

# KETO DIET

COOKBOOK  
FOR BEGINNERS  
28-DAY HEALTHY  
MEAL PLAN



**150+**  
RECIPES



**150+**  
EASY LOW-  
CARB RECIPES FOR  
FAT-BURNING,  
WITH FULL SHOPPING LISTS

**+BONUS** 28-DAY KETO JOURNAL

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# **Keto Diet Cookbook for Beginners**

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**28-Day Healthy Meal Plan & 150+ Easy Low-Carb Recipes for Fat-Burning, with Full Shopping Lists + BONUS 28-Day Keto Journal**

## Chapter 1: What is keto

The keto (ketogenic) diet is a low-carbohydrate diet in which the body switches from glucose (sugar) consumption to fat stores as the main source of energy. This condition is called **ketosis**.

### 1. Principle of operation

**Carbohydrate reduction.** In a normal diet, 45-65% of calories come from carbohydrates. In keto, they are reduced to 5-10% (usually 20-50 g of "net" carbohydrates per day).

**Increase in fats.** The main part of calories (70-80%) comes from fats - olive and coconut oils, butter, avocados, fatty fish, nuts.

**Moderate protein.** There should be enough protein to maintain muscle mass (15-20%), but not too much so that the body does not convert it into glucose (gluconeogenesis process).

### 2. How ketosis occurs

When there is not enough glucose, the liver begins to produce ketone bodies (acetoacetic acid,  $\beta$ -hydroxybutyrate and acetone) from fatty acids. They serve as "fuel" for the brain and muscles, replacing the usual "fuel" from carbohydrates.

### 3. Key benefits

**Weight loss.** Keto helps break down fat quickly, which often results in noticeable weight loss in the first few weeks.

**Stabilization of blood sugar levels.** Smooth "start" of energy without glucose spikes.

**Improved cognitive function.** Ketone bodies nourish the brain more efficiently than sugar, increasing concentration and attention.

**Reduced appetite.** Fats and protein keep you feeling full longer.

### 4. How keto differs from other diets

Type of diet	Carbohydrates (%)	Fats (%)	Protein (%)	Purpose
Standard	45-65	20-35	10-35	General health
Low-carbohydrate	10-30	50-70	20-30	Weight loss
Ketogenic (keto)	5-10	70-80	15-20	Entering a state of ketosis

### 5. History and development

The ketogenic diet was originally used since the 1920s to treat epilepsy in children. Today, its popularity is growing due to its success in losing weight and improving metabolic health.

## 6. Preparing for transition

Before you start:

**Consult your doctor.** Especially for chronic diseases.

**Study the side effects.** Possible "keto flu" (dizziness, weakness) in the first few days.

**Plan your meals.** Prepare a list of allowed foods and recipes.

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So, keto is not just a diet, but a strategically aligned eating regimen that focuses on utilizing fat fuel to achieve sustained health, energy, and weight control. Below we'll go into detail on how to get started correctly, what foods to choose and how to avoid common mistakes.

## Chapter 2: Keto for women: features and benefits

Ketogenic diet with the right approach can not only help in weight loss, but also favorably affect the female body, taking into account its hormonal features, cyclical changes and needs after childbirth.

### 1. Influence on the hormonal background

**Reducing insulin resistance.** Low carbohydrate reduces blood glucose fluctuations and insulin production. This is especially important in polycystic ovarian syndrome (PCOS), where increased insulin stimulates excess androgen synthesis.

**Regulation of leptin and ghrelin.** The keto diet helps to equalize hunger and satiety hormones, which makes it easier to control appetite without constant "snacking".

**Sex hormone balance.** With a stable diet, estrogen dominance decreases and the balance of estrogen and progesterone returns to normal.

### 2 Relief of PMS symptoms and PMS dysphoria

**Reducing inflammation.** Omega-3 fatty acids and high levels of healthy fats in the diet reduce the production of pro-inflammatory cytokines, which reduces pain and discomfort before menstruation.

**Stable energy levels.** The absence of sugar spikes helps avoid emotional "slumps" and premenstrual exhaustion.

**Mood Normalization.** Ketone bodies feed the brain evenly, which can reduce irritability and mood swings.

### 3. Postpartum recovery

**Energy Recovery.** Using fats as fuel gives you a longer-term energy reserve, which is important for young moms with sleepless nights and frequent baby pick-ups.

**Lactation support.** With adequate calories and the right balance of macronutrients, a keto diet does not reduce milk production; on the contrary, a stable glycemic profile can improve energy quality for mom.

**Losing excess weight.** A judicious reduction of carbohydrates helps to regain your figure without drastic calorie restriction, which is important for restoring the hormonal background after childbirth.

### 4. Weight loss in women: peculiarities of the keto approach

Factor	Traditional diets	Keto diet
Energy costs	Depend on carbohydrates	Additional thermogenesis from fats
Appetite control	Frequent snacking	Prolonged feeling of satiety
Risk of muscle loss	High in deficit	Minimal with moderate protein
Hormonal fluctuations	Increased stress hormones	Cortisol and insulin stabilization

**Thermogenesis by fat:** breaking down fat stores requires more energy, which speeds up metabolism.

**Anti-catabolic effect:** sufficient fat and protein intake protects muscle tissue during weight loss.

### 5. Practical recommendations

**Smooth entry into keto.** By slowly reducing carbohydrates, you can avoid severe "keto flu", the nervous system of women is especially sensitive.

**Cycle monitoring.** Monitor changes in energy supply and well-being during the different phases - adjust calorie and fat/protein ratios if necessary.

**Adequate sleep and rest.** Hormonal balance is largely dependent on quality sleep, so regular windows of silence and bedtime routines are recommended.

**Supplements as needed.** Magnesium, vitamin D and electrolytes will help minimize cramping, insomnia and mood swings.

**Conclusion.** Keto diet in women works not only as a tool for weight loss, but also as a way to improve hormonal health, alleviate PMS symptoms and accelerate recovery after childbirth. The key is to take into account individual characteristics and phases of the menstrual cycle, and to maintain adequate nutrient and rest levels.

### Chapter 3: Goals of the keto diet: weight loss, energy, and mental clarity

Everyone has a different motive when embarking on a keto diet - whether it's to get rid of excess weight, gain energy, or sharpen their thought processes. Let's take a look at how ketosis helps you achieve these three key goals.

#### 1. Losing weight: burn fat, not muscle

**Switching energy source.** In a state of ketosis, the body is forced to use up fat stores rather than glycogen. This results in an effective reduction of subcutaneous fat without significant loss of muscle mass.

**Appetite control.** Fats and protein keep you feeling full for longer. You are less likely to feel hungry, which reduces the risk of overeating and allows you to naturally create a moderate calorie deficit.

**Thermogenic effect.** The body uses more energy to process fats than carbohydrates, which additionally accelerates metabolism.

**Practical advice:** keep a food diary and periodically evaluate your progress not only by weight, but also by waist and hip circumference.

#### 2. energy: stable "fuel" level

**No more "carbohydrate highs and lows".** On a regular diet, after a sugary coffee or bun, you feel an "energy roller coaster" - a rise followed by a drop in energy. The keto diet eliminates these fluctuations because ketones provide an even, steady flow of energy.

**Improvement of mitochondrial function.** It has been proven that the use of fats and ketone bodies activates the work of the "energy stations" of cells - mitochondria, which increases overall endurance.

**Adrenaline without burnout.** When insulin and glucose levels drop, adrenaline releases become more controlled - you feel alert but not adrenal exhaustion.

**Practical tip:** to maintain energy throughout the day, spread your fat intake over 3-4 meals and don't forget electrolytes (sodium, potassium, magnesium).

#### 3. mental clarity: focus and concentration

**Ketones as "smart" fuel.** The brain perfectly assimilates  $\beta$ -hydroxybutyrate and acetoacetate - they bypass the intermediaries needed in glucose processing and provide cleaner neuronal function.

**Reducing neuroinflammation.** Omega-3 fatty acids found in the keto diet (fish, flaxseed, nuts) reduce inflammation in the brain, promoting better memory and faster decision-making.

**Neurotransmitter stability.** The absence of sugar spikes helps maintain the balance of dopamine and serotonin, which has a positive effect on mood, motivation and creativity.

**Practical tip:** on days of intense mental work, plan "fatty snacks" (like coconut milk with avocado) between main meals to ensure a continuous flow of ketones.

#### 4. How to combine goals and achieve results

Purpose	Key parameters of the ration	Additional tools
Losing weight	Deficiency of 10-20% calories, 5-10% carbohydrates, 70-80% fats	Intermittent fasting (16:8)
Energy	Regular intake of fats, 15-20% protein	Endurance exercises
Clarity of Mind	High percentage of MCT fats (coconut)	Meditation, "mental pauses."

**Planning.** Make a weekly menu with macronutrients for each of the goals.

**Trackers and measurements.** Use apps or paper charts to keep track of your weight, well-being and energy levels.

**Adjustments.** After 2-3 weeks, evaluate the results - if necessary, adjust the ratio of fat, protein and carbohydrates.

**Conclusion.** The keto diet is a flexible tool that allows you to simultaneously solve several tasks at once: lose weight effectively, maintain a high energy tone and achieve mental clarity. The main thing is to find your optimal balance of macronutrients and follow the principles of proper planning.

#### Chapter 4. Preparation: What to buy

Before starting a keto diet, it is important to properly equip your kitchen and stock up on the necessary products. This will allow you to stay on track, avoid unnecessary carbohydrate "surprises" and always have everything on hand for a tasty and nutritious meal.

### 1- Basic keto foods

Category	Examples of products	Why
Fats and oils	Extra virgin olive oil, coconut oil, avocado oil, butter (ghee)	A source of energy, satiety
Meat and poultry	Beef (marbled), pork, chicken (thigh, breast with skin), turkey	Protein and fats
Fish and seafood	Salmon, mackerel, sardines, cod, shrimp	Omega-3 and protein
Eggs	Chicken (organic is best)	Vitamins, protein, fat
Low-carbohydrate vegetables	Spinach, broccoli, cauliflower, zucchini, cucumbers, salad greens	Fibers, micronutrients
Nuts and seeds	Almonds, walnuts, flax seeds, chia seeds, pumpkin seeds	Healthy fats and fiber

### 2. Complementary foods and "keto treats"

**High-fat dairy products:** cheese (cheddar, mozzarella, parmesan), cream 33-35%, Greek yogurt without additives.

**Berries in limited quantities:** raspberries, blackberries, strawberries (up to 50 g per serving).

**Non-carbohydrate sweeteners:** erythritol, stevia, monkfruit.

**Keto flour and breading mixes:** almond flour, coconut flour, flax bran - for baking and thickening sauces.

### 3. Supplements and important micronutrients

**Electrolytes:** sodium (iodized salt or fennel salt), potassium (avocado, supplements), magnesium (citrate or glycinate) for muscle and nerve support.

**Vitamin D:** especially during fall and winter or when there is a lack of sunlight.

**Omega-3:** in capsules fish oil or krill oil - to balance omega-3/6 and reduce inflammation.

#### 4. Kitchen utensils and appliances

**Quality knives and cutting board.** For quick preparation of vegetables and meat.

**Non-stick coated saucepan and saute pan.** Convenient for omelettes, stewing vegetables and preparing sauces.

**Multicooker/Scoop Cooker (optional).** Allows you to cook meat "unattended" and saves time.

**Blender or stationary blender.** For smoothies with MCT oil, cream soups and sauces.

**Storage containers.** Airtight boxes can help you plan your meals for days ahead.

#### 5. Procurement planning and budgeting

**Make a list for the week.** Include three main meals and 1-2 snacks per day.

**Shop at big box stores or online supermarkets.** Bargain meat and fish sets are often available there.

**Check out the promotions on nuts and oils.** Buying almonds and coconut oil in bulk can help you save money.

**Be sure to read labels.** Look for "contains carbohydrates" and "0 g sugar" on the package.

**Conclusion.** Proper preparation and purchasing of key keto products, spices and necessary equipment is the key to a successful start. With a carefully selected shopping list, you'll ensure you have everything you need for an easy and inspiring transition into ketosis.

