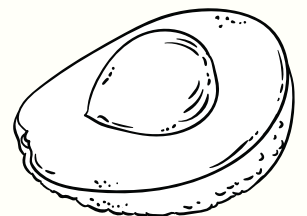


◀◀ Keto Rewind CLEAN 30 2021 Challenge

JANUARY 2021						
SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						



◀◀ HOW IT WORKS

- Track macros every day for 31 days
- No sugar, no soy, no wheat or processed foods
- Read the ingredients on labels
- Limit dairy & sweeteners
- "KISS" - keep it simple silly
- Intermittent fasting 16:8
- Limit snacking
- Divide macros into 2 meals per day
- You do you - do what works for you
- Get support - friend, community, spouse
- Find a new hobby or something fun

Optional:

- Take measurements (hips, waist, arms)
- Take before pictures
 - Use same clothes or activewear
- Weigh in on the 1st and 31st
- Exercise at least 3x a week

◀◀ **MACRO GOALS**

- Stay under fat goals.
Ketosis is caused by the absence of carbs NOT the presence of fats.
 - use fat as needed
 - don't stress getting all the fat in each day
 - if you're hungry - eat up to the limit
 - if you're not hungry don't worry about getting it in
- Hit or stay under 20g net carbs
- Always strive to hit protein goals
 - don't stress going over this goal occasionally



WEEK 1 MENU

Meal #1

Snack

Meal #2

3 EGGS, 3 SLICES OF BACON COOKED IN BUTTER AND A PROTEIN SHAKE

KETO COFFEE WITH UNFLAVORED COLLAGEN

TURKEY BURGER WITH FRIED EGG, DILL PICKLES AVOCADO AND ROASTED ZUCCHINI

TURKEY BURGER WITH FETA OVER SHREDDED CABBAGE AND ROASTED PECANS

KETO COFFEE WITH UNFLAVORED COLLAGEN

GRILLED CHICKEN WITH VEGGIE CAULIFLOWER RICE

3 SCRAMBLED EGGS WITH 3 SLICES BACON, AVOCADO AND A ROASTED PECANS

KETO COFFEE WITH UNFLAVORED COLLAGEN

SIRLOIN WITH STEAMED VEGGIES (BROCCOLI, CAULIFLOWER, ETC)

3 FRIED EGGS AND 3 SAUSAGE LINKS COOKED IN BUTTER

KETO COFFEE WITH UNFLAVORED COLLAGEN

CHICKEN AND VEGGIE STIR FRY WITH EGG NOODLES

1/2 AVOCADO , 3 HARD BOILED EGGS, 1 OZ NUTS AND A PROTEIN SHAKE

KETO COFFEE WITH UNFLAVORED COLLAGEN

HAMBURGER WITH PICKLES, MUSTARD AND STEAMED BROCCOLI

FETA CHEESE 3 EGG OMELET WITH SALSA AND 3 CHICKEN SAUSAGE LINKS

KETO COFFEE WITH UNFLAVORED COLLAGEN

CHICKEN MEATBALLS WITH GARLIC GREEN BEANS AND ROASTED NUTS

HAMBURGER SALAD WITH EGGS, PICKLES AND MUSTARD

KETO COFFEE WITH UNFLAVORED COLLAGEN

PESTO CHICKEN AND ROASTED ASPARAGUS