

# A Month of Meals

## WEEK 1:

- Mon- 2PM Shake & Pork Rinds, 6PM Bacon Wrapped Pork & Asparagus, Keto Cookie
- Tues- 1:30PM Shake & Shorty Sausage, 6PM Pollo Asada Salad, Enlightened Ice Cream
- Wed- 2PM Scrambled Eggs & Bacon & Strawberries, 6PM Bunless Burger w/Green beans, Keto Cookie
- Thru- 3PM CARB DAY-Jack in the Box tacos, Curly fries, Jumbo Jack, & Oreo shake
- Fri- 1PM Shake & Pork rinds, 6PM Keto Pancakes w/Chorizo & Eggs
- Sat- 2PM Shorty Sausage & Keto cookie & Strawberries, 6PM Steak w/Broccoli, Enlightened Ice Cream
- Sun- 11AM CARB DAY- Starbucks Java Frap, 3PM Taco Shop Quesadilla, Rolled Tacos, Beans

## WEEK 2:

- Mon- 1PM Shake, Blueberries, 6PM Chicken Drumsticks w/Keto cheesy bread & Asparagus, Keto Choc PB Cup
- Tues- 2PM Shake & Pork rinds, 6PM Italian Sausage Casserole w/Green Beans, Enlightened Ice Cream
- Wed- 3PM Keto Pancakes, 6PM Carne Asada Tacos w/ cheese shell, Keto Choc PB Cup
- Thru- 2PM Shake & Bacon, 6PM No Bean Chili & mixed veggies, Keto Cookie
- Fri- 2PM CHEAT DAY- Graham Cracker Snack, 6PM Mac n Cheese w/peas & Sausage, Oreo cookies
- Sat- 11AM Scrambled Eggs & Bacon, 2PM Shake, sliced cheese, 6PM Keto Pizza, Enlightened Ice Cream
- Sun- 1PM Keto Waffles, 3PM Pork Rinds, 6PM Shake, Keto Lasagna, Keto Choc PB Cup

## WEEK 3:

- Mon- 2PM Shake & Cheese slices, 6PM Carnitas w/cheese shell, Enlightened Ice Cream
- Tues- 3PM Cheat Day- Turkey & Cheese Sandwich, Pretzels & Cheese, 5PM Chinese Food, Fortune Cookie
- Wed- 11AM Scrambled Eggs, Strawberries, 2PM Shake, 6PM Keto Pizza, Keto Brownie
- Thru- 2PM Shake & Bacon, 6PM Pollo Asada Salad, Keto Brownie
- Fri- 2PM Cheese Stick & Pork Rinds & Blueberries, 6PM Anti-pasta Salad, Shake
- Sat- 3PM CHEAT DAY-Egg Sandwich, 6PM Taco Shop Carne Asada Fries, Pan Dolce
- Sun- 11AM Hard Boiled Egg w/Bacon, 3PM Cheese Stick, Pork Rinds, 6PM Chicken Drumsticks w/Green Beans, Keto Brownie

## WEEK 4:

- Mon- 1PM Shake & Shorty Sausage, 3PM Cheese Stick, 6PM Cheeseburger w/Cloud Bread Bun w/corn on the cob, Keto Cheesecake
- Tues- 2PM Turkey Sandwich w/Cloud Bread, 6PM Chili Casserole no beans
- Wed- 3PM CHEAT DAY PB & J Sandwich, Cheetos, 6PM Spaghetti, Garlic Bread, Salad, Cannoli
- Thru- 11AM Cheese, Avo, Bacon Omelette, 2PM Shake & Cheese Stick, 6 PM Keto Pizza
- Fri- 2PM Shake & Shorty Sausage, 6PM Smoked Ribs w/salad & Keto cheesy bread, Keto Cupcake
- Sat- 2PM Keto Pancakes, Strawberries & Keto Whipped Cream, 6PM Steak w/ Keto Cheesy Bread & Asparagus, Keto Cupcake
- Sun- 3PM CHEAT DAY Taco Shop Bean & Cheese, 6PM Cheeseburger & Fries, Keto Cupcake

# Let's Dive In!

## EATING TIMES:

It's important to take note about eating times. For the best results it's best to eat in a two-four hour window. This allows you to get the most out of your fasting time. Great for burning stored fat for energy. I try to eat later in the day as often as I can.

Typically starting around 2pm. I try to keep a little over 4 hour window. So I eat dinner anywhere from 5pm to 6pm depending on the day. If I eat later than 2 then I have a little more wiggle room with eating dinner later. But, again it's important to try to stick into the 4 hour fasting window. I am not a coffee drinker, but if you are, you can still have morning coffee as long as you drink it black or use a keto creamer that's less than 50 calories, or else you will break the fast...

## THE FOOD EXPLAINED:

Most of these recipes can be found on my blog, like what I put in my shake recipe for example. The pork rinds I eat are just plain, the spicy flavor has a lot of MSG, so I try to avoid those. You can add your own spices to the plain if you want too. The sausages I mention are smoked shorty sausages. I try to avoid lots of fruit consumption because of the sugar, but stick to berries because they have less. Bacon and cheese slices make great little snacks too. You don't have to stick to the exact snacks on each day as long as you are eating in the fasting window and your snacks are low carb, fat, or protein. I don't eat a lot of each serving either. For example, I can use a regular sized pork rinds bag last me a week, or the sausages I eat like 2 a day. I usually have a shake with my little snack.

## PLAN IT OUT:

It's important to plan each week to set yourself up for success. Like having a dessert for each week really helped me. At the beginning of the week, I would make some keto dessert for the week to eat after my meals, like cookies, cheesecake, brownies, or chocolate PB cups. I am also a big fan of ice cream. I found a brand called Enlightened and they are very low carb and taste really good. I don't eat the whole pint in a sitting. I usually eat one throughout the whole week. I have a huge sweet tooth so indulging after dinner really kept me going. Just remember to try and stay in your four hour eating window.

## NOTE ABOUT CHEAT DAYS:

So, obviously you don't have to eat exactly what I am eating. Especially on cheat days. I let myself eat what I want typically. I do try to keep a shorter window on these days so if I eat at 3pm, then that's usually all I eat that day. I will say that it can be difficult to go on and off carbs. You do get hunger spikes much more frequently after eating carbs, so you can see I sometimes eat at 11am. Do what works best for you. As long as you are choosing a good low carb snack its fine, you'll stay on track. I found to that it was a little easier if I avoided sugar consumption on my carb days, so the next day was a little easier. You can skip the carb days if you want too, but I like my eating out and carbs!