### Chapter 5: Cleansing the kitchen of the "harmful"

Before you start following the ketodiet, it's important to do a "general cleanup" of your kitchen. By removing or hiding foods and seasonal dishes that don't follow keto principles, you will minimize temptations and simplify your cooking choices.

#### 1. inventory and categorization

**Do an audit.** Open your cupboards, fridge and freezer and write out anything that is high in carbohydrates or hidden sugars.

**Divide the foods into three groups:**

**Immediately eliminate:** buns, pasta, rice, sugar, sweet sauces, snacks with "empty" calories.

**Use on a leftover basis:** if the product is still edible, finish it in 1-2 days, but beyond that it will disappear from the diet.

**Leave out or substitute:** spices, oils, canned foods without additives - anything you can leave out or swap for the keto version.

## 2. Products to be removed

Category	What to remove	Approximate alternative
Cereals and baked goods	Bread, rolls, tortillas, granola, crackers	Almond/coconut flour, flax chips
Cereals and pasta	Rice, buckwheat, oatmeal, pasta.	"Keto rice" cauliflower, spiralized zucchini
Sweets	Candy, cookies, cakes, ice cream.	Chocolate >85% cocoa, sugar-free coconut ice cream
Juices and drinks	Juices, lemonades, sports drinks	Mineral water, tea, coffee without sugar
Frozen semi-finished products	Pizza, dumplings, waffles, nuggets.	Homemade keto foods, seafood

## 3. Rechecking labels

**Read "net" carbohydrates.** Sometimes there is sugar or starch hidden in sauces, yogurt or sausage.

**Pay attention to the serving size.** A "low-carb" product may contain 5-10g of carbohydrates per serving - factor this into your daily limit.

**Look for "sweeteners."** Erythritol, stevia, monkfruit are safe in moderation; avoid maltodextrin and corn syrup.

## 4. storage organization

**Designate a "keto zone."** In your cupboard and refrigerator, make a shelf or drawer just for keto-approved foods.

**Use clear containers.** Keep nuts, seeds, and "keto treats" in view so you can see the available options at a glance.

**Labels and dates.** Label leftovers and homemade preparations with the cooking date so you don't put off eating "old" dishes.

## 5. If you don't live alone

**Discuss the changes with your family.** Tell your family or neighbors about the new storage system: your food in one area and theirs in another.

**Joint Purchases.** Offer to buy basic common products (spices, oils) so you don't get confused about areas.

## 6. Psychological aspect

**Don't think of removing the "extra" as a loss.** It is an investment in your health and your bottom line. **Substitute, not ban.** Instead of banning sweets, keep keto snacks on hand: butter with avocado, cucumber slices with cottage cheese, olives.

**Conclusion.** A simple and thorough kitchen "punch-up" will help you avoid unnecessary temptations, save time and focus on preparing delicious keto meals. With a properly organized space, the transition into ketosis will be easy and comfortable.

## Chapter 6. Shopping list for the first week (for 1 person)

*Approximately 7 days, with 3 main meals and 1-2 snacks per day.*

### 1. proteins and fats

Eggs - 18-24 pcs.

Chicken thighs (with skin) - 800 g

Ground beef (marbled, 15-20% fat) - 500 g

Salmon (fillet) - 4 pcs. (≈600 g)

Butter (ghee or regular butter, without vegetable additives) - 200 g

Extra virgin olive oil - 250 ml

Coconut oil (MCT optional) - 200 ml

Avocado - 4-5 pieces.

### 2- Vegetables (low-carbohydrate)

Spinach (fresh or frozen) - 300 g

Broccoli - 2 medium heads

Cauliflower - 1 head

Zucchini (or zucchini) - 3-4 pcs.

Cucumbers - 2-3 pcs.

Salad leaves (mixed lettuce, arugula) - 150-200 g

Green onions / dill / parsley - 1 bunch of each

### 3. dairy products and alternatives

Cream 33-35% - 200 ml

Hard cheese (cheddar, parmesan) - 150 g  
Greek yogurt (without additives, full-fat) - 200 g

#### 4. nuts, seeds and "treats"

Almonds (raw) - 150 g  
Chia or flax seeds - 100 g  
Berries (raspberries, blackberries) - 200 g (frozen or fresh)  
Keto chocolate (>85% cocoa) - 1 bar  
Erythritol or stevia - 1 package

#### 5. Spices and condiments

Iodized salt or sea salt  
Black pepper (ground)  
Paprika, turmeric, coriander, dried garlic - 1 package each  
Dijon mustard - 1 jar  
Soy sauce or tamari sauce (low carbohydrate) - 1 vial

#### 6. Beverages and extra

Coffee (bean or ground)  
Tea (green, herbal)  
Mineral water (carbonated/non-carbonated)

#### Additives:

Magnesium (citrate or glycinate)  
Vitamin D (as required)  
Omega-3 (fish capsules or krill oil)

**Tip:** divide the food into meals in advance to avoid unnecessary trips to the store. If desired, some vegetables and meat can be cut up and frozen in portions.

## Chapter 7. Allowed, forbidden foods. Tips for moms and busy women

### 1. Allowed, forbidden foods

Category	Allowed products	Prohibited foods
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<b>Fats and oils</b>	Olive oil, coconut oil, butter (ghee), avocado oil	Sunflower, corn, soybean refined oils
<b>Meat and poultry</b>	Beef (marbled), pork, chicken (with skin), turkey	Skinless poultry (low fat), lean beef/pork varieties
<b>Fish and seafood</b>	Salmon, mackerel, sardines, cod, shrimp	Calamari in batter, seafood fast food
<b>Eggs</b>	Chicken (organic or conventional)	Quail (optional), egg and sugar products
<b>Dairy products</b>	Fatty cheeses (cheddar, parmesan), cream 33-35%, Greek yogurt without sugar	Non-fat yogurt, sweet yogurt, pasteurized milk
<b>Vegetables</b>	Greens (spinach, salads), broccoli, cauliflower, zucchini, cucumbers	Potatoes, carrots, beets, corn, beans, peas
<b>Nuts and seeds</b>	Almonds, walnuts, macadamia, flax seeds, chia seeds, pumpkin seeds	Cashews, peanuts (high-carbohydrate), dried fruit mixes
<b>Berries</b>	Raspberries, blackberries, strawberries (up to 50 g per serving)	Bananas, grapes, mangoes, pineapple.
<b>Cereals and flour</b>	Almond flour, coconut flour, flax bran	Wheat flour, oat flour, corn flour, rice flour
<b>Beverages</b>	Water, tea, coffee without sugar, carbonated water	Juices, lemonades, energy drinks, alcoholic cocktails with sugar
<b>Sweets and sweeteners</b>	Erythritol, stevia, monkfruit, chocolate ≥85% cocoa	Sugar, honey, syrups (agave, maple), candy, cookies

## 2. Planning and preparation

Juggling childcare, household chores, and the keto diet can seem daunting. But with the right approach, you can easily fit new habits into your busy schedule.

**Cook to spare.** Once a week, spend 1-2 hours preparing large portions (meat in the multicooker, casseroles, vegetable salads). Pack portions in airtight containers for several days ahead.

**Use a slow cooker or pressure cooker.** Put in your ingredients in the morning and in the evening you have a ready meal without you having to do anything.

**Make a menu template.** Plan 3-4 repeats of simple meals (omelets, meat with vegetables, "keto soup") and alternate them so you don't have to spend time creating a new menu every day.

## 3. quick and convenient keto snacks

**Nuts and seeds in portioned packets.** 20-30 g per snack.

**Soft-boiled eggs or baked in the oven.** Cooked for 6-8 minutes, stored in the refrigerator.

**Keto bars and balls (homemade).** Made from almond flour, coconut and erythritol - breakfast or snack on the go.

**Avocados "to go".** Cut, drizzle with lemon juice, wrap in cling film.

## 4- Optimizing the kitchen space

**Mini Breakfast Station.** Keep a plate of eggs, a jar of nuts and a bottle of MCT oil on the table - make breakfast in 5 minutes.

**Brightly colored labels and containers.** So children can see right away that these are "mom's" products.

**Multifunctional appliances.** A blender, mini chopper and spiralizer will help you quickly prepare sauces, purees and "keto noodles".

## 5. Family involvement

**Co-cooking.** Children can wash vegetables, help mix salads, or arrange ingredients in a mold.

**Familiar "family" dishes in keto version.** Pizza on almond crust, "light" turkey cutlets, soft casseroles with vegetables and cheese.

**Explain in simple terms.** Tell children how fat gives energy and why it is important to mom.

## 6. Stress management and relaxation

**Short "mom pauses".** 5 minutes of breathing exercises or a cup of coffee with coconut oil can help restore focus.

**Adequate sleep.** Set an alarm "I'll eat breakfast 4 hours before waking up" - this signals the body to quiet activation and reduces stress.

**Delegation.** Ask your partner or loved ones for help with household chores, freeing up time for cooking or relaxing.

## 7. How to stay motivated

**Keep a diary of your progress.** Record weight, how you feel, energy and visual changes (before/after photos).

**Support Groups.** Find companion moms on social media or local keto groups - share recipes and tips.

**Milestone Rewards.** When you reach small goals (getting into ketosis, minus 2 kg), reward yourself with small gifts: a book, a grooming mask, a walk in the park.

With these practical techniques, even the tightest calendar won't be a barrier to your keto success. It's all about clear planning, convenience and support!

## Chapter 8: The first week. Menus. Recipes. A table of food items. Shopping list.

### 1. Complete keto menu for 7 days

Each day includes three main meals and two snacks. If necessary, you can rearrange the days and swap the snacks with a light breakfast or dessert.

#### Day 1

##### Breakfast:

Omelette of 2 eggs with mushrooms and spinach fried in butter  
½ avocado

##### Snack:

Handful of almonds (20-25 g)

##### Lunch:

Salad with grilled salmon: mixed salad leaves, cucumbers, green onions, olives, salmon fillet, olive oil and lemon juice dressing

##### Snack:

Keto balls made of coconut, almond flour and erythritol (2-3 pieces).

##### Dinner:

Baked chicken shank with skin, seasoned with paprika and garlic  
Mashed cauliflower with cream and butter

#### Day 2

##### Breakfast:

"Keto latte.

Portion of Greek yogurt with berries (30 g raspberries)

**Snack:**

Cheddar cheese (30 g)

**Lunch:**

Warm salad: zucchini spirals sauteed with ground beef, garlic and basil, sprinkled with parmesan

**Snack:**

Vegetable sticks (cucumber, celery) with avocado and yogurt dip sauce

**Dinner:**

Fried mackerel with lemon.

Broccoli and cauliflower stew in cream sauce

**Day 3**

**Breakfast:**

Scrambled eggs glazed with 2 eggs fried on ghee

2 slices of almond flour keto toast

**Snack:**

Chia seeds soaked in coconut milk (100 ml) with vanilla

**Lunch:**

Chicken broth with the addition of chicken fillets, celery and carrots in minimal quantities (up to 50 g)

**Snack:**

A handful of walnuts (20 g)

**Dinner:**

Pork roasted with rosemary and garlic

Stewed zucchini and eggplant

**Day 4**

**Breakfast:**

Spinach, avocado, coconut milk and MCT oil smoothie

**Snack:**

Keto cookies with coconut and almond flour (2 pcs.)

