes to one of these and you know you can work on that one yes to modify it, maybe you said yes to stress but you are going to commit to using headspace app for meditation or take both the *Relax and Regulate* powder and *Calm and Clear* supplement from my line, then you can likely rock out the **Weight Loss Fastrack**.



### **Weight Loss Fastrack:**

This protocol is the most calorie and carb restricted. It is great for members with weight loss and body fat loss as a goal as well as those with prediabetes, diabetes, and other dysmetabolic syndrome conditions (elevated blood pressure, belly fat, blood sugar, and cholesterol concerns).

This track is great if you are able to focus on diet as primary area of stress to your body meaning you are able to get ample sleep, you are able to do gentle movement only (walking, yoga, stretching, light weights) or wait on exercise until you start getting results, and you are not dealing with an autoimmune condition or a high stress demand. Be mindful this protocol is tight and restrictive, if you have >50 pounds to lose you can hang out in this protocol in phase 1 for upwards of 6-8 months before making changes and you may even consider more intensive fasting such as my bone broth fast to mix things up and excelerate results. People that have less than 50 pounds of weight loss, will want to cycle in and out of phase 1 and phase 2 monthly after a 3-4 month phase 1 launch into this protocol. Or if you are digging the feeling of those ketone bodies in your bloodstream and you don't want to carb cycle yet, you should consider transitioning to **Steady and Sustained** after 3-4 months once you are at or below 10 pounds of weight loss as remaining goal to prevent metabolic burn out or hindered metabolism.



# Getting Started: Selecting and Understanding your Protocol



## Steady and Sustained:

This protocol is a great way to reap the benefits of nutritional ketosis and weight loss without worrying as much about calories or exchanges as there may be other stressors that run priority. This is a great approach for a breastfeeding momma who wants the postpartum hormonal support of ketosis and weight loss without hindering milk production. It is also a great entry point for an individual that has less than 15 pounds to lose and doesn't want a dramatic shift but instead a sustainable lifestyle shift.

In this track (and truly in all tracks), one can do a *10-day Detox* or *Bone Broth Fast* to accelerate outcomes as well as pulse healing support for hormone balance or gut repair. You may also after you are fat adapted and feeling satiated consider getting aggressive for a 2-3 month window with the **Weight Loss Fasttrack** if you are stalled or not getting results after 6 months. Remember this process is one of healing, so it is important to give yourself a full 6 months prior to jumping into **Weight Loss Fasttrack** as that may further interfere with your healing journey and stress your body.



## Heal, Maintain and Gain:

This protocol is for individuals doing this program for the neurological conditions, cancer treatment support, mood stability, and hormone balance or fertility support without weight loss goals. As this protocol is at highest calories it is least distressing to the body so one may choose to stay in phase one vs. cycling into phase 2. Also as this protocol is often for a higher medical intervention need, cycling carbs may result in loss of the benefit of ketone production which may throw off progress.

Those that are doing this protocol for PCOS that are of a BMI <25 and focusing on fertility may notice a benefit from cycling carbs by using phase 2 within menstruation to slingshot hormones with support of phase 2 on days 1-2 of cycle and about 5 days post ovulation likely 19-20 of a 28 day cycle. Note, if you are dealing with infertility and you have elevated body fat you would want to do the **Steady and Sustained** or maybe even the **Weight Loss Fasttrack** if you fit criteria to further support results.

## Conditions supported by Heal Maintain and Gain, Don't advance to phase 2 if using keto to manage:

Epilepsy, Cancer, Type 1 diabetes, Glycogen storage disease, GLUT1 deficiency disease, Parkinsons\*, Multiple sclerosis\*, Migraines\*, Alzheimers\*, Traumatic brain injury\*  
\*= may consider use of phase 2, depends on phase of condition and recovery or remissive state

## What Protocol Do I Need?

### Weight Loss Fasttrack:



>15 pounds weight loss goal

Able to take care of stress and sleep (supplemental support may aid in achieving this)



# Getting Started: Selecting and Understanding your Protocol

Gentle exercise only  
Ample sleep >7 hours on average



## **Steady and Sustained:**

<15 pounds weight loss goal with more focus on body composition change  
>15 pounds weight loss goal but dealing with adrenal fatigue or autoimmune condition as new diagnosis or recent flare (within 3 months)  
Desire to maintain HIIT exercise demand (spin class, body pump, crossfit)  
High stress lifestyle and symptoms of stress imbalance  
Inadequate sleep <7 hours on average  
Malnourishment symptoms when in Weight Loss Fasttrack or prior keto/diet approaches (breaking nails, hair loss, loss of cycle for women)



