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KETO

meal plan



WHAT IS



KETO?

A ketogenic diet (keto for short) is essentially a low-carb, high-fat diet. Many people choose a keto diet for its touted weight loss benefits but there are benefits that extend beyond this. So, how does this diet help with weight loss anyway? By drastically reducing carbohydrate intake and increasing fat intake, your body is forced into ketosis. This results in a shift of the body's fuel supply from carbohydrates to fat and when fat is burned, it produces ketones. The presence of ketones has been linked to numerous health benefits such as: increased insulin sensitivity and positive changes in metabolic diseases.*

* Contents of this e-book are for educational purposes only. You should not rely on this information as a substitute for, nor does it replace, professional medical advice, diagnosis, or treatment. You should consult your physician or other health care professional before considering any major diet changes.



breakfast

- 1 scoop 310 Meal Replacement Shake
- 1 tablespoon MCT Oil
- 3 strawberries
- 6-8 ounces unsweetened almond milk
- Optional ice
- Mix all in a blender till smooth

lunch

- 3-5 ounces of shredded turkey (equivalent to about palm size)
- 2 cups mixed dark leafy green salad with chopped cucumbers, peppers, and olives
- 1 tablespoon olive oil and half tablespoon apple cider vinegar dressing

dinner

- 3-6 ounces baked chicken with seasoning (examples Mrs. Dash, garlic, lemon, pepper)
- 1-2 cups baked veggies (broccoli, cauliflower, bell pepper)

snack

- 1-2 hand fulls (or 1-2 servings) of Unsalted mixed nuts

snack

- 3 Celery sticks w/ half a tablespoon of almond butter on each

optional meal replacement

- 1 scoop 310 Shake
- 1/4th an avocado
- 2 teaspoon ginger powder
- 6-8 ounces unsweetened almond milk
- Mix all in a blender till smooth





DAY 2

breakfast

- 1 scoop 310 Meal Replacement Shake
- 1 tablespoon chia seeds
- 1 tablespoon almond butter
- 1 teaspoon cinnamon
- 6-8 ounces unsweetened almond milk
- Mix all in a blender till smooth

lunch

- 1.5 cups spinach
- Half a cucumber
- 3-6 ounces of salmon
- 1 hand full or serving halved almonds (non-salted)
- 1 tablespoon balsamic vinegar and olive oil

snack

- Half an avocado w/ sprinkle of pepper, salt & teaspoon lime juice

snack

- 2 Hard-boiled eggs with pepper



dinner

- Shrimp Scampi, 6-8 medium-sized skinned sautéed with 1 teaspoon olive oil
- 1 or half a lemon, tablespoon minced garlic 1 teaspoon Mrs. Dash for flavor
- 1 whole zucchini spiralized and sautéed with 1 teaspoon olive oil

optional meal replacement

- 1 scoop 310 Shake
- 1 tablespoon MCT Oil
- Half a cup frozen blackberries
- 6-8 ounces unsweetened almond milk
- Mix all in a blender till smooth





breakfast

- 2-3 egg veggie omelet (olive oil spray)
- 1 cup mixed veggies (onions peppers tomatoes spinach etc.)

lunch

- 1 spiralized zucchini noodles
- 3 ounces ground chicken
- 1 chopped tomato
- 2 teaspoons olive oil



snack

- Dill vegetable dip (2 tablespoons)
- Raw veggies (cauliflower, broccoli, celery, carrots)

snack

- 1 scoop 310 Shake
- 1 tablespoon peanut butter
- 1/4th cup Unsweetened coconut flakes
- 6-8 ounces Unsweetened coconut/ almond milk
- Mix all in a blender till smooth

dinner

- Side salad 2 cups mixed greens
- 3-6 ounces baked chicken breast
- 1/4 cup garbanzo beans
- Olive oil w/ lemon juice and pepper
- A small handful of blueberries

optional meal replacement

- 1 scoop 310 Shake
- 1 tablespoon MCT Oil
- 6-8 ounces half coffee and half unsweetened almond milk
- Mix all in a blender till smooth