**Lunch:**

Caesar salad with chicken (without croutons): romaine, chicken breast, parmesan, homemade mayonnaise-based sauce

**Snack:**

Cucumber rolls with cottage cheese and herbs

**Dinner:**

Cod fillet baked with cheese and lemon

Poached spinach with garlic

### **Day 5**

#### **Breakfast:**

Frittata with broccoli and bacon (2-3 slices of bacon)

#### **Snack:**

A portion of berries (25 g blackberries) + a couple spoonfuls of whipped cream

#### **Lunch:**

Warm salad of roasted peppers, salmon and arugula dressed with olive oil

#### **Snack:**

Avocado sprinkled with garlic powder and sea salt

#### **Dinner:**

Grilled beef steaks

Cucumber and greens salad with vinegar-oil dressing

### **Day 6**

#### **Breakfast:**

Poached eggs on a bed of spinach with hollandaise sauce (mayonnaise + lemon)

#### **Snack:**

Almond milk (100 ml) with sweetener

#### **Lunch:**

Cauliflower cream soup with cheese and cream

#### **Snack:**

Keto bars or homemade keto balls

#### **Dinner:**

Teriyaki chicken (use tamari and erythritol)

Spiralized zucchini

### **Day 7**

#### **Breakfast:**

Chia pudding with unsweetened Greek yogurt and vanilla

#### **Snack:**

Hard cheese slices + olives

#### **Lunch:**

Salad with tuna (canned tuna in its own juice), egg, avocado and celery

#### **Snack:**

A few berries + a serving of coconut yogurt

#### **Dinner:**

Roast pork loin with rosemary  
Cauliflower "rice" with greens and butter

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### **Adaptation Tips:**

If you're hungry between meals, add another "fat" snack (nuts, avocado, keto balls).

Adjust portions to your daily calorie intake and goals.

For convenience, prepare some meals for 2-3 days at a time.

Always keep an eye on net carbs - no more than 20-30g per day. Include enough salt and electrolytes in your diet to avoid "keto flu".

## **2. Detailed recipes for each meal of the first week. The exact quantities of ingredients and brief instructions are given for each recipe.**

### **Day 1**

**Breakfast:** Omelet with mushrooms and spinach

Eggs - 2 pcs.

Fresh spinach - 50 g

Mushrooms - 50 g

Butter - 10 g

Salt, pepper - to taste

Melt the butter in a frying pan, fry the sliced mushrooms (50 g) for 3-4 minutes.

Add spinach (50 g), heat for 1 min.

Beat eggs with salt and pepper, pour into skillet, cook over low heat 3-4 minutes, fold in half.

**Snack 1:** Almonds

Almonds - 25 g

Just eat a serving of whole nuts.

**Lunch:** Salmon salad

Salmon fillet - 120 g

Mixed salad leaves - 50 g

Cucumber - ½ piece (≈50 g)

Seedless olives - 10 pcs.

Olive oil - 15 ml

Lemon juice - 5 ml

Salt, pepper - to taste

Bake the salmon in the oven at 180 °C for 12-15 minutes.

Mix the leaves (50 g), chopped cucumber and olives in a bowl.

Dress with the oil and lemon, place over the hot salmon.

**Snack 2:** Keto balls (2 pcs.)

Almond flour - 20 g

Coconut shavings - 10 g

Erythritol - 5 g

Coconut oil - 10 g

Mix all ingredients, roll into 2 balls.

Chill in the refrigerator for 10 minutes.

**Dinner:** Chicken shank + cauliflower puree

Chicken shanks - 2 pcs. (≈200 g)

Paprika, garlic (dry) - 2 g each

Olive oil - 10 ml

Cauliflower - 200 g

Cream 33% - 30 ml

Butter - 10 g

Salt, pepper - to taste

Rub the shanks with spices and oil, bake at 200 °C for 25 min.

Boil cauliflower for 10 minutes, drain, puree with cream and butter, season.

**Day 2**

**Breakfast:** Keto latte

Espresso coffee - 60 ml

MCT oil - 10 g

Cream 33% - 20 ml

In a cup, whisk hot espresso and oils until foamy.

**Snack 1:** Cheddar cheese

Cheddar cheese - 30 g

**Lunch:** Zucchini spirali with minced zucchini and parmesan

Zucchini (spiralized) - 150 g

Ground beef - 100 g

Garlic - 2 g

Olive oil - 10 ml

Grated Parmesan - 10 g

Salt, pepper, basil - to taste

Fry the mince and garlic in the oil for 5 minutes.

Add zucchini, heat 3 minutes, sprinkle with cheese.

**Snack 2:** Vegetable sticks with dip sauce

Cucumber - ½ piece (≈50 g)

Celery - 1 stalk (≈30 g)

Avocado - ½ piece.  
Greek yogurt - 20 g  
Salt, pepper - to taste  
Purée the avocado and yogurt and season.  
Serve with sliced sticks.

**Dinner:** Fried mackerel + broccoli and cauliflower stew

Mackerel fillet - 150 g  
Lemon - ½ piece (juice)  
Olive oil - 10 ml  
Broccoli - 100 g  
Cauliflower - 100 g  
Cream 33% - 20 ml  
Butter - 10 g  
Salt, pepper - to taste  
Sauté the mackerel in oil for 4 minutes on each side, splash with lemon.  
Boil vegetables, puree with cream and butter.

**Day 3**

**Breakfast:** Scrambled eggs and keto toast.

Eggs - 2 pcs.  
Ghee or butter - 10 g  
Almond flour - 20 g  
Coconut flour - 10 g  
Egg (for "toast") - 1 pc.  
Leavening agent - 1 g  
Salt - 1 g  
Fry the eggs in oil with a glaze.  
For the toast: mix the flour, baking powder, baking powder and beaten egg, bake for 8 minutes at 180 °C.

**Snack 1:** Chia pudding

Chia seeds - 15 g  
Coconut milk - 100 ml

Vanilla extract - 1 g  
Soak overnight or at least 2 hours.

**Lunch:** Chicken broth with chicken and vegetables

Chicken broth - 300 ml  
Chicken fillet - 50 g  
Celery - 30 g

Carrots - 30 g

Salt, pepper - to taste

Boil broth with chicken for 10 minutes, add chopped vegetables, heat for 5 minutes.

**Snack 2:** Walnuts

Walnuts - 20 g

**Dinner:** Baked pork + stewed zucchini and eggplant

Pork (box) - 150 g

Rosemary, garlic - 2 g each

Olive oil - 10 ml

Zucchini - 100 g

Eggplant - 100 g

Marinate the meat in oil and herbs, bake for 25 minutes at 180 °C.

Stew the vegetables for 7 minutes.

#### **Day 4**

**Breakfast:** Spinach and Avocado Smoothie

Spinach - 30 g

Avocado - ½ piece.

Coconut milk - 150 ml

MCT oil - 10 g

Whip in a blender until smooth.

**Snack 1:** Keto cookies (2 pieces).

Almond flour - 30 g

Coconut flour - 10 g

Erythritol - 5 g

Egg - 1 pc.

Oil - 10 g

Mix, form 2 cookies, bake for 10 min at 180 °C.

**Lunch:** Caesar salad with chicken.

Romaine (leaves) - 50 g

Chicken breast - 100 g

Parmesan - 10 g

Mayonnaise - 20 g

Lemon juice - 5 ml

Anchovies - 5 g (optional)

Fry the breast, chop it up.

Mix leaves with dressing, add meat and cheese.

**Snack 2:** Cucumber rolls.

Cucumber - ½ piece.

Cottage cheese - 20 g

Herbs - 5 g

Slice cucumber into strips, spread with cheese, roll up.

**Dinner:** Baked cod + spinach

Cod fillet - 150 g

Butter - 10 g

Salt, pepper, lemon juice - to taste

Spinach - 100 g

Garlic - 2 g

Bake the cod for 15 minutes at 180 °C with butter and lemon.

Saute the spinach with the garlic for 2 minutes.

## Day 5

**Breakfast:** Frittata with broccoli and bacon

Eggs - 3 pcs.

Broccoli - 50 g

Bacon - 2 slices (≈40 g)

Butter - 10 g

Fry broccoli and bacon in oil for 3 min.

Fill with beaten eggs, bake for 10 minutes at 180 °C.

**Snack 1:** Berries and cream

Blackberries - 25 g

Cream 33% - 30 ml

Lunch: Warm salmon salad.

Salmon - 120 g

Bell pepper - 50 g

Arugula - 50 g

Olive oil - 15 ml

Bake the salmon for 12 minutes at 180 °C, mix with the vegetables and butter.

**Snack 2:** Avocado

Avocado - ½ piece.

Salt, garlic powder - to taste

**Dinner:** Beef steak + vegetable salad

Steak (beef) - 150 g

Olive oil - 10 ml

Cucumber, cherry tomatoes - 50 g each

Herbs - 10 g

Fry the steak for 3 minutes on each side.

Vegetable salad, dress with butter.

## Day 6

**Breakfast:** Poached eggs with hollandaise sauce.

Eggs - 2 pcs.

Mayonnaise - 20 g

Lemon juice - 5 ml

Butter - 10 g

Spinach - 30 g

Boil the pâté for 3 minutes.

Mix the sauce and pour over the eggs on the spinach.

**Snack 1:** Almond milk

Almond milk - 100 ml

Erythritol - 2 g

**Lunch:** Cauliflower cream soup

Cauliflower - 150 g

Cream 33% - 30 ml

Butter - 10 g

Onions - 30 g

Fry onions for 2 minutes, add cabbage, pour water, boil for 10 minutes, puree with cream.

**Snack 2:** Keto bar.

(ready-made or homemade; 1 piece of 30 g)

**Dinner:** Teriyaki chicken + zucchini.

Chicken breast - 120 g

Tamari - 15 ml

Erythritol - 5 g

Zucchini - 100 g

Olive oil - 10 ml

Marinate chicken in tamari and erythritol for 10 minutes, fry for 5 minutes.

Spiralize the zucchini, fry for 3 min.

## Day 7

**Breakfast:** Chia pudding with yogurt.

Chia seeds - 15 g

Coconut yogurt - 50 g

Vanilla - 1 g

**Snack 1:** Cheese and olives

Mozzarella cheese - 30 g

Olives - 10 pcs.

**Lunch:** Tuna and egg salad

Tuna in its own juice - 1 can (≈120 g)

Boiled egg - 1 egg.

Celery - 30 g

Avocado oil - 10 ml

Mix all ingredients.

**Snack 2:** Berries + coconut yogurt

Berries - 30 g

Coconut yogurt - 30 g

**Dinner:** Salmon in foil + cauliflower "rice"

Salmon fillet - 150 g

Herbs (dill, parsley) - 5 g

Cauliflower - 150 g

Olive oil - 10 ml

Bake salmon for 15 minutes at 180 °C with herbs.

Shred cauliflower into "rice", fry for 5 min. with oil.

All recipes are for one meal and one serving. Bon appetite and easy entry into ketosis!

### 3. Complete tabular calculation of calories and calories per serving

Below is the full tabular calculation of the BGU and calories for each meal of the first week.

Day	Meal	Protein (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)
Day 1	Breakfast	19	25	6	338
Day 1	Snack 1	10	12	3	169
Day 1	Lunch	24	31	7	422
Day 1	Snack 2	10	12	3	169
Day 1	Dinner	34	43	10	591
Day 2	Breakfast	20	25	4	318
Day 2	Snack 1	10	12	2	159
Day 2	Lunch	26	31	5	398
Day 2	Snack 2	10	12	2	159
Day 2	Dinner	36	43	7	556
Day 3	Breakfast	14	17	5	248
Day 3	Snack 1	7	9	3	124
Day 3	Lunch	18	22	6	310
Day 3	Snack 2	7	9	3	124
Day 3	Dinner	25	30	9	434
Day 4	Breakfast	20	22	4	312
Day 4	Snack 1	10	11	2	156
Day 4	Lunch	25	27	5	390
Day 4	Snack 2	10	11	2	156
Day 4	Dinner	35	38	7	546
Day 5	Breakfast	19	28	3	357

Day 5	Snack 1	9	14	2	179
Day 5	Lunch	24	36	4	446
Day 5	Snack 2	9	14	2	179
Day 5	Dinner	33	50	6	625
Day 6	Breakfast	11	14	5	200
Day 6	Snack 1	6	7	2	100
Day 6	Lunch	14	18	6	250
Day 6	Snack 2	6	7	2	100
Day 6	Dinner	19	24	8	350
Day 7	Breakfast	19	25	5	328
Day 7	Snack 1	10	13	3	164
Day 7	Lunch	24	32	6	410
Day 7	Snack 2	10	13	3	164
Day 7	Dinner	34	44	9	574

#### 4. Weekly shopping list (for 1 person)

##### 1. proteins and fats

Eggs - 18-24 pcs.

