

FASTING:KETO GUIDE TO GOOD EATING



STEP #1 - START WITH CLEAN EATING

Following a Fasting:Keto lifestyle begins with adding high-quality fats, proteins, and low-carb veggies, while eliminating inflammatory toxic red-zone foods. Allow a minimum of 14 days to fully transition away from red-zone foods to eating only the foods that appear in the green and yellow zones.



STEP #2 - LEARN WHY AND HOW KETO WORKS

To gain a full understanding of how and why the keto diet works so well we highly recommend watching the documentary film [Fat Fiction](#) in its entirety. For a complete overview of the Fasting:Keto 14-Day Jumpstart program, designed to help you get started right, visit our free step-by-step plan here: [How to Start a Keto Diet Right](#).



STEP #3 - ADD INTERMITTENT FASTING

As your body acclimates to this way of eating you will become "fat adapted" meaning your body will make the switch from burning carbohydrates for energy to burning ketones and fat as its primary fuel. This process can take 4 to 10 weeks depending on your metabolism. Once fat adapted, it's time to add intermittent fasting for improved health and weight loss.

ADD

Begin adding fully fattened proteins and fats from pasture-raised, grass-fed grass-finished beef, pork, lamb, chicken and eggs. Cook with grass-fed butter, olive, avocado, coconut and MCT oils.

KEEP

Check your kitchen against the list of yellow-zone foods. Keep any keto-friendly items you currently have, but be sure to read ingredient labels for items that fall into the red zone.

CUT

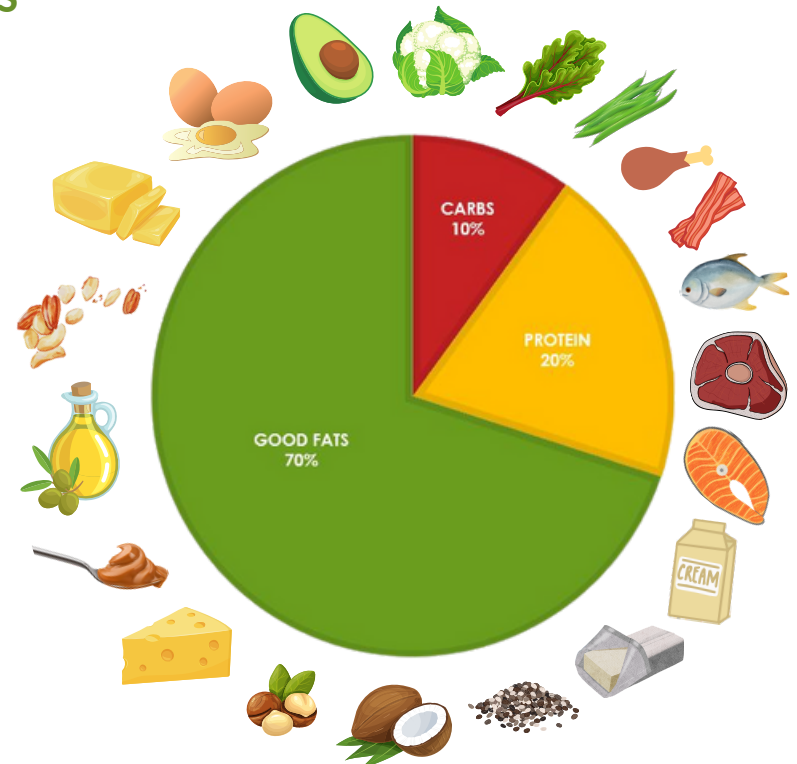
Remove foods that come from a box, bag, wrapper or restaurant or contain hidden sugars, seed oils, artificial sweeteners, and chemicals that cause inflammation, lethargy, and brain-fog.



Keto Add/Keep/Cut List



HOW MUCH TO EAT?