## **Heal Maintain and Gain**

No weight loss goal with potential goal of weight gain  
Neurological, autoimmune, inflammatory conditions that are concerning for wasting or loss of strength, muscle, weight  
Any level of exercise is appropriate to be in this phase including marathon, high intensity athlete, but if dealing with a condition of autoimmune or adrenal nature, best to stick to gentle movement and resistance training without HIIT  
Malnourishment symptoms when in Weight Loss Fasttrack, Steady and Sustained, or prior keto/diet approaches (breaking nails, hair loss, loss of cycle for women)  
*Note: Fasting is likely NOT appropriate for this individual if underweight and will vary on a case by case basis, may consider increasing fat during fast, doing a modified fat and protein fast, or doing a refeed following.*

## **Defining phases within your protocol:**

Ok, now that you have mastered the selection of what protocol makes most sense let's dig into the guidelines of each phase so you can make your protocol come to life.

### **Phase 1 guidelines:**

This phase is the most aggressive in carbohydrate restriction and will incorporate at least 3 days of intermittent fasting which will restrict eating window to 8 hours or less. If you are new to keto, I'd suggest waiting on time restrictive eating or fasting until you are making ketones or 3-5 days into your carb restriction. This will help in your body's satiety and prevent exacerbation of headaches, dizziness, anxiety, palpitations that can occur in an individual with blood sugar and electrolyte instability often seen with a new transition to keto.

Regardless of time restricted fasting, it is suggested to kick off with more restrictive days where non-starchy vegetables are limited to ½ cup cooked total per day. Although healthy for many reasons, vegetables provide one of the higher contributors of residual carbs which can prevent successful production of ketones in a metabolically resistant person. It is optional to have 2 non-restrictive days in which the non-starchy vegetables are liberalized to upwards of 2 cups daily which will allow for



## Getting Started: Selecting and Understanding your Protocol

support with ample dietary fiber and variety. No matter what your level of non-starchy veggie restriction, it will be recommended to get in 2-3 cups of leafy greens per day as this provides a nice support of vitamins, minerals, and fiber to support bulk at meals and microbiome health.

In any of the protocols, once you have advanced to becoming fat adapted, about 4-8 weeks into tight diet control, you will be able to liberalize carb intake to upwards of 2 cups of non-starchy vegetables daily as your body becomes efficient at using fat as fuel and starts to prefer ketones as a fuel source. This shift from tight carb restriction to the point of vegetables and loosening up to allow more real food is still within the 5-10% carb macro and still phase 1.

Liberalizing your phase 1 is recommended prior to transition to phase 2. You may choose to do 1-1.5 cups non-starchy veggies and incorporate ½ cup berries as well still staying within this advanced phase. If you choose to explore starchy vegetables, nut flour baked goods, and natural sweeteners you will be transitioning into phase 1.5.

### **Phase 1: Kickstart Protocol for week 1-4 minimum!**

No fruit or starchy vegetables during phase 1

Be mindful of carbohydrate containing foods and residual carbs coming from non-carb foods such as nuts and seeds, avocado, and non-starchy veggies

Stay within ½ cup cooked total non-starchy veggies at least 5 days/wk

Allow max 1-2 days/wk abundant non-starchy veggie intake of 2 cups cooked total/day

30g total carbohydrate max per day (calculate total macros with protocol)

Incorporate intermittent fasting 3-6 days a week

→ Class 1 will help you determine if your fast should be pure, fat fueled, or bone broth or protein supported

### **Phase 1 for a 1500 calorie person**

**0-10% carbs**

**65-85% fat**

**15-30% protein**

Based on these %, Macros of a phase 1 at calorie intake of 1500 would look like:  
0-30g\* carbs, 105-140g fat, 55-110g protein

\*Note: 10% may equate to more than 30g, in this case 10% of 1500 calories would equate to 37.5g, so stay within whatever max percent keeps this total limit of 30g



# Getting Started: Selecting and Understanding your Protocol

**Simplified kickstart phase 1:** Intermittent fast + 1 meal + 1 protein shake + 12 oz bone broth or protein snack (ex. 1oz cheese + 1oz meat rolled on Romaine lettuce)

**Abundant kickstart phase 1:** 2-3 meals (optional 1 as protein shake) + 1-2 snacks

In both simplified and abundant days it will be important to meet protein goals and aim for 2-3 cups leafy greens, yet on the simplified days you will want to keep within ½ cup total non-starchy vegetables.