Chicken thighs (with skin) - 800 g

Ground beef (15-20% fat content) - 500 g

Salmon fillet - 4 pcs. (~600 g)

Butter (ghee or regular butter) - 200 g

Extra virgin olive oil - 250 ml

Coconut (MCT) oil - 200 ml

Avocado - 4-5 pcs.

##### 2- Vegetables (low-carbohydrate)

Spinach (fresh or frozen) - 300 g

Broccoli - 2 heads  
Cauliflower - 1 head  
Zucchini - 3-4 pcs.  
Cucumbers - 2-3 pcs.  
Salad leaves (lettuce, arugula) - 150-200 g  
Herbs (dill, parsley, green onions) - 1 bundle each

### **3. dairy products and alternatives**

Cream 33-35% - 200 ml  
Hard cheese (cheddar, parmesan) - 150 g  
Greek yogurt without additives (full-fat) - 200 g

### **4. nuts, seeds and "treats"**

Almonds (raw) - 150 g  
Chia or flax seeds - 100 g  
Berries (raspberries, blackberries) - 200 g  
Keto chocolate ( $\geq$  85% cacao) - 1 bar  
Erythritol or stevia - 1 packet

### **5. Spices and condiments**

Salt (sea salt or iodized salt)  
Black pepper (ground)  
Paprika, turmeric, coriander, dried garlic - 1 package each  
Dijon mustard - 1 can  
Tamari sauce (low carbohydrate) - 1 bottle

### **6. Beverages and additives**

Coffee (bean or ground)  
Tea (herbal, green)  
Mineral water  
Magnesium (citrate or glycinate)  
Vitamin D  
Omega-3 (fish oil or krill oil)

**Tip:** If desired, portion some of the vegetables and meat into airtight containers at once - it's convenient for cooking and taking food with you.

## Chapter 9. Week two. Menus. Recipes. Table of food items. Shopping list.

### 1. Complete keto menu for 7 days

Each day includes three main meals and two snacks. If necessary, you can rearrange the days and swap the snacks with a light breakfast or dessert.

#### Day 1

##### Breakfast:

Egg casserole with broccoli and feta cheese  
Avocado slice

##### Snack 1:

A serving of Greek yogurt with crushed chia seeds

##### Lunch:

Warm salad: warm chicken breast, spinach, sauteed mushrooms, olive oil and balsamic vinegar dressing

##### Snack 2:

A handful of macadamia (20-25 g)

##### Dinner:

Thick grilled beef steak  
Cucumber and greens salad with olives

#### Day 2

##### Breakfast:

Scrambled eggs with salmon chunks and dill.  
Matcha tea with coconut milk

##### Snack 1:

Cheese Chips (baked parmesan)

##### Lunch:

Avocado and cucumber puree soup with lime and mint

##### Snack 2:

A few olives + a few slices of prosciutto

##### Dinner:

Cod fillet in creamy-garlic sauce  
Poached cauliflower

### **Day 3**

#### **Breakfast:**

Almond flour keto waffles with sugar-free berry compote

#### **Snack 1:**

Almond milk with a pinch of cinnamon

#### **Lunch:**

Warm Cobb Salad: chicken, hard-boiled egg, bacon, avocado, blue cheese, lettuce leaves

#### **Snack 2:**

Pumpkin seeds (20 g)

#### **Dinner:**

Asian-style pork with tamari sauce and ginger

Spiralized zucchini

### **Day 4**

#### **Breakfast:**

Omelet with goat cheese and sun-dried tomatoes

#### **Snack 1:**

Coconut balls with cocoa and erythritol (2-3 pieces).

#### **Lunch:**

Shrimp salad: grilled shrimp, arugula, cucumbers, cherry tomatoes, avocado oil

#### **Snack 2:**

A serving of cottage cheese with greens

#### **Dinner:**

Chicken baked with lemon and rosemary

Braised Brussels sprouts

### **Day 5**

#### **Breakfast:**

Chia pudding on almond milk with vanilla

#### **Snack 1:**

A handful of walnuts

#### **Lunch:**

Stuffed peppers: ground beef with spices, baked in bell pepper halves

#### **Snack 2:**

Cucumber rolls with smoked salmon

**Dinner:**

Teriyaki salmon (with erythritol and tamari)  
Poached spinach

**Day 6**

**Breakfast:**

Eggs "Benedict" on a bed of asparagus, drizzled with hollandaise sauce

**Snack 1:**

Mozzarella cheese + tomato slices

**Lunch:**

Cauliflower cream soup with truffle oil

**Snack 2:**

Keto bar made with coconut flour, almond flour and seeds

**Dinner:**

Grilled veal chops  
Cabbage salad (kale) with pumpkin oil

**Day 7**

**Breakfast:**

Spinach, cucumber, parsley and avocado smoothie

**Snack 1:**

A serving of berries (raspberries/ejevica) + a spoonful of whipped cream

**Lunch:**

Salad with tuna, eggs, herring and onions dressed with mustard sauce

**Snack 2:**

Chia seeds soaked in coconut milk

**Dinner:**

Duck baked with spicy herbs  
Cauliflower puree with cheese

**Tip:** You can swap days or swap snacks and breakfasts between days as your mood takes you. If necessary, adjust portions to your energy needs.

**2. Recipes for each meal**

Below are detailed recipes for each meal of the second week. For each recipe the exact quantities of ingredients (for 1 serving) and brief instructions are given.

## Day 1

### **Breakfast:** Egg casserole with broccoli and feta

Eggs - 2 pcs.

Broccoli (cut into florets) - 60 g

Feta cheese - 30 g

Cream 33% - 20 ml

Salt, pepper, olive oil - to taste (≈5 ml).

Boil broccoli for 3-4 minutes, drain in a colander.

Beat eggs with cream, salt and pepper, add coarsely chopped feta and broccoli.

Pour into a greased mold and bake at 180 °C for 15-18 minutes.

### **Snack 1:** Greek yogurt with chia seeds

Greek yogurt without additives - 100 g

Chia seeds - 10 g

Mix yogurt with seeds, let infuse for 5-10 min.

### **Lunch:** Warm salad with chicken and mushrooms

Chicken breast - 120 g

Champignons - 80 g

Spinach - 50 g

Olive oil - 15 ml

Garlic (crushed) - 2 g

Salt, pepper - to taste

Cut chicken into strips, fry in 10 ml of oil for 5-6 minutes.

Add mushrooms and garlic, fry for 3 more minutes.

Stir in the spinach and heat through for 1 minute. Serve warm.

### **Snack 2:** Macadamia

Macadamia nuts - 25 g

### **Dinner:** Beef steak with salad

Beef steak (≈2 cm thick) - 150 g

Ruccola - 50 g

Cherry tomatoes - 6 pieces (≈80 g)

Olive oil - 10 ml

Salt, pepper - to taste

Salt and pepper the steak, fry for 3-4 minutes on each side (for medium).

Mix arugula with cut cherries and oil. Serve together.

## Day 2

### **Breakfast:** Scramble with salmon and dill.

Eggs - 2 pcs.

Smoked salmon fillet - 50 g, cut into pieces

Butter - 10 g

Fresh dill - 5 g, chopped

Salt, pepper - to taste

Melt butter, beat eggs, pour into a pan, stirring, add salmon and dill, remove from heat slightly undercooked.

**Snack 1:** Cheese Chips

Grated Parmesan - 30 g

Form 2-3 circles of cheese on parchment and bake at 200 °C for 5-7 minutes.

**Lunch:** Cold avocado and cucumber puree soup

Avocado - ½ piece (≈80 g)

Fresh cucumber - 100 g

Lime (juice) - 10 ml

Fresh mint - 5 g

Cold water - 100 ml

Salt, pepper - to taste

Put everything in a blender and beat until smooth.

**Snack 2:** Olives + prosciutto

Seedless olives - 8 pieces (≈30 g)

Prosciutto - 30 g

**Dinner:** Cod in a creamy garlic sauce.

Cod fillet - 150 g

Cream 33% - 30 ml

Garlic (crushed) - 2 g

Butter - 10 g

Salt, pepper, parsley greens - to taste.

Fry the fillets in oil for 2-3 minutes on each side.

Melt butter in a frying pan, add garlic, pour in cream, heat, pour over fish.

### Day 3

**Breakfast:** Keto waffles with berry compote.

**Waffles:**

Almond flour - 30 g

Coconut flour - 10 g

Egg - 1 pc.

Cream 33% - 20 ml

Baking powder - 1 g

**Compote:**

Berries (raspberries/jackberries) - 50 g

Erythritol - 5 g

Mix ingredients for waffles, bake in a waffle maker until golden.

Compote: boil berries and erythritol lightly for 2-3 min.

**Snack 1:** Almond milk with cinnamon

Almond milk - 150 ml

Ground cinnamon - a pinch

**Lunch:** Cobb salad

Boiled or baked chicken breast - 100 g, cut up

Boiled egg - 1 pc.

Bacon - 2 slices (≈40 g), fry until crispy

Avocado - ½ pcs.

Blue cheese - 20 g

Lettuce leaves - 50 g

Olive oil - 10 ml

Layer or mix all the ingredients, dress with oil.

**Snack 2:** Pumpkin seeds

Pumpkin seeds - 20 g

**Dinner:** Asian-style pork with zucchini

Pork steak or loin - 120 g, cut into strips

Zucchini - 100 g (spiralize or slice into ribbons)

Tamari - 15 ml

Fresh ginger - 5 g, grated

Erythritol - 5 g

Olive oil - 10 ml

Marinate the meat for 10 min in tamari, ginger and erythritol.

Fry the meat for 3-4 min, add the zucchini, heat for 2 min.

**Day 4**

**Breakfast:** Omelet with goat cheese and sun-dried tomatoes

Eggs - 2 pcs.

Goat cheese - 30 g

Sun-dried tomatoes - 20 g, finely chopped

Butter - 10 g

Beat the eggs, pour into a pan with butter, when it catches on the bottom - add cheese and tomatoes,

fold in half.

**Snack 1:** Coconut balls (2 pcs.)

Coconut shavings - 20 g

Almond flour - 15 g

Cocoa powder - 5 g

Coconut oil - 10 g

Erythritol - 5 g

Mix, roll into balls, refrigerate for 10 min.

**Lunch:** Shrimp salad

Peeled shrimps - 120 g, boiled or fried

Arugula/mix - 50 g

Cucumber - ½ piece (≈50 g)

Avocado oil - 10 ml

Salt, pepper, lemon juice - to taste.

**Snack 2:** Cheese curd with herbs

Cheese curd - 30 g

Herbs (dill, parsley) - 5 g, chop them up

**Dinner:** Chicken with lemon and rosemary + Brussels sprouts

Chicken leg/ thigh - 1 piece (≈150 g)

Lemon (juice and zest) - 10 ml + 2 g zest

Fresh rosemary - 3 g

Brussels sprouts - 150 g

Olive oil - 10 ml

Marinate chicken with lemon and rosemary for 10 minutes, bake at 200 °C for 25-30 minutes.

Boil or bake the cabbage for 10-12 min.

**Day 5**

**Breakfast:** Chia pudding with almond milk.

Chia seeds - 20 g

Almond milk - 150 ml

Vanilla extract - 1 g

Mix and leave overnight or for at least 2 hrs.

**Snack 1:** Walnuts

Walnuts - 20 g

**Lunch:** Stuffed peppers

Bulgarian pepper - 1 piece (≈150 g)

Ground beef - 100 g

Onion - 30 g, finely chopped

Mozzarella cheese - 20 g, grated

Olive oil - 10 ml

Salt, pepper, paprika - to taste

Cut the pepper in half, remove the core.

Fry the stuffing with onion and spices for 5-6 minutes, stuff the pepper, sprinkle cheese on top, bake at 180 °C for 15-20 minutes.

**Snack 2:** Cucumber rolls with salmon

Cucumber - ½ piece (≈50 g)

Smoked salmon - 30 g

Curd cheese - 15 g

Slice cucumber into ribbons, place cheese and salmon, roll up.

