

A woman with long, wavy, light brown hair and blue eyes is smiling at the camera. She is wearing a red sports bra and black leggings. She has a watch on her left wrist and a ring on her left hand. The background is a plain, light-colored wall.

**Keto** ◀◀  
**Rewind**  
**CLEAN 30**

**PSMF!**

**WEEK 1**

# CLEAN 30 OVERVIEW

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- keto/PSMF restart
- track & plan macros every day for 14 days
- no sugar, no soy, no wheat
- limit dairy
- limit sweeteners
- keep it simple & show up
- intermittent fasting 16:8 on keto days and psmf on fasting days
- psmf - protein sparing modified fasting
- divide macros into 3-4 meals per day
- take measurements & before pictures
- weigh in on the first day and last day of challenge only
- move your body 3x a week

I am not a medical professional or doctor. Please talk to your doctor before starting your weight loss journey. This is what I'm doing to lose weight and I'm simply sharing that with you.

# MACRO GOALS

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## keto days

- high protein keto 5/35/60
- stay under fat and carb daily goals
- strive to hit protein goals

## psmf days

- 10 total carbs
- 30 total grams of fat
- strive to hit 150 grams of protein

# MONDAY (KETO)

DAY 1

## BREAKFAST

intermittent fasting until noon

## LUNCH

3 eggs + 3 slices bacon + 4 oz sliced turkey breast

## SNACK

coffee with heavy cream + unflavored collagen

## DINNER

6 oz grilled chicken tenderloins with  
roasted broccoli

## DESSERT

3/4 cup plain fat free Greek yogurt with  
strawberry collagen

## BREAKFAST

psmf bread with 2 tablespoons PB2  
mixed with water

## LUNCH

6 oz sliced turkey breast with yellow mustard  
on psmf bread with 50 grams sliced English  
cucumber

## SNACK

coffee with half & half and Equip unflavored  
collagen

## DINNER

8 oz pan seared chicken breasts with 1/4 cup  
sauce and 2 tablespoons grated parmesan  
cheese

## BREAKFAST

intermittent fasting until noon

## LUNCH

3 eggs + 3 slices bacon + 4 oz chicken breast

## SNACK

coffee with half & half and unflavored collagen

## DINNER

1/3 lb beef patty with 1 oz cheddar cheese  
and 8 oz roasted asparagus

## DESSERT

3/4 cup plain fat free Greek yogurt with  
strawberry collagen

# THURSDAY (PSMF) DAY 4

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## BREAKFAST

3/4 cup plain fat free Greek yogurt with  
psmf cinnamon bread

## LUNCH

8 oz chicken tenders with buttery hot sauce

## SNACK

coffee with half & half and Equip unflavored  
collagen

## DINNER

2 (4 oz) turkey burgers with sugar free ketchup  
and 50 grams sliced cucumber

## BREAKFAST

intermittent fasting until noon

## LUNCH

3 scrambled eggs with salsa and 3 slices bacon

## SNACK

coffee with half & half and unflavored collagen

## DINNER

Top sirloin steak with grilled summer squash

## DESSERT

3/4 cup plain fat free Greek yogurt with  
strawberry collagen



# SATURDAY (PSMF) DAY 6

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## BREAKFAST

psmf bread with 2 tablespoons PB2 mixed  
with water

## LUNCH

8 oz sliced turkey breast with yellow mustard  
and sliced cucumbers

## SNACK

coffee with half & half and Equip unflavored  
collagen

## DINNER

grilled bbq chicken breasts with roasted  
asparagus

## BREAKFAST

intermittent fasting until noon

## LUNCH

romaine and kale salad with hard boiled egg, grilled chicken, green peppers, broccoli, cabbage, parmesan cheese, pumpkin seeds and ranch dressing

## SNACK

coffee with half & half and unflavored collagen

## DINNER

turkey meatloaf with steamed garlic green beans

## DESSERT

3/4 cup plain fat free Greek yogurt with chocolate collagen