

goals, weekly testing should be sufficient for most people.

Testing blood ketone levels is by far the most accurate method of testing, but you can also test your ketones using a breathalyzer. Ketostix (urine ketone strips) are not accurate enough, especially once you get keto-adapted, but they can be used during the first few weeks. They will not give you accurate ketone levels, but they may give you an idea of whether or not you are in ketosis.



Generally, ketone concentrations are lower in the morning and higher in the evening. Whatever time you pick to measure ketone levels, make sure to keep it consistent. Also, do not measure your ketone levels right after exercise. Ketone levels tend to be lower while your glucose levels are higher, so you won't get representative numbers.

## Do I need ketone supplements?

No, you don't need any ketone supplements. Although they may be beneficial for therapeutic purposes or for top-level performance, they are unnecessary for the vast majority of people. I'm not a proponent of exogenous ketone supplements: I've tried them and wouldn't recommend them.

Here's why. Unfortunately, products with exogenous ketones are marketed as weight-loss products and their actual use is distorted. Endogenous ketones—ketones produced by the body, as opposed to those that are ingested as supplements—are a byproduct of fat metabolism. Supplementing your diet with exogenous ketones will not cause you to burn more body fat. It simply doesn't work that way.

No matter what others may tell you, there is no miracle pill or supplement that can do the job for you. Keep in mind that companies and individuals—including some doctors—are selling these products at high profit margins. If you want to lose weight, just



## Breakfast Guac Sausage Stacks

**Hands-on: 10 mins, Overall: 15 mins**

Nutrition facts per serving:

Total Carbs: 11.3 g, Fiber: 5.8 g, **Net Carbs: 5.6 g**, Protein: 20.3 g, Fat: 42.4 g, Calories: 502 Kcal

Calories from Carbs: (5%), Protein: (17%), Fat (79%)

### Ingredients (makes 1 serving):

Two-Minute Guacamole:

- ½ medium avocado (75 g/ 2.6 oz)
- ½ small onion, chopped (35 g/ 1.2 oz)
- 1 tbsp freshly squeezed lime juice (15 ml)
- salt and freshly ground black pepper

Stacks:

- 1 tbsp ghee or lard (15 g/ 0.5 oz)
- 85 g gluten-free sausage meat (3 oz)
- 1 egg
- chile flakes for garnish

### Instructions:

Prepare the guacamole. Halve the avocado and scoop the flesh into a bowl. Add the onion, lime juice, salt, and pepper.

Mash with a fork and set aside.

Place a pan greased with half the ghee over a medium heat. Using your hands, create a small patty from the sausage meat. Place on the pan and cook undisturbed for 2-3 minutes. Flip over and cook for 1-2 minutes more. Set aside.

Grease the same pan with the remaining ghee and crack in the egg. Cook until the egg white is cooked through and the egg yolk is still runny. (If you use an egg mold, make sure to lower the heat. It will take longer to cook.) When done, top the patty with the prepared guacamole and fried egg. Garnish with chile flakes, if you like. Eat immediately.

## Week 1

	Breakfast	Lunch	Dinner
Day 1	2 x Egg Muffins with Goat Cheese (page 61)	Make-Ahead Spinach Meatballs (page 86) and Creamy Keto Mash (page 123)	Tuna Stuffed Avocado (page 106)
	<p>Stay hydrated. Make a batch of Homemade Electrolyte Drink (page 59) and drink it for the next 3-5 days (or ideally, throughout the whole diet plan) to minimize the symptoms of carbohydrate withdrawal (also known as “keto-flu”).</p> <p><b>Daily Nutrition Facts</b>            Total Carbs: 37.3 g, Fiber: 20.9 g, <b>Net Carbs: 16.4 g</b>, Protein: 81.5 g, Fat: 103.1 g, Calories: 1372 Kcal, Magnesium: 271 mg (68% RDA), Potassium: 3049 mg (152% EMR)            Calories from Carbs: (5%), Protein: (25%), Fat (70%)</p>		
Day 2	Creamy Cinnamon Smoothie (page 82)	2 x Egg Muffins with Goat Cheese (page 61) and 1 small avocado (100 g/ 3.5 oz)	Make-Ahead Spinach Meatballs (page 86) and Creamy Keto Mash (page 123)
	<p>Make 4 servings of pesto-marinated chicken so you can make Chicken Pesto Salad (page 114) in the next few days. Keep 2 servings in the fridge and freeze 2 servings for days 9 and 10.</p> <p><b>Daily Nutrition Facts</b>            Total Carbs: 36 g, Fiber: 17.6 g, <b>Net Carbs: 18.4 g</b>, Protein: 76.4 g, Fat: 120.6 g, Calories: 1490 Kcal, Magnesium: 260 mg (65% RDA), Potassium: 2772 mg (138% EMR)            Calories from Carbs: (5%), Protein: (21%), Fat (74%)</p>		

## Shopping List - Week 2

### Meat, Eggs & Dairy

bacon, outdoor reared	<b>90 g/ 3.2 oz</b>
beef, minced	<b>500 g/ 1.1 lb</b>
cheddar cheese	<b>76 g/ 2.7 oz</b>
eggs, large, free-range or organic	<b>2 dozen</b>
rib-eye steaks	<b>3 steaks (450 g/ 1 lb)</b>
turkey, minced	<b>600 g/ 1.3 lb</b>

### Vegetables, Fruits & Aromatics

avocado	<b>2-3 pieces (450 g/ 1 lb)</b>
collard greens (or more chard or spinach)	<b>2 cups (72 g/ 2.5 oz)</b>
cucumber	<b>1 small (100 g/ 3.5 oz)</b>
garlic	<b>1-2 heads</b>
chile pepper	<b>1 small (14 g/ 0.5 oz)</b>
Jalapeño peppers	<b>1 piece (14 g/ 0.5 oz)</b>
lettuce, crispy iceberg	<b>200 g/ 7.1 oz</b>
lemon	<b>1 piece, organic</b>
mixed greens (beet greens, spinach, arugula, etc.)	<b>320 g/ 11.3 oz</b>

lime	<b>1 piece</b>
mushrooms, white, fresh or frozen	<b>1/2 cup (35 g/ 1.2 oz)</b>
onion, white or yellow	<b>3 small (200 g/ 7.1 oz)</b>
bell pepper, green	<b>1 medium (120 g/ 4.2 oz)</b>
bell pepper, red	<b>1 medium (130 g/ 4.6 oz)</b>
raspberries, fresh or frozen	<b>1/2 cup (60 g/ 2.1 oz)</b>
spinach, fresh	<b>1 cup (30 g/ 1.1 oz)</b>
tomatoes, cherry or regular	<b>500 g/ 1.1 lb</b>
zucchini	<b>5 medium and 1 small (1.1 kg/ 2.4 lb)</b>

### Oils & Fats

lard, duck fat or ghee
MCT oil or virgin coconut oil
extra virgin olive oil

### Long-Life Foods

chia seeds, whole	<b>1 pack</b>
cacao nibs or extra dark chocolate (85-100% cacao)	<b>1 pack</b>