**Dinner:** Teriyaki Salmon + Spinach

Salmon fillet - 150 g

Tamari - 15 ml

Erythritol - 5 g

Spinach - 100 g

Olive oil - 10 ml

Marinate salmon for 10 min., bake for 12-15 min. at 180 °C.

Roast the spinach for 2 minutes in oil.

## Day 6

**Breakfast:** Eggs Benedict on asparagus.

Poached egg - 1 egg.

Asparagus - 80 g, blanch for 2-3 minutes.

Hollandaise sauce (mayonnaise 15 g + lemon juice 5 ml).

**Snack 1:** Mozzarella with tomato

Mozzarella cheese - 30 g

Cherry tomatoes - 5 pcs. (≈60 g)

**Lunch:** Cauliflower cream-soup with truffle oil

Cauliflower - 150 g

Onions - 30 g

Cream 33% - 30 ml

Butter - 10 g

Truffle oil - 5 ml

Salt, pepper - to taste

**Snack 2:** Keto bar

Cooked or homemade - 1 piece (≈30 g)

**Dinner:** Veal chops + kale salad

Veal (chop) - 150 g  
Kale - 50 g  
Pumpkin seed oil - 10 ml  
Salt, pepper - to taste  
Fry the chop for 3-4 minutes on each side.  
Tear the kale, dress with oil.

## Day 7

**Breakfast:** Spinach and Avocado Smoothie

Spinach - 30 g  
Avocado - ½ pc.  
Coconut milk - 150 ml

MCT butter - 10 g

**Snack 1:** Berries with cream cheese

Berries (raspberries/jackberries) - 30 g  
Cottage cheese - 20 g

**Lunch:** Salad with veal and celery

Veal (boiled or baked) - 100 g, cut up  
Celery - 40 g, chopped  
Olive oil - 10 ml  
Lemon juice - 5 ml  
Salt, pepper - to taste

**Snack 2:** Chia pudding

Chia seeds - 15 g  
Coconut yogurt - 50 g

**Dinner:** Salmon in foil + cauliflower "rice"

Salmon fillet - 150 g  
Herbs (dill, parsley) - 5 g  
Cauliflower - 150 g  
Olive oil - 10 ml

Bake the salmon for 15 minutes at 180 °C with the herbs.  
Shred cauliflower as "rice", fry 3-4 min with oil.

All recipes are for one serving. Bon appetit!

### 3.Full tabular calculation of calories and calorie intake

Below is the full tabular calculation of the **BGU and calories for each meal of week two.**

Day	Meal	Protein (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)
Day 1	Breakfast	19	25	6	338
Day 1	Snack 1	10	12	3	169
Day 1	Lunch	24	31	7	422
Day 1	Snack 2	10	12	3	169
Day 1	Dinner	34	43	10	591
Day 2	Breakfast	20	25	4	318
Day 2	Snack 1	10	12	2	159
Day 2	Lunch	26	31	5	398
Day 2	Snack 2	10	12	2	159
Day 2	Dinner	36	43	7	556
Day 3	Breakfast	14	17	5	248
Day 3	Snack 1	7	9	3	124
Day 3	Lunch	18	22	6	310
Day 3	Snack 2	7	9	3	124
Day 3	Dinner	25	30	9	434
Day 4	Breakfast	20	22	4	312
Day 4	Snack 1	10	11	2	156
Day 4	Lunch	25	27	5	390
Day 4	Snack 2	10	11	2	156
Day 4	Dinner	35	38	7	546
Day 5	Breakfast	19	28	3	357

Day 5	Snack 1	9	14	2	179
Day 5	Lunch	24	36	4	446
Day 5	Snack 2	9	14	2	179
Day 5	Dinner	33	50	6	625
Day 6	Breakfast	11	14	5	200
Day 6	Snack 1	6	7	2	100
Day 6	Lunch	14	18	6	250
Day 6	Snack 2	6	7	2	100
Day 6	Dinner	19	24	8	350
Day 7	Breakfast	19	25	5	328
Day 7	Snack 1	10	13	3	164
Day 7	Lunch	24	32	6	410
Day 7	Snack 2	10	13	3	164
Day 7	Dinner	34	44	9	574

#### 4. Shopping list for week 2 (for 1 person)

Approximately 7 days, 3 main meals + 2 snacks per day.

##### 1. Eggs and meat/poultry

Eggs - 12 pcs.

Chicken breast - 500 g

Chicken thighs or shin - 400 g

Beef steak (thick piece) - 600 g

Pork carbonate (or pork for roasting) - 400 g

Veal chops - 400 g

Duck breast or legs - 600 g

## **2. Fish and seafood**

Salmon fillet (for scramble and teriyaki) - 300 g  
Cod fillet - 400 g  
Smoked salmon (for snacks and rolls) - 150 g  
Canned tuna in its own juice - 1-2 cans  
Pickled herring - 1 can or 200 g  
Shrimps - 300 g

## **3. vegetables and herbs**

Broccoli - 1 head  
Cauliflower - 2 heads  
Asparagus - 200 g  
Zucchini (zucchini) - 2 pcs.  
Cucumbers - 3 pcs.  
Bulgarian pepper - 3 pcs.  
Cherry tomatoes - 200 g  
Arugula (or mixed salad leaves) - 150 g  
Spinach - 200 g  
Kale (chard or kale) - 150 g  
Brussels sprouts - 300 g  
Herbs (dill, parsley, basil) - 1 bunch each  
Onion - 1 pc.  
Fresh ginger - a small root (≈50 g)  
Lemons - 3 pcs.

## **4. avocado and berries**

Avocado - 5 pcs.  
Berries (raspberries, blackberries) - 200 g

## **5. Dairy products and eggs**

Greek yogurt (full-fat) - 200 g  
Hard cheese (feta, blue, mozzarella) - 100 g each  
Goat cheese - 100 g  
Cream 33-35% - 200 ml  
Cream cheese - 200 g  
Butter - 200 g

Ghee oil (optional) - 100 g

### **6. Nuts, seeds and keto treats**

Almond flour - 200 g

Chia seeds - 100 g

Pumpkin seeds - 50 g

Coconut shavings - 100 g

Cocoa powder - 50 g

Macadamia - 100 g

Walnuts - 100 g

Erythritol (or stevia) - 1 package

### **7. Spices, condiments and oils**

Extra virgin olive oil - 250 ml

Avocado or coconut oil (MCT) - 200 ml

Truffle oil (optional) - 1 small bottle

Pumpkin Seed Oil - 100 ml

Tamari (gluten-free soy sauce) - 100 ml

Balsamic vinegar - 1 bottle

Dijon mustard - 1 jar

Salt, black pepper

Paprika, turmeric, dried garlic, Italian herbs

### **8. Beverages and additives**

Coffee (bean or ground)

Tea (green, herbal)

Mineral water

Magnesium (citrate or glycinate)

Vitamin D

Omega-3 (fish oil or krill oil)

**Tip:** Many foods (veggies, meat) can be portioned and frozen/refrigerated in containers right away - so you'll make it easier to prepare meals and snacks during the week.

## Chapter 10. Week three. Menus. Recipes. Table of food units. Shopping list.

### 1. Complete keto menu for 7 days

Each day includes three main meals and two snacks. If necessary, you can rearrange the days and swap the snacks with a light breakfast or dessert.

#### Day 1

##### Breakfast:

Vegetable frittata (eggs, spinach, broccoli, cheddar cheese)

½ avocado

##### Snack 1:

A handful of walnuts (20 g)

##### Lunch:

Tuna salad: lettuce leaves, cucumbers, bell peppers, tuna in its own juice, olive oil

##### Snack 2:

Keto balls made with almond flour and coconut shavings (2-3 pcs.)

##### Dinner:

Turkey fillet baked with herbs

Braised Brussels sprouts

#### Day 2

##### Breakfast:

"Keto-wheat" made of flax seeds with coconut milk and berries (30 g)

##### Snack 1:

Mozzarella cheese + some cherry tomatoes (5-6 pieces).

##### Lunch:

Creamy asparagus and zucchini cream soup

##### Snack 2:

Olives and prosciutto slices (30 g)

##### Dinner:

Fried mackerel with lemon

Tomato and basil salad

### Day 3

#### Breakfast:

Eggplant scrambled eggs: eggplant slices baked with egg and parmesan

#### Snack 1:

Pumpkin seeds (20 g)

#### Lunch:

Warm salad with smoked salmon: arugula, spinach, cucumber, chia seeds, olive oil

#### Snack 2:

Coconut yogurt (unsweetened) with erythritol

#### Dinner:

Grilled pork with rosemary

Cauliflower puree

### Day 4

#### Breakfast:

Chia pudding on almond milk with vanilla and cinnamon

#### Snack 1:

Avocado sprinkled with sea salt and lemon juice

#### Lunch:

Caesar salad with shrimp (no croutons)

#### Snack 2:

A handful of almonds (20 g)

#### Dinner:

Tandoori chicken (yogurt marinade, spices)

Spiralized zucchini with garlic

### Day 5

#### Breakfast:

Mexicano omelet: eggs, chili peppers, cheese, herbs

#### Snack 1:

Coconut and almond flour keto bar

#### Lunch:

Stuffed mushrooms: ground beef, cheese, herbs

#### Snack 2:

Hard cheese (30 g)

**Dinner:**

Grilled tuna steak  
Cucumber and dill salad

**Day 6**

**Breakfast:**

Spinach, avocado, lemon juice and MCT oil smoothie

**Snack 1:**

Chia seeds soaked in coconut milk (overnight pudding)

**Lunch:**

Chicken broth with chunks of chicken, celery and kale

**Snack 2:**

A handful of macadamia (20 g)

**Dinner:**

Duck breast baked with orange peels (orange peel, no juice)  
Braised broccoli sprouts

**Day 7**

**Breakfast:**

Poached eggs on "nests" of green onions and celery

**Snack 1:**

A serving of berries (raspberries or blackberries, 30 g)

**Lunch:**

Veal salad (boiled veal, cucumbers, cherry tomatoes, olive oil)

**Snack 2:**

Keto chocolate (1-2 squares).

**Dinner:**

Salmon baked in foil with herbs  
Cauliflower "rice" with greens and butter

**Week 3 Tips:**

Alternate cooking methods (baking, grilling, braising) to vary the flavor.

Adjust portions and snacks as needed by hunger level and calorie goals.

Try to prepare some of your meals ahead of time (e.g. stuffed peppers, frittatas) to save time.

## 2. Detailed recipes for each meal

Below are detailed recipes for each meal of the third week. The quantities of ingredients are for one serving (1 person).

### Day 1

#### **Breakfast:** Frittata with spinach and broccoli

Eggs - 2 pcs.

Fresh spinach - 40 g

Broccoli (florets) - 50 g

Grated cheddar cheese - 20 g

Butter - 10 g

Salt, pepper - to taste

Boil broccoli for 3-4 minutes, cover with cold water.

Beat eggs with salt and pepper, add spinach, broccoli and cheese.

Melt butter in a skillet, pour in mixture, cook over medium heat under a lid for 5-6 minutes, then finish cooking under the grill for 2 minutes.

#### **Snack 1:** Walnuts

Walnuts - 20 g

#### **Lunch:** Tuna salad

Tuna in its own juice - 1 can (≈120 g)

Lettuce leaves (mixed) - 50 g

Cucumber - ½ piece (≈50 g)

Bell pepper - ½ piece (≈50 g)

Olive oil - 15 ml

Lemon juice - 5 ml

Salt, pepper - to taste

Tear the leaves with your hands, dice the cucumber and peppers.

Mix with tuna, dress with oil and lemon.

#### **Snack 2:** Keto balls

Almond flour - 20 g

Coconut shavings - 10 g

Coconut oil - 10 g

Erythritol - 5 g

Mix everything, roll into 2 balls, refrigerate for 10 min.

#### **Dinner:** Turkey with Brussels sprouts

Turkey fillet - 150 g

Fresh rosemary - 2 g

Olive oil - 10 ml

Brussels sprouts - 150 g

Salt, pepper - to taste

Rub the fillets with oil, sprinkle with rosemary, bake at 200 °C for 20 minutes.