Simplified days are just as they sound, simple or easy to do, and they yield results by keeping well within 30g carbs. Aim to do a simplified type of day for 5-6 days a week then you can do an Abundant day or two per week for flexibility, variety, and to get in more veggies and nutrients.

Simplified Kickstart Phase 1	Abundant Kickstart Phase 1
Breakfast: FAT FAST 1 cup coffee with 1 tsp grassfed butter, 2 tsp coconut oil	Breakfast: 2 eggs scrambled cooked in 1 tsp butter with ¼ cup sautéed onion and ½ cup sautéed bell pepper, 2 slices bacon
Lunch: Cinnamon Almond shake from Eat Fat Get Skinny Ebook with 1 scoop whey protein, add 2 cups baby spinach	2-3 cups greens with 5oz chicken thighs, 1 Tbsp olive oil, 1 Tbsp lemon, fresh herbs, 5 olives, 1/2 avocado sprinkled lemon juice, cumin, and 2 Tbsp pumpkin seeds, generous pinch sea salt
Snack: 2 hard boiled eggs dipped in mustard OR 1 jar FOND Bone Broth	15 Nori roasted almonds (on the blog)
Dinner: 4 oz wild salmon cooked with 1 tsp butter and topped with tarragon, served with 1/2 cup asparagus roasted in 1 tsp olive oil	Dinner: 4 oz strip steak, 1 cup roasted cauliflower in ghee, turmeric and sea salt

## Advanced phase 1: following 4+ weeks of tight phase 1 kickstart

Allow ongoing expansion of 1-2 cups cooked total non-starchy veggies  
Consider berries as an option while staying within 30g total carbs max per day

Continue to incorporate intermittent fasting 3-6 days a week

## A gentle low carb approach: Phase 1.5

Phase 1 is followed by potential liberalization to a low-glycemic diet or approach for carb cycling using phase 2 guidelines which are higher in carb and protein and thus lower in fat. Rather than fully pushing your carb tolerance or cycling out of ketosis, some choose to explore metabolic flexibility with a gentle expansion of carb intake through this intermediary phase of 1.5.

Phase 1.5 also may serve as an optional entry point for an individual where tight nutritional ketosis seen in phase 1 may not be appropriate. For instance a pregnant woman or a young child. Most overweight teens can thrive in phase 1 keto as can children that fit any of the conditions noted under the **Heal Maintain and Gain**





## Getting Started: Selecting and Understanding your Protocol

protocol guidelines (see page 4) as well as neurological or behavioral conditions where therapeutic use of ketones is necessary. With ADHD, Autism, and mood imbalances often a flow through phase 1-1.5 is reasonable with options upwards of phase 2 pending on the body composition of the individual and if that kicks them out of ketosis for too long.

When working with toddlers, children, and female teens that are not significantly overweight, it would be more appropriate to start at a looser 1.5 as opposed to phase 1 as to not over restrict or drive developmental or hormone imbalance. In general, if you want a more even keeled approach that is less aggressive and just supports steady weight loss or mood stability you may try starting at phase 1.5.

For a growing child or pregnant female this phase allows a more moderate carb restriction and still focuses on fat as primary nourishment. Note those groups of people listed to start in phase 1.5 would never be used with **Weight Loss Fastrack** calorie restrictive conditions as this would not fit a gentle approach the level of calorie restriction would be too extreme for those that need a more moderate program such as **Steady and Sustained** or **Heal Maintain and Gain** as these are a more gentle approach that would not over restrict to potentially hinder development and drive distress.

### Is this even keto?

For people with metabolic handicap such as unresolved insulin resistance, this 1.5 protocol will be more of an aggressive low-glycemic approach and it may drive a higher insulin response which may kick them out of ketosis. These individuals may use this range as a carb-up with a more gentle approach than phase 2.

However, in lean active individuals, this 1.5 phase often continues to yield ketones especially in individuals practicing intermittent fasting. Regardless of production of ketones, this option serves as a more gentle entry point or expansive sustainable set point, for those that want benefits of low carb lifestyle but phase 1 may be too restrictive or unnecessary.

