

Helpful Tips

Burn fat by eating good fats. Be sure to eat lots of good whole fats and plenty of protein. Generally 3-4g fat to 1g protein. Use dark leafy greens and non-starch veggies as a base. Low to no carbohydrates and no processed sugar or sodas. Your body goes into a ketogenic state burning ketones from fats instead of glucose from carbs.

Best CoreLife Eatery Keto Choices



Chicken Cobb



Sriracha Ginger Tofu & Ancient Grains



Kale Caesar Chicken



Mediterranean



Steak, Bacon & Bleu Cheese

What To Put In Your Pantry

Eggs, avocados, spinach, kale, romaine (if it's a leaf, it's good), broccoli, bean sprouts or alfalfa sprouts, bacon, olive oil, cheeses, butter, limes & lemons, fermented foods such as kimchi or pickled veggies, bone & veggie broths, proteins (animal proteins like steak, chicken, bacon, pork salmon or tuna or plant-strong proteins like tofu). Think whole food fats and proteins while avoiding sugar-rich foods like fruit, corn, potatoes or breads. Limited root veggies. Supplement with MCT or XCT oils to boost good fat ratios.

Home Meal Suggestions

*Double your proteins on power-up days!

Breakfast

- Bed of spinach, eggs(s) over easy in olive oil, topped with cheese. Avocado with lime, salt & pepper on side. Add kimchi or pickled veggies as an option.
- Bacon (2-4 slices), eggs (1 or 2) with avocado on the side.
- Steak & eggs, cottage cheese and coffee (cream or MCT oil).
- Yogurt (no sugar) with blueberries, raspberries or blackberries.

Lunch

- Green leafy bowl with proteins, cucumber, cheese, sprouts & avocado & pickled veggies. Olive oil, lime, salt & pepper as a dressing.
- Stuffed avocado with beef, bacon, cheese, tomatoes & sour cream.
- Quiches with proteins & cheese.

Dinner

- Broth bowl or cup of broth with proteins. Add greens & veggies to create a heartier soup.
- Grilled proteins (no bun or bread), veggies & cheeses, hardboiled egg.
- Chicken & avocado in Parmesan taco shells with cheese, bacon & onions.