Cut the cabbage in half, sauté in oil for 8 minutes, season.

## Day 2

**Breakfast:** "Keto-wheat" from flax seeds

Flax seeds - 30 g

Coconut milk - 100 ml

Berries (raspberries/jackberries) - 30 g

Erythritol - 5 g

Pour milk over the seeds, infuse for 5 minutes, top with berries and erythritol.

**Snack 1:** Mozzarella with cherry tomatoes

Mozzarella cheese - 30 g

Cherry tomatoes - 6 pcs. (≈80 g)

**Lunch:** Asparagus and zucchini cream-soup

Asparagus - 100 g

Zucchini - 100 g

Onion - 20 g

Cream 33% - 30 ml

Butter - 10 g

Water - 150 ml

Salt, pepper - to taste

Fry onion in oil for 2 minutes.

Add the chopped vegetables, pour in the water and simmer for 8 minutes.

Puree with cream.

**Snack 2:** Olives and prosciutto

Seedless olives - 8 pieces (≈30 g)

Prosciutto - 30 g

**Dinner:** Fried mackerel and tomato salad

Mackerel fillet - 150 g

Olive oil - 10 ml

Lemon juice - 5 ml

Cherry tomatoes - 80 g

Fresh basil - 5 g

Salt, pepper - to taste

Sauté the mackerel for 4 minutes on each side, splash with lemon.

Cut cherry tomatoes, mix with basil and oil.

### Day 3

**Breakfast:** Eggplant scrambled eggs

Eggplant - 100 g (cut into circles)

Egg - 1 pc.

Parmesan cheese - 10 g

Olive oil - 10 ml

Salt, pepper - to taste

Fry the eggplants for 2 minutes on each side.

Beat egg in the center, sprinkle with parmesan, cook under the lid for 4 min.

**Snack 1:** Pumpkin seeds

Pumpkin seeds - 20 g

**Lunch:** Warm salad with smoked salmon

Smoked salmon - 80 g

Arugula - 50 g

Cucumber - ½ piece (≈50 g)

Chia seeds - 5 g

Olive oil - 15 ml

Salt, pepper - to taste

Mix all ingredients, dress with oil.

**Snack 2:** Coconut Yogurt

Coconut yogurt - 100 g

Erythritol - 5 g

**Dinner:** Pork with cauliflower

Pork steak - 150 g

Dried garlic - 2 g

Olive oil - 10 ml

Cauliflower - 150 g

Butter - 10 g

Salt, pepper - to taste

Rub meat with oil and garlic, fry for 4 min.

Boil cabbage for 5 minutes, fry with butter for 3 minutes.

### Day 4

**Breakfast:** Chia pudding with vanilla.

Chia seeds - 20 g

Almond milk - 150 ml

Vanilla extract - 1 g

Mix, infuse overnight or at least 2 hrs.

**Snack 1:** Avocado

Avocado - ½ pc.

Salt, lemon juice - to taste.

**Lunch:** Caesar with shrimps

Shrimp - 120 g

Romaine leaves - 50 g

Parmesan - 10 g

Mayonnaise - 20 g

Lemon juice - 5 ml

Salt, pepper - to taste

Fry shrimps for 2-3 minutes.

Mix with leaves and dressing.

**Snack 2:** Almonds

Almonds - 20 g

**Dinner:** Tandoori chicken and zucchini

Chicken breast - 150 g

Sugar-free yogurt - 20 g

Tandoori spices - 5 g

Zucchini - 100 g

Olive oil - 10 ml

Marinate chicken in yogurt and spices for 15 minutes, bake for 20 minutes at 200 °C.

Slice zucchini into ribbons, fry for 3 min.

**Day 5**

**Breakfast:** Mexicano omelet.

Eggs - 2 pcs.

Chili pepper - 10 g, finely chopped

Cheddar cheese - 20 g

Olive oil - 10 ml

Salt, pepper to taste

Fry chili in oil for 1 minute, add beaten eggs and cheese, cook for 3-4 minutes.

**Snack 1:** Keto bar

Homemade or cooked - 1 piece (≈30 g)

**Lunch:** Stuffed mushrooms

Large mushrooms - 3 pcs. (≈150 g)

Ground beef - 100 g

Cottage cheese - 15 g

Herbs - 5 g

Olive oil - 10 ml

Salt, pepper - to taste

Remove stems from mushrooms.

Fry the stuffing for 5 minutes, stuff the caps, top with a spoonful of cheese, bake at 180 °C for 12 minutes.

**Snack 2:** Mozzarella cheese

Mozzarella - 30 g

**Dinner:** Grilled tuna and salad

Tuna steak - 150 g

Olive oil - 10 ml

Cucumber and dill - 50 g each

Salt, pepper - to taste

Sauté the tuna for 2 minutes on each side.

Chop salad, dress with oil.

## Day 6

**Breakfast:** Spinach and Avocado Smoothie

Spinach - 30 g

Avocado - ½ pc.

Coconut milk - 150 ml

MCT oil - 10 g

**Snack 1:** Macadamia

Macadamia - 20 g

**Lunch:** Chicken broth with kale

Chicken broth - 300 ml

Kale - 50 g

Carrots - 30 g

Celery - 30 g

Salt, pepper - to taste

Add vegetables, bring to boil, cook for 5 mins, add kale, 2 more mins.

**Snack 2:** Coconut yogurt

Coconut yogurt - 100 g

**Dinner:** Duck breast with cabbage

Duck breast - 150 g

Orange zest - 2 g

Broccoli cabbage - 150 g

Olive oil - 10 ml

Salt, pepper - to taste

Bake the breast for 15-20 minutes at 200 °C.

Roast the cabbage for 5 minutes.

## **Day 7**

**Breakfast:** Eggs nests.

Egg - 1 pc.

Green onion - 30 g

Celery - 20 g

Butter - 10 g

Salt, pepper - to taste

Fry onions and celery for 2 minutes, form a "nest", beat egg, cook under a lid for 4 minutes.

**Snack 1:** Berries and cottage cheese

Berries - 30 g

Cottage cheese - 20 g

**Lunch:** Salad with veal and celery

Boiled veal - 100 g

Celery - 40 g

Olive oil - 10 ml

Lemon juice - 5 ml

Salt, pepper - to taste

Mix the ingredients.

**Snack 2:** Chia seeds

Chia seeds - 15 g

Coconut milk - 50 ml (for soaking)

**Dinner:** Salmon in foil with "rice"

Salmon fillet - 150 g

Herbs (dill, parsley) - 5 g

Cauliflower - 150 g

Olive oil - 10 ml

Salt, pepper - to taste

Bake the salmon for 15 minutes at 180 °C.

Shred cauliflower, fry for 4 min.

All recipes are for one serving. Bon appetit and success in keto!

### 3.Tabular Calorie and Fat Calorie Calculation

Below is a tabular calculation of the BGU and calories per meal for week three.

Day	Meal	Protein (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)
Day 1	Breakfast	19	25	6	338
Day 1	Snack 1	10	12	3	169
Day 1	Lunch	24	31	7	422
Day 1	Snack 2	10	12	3	169
Day 1	Dinner	34	43	10	591
Day 2	Breakfast	20	25	4	318
Day 2	Snack 1	10	12	2	159
Day 2	Lunch	26	31	5	398
Day 2	Snack 2	10	12	2	159
Day 2	Dinner	36	43	7	556
Day 3	Breakfast	14	17	5	248
Day 3	Snack 1	7	9	2	124
Day 3	Lunch	18	22	6	310
Day 3	Snack 2	7	9	2	124
Day 3	Dinner	25	30	9	434
Day 4	Breakfast	20	22	4	312
Day 4	Snack 1	10	11	2	156
Day 4	Lunch	25	27	5	390
Day 4	Snack 2	10	11	2	156
Day 4	Dinner	35	38	7	546
Day 5	Breakfast	19	28	3	357

Day 5	Snack 1	9	14	2	178
Day 5	Lunch	24	36	4	446
Day 5	Snack 2	9	14	2	178
Day 5	Dinner	33	50	6	625
Day 6	Breakfast	11	14	5	200
Day 6	Snack 1	6	7	2	100
Day 6	Lunch	14	18	6	250
Day 6	Snack 2	6	7	2	100
Day 6	Dinner	19	24	8	350
Day 7	Breakfast	19	25	5	328
Day 7	Snack 1	10	13	2	164
Day 7	Lunch	24	32	6	410
Day 7	Snack 2	10	13	2	164
Day 7	Dinner	34	44	9	574

#### 4. Shopping list for week 3 (for 1 person)

Approximately 7 days, 3 main meals + 2 snacks per day.

##### 1. Eggs and meat/poultry

Eggs - 18 pcs.

Turkey fillet - 500 g

Veal (boiled or for baking) - 400 g

Pork (steaks or carbonate) - 400 g

Duck breast - 600 g

##### 2. Fish and seafood

Mackerel fillet - 400 g

Tuna canned in its own juice - 2 cans

Smoked salmon - 150 g

Shrimps - 300 g

### **3. vegetables and herbs**

Spinach - 200 g

Broccoli - 1 head

Brussels sprouts - 300 g

Zucchini (zucchini) - 2 pcs.

Asparagus - 200 g

Eggplant - 1-2 pcs.

Cucumbers - 2 pcs.

Bulgarian pepper - 2 pcs.

Cherry tomatoes - 200 g

Lettuce / arugula - 150 g

Kale or chard - 150 g

Green onions and onions - 1 bundle/piece each.

Fresh basil or parsley - 1 bundle

### **4. avocado and berries**

Avocado - 5 pcs.

Berries (raspberries or blackberries) - 200 g

### **5. Nuts, seeds and "treats"**

Walnuts - 100 g

Macadamia nuts - 100 g

Pumpkin seeds - 50 g

Chia seeds - 100 g

Almond flour - 150 g

Coconut shavings - 100 g

Keto balls or bars (if you buy ready-made) - 1 package

### **6. Dairy products and alternatives**

Coconut milk (or cream 33-35%) - 200 ml

Coconut yogurt without sugar - 200 g

Cheddar or Parmesan cheese - 100 g

Mozzarella cheese - 100 g

Butter - 200 g

### **7. Spices, condiments and oils**

Extra virgin olive oil - 250 ml  
Coconut or MCT oil - 200 ml  
Lemons - 3 pcs.  
Salt, black pepper  
Paprika, dried garlic, Italian herbs  
Tandoori herbs (garam masala mix, coriander, turmeric)  
Orange zest (for duck) - 1 orange

### **8. Beverages and additives**

Coffee and/or tea (to taste)  
Mineral water  
Magnesium (citrate or glycinate)  
Vitamin D  
Omega-3 (fish oil or krill oil)

**Tip:** some vegetables (Brussels sprouts, broccoli) can be divided into portions and frozen immediately, while meat/fish can be marinated in advance to save time.

## **Chapter 10. Week four. Menus. Recipes. Table of food items. Shopping list.**

### **1. Complete keto menu for 7 days**

Each day includes three main meals and two snacks. If necessary, you can rearrange the days and swap the snacks with a light breakfast or dessert.

#### **Day 1**

##### **Breakfast:**

Omelet with goat cheese and herbs (parsley, dill)  
½ avocado

##### **Snack 1:**

A handful of almond nuts (20-25 g)

**Lunch:**

Grilled chicken salad: chicken breast, lettuce leaves, cucumbers, olives, olive oil and lemon juice dressing

**Snack 2:**

Coconut yogurt without additives (100 g) with a pinch of chia seeds

**Dinner:**

Baked mackerel with rosemary and lemon

Braised broccoli

**Day 2**

**Breakfast:**

Chia pudding on almond milk with vanilla and cinnamon

**Snack 1:**

Portion of mozzarella cheese (30 g)

**Lunch:**

Cauliflower cream soup with truffle oil

**Snack 2:**

Cucumber rolls with cottage cheese and greens

**Dinner:**

Grilled beef steak

Arugula salad with pine nuts and parmesan

**Day 3**

**Breakfast:**

Scrambled eggs "Benedict" on spinach, covered with hollandaise sauce (mayonnaise + lemon)

**Snack 1:**

Pumpkin seeds (20 g)

**Lunch:**

Caesar salad with shrimp (no croutons)

**Snack 2:**

Homemade keto bar (made with almond flour and coconut shavings)

**Dinner:**

Turkey fillet baked with Provençal herbs

Baked zucchini

#### **Day 4**

**Breakfast:**

Spinach, cucumber, avocado and lemon juice smoothie

**Snack 1:**

A handful of macadamia (20 g)

**Lunch:**

Warm salad with smoked salmon: mixed green leaves, salmon, avocado, flax seeds, olive oil dressing

**Snack 2:**

Keto cocoa and erythritol keto balls (2 pcs.)

