

# 21 DAYS

TO CHANGE YOUR LIFE

## THE CORELIFE CHALLENGE

# KETO

## MEAL SUGGESTIONS

- Burn fat by eating good fats
  - Lots of good whole fats
  - Plenty of proteins
  - Generally 3-4g fat to 1g protein
  - Plenty of dark leafy greens
  - Non-starch veggies as a base
  - Low to no carbohydrates
  - No processed sugar or sodas
- Your body goes into a ketogenic state, burning ketones from fats instead of glucose from carbs.

If you want to stick to a KETO diet and participate in the CoreLife Challenge, your pantry will look like this:

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 like kimchi or pickled veggies, bone & veggie broths are really good, 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 fruits, corn, potatoes or breads. Limited root veggies. Supplement with MCT or XCT oils to boost good fat ratios. Fill your fridge & cabinets with these foods. Picking up containers of bone broth, kimchi, pickled veggies or grilled proteins from your CoreLife Eatery is a great idea for your meals at home.

### Best CoreLife Eatery choices for Keto:



Cobb



Ginger Tofu



Kale Caesar



Mediterranean



Steak, Bacon & Bleu



Protein Power Plate

Home Meal Suggestions: **BREAKFAST, LUNCH & DINNER** (Mix it up during your CoreLife Challenge. Double your proteins on power-up days):

Bed of spinach, egg(s) over easy in olive oil, topped w cheese. Avocado w lime, salt & pepper on side. Add kimchi or pickled veggies as an option.

Bacon (2 to 4 slices), eggs (1 or 2) w avocado on the side.

Steak & eggs. Cottage cheese. Coffee (cream or MCT oil).

Yogurt (no sugar) w blueberries, raspberries or blackberries.

Green leafy bowl w proteins, cucumber, cheese, sprouts & avocado and pickled veggies. Olive oil, lime, s&p as a dressing.

Stuffed avocado w beef, bacon, cheese, tomatoes & sour cream.

Quiches w proteins & cheeses.

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 w cheese, bacon & onions.