*Personal Note: I run my household both Stella my 3 year old toddler and Brady my husband (when in the home) at this 1.5 protocol range with occasional swings up to phase 2 and inadvertent dips into phase 1. Unless I am cycling to phase 2 for hormones, I am always testing positive for ketone production and yielding the benefits.*

### Phase 1.5 as an entry point is for:

- Toddlers, kids age 2-12 at any weight (overweight or ideal weight)
- Teens of ideal weight (teens of overweight would do great in **Steady and Sustained** phase 1, but if hormones get thrown off transition back to phase 1.5)



## Getting Started: Selecting and Understanding your Protocol

- Pregnant women that would benefit from carb control as advised by medical team (otherwise start with phase 2 for pregnant women and regardless of phase, calories should stay in a **Heal Maintain and Gain** approach only unless medically advised for weight loss!).
- Hypothyroid or autoimmune condition that previously did poorly with tight carb restriction, this entry may be for 4-6 weeks then if desired may go into phase 1 in appropriate protocol to assess tolerance

### How this is phase 1.5 different than a tight phase 1 keto?

Less restrictive→ If you are stressing about carbs from celery ...this may be for you!

- No restrictions on non-starchy veggies!
- May include carbs: starchy vegetables + fruits in moderate portions
- May include nut flour baked goods and natural sweeteners
- 30-60g total carbohydrate max per day (calculate total macros with protocol)

After liberalizing carbs from tight phase 1 with unlimited non-starchy vegetables for a couple weeks and optional berries, you may determine you feel even better with intermittent carb inclusion beyond this level with regular selection of 1 choice of fruit or starchy vegetable at a meal or split between 2.

### Who is phase 1.5 not for?

Individuals that require tight nutritional ketosis and their results are compromised with this liberalization. As well as individuals that are otherwise healthy without increased caloric demand and have NOT tried a ketogenic diet following my Kickstart phase 1 for at least 4 weeks. You guys.....TRY the restrictive protocol if you are otherwise healthy to experience how your body feels, then you can always liberalize to this approach.

### Phase 1.5 for a 1500 calorie person

**10-15% carbs**

**55-60% fat**

**25-30% protein**

Based on these %, Macros of a 1.5 phase at calorie intake of 1500 would look like:  
45-60g carbs, 90-100g fat, 90-110g protein

### Phase 2 guidelines:

When transitioning to phase 2 unless you are a high intensity athlete or using MCT oil (or obviously BHB, exogenous ketones), you likely not be in a metabolic state of ketosis or producing ketone bodies once you increase your carbohydrates to this phase 2 level. However, the purpose of phase 2 is to provide a metabolic reset for your body serving to reset leptin or serve as a flexible approach allowing these real food keto results to last a lifetime.





## Getting Started: Selecting and Understanding your Protocol

### Phase 2: Low-Glycemic to consider weeks 8+ (This is optional: may stay in Phase 1-1.5)

This phase eases out of Ketosis with a progressive increased carb intake to about 60-120 grams. At this time you can incorporate fruit and starchy vegetables beyond a small serving and if desired and tolerated may incorporate small amounts of beans or grains.

If still looking for weight loss or to keep your selected protocol calorie needs in balance, during phase 2, you will need to reduce the amount of fat in order to make up for the calories you are getting from adding carbs. For each exchange of carbs added (15g=1 exchange), reduce fat by 2 exchanges (5g=1 exchange)!

### Phase 2 for a 1500 calorie person

**15-25% carbs**

**40-55% fat**

**25-30% protein**

Based on these %, Macros of a 2 phase at calorie intake of 1500 would look like: 60-90g carbs, 65-90g fat, 90-110g protein

### Mastering your macros!

In order to create goals in terms of macronutrient categories, we must first establish calorie needs. Increasing fat alone will not yield beneficial outcomes for weight loss as we still need to be in a calorie deficit to see weight loss! **While the tendency may be to overload on fat, we have to remember that if there is fat to burn we want to encourage the body to reach into the “deep freezer” of stored fat reserves!** Typically we are looking for a deficit of 500 calories per day to see a loss of about 1 pound per week--this can also be thought of as 3500 calories=1 pound of fat. With that said, as we discuss in this program it isn't as simple as calories in and calories out. If dealing with shifts in hormones, microbiome, stress levels, exercise, and nutrient status the body may not respond optimally on a metabolic level.