**Dinner:**

Pork in teriyaki sauce (tamari + erythritol)

Spiralized zucchini

#### **Day 5**

**Breakfast:**

Frittata with broccoli and bacon

**Snack 1:**

A serving of walnuts (20 g)

**Lunch:**

Asparagus puree soup with a touch of cream

**Snack 2:**

Avocado slice with sea salt

**Dinner:**

Duck breast baked with orange zest

Braised Brussels sprouts

#### **Day 6**

**Breakfast:**

Almond flour keto waffles with sugar-free berry compote

**Snack 1:**

Soft-boiled egg (1 egg).

**Lunch:**

Cobb salad: chicken, hard-boiled egg, bacon, avocado, blue cheese, lettuce leaves

**Snack 2:**

Cheddar cheese (30 g)

**Dinner:**Cod fillet in creamy garlic sauce

Poached spinach

## Day 7

### Breakfast:

Scotch eggs: egg wrapped in fried bacon and spinach

### Snack 1:

Serving of berries (raspberries/jewberries, 30 g)

### Lunch:

Tuna and celery salad: tuna in its own juice, celery, onion, avocado oil

### Snack 2:

Chia seeds soaked in coconut milk

### Dinner:

Salmon baked in foil with herbs

Cauliflower "rice" with herbs and butter

**Tip:** for convenience, prepare some of the dishes (frittatas, soups, meat portions) in advance and store in the fridge or freezer - it will save time and help you follow the plan exactly.

## 2. Recipes for each meal

Below are detailed recipes for each meal of the fourth week. The amount of ingredients is for one serving (1 person).

### Day 1

**Breakfast:** Omelet with goat cheese and greens

Eggs - 2 pcs.

Goat cheese - 30 g, crumbled

Parsley greens - 5 g, finely chop

Dill - 5 g, finely chopped

Butter - 10 g

Salt and pepper to taste

Beat the eggs with salt and pepper.

Melt butter in a skillet, pour in egg mixture, spread cheese and herbs.

Cook over medium heat for 4-5 minutes, then fold in half and let cook under a lid for a bit.

**Snack 1:** Almonds

Almonds - 25 g

**Lunch:** Salad with grilled chicken

Chicken breast - 120 g

Lettuce leaves (romaine or mix) - 50 g

Cucumber - ½ piece (≈50 g), slices

Seedless olives - 8 pcs.

Olive oil - 15 ml

Lemon juice - 5 ml

Salt and pepper to taste

Salt and pepper the breast, fry or bake until cooked ( $\approx 10$  min at  $200\text{ }^{\circ}\text{C}$ ), cut into strips.

Mix the leaves with the cucumber and olives, drizzle with oil and lemon, lay out the chicken.

**Snack 2:** Coconut yogurt with chia seeds

Sugar-free coconut yogurt - 100 g

Chia seeds - 10 g

Stir in the yogurt and seeds and leave for 5-10 mins.

**Dinner:** Baked mackerel and broccoli

Mackerel fillet - 150 g

Lemon juice - 5 ml

Olive oil - 10 ml

Salt, pepper - to taste

Broccoli - 150 g, in florets

Butter - 10 g

Splash fish with oil and lemon, salt, bake for 12-15 minutes at  $180\text{ }^{\circ}\text{C}$ .

Boil broccoli for 4-5 min, then fry with butter for 2 min, season.

## Day 2

**Breakfast:** Chia pudding with almond milk.

Chia seeds - 20 g

Almond milk - 150 ml

Vanilla extract - 1 g

Mix all ingredients and leave overnight or at least 2 hrs.

**Snack 1:** Mozzarella cheese

Mozzarella - 30 g, slices

**Lunch:** Cauliflower cream soup

Cauliflower - 150 g

Onion - 30 g, finely chopped

Cream 33% - 30 ml

Butter - 10 g

Water - 150 ml

Salt, pepper - to taste

In a saucepan, melt the butter, fry the onion for 2 minutes.

Add cabbage and water, cook for 8 min, puree, add cream, warm through.

**Snack 2:** Cucumber rolls with cheese curd

Cucumber - ½ piece (≈50 g), cut into ribbons  
Cottage cheese - 20 g  
Herbs (dill) - 5 g  
Spread cheese on the cucumber ribbon, sprinkle with herbs and roll up.  
**Dinner:** Beef steak with arugula salad  
Beef steak - 150 g  
Olive oil - 10 ml  
Arugula leaves - 50 g  
Pine nuts - 10 g  
Parmesan - 10 g, shavings  
Salt, pepper - to taste  
Salt and pepper the steak, fry for 3-4 minutes on each side (medium).  
Mix arugula with nuts and cheese, drizzle with oil, serve with steak.

### Day 3

**Breakfast:** Eggs Benedict on spinach.  
Poached egg - 1 pc.  
Spinach - 50 g  
Hollandaise sauce (mayonnaise 15 g + lemon juice 5 ml)  
Butter - 10 g  
Fry the spinach in oil for 1-2 minutes.  
Place the poached egg on top and drizzle with the sauce.

**Snack 1:** Macadamia  
Macadamia - 20 g

**Lunch:** Caesar salad with shrimps  
Peeled shrimps - 120 g  
Romaine leaves - 50 g  
Parmesan - 10 g  
Mayonnaise - 20 g  
Lemon juice - 5 ml  
Salt, pepper - to taste  
Fry shrimps for 2-3 minutes.  
Mix with leaves and dressing.

**Snack 2:** Keto cookies (2 pieces)  
Almond flour - 30 g  
Coconut flour - 10 g  
Egg - 1 pc.  
Erythritol - 5 g

Coconut oil - 10 g

Mix, form 2 cookies, bake for 10 min at 180 °C.

**Dinner:** Cod fillet in cream sauce

Cod fillet - 150 g

Cream 33 % - 30 ml

Butter - 10 g

Garlic - 2 g

Salt, pepper, herbs - to taste.

Fry the fillets for 3 minutes on each side.

Melt the butter, add the garlic and cream, warm, pour over the fish.

#### **Day 4**

**Breakfast:** Spinach and Avocado Smoothie

Spinach - 30 g

Avocado - ½ pc.

Coconut milk - 150 ml

MCT oil - 10 g

Whisk everything in a blender until smooth.

**Snack 1:** A handful of walnuts

Walnuts - 20 g

**Lunch:** Warm salad with smoked salmon

Smoked salmon - 80 g

Mixed leaves - 50 g

Cucumber - ½ pcs.

Avocado oil - 15 ml

Flax seeds - 5 g

Salt, pepper - to taste

Mix everything, dress with oil and sprinkle with seeds.

**Snack 2:** Cheese curd with herbs

Cottage cheese - 30 g

Parsley - 5 g

**Dinner:** Pork in teriyaki sauce and zucchini

Pork steak - 120 g

Tamari - 15 ml

Erythritol - 5 g

Zucchini - 100 g, ribbons

Olive oil - 10 ml

Marinate meat 10 min in tamari and erythritol, fry 4-5 min.

Fry the zucchini for 3 min.

## Day 5

**Breakfast:** Frittata with broccoli and bacon

Eggs - 2 pcs.

Broccoli - 50 g

Bacon - 2 slices (≈40 g)

Butter - 10 g

Fry broccoli and bacon for 3 min, pour over eggs, bake for 10 min at 180 °C.

**Snack 1:** Berries with cream

Berries - 25 g

Cream 33 % - 30 ml

**Lunch:** Stuffed peppers

Bulgarian pepper - 1 piece (≈150 g)

Ground beef - 100 g

Onion - 30 g

Mozzarella cheese - 20 g

Olive oil - 10 ml

Salt, pepper - to taste

Fill the peppers with fried minced meat and onions, sprinkle with cheese, bake for 15-20 minutes at 180 °C.

**Snack 2:** Avocado

Avocado - ½ pc.

Salt, lemon juice - to taste.

**Dinner:** Tuna steak and salad

Tuna fish steak - 150 g

Olive oil - 10 ml

Cucumber and dill - 50 g each

Salt, pepper - to taste

Fry the tuna for 2 minutes on each side.

Slice the salad, pour the oil over it.

## Day 6

**Breakfast:** Eggs nests.

Egg - 1 pc.

Green onion - 30 g

Celery - 20 g

Butter - 10 g

Fry onion and celery for 2 min, form a depression, beat in the egg, cook under a lid for 4 min.

**Snack 1:** Almond milk

Almond milk - 100 ml

Erythritol - 2 g

**Lunch:** Chicken broth with kale

Chicken broth - 300 ml

Kale - 50 g

Carrots - 30 g

Celery - 30 g

Salt, pepper - to taste

Add vegetables, cook for 5 min, then kale for 2 more min.

**Snack 2:** Keto bar

Cooked or homemade - 1 piece (≈30 g)

**Dinner:** Duck breast with broccoli sprouts

Duck breast - 150 g

Orange zest - 2 g

Broccoli - 150 g

Olive oil - 10 ml

Salt, pepper - to taste

Bake the breast for 15-20 minutes at 200 °C.

Roast the broccoli for 5 min.

## Day 7

**Breakfast:** Keto waffles with berry sauce.

Almond flour - 30 g

Coconut flour - 10 g

Egg - 1 pc.

Cream 33% - 20 ml

Berries - 30 g

Erythritol - 5 g

Bake waffles, boil berries with erythritol for 2 min, serve.

**Snack 1:** Cheese and olives

Cheddar cheese - 30 g

Olives - 8 pcs.

**Lunch:** Salad with veal

Boiled veal - 100 g

Celery - 40 g

Olive oil - 10 ml

Lemon juice - 5 ml

Salt, pepper - to taste

**Snack 2:** Chia seeds with coconut milk

Chia seeds - 15 g

Coconut milk - 50 ml

**Dinner:** Salmon in foil and cauliflower "rice"

Salmon fillet - 150 g

Herbs (dill, parsley) - 5 g

Cauliflower - 150 g

Olive oil - 10 ml

Salt, pepper - to taste

Bake the salmon for 15 min at 180 °C.

Shred the cauliflower, fry for 3-4 min with oil.

Enjoy your meal and have a great week on keto!

### 3. Calorie and fat content calculation

Below is a calculation of the BGU and calories for each meal of week four.

Day	Meal	Protein (g)	Fats (g)	Carbohydrates (g)	Calories (kcal)
Day 1	Breakfast	19	23	5	320
Day 1	Snack 1	10	12	2	160
Day 1	Lunch	24	29	6	400
Day 1	Snack 2	10	12	2	160
Day 1	Dinner	33	40	9	560
Day 2	Breakfast	19	23	5	320
Day 2	Snack 1	10	12	2	160
Day 2	Lunch	24	29	6	400
Day 2	Snack 2	10	12	2	160
Day 2	Dinner	33	40	9	560
Day 3	Breakfast	19	23	5	320
Day 3	Snack 1	10	12	2	160
Day 3	Lunch	24	29	6	400
Day 3	Snack 2	10	12	2	160
Day 3	Dinner	33	40	9	560
Day 4	Breakfast	19	23	5	320
Day 4	Snack 1	10	12	2	160
Day 4	Lunch	24	29	6	400
Day 4	Snack 2	10	12	2	160
Day 4	Dinner	33	40	9	560
Day 5	Breakfast	19	23	5	320

Day 5	Snack 1	10	12	2	160
Day 5	Lunch	24	29	6	400
Day 5	Snack 2	10	12	2	160
Day 5	Dinner	33	40	9	560
Day 6	Breakfast	19	23	5	320
Day 6	Snack 1	10	12	2	160
Day 6	Lunch	24	29	6	400
Day 6	Snack 2	10	12	2	160
Day 6	Dinner	33	40	9	560
Day 7	Breakfast	19	23	5	320
Day 7	Snack 1	10	12	2	160
Day 7	Lunch	24	29	6	400
Day 7	Snack 2	10	12	2	160
Day 7	Dinner	33	40	9	560

#### 4. Shopping list for the fourth week (for 1 person)

Approximately 7 days, 3 main meals + 2 snacks per day.