KEEP % OF TOTAL CALORIES BETWEEN

70/10/20 and 75/5/20

GOOD FAT

VEGGIE CARBS

GRASS-FED PROTEINS

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ADD
KEEP
CUT

Fats & Oils

- MCT OIL
- GRASS-FED BUTTER
- AVOCADO OIL
- OLIVE OIL
- GHEE

- TALLO / LARD
- COCONUT BUTTER
- ALMOND BUTTER
- FACTORY BUTTER
- MACADAMIA OIL

- CORN OIL
- CANOLA OIL
- COTTONSEED OIL
- SOY OIL
- PEANUT BUTTER

Meat & Pork

- GRASS-FED STEAK
- GRASS-FED PORK
- UNCURED BACON
- GRASS-FED GROUND BEEF

- UNCURED SAUSAGE
- UNCURED HOT DOGS
- NO-ANTIBIOTIC MEATS
- SALAMI / PEPPERONI
- LIVERWURST

- CHARRED MEAT
- CURED MEAT (DELI)
- DE-FATTED MEATS
- FACTORY RAISED BEEF
- FACTORY RAISED PORK

Poultry & Eggs

- PASTURE-RAISED EGGS
- PASTURE-RAISED CHICKEN / TURKEY
- PHEASANT
- DUCK

- FREE RANGE EGGS
- FREE RANGE CHICKEN
- ORGANIC EGGS
- NO-ANTIBIOTIC POULTRY

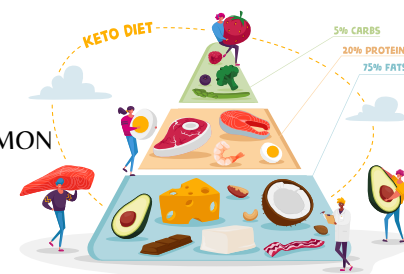
- FACTORY RAISED EGGS
- FACTORY RAISED POULTRY
- CHICKEN NUGGETS
- ROTISSERIE CHICKEN

Seafood

- SARDINES
- WILD-CAUGHT SALMON
- HERRING
- MACKEREL
- ALBACORE TUNA

- WILD-CAUGHT COD
- WILD-CAUGHT SHRIMP
- SNAPPER
- SCALLOPS
- COD

- TILAPIA
- FARM-RAISED FISH
- BLUEFIN TUNA
- TILE FISH
- CHILEAN BASS



Eat Well
Toss The Junk
Lose Weight
Enjoy Life

Nuts

Grains/Seeds

- MACADAMIA NUTS
- PILI NUTS
- WALNUTS
- ALMONDS
- PECANS

- PUMPKIN SEEDS
- CHIA SEEDS
- HAZELNUTS
- ORGANIC NUT BUTTERS

- WHEAT, RYE, BARLEY
- RICE, QUINOA, MILLET
- OATS, BULGUR
- POPCORN, PASTA
- DURUM, SEMOLINA

Dairy

- HEAVY WHIPPING CREAM
- GRASS-FED BUTTER
- HARD CHEDDAR CHEESE
- PARMESAN CHEESE
- GHEE

- GOAT CHEESE
- BLUE CHEESE
- GORGONZOLA
- FULL FAT CREAM CHEESE
- FULL FAT SOUR CREAM

- LOW FAT OR SKIM MILK
- COFFEE WHITENERS
- ALL FAT FREE OR LOW FAT DAIRY PRODUCTS
- SOFT CHEESES

Veggies/Fruits

- BROCCOLI
- CAULIFLOWER
- BRUSSELS SPROUTS
- MIXED GREENS (LEAFY)
- CABBAGE

- AVOCADO
- SPAGHETTI SQUASH
- COOKED KALE
- LEMON / LIMES
- DARK BERRIES

- POTATOES / TUBERS
- PARSNIPS
- BEETS
- ALL FRUIT EXCEPT BERRIES

Drinks

- WATER
- SPARKLING WATER
- BLACK COFFEE
- GREEN TEA
- FATTED COFFEE

- APPLE CIDER VINEGAR
- ICE TEA WITH SPLENDA
- UNSWEET NUT MILK
- DISTILLED LIQUORS
- DRY RED WINE

- SMOOTHIES / SHAKES
- ENERGY DRINKS
- CARBONATED SODA
- MIXED ALCOHOLIC DRINKS

Sweets

- ERYTHRITOL
- MONK FRUIT
- STEVIA
- CINNAMON
- 80% DARK CHOCOLATE

- ALL SWEET TASTES, INCLUDING SUGAR SUBSTITUTES, MAY IMPEDE AND/OR STOP KETONE PRODUCTION

- SUGAR, FRUCTOSE
- SUCROSE, SUCRALOSE
- ASPARTAME
- MALTODEXTRIN
- SACCHARIN



Keto Add/Keep/Cut List

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