### Calculating your macros in grams from your % and calorie range

When calculating macros with your protocol it is important to understand the calorie density of each macronutrient:

**Carbs and Proteins are 4 calories per gram whereas Fats are 9 calories per gram**

Phase 1 for a 1500 calorie person	Phase 1.5 for a 1500 calorie person	Phase 2 for a 1500 calorie person
0-10% carbs as 0-30g	10-15% carbs as 45-60g	15-25% carbs as 60-90g
65-85% fat as 105-140g	55-60% fat as 90-100g	40-55% fat as 65-90g
15-30% protein as 60-110g	25-30% protein as 90-110g	25-30% protein as 90-110g



# Getting Started: Selecting and Understanding your Protocol

## Putting it all together!

**Step 1:** Choose your Protocol after reading pages 2-4 above!

**Step 2:** Calculate your body weight in kilograms by dividing your pounds by 2.2

Example:  $210\#/2.2 \approx 95\text{kg}$

**Step 3:** If you have less than 50# weight loss goal, skip this step!

If you have more than 50# of weight loss as a goal, create an ideal body weight with Adjusted body weight (ABW) calculation below:

Women 100 pounds at 5 feet + 5 pounds per inch (or minus 5 pounds per inch if under 5 feet)

Men 106 pounds at 5 feet + 6 pounds per inch (or minus 6 pounds per inch if under 5 feet)

Use this value added to your actual weight in pounds, then divide by 2.5 for an average weight of adjusted body weight to use in kg.

Example: Julie 5'2" female at 210#

$100 + (5 \times 2) = 110$

$210 + 110 = 320$        $320/2.5 = 128\#$  this is adjusted body weight!

$128/2.2 = 58\text{ kg}$  as value used in macro calculator instead of the kg calculated in step 2.

**Step 4:** Calculate your total calorie needs and consider how to adjust your Intermittent Fasting (IF)



**Weight Loss Fasttrack: 15-20 kcal/kg** with normal activity factor stay towards lower range (15 kcal), use higher end (20 kcal) of range with higher exercise output (note: this population should not be doing HIIT or spin as we want to support stress and HPA-axis during more aggressive calorie restriction)

**IF:** Consider a pure fast vs. a fat or protein supported fast and aim for 5+ days/wk of IF



**Steady and Sustained: 25-30 kcal/kg** with normal activity factor stay towards lower range (25 kcal), use higher end (30 kcal) of range with high intensity activity

**IF:** Consider either a pure fast, fat fast, or bone broth or protein fast aim for 3-6 days/wk



**Heal Maintain and Gain: 35-40+ kcal/kg** with normal activity factor for moderate weight gain or weight maintenance in active healing with rehab stay towards lower range (35 kcal), using higher end (40 kcal) and increase as needed beyond (children need 95 kcal/kg) to meet for high intensity activity demand or weight gain goal.



## Getting Started: Selecting and Understanding your Protocol

*Note: This would not be used with an individual with an adjusted body weight as they are not looking to maintain.*

**IF:** Consider either a fat fast, bone broth, or protein fast aim for 2-4 days/wk or skip fasting completely

Example from above, Julie with ABW in:



**Weight Loss Fastrack:**  $58 \text{ kg} \times 15 \text{ kcal/kg} = 870$   $58 \text{ kg} \times 20 \text{ kcal/kg} = 1160$   
870-1160 kcal per day on average using lower level of range to accelerate weight loss as priority!



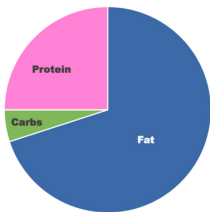
**Steady and Sustained:**  $58 \text{ kg} \times 25 \text{ kcal/kg} = 1450$  and  $58 \text{ kg} \times 30 \text{ kcal/kg} = 1740$   
She would choose 1740 kcal using higher level of range on days taking spin class, then reduces to 1450 when walking her committed 10k steps per day! However, note, if entering Steady and Sustained with an ABW due to weight loss goals, you may stay closer to the lower range or swing only from 25-27 kcal range.

Example of Suzy with an actual body weight of 128 with goals of weight gain:

For comparison of calculation, Suzy weighs 128 as is (not adjusted). She is 5'6" she lost 33# with cancer treatment and is frail and looking to rebound nourishment to boost energy, recovery, and support hair regrowth.



**Heal Maintain and Gain:**  $58 \text{ kg} \times 35 \text{ kcal/kg} = 2030$  and  $58 \times 40 \text{ kcal/kg} = 2320$   
She would adjust range based on tolerance and activity factors of exercise due to goals of weight gain rate post cancer treatment.