DAY 4

breakfast

- 310 Shake
- 1 cup spinach
- 1 tablespoon peanut butter
- 1 tablespoon chia seeds
- 6-8 ounces unsweetened almond milk
- Mix all in a blender till smooth

snack

- 1 serving of kale chips (25)

lunch

- 3-6 ounces baked salmon with a rosemary rub
- Mashed cauliflower with almond milk and olive oil
- Asparagus (6-8 medium sized stalks)

snack

- 3/4 cup cottage cheese (cottage cheese salad)
- Half cup diced cucumbers and tomatoes
- 1 teaspoon pepper and salt





dinner

- Stuffed peppers 2 halves baked
- 1 teaspoon olive oil
- 3-6 ounces ground turkey
- 1 tablespoon minced garlic
- Half cup chopped sauteed onions
- 1/4 cup shredded low-fat cheddar cheese

optional meal replacement

- Dill vegetable dip (2 tablespoons)
- Raw veggies (cauliflower, broccoli, celery, carrots)



breakfast

- Keto pancakes
- 2 eggs
- 1 teaspoon cinnamon and 1 dash nutmeg
- 1 scoop vanilla protein powder
- 1/3 cup unsweetened almond milk
- Olive oil pan spray

snack

- 2 cups low sodium buffalo cauliflower

lunch

- 1 serving of vegetable soup
- Low sodium vegetable broth
- Broccoli, carrots, celery, onion

snack

- Avocado hummus
- Raw veggies (cauliflower, broccoli, celery, carrots)

dinner

- Coconut curry
- 1 can condense low fat/carb coconut milk
- A teaspoon or more of each, turmeric, curry, cinnamon, ginger
- Half a lime
- 1 cup stir-fry saute veggies (onions, peppers, broccoli, string beans)

optional meal replacement

- 1 scoop 310 Shake
- 1 tablespoon MCT Oil
- Half cup spinach
- 1/3 cup pumpkin puree
- 1 teaspoon cinnamon
- 6-8 ounces unsweetened almond milk
- Mix all in a blender till smooth







DAY 6

breakfast

- 310 Shake Chocolate
- Half an avocado
- Half a cup mint leaves
- 1 tablespoon MCT oil
- 6-8 ounces Unsweetened almond milk or coconut milk
- Mix all in a blender till smooth

lunch

- 3-6 ounces baked tilapia
- 1 cup cauliflower rice
- Half chopped Onion
- 1/3 cup string beans

dinner

- Bibb lettuce wraps 4
- Ground turkey or chicken 3-6 ounces split between 4 lettuce wraps
- Low sodium taco seasoning
- 1 cup diced onions peppers and tomatoes for topping

snack

- 2 medium-sized egg muffins
- Eggs, turkey sausage, mixed veggies, garlic, and Mrs. Dash

snack

- Hard-boiled eggs w/ guacamole

optional meal replacement

- 310 Chocolate Shake
- 1 tablespoon cocoa powder
- 1 tablespoon peanut butter
- 6-8 ounce unsweetened almond milk



DAY 7

breakfast

- 310 Shake
- Half avocado
- half handful frozen mangos
- Unsweetened almond milk

lunch

- 3-6 ounces crockpot roasted chicken
- 2 cups of mixed pepper, onion, broccoli, cauliflower, carrots
- 1 tablespoon of Garlic
- 1 teaspoon low sodium seasonings
- Olive oil

dinner

- 3 ground turkey medium 3-6 ounces meatballs
- 1/3 cup tomato sauce
- 1 cup zucchini noodles
- 1 cup mixed veggies

snack

- "Snack box" with raw carrots, hard-boiled egg, and mixed nuts

snack

- 3 celery w/ almond butter

optional meal replacement

- 310 Shake Chocolate
- 1 tablespoon MCT Oil
- Half a banana
- 1 tablespoon peanut butter
- Unsweetened almond milk



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