**Step 5:** Calculate your macros!

Use your phase of 1, 1.5, or 2 to plug in ranges use to calculate your macros distribution:

Examples for phase 1:

### 0-10% Carbs

*Note: entry carb range should be **30g total or below** until achieving nutrition ketosis, then can go upwards of 45-50g once keto adapted as a 2000 kcal person would hit 50g carbs at 10%, but it would be best to stay tight at lower end of range until producing ketones.*

*Usually 6+ weeks into protocol you can explore the upper range of 10% and/or explore phase 1.5.*

### 15-30% Protein

*Note: If dealing with chronic fatigue, hair loss use upper end on protein! Keep protein at a **minimum of 60g** to maintain lean body mass regardless of your 15% calculation, which means you may not dip that low.*



# Getting Started: Selecting and Understanding your Protocol

## 65-85% Fat

Note: If at a high level of body fat (30% or higher), stay on the lower end of fat range (65-70% and go for more protein to support use of body fat as fuel). Regardless of percent range, it is **not recommended to consume over 250g fat** unless you are a high intensity athlete.

Using the example of Julie in the Fast Track scenario above this table takes the lower calories with low range of macros and upper calories with upper to see the range:

### Carbs:

Lower range:  $870 \times 0 = 0$  calories from carbs

Divide by 4 calories per gram of carbs  $58/0 = 0g$

Upper range:  $1160 \times .1 = 116$  calories

$116/4 = 29g$

**0-29g Carbs**

### Protein:

Lower range:  $870 \times .15 = 131$  calories

Divide by 4 calories per gram of protein  $131/4 = 33g$  TOO LOW!

Will need to use the upper range at low cal as need at least 60g!  $870 \times .3 = 261$

$261/4 = 65g$  yes! That works!

Upper range:  $1160 \times .25 = 290$  calories

$290/4 = 73g$

**60-73g Protein**

Note lower range of 15% protein at lower calorie range is too low and may see fatigue or muscle wasting!

### Fat:

Lower range:  $870 \times .65 = 566$  calories

Divide by 9 calories per gram of fat  $566/9 = 63g$

Upper range:  $1160 \times .85 = 986$  calories

$986/9 = 110g$

**63-110g Fat**

## Bringing this all to life with food!

Applying this macronutrient distribution, this is how Julie looks per protocol!



### Weight Loss Fasttrack

870-1160 Calories

0-29g Carbs

60-73g Protein

63-110g Fat



## Getting Started: Selecting and Understanding your Protocol

Julie is choosing to stay on the higher end of protein and in the lower end of fat as she has ample body fat to lose, she will cap her fat intake at 90g/day and ensure she gets 70g protein to start.

### Protein:

1 oz protein = 7g so her goal of 70g would be divided by 7 to determine oz of protein needed per day.

Servings in terms of oz protein, take protein in grams and divide by 7

$$70/7=10$$

Julie needs 10 oz of protein per day

*This could look like fasting in the morning with just green tea, 1 shake with 1 scoop whey protein in a shake for lunch (24g), 2 hard boiled eggs (14g), 15 almonds (4g), and 4oz ribeye steak at dinner (28g).*

### Fats:

To get number of servings (exchanges) fat, take fat in grams and divide by 5

$$65/5=13$$

$$90/5=18$$

Julie needs 13-18 exchanges fat per day

*This could look like 1 Tbsp fat in keto coffee during fast (3tsp=1 Tbsp, 3 exchanges), 2 Tbsp almond butter in shake (18g=3 exchanges), 1 Tbsp grassfed butter for cooking steak and veggies at dinner (3 exchanges in butter)= 9 exchanges fat*

*PLUS 16g=3 exchanges in ribeye, and 10g in the 2 eggs= 2 exchanges= 5 exchanges total from protein section= 14 total fat exchanges or 70g fat*

### Carbs:

Check your exchange list and hidden sources of carbs list on where carbs may creep in! Once you introduce carbs 15g carbs is a typical small fruit or ½ cup as well as ½ cup of starchy veggies. Use your grocery list to select veggies from the non-starchy vegetables which contain 5 g or less of carbs per serving. Note: leafy greens will contain less than 2 g of carbs per cup, incorporate 2-3 cups of these daily to volumize without threatening your ketogenic metabolism.

Julie doesn't need any carbs at phase 1 but has an allowance up to 29g.

*This could look like 3 cups of greens (3g) added to her whey protein (2g) shake, unsweetened almond milk (2g) in her shake, the residual carbs in the 15 almonds (3.5g), the nut butter (7g) in shake, and ½ cup cooked broccoli (3g) in dinner with butter = 20.5g*