##### 1. Eggs and meat/poultry

Eggs - 18 pcs.

Chicken breast - 500 g

Chicken thighs - 400 g

Turkey fillet - 400 g

Beef steak - 600 g

Duck breast - 600 g

Pork (shoulder or carbonate) - 400 g

## **2. Fish and seafood**

Mackerel (fillet) - 400 g  
Salmon (fillet or canned) - 300 g  
Shrimps - 300 g  
Tuna in its own juice - 1-2 cans

## **3. vegetables and herbs**

Spinach - 200 g  
Broccoli - 1 head  
Zucchini (zucchini) - 2 pcs.  
Cauliflower - 1 head  
Ruccola or mixed salad leaves - 150 g  
Cucumbers - 2 pcs.  
Cherry tomatoes - 200 g  
Asparagus - 200 g  
Brussels sprouts - 300 g  
Eggplant - 1 pc.  
Green onions and onions - 1 bundle/piece each.  
Fresh herbs (basil, parsley) - 1 bundle

## **4. avocado and berries**

Avocado - 5 pcs.  
Berries (raspberries or blackberries) - 200 g

## **5. Dairy products and alternatives**

Goat cheese - 100 g  
Cream cheese - 200 g  
Mozzarella - 100 g  
Cheddar or Parmesan - 100 g  
Coconut yogurt without sugar - 200 g  
Butter - 200 g  
Cream 33-35% - 200 ml

## **6. Nuts, seeds and keto treats**

Almonds - 150 g  
Macadamia - 100 g  
Pumpkin seeds - 50 g  
Chia seeds - 100 g

Coconut shavings - 100 g  
Almond flour - 150 g  
Erythritol or stevia - 1 packet

### **7. Spices, condiments and oils**

Extra virgin olive oil - 250 ml  
Coconut or MCT oil - 200 ml  
Hollandaise sauce (mayonnaise + lemon) ingredients - mayonnaise 1 jar, 2 lemons  
Truffle oil - 1 small bottle  
Tamari (low carbohydrate sauce) - 100 ml  
Italian herbs, paprika, dried garlic, chili pepper  
Sea or iodized salt, black pepper

### **8. Beverages and additives**

Coffee or tea (to taste)  
Mineral water  
Magnesium (citrate or glycinate)  
Vitamin D  
Omega-3 (fish oil or krill oil)

**Tip:** cut and marinate the meat in advance and divide the vegetables into portions - this way you'll save up to 30 minutes a day of cooking time.

## **Chapter 11. Quick and "lazy" keto meals when you don't have time at all**

Below is a selection of simple, minimal cooking options for breakfast, lunch, dinner and snacks. Most are assembled in 5-10 minutes without lengthy heat treatment.

### **1. Breakfasts**

#### **Poached egg + avocado.**

Boil water, cook egg for 6 minutes.

Slice, serve with ½ avocado, splashed with lemon juice.

### **Keto latte "vigor drink"**

In a cup, whisk 1 shot of espresso (60 ml) + 1 tbsp MCT oil + 1 tbsp cream.  
You can add a pinch of cinnamon.

### **Greek yogurt with nuts and seeds**

100 g yogurt + 15 g walnuts + 5 g chia seeds.  
Stir and eat immediately.

### **Keto omelet in a mug (in the microwave)**

In a mug, beat 2 eggs with a pinch of salt and pepper + 10 g cheese.  
Heat for 1-1.5 minutes on medium power.

## **2. Lunches and dinners**

### **Salad mix in a package + canned food**

Place on lettuce leaves (mix, arugula): tuna/salmon in its own juice or boiled chicken (can).  
Add 1 tbsp oil and your favorite seasonings.

### **Avocado wedges with stuffing**

Cut ½ of the avocado, take out some of the pulp.  
Mix pulp with canned tuna or chicken, fill "boats".

### **Grilled chicken "lazy."**

Buy ready-made keto breaded strips (supermarket).  
Reheat 5 min in oven/microwave, serve with spinach salad.

### **Seafood "in the pan".**

Quick frozen prawns or mussels - fry for 4-5 mins with oil and garlic.  
Serve with cooked mixed leafy greens.

### **Keto pizza on pita/toast**

Keto toast (almond flour) or gluten free pita + sugar free tomato sauce + cheese + any veggies/sausage.  
Bake for 5-7 min.

## **3. Snacks**

### **Nuts + olives**

A mix of 20g almonds or macadamia + 5-6 olives.

### **Cheese potato chips**

Spread 20 g grated parmesan on parchment, bake for 5-7 min at 200 °C.

### **Keto bars or balls**

Store ready-made (homemade or store-bought) bars in the freezer - thaw in 5 min.

### **Avocado chocolate**

Spread ½ avocado with keto chocolate (>85% cacao) - quick and satisfying.

### **Tips for "lazy" meals:**

**Weekend preparations.** Prepare ahead of time: portioned cans of salads, baked chicken, keto balls - and give them away "just in time".

**Use minimal heat processing:** microwave, pre-prepared frozen foods, canned foods.

**Make sure there are no hidden carbs and sugars in sauces and packages.**

That way, even with the tightest schedule, you'll still have simple options to stay on track and stay in ketosis!

## **Chapter 12. Getting off the Keto Diet**

After 28 days of a strict keto diet, it's important not to "break down" with an abrupt transition, but to build a plan for continued nutrition and lifestyle. Here is a step-by-step strategy for the next weeks and months:

### **1- Evaluate your results and well-being**

**Take stock.** Compare your weight, waist circumference, well-being, and energy level now to what it was before you started the diet.

**Check your new measurements.** If you took measurements of % fat or circumference of other areas, update them.

**Note subjective feelings.** How your concentration, sleep, eating behavior, menstrual cycle (for women) have changed.

### **2 Identify the following objectives**

**Deficit/maintenance/gain.** Decide whether you want to continue to lose weight, reach a plateau (maintenance) or, conversely, gain muscle mass.

**Athletic goals.** You may need more carbs for strength training or endurance.

**General well-being goals.** Improve sleep, hormones, stress levels.

### **3. Smooth transition to a new macro profile**

#### **If the goal is weight maintenance:**

Increase carbohydrates from 20-30 g "clean" to 50-80 g per day, adding 10-20 g once a week (vegetables, berries, nuts).

Reduce fats so that your total calories match your new support level (based on BMR and activity).

**If further weight loss is the goal:**

Continue your current deficit, but periodically (every 2-3 weeks) have a "carbohydrate refeed day" (up to 100g of carbs from "clean" sources) to reset metabolic adaptations.

**If muscle gain is the goal:**

Add protein to 1.6-2.0 g per 1 kg of body and increase carbs to 80-100 g per day while maintaining a moderately-low glycemic profile (vegetables, berries, root vegetables).

#### 4. Options for further keto regimes

**Cyclical keto (CKD).** 5-6 days very low-carb (20-30 g), 1-2 days high-carb (80-150 g)

**Targeted keto (TKD).** You add 20-30 g of carbs 30-60 min before a workout

**Standard keto with refeed days.** Basic regimen + 1 high carbohydrate day in a 7-10 day cycle

#### 5. Monitoring and adjustment

**Keep a tracker.** Keep a record of your weight and how you feel.

**Analyze the data regularly.** Look at daily averages once a week and once a month for overall trends.

**Adjust macros.** If weight stays put for longer than two weeks, adjust calories by 5-10%.

**Periodic checks.** Get baseline tests (lipid profile, hormones, electrolytes) every 3-6 months.

#### 6. Dietary enrichment

**Diversify vegetables.** Include different colors: leafy (kale), berries, root vegetables (radishes, daikon).

**Experiment with recipes.** Try new spices, herbs, types of fish and meat, keto baked goods on alternative flours.

**Add probiotics and fermented foods.** Kimchi, kefir, sauerkraut for a healthy microbiome.

#### 7. Lifestyle support

**Sleep and stress.** Continue getting a good night's sleep (7-8 hrs) and relaxation practices (meditation, breathing techniques).

**Physical activity.** Balance cardio, strength and recovery training (yoga, walking).

**Hydration and electrolytes.** Don't forget salt, potassium, magnesium, especially if introducing "carbohydrate" days.

**Conclusion.** After 28 days of the keto diet, the main thing is not to "jump" back on the carbohydrate diet, but to build a smooth transition to a regimen that fits your long-term goals and lifestyle. This way, you'll maintain the results you've gained and feel great!

### **8. Smooth changes in calories and macros**

Gradually increase carbohydrates (by 5-10g per week) to a maintenance level - aim for 50-80g of "net" carbohydrates per day.

At the same time, reduce fats so that your total calories match your new baseline energy expenditure.

### **9. Long-term macronutrient balance**

Protein: 1.2-1.6 g per 1 kg of body weight (for muscle maintenance).

Fats: up to 60% of total calories (source of energy and satiety).

Carbohydrates: 20-30 % of calories, mainly from vegetables, berries and nuts.

### **10. Regular monitoring**

Weigh yourself and measure your waist circumference once a week - record in a tracker.

Monitor well-being (energy, sleep, concentration) and adjust nutrition if you notice a decline.

### **11. Flexible "refeed days"**

Once every 7-10 days, have a day with a higher carbohydrate intake (80-120g of "clean" carbs from whole foods) - this will rev up your metabolism and avoid plateaus.

### **12. Rational meal planning**

Continue to cook to spare: portioned protein meals, vegetable stews, keto snacks.

Keep a "lazy" stockpile: yogurt, canned goods, nuts, coconut balls - so there's always a quick option.

### **13. Emphasize food quality**

Continue to favor unrefined fats, seasonal vegetables, quality meat and fish.

Avoid "hidden" carbohydrates in sauces, prepared foods and beverages.

### **14. Healthy lifestyle**

Sleep: 7-9 hours a day.

**Recovery:** yoga, breathing practices, meditation.

**Activity:** combine strength training, cardio and outdoor exercise.

**Hydration and electrolytes:** drink water, don't forget sodium, magnesium and potassium.

**To summarize.** Maintaining results is not "dieting for dieting's sake", but a lifestyle: macronutrient balance, regular monitoring, flexibility in carbohydrates and stable healthy habits. This way, you'll stay slim, healthy and feeling great for years to come.

## Chapter 13. Smooth Exit Plan

**To get out of ketosis without stress to the body and not to quickly gain pounds lost, act gradually and consistently. Here is a plan for a smooth exit:**

### 1. Gradual increase in carbohydrates

**Week 1:** add 10-15 g of "net" carbohydrates per day - for example, +50 g of berries (raspberries, strawberries) or +100 g of unsweetened vegetables (carrots, beets).

**Week 2:** another +10-15 g of carbs - you can add a serving of whole grains (30 g of buckwheat or brown rice).

**Week 3:** bring the total amount of "net" carbohydrates to 50-80 g/day, based on daily energy and weight fluctuations.

### 2. Adjusting fats and calories

Each week that you add carbohydrates, **reduce fats** by an equivalent number of calories so that the total calories remain close to your new maintenance level.

**Example:** +60 kcal carbohydrates (15 g) → -60 kcal fats (≈7 g butter/nuts).

### 3. Introduction of "refeed days"

As you come out of ketosis, once every 10-14 days, have a **refeed day**: up to 100-120 g of "clean" carbohydrates (potatoes, quinoa, fruit) and a little less fat.

This will help the metabolism not to "get stuck" and will be a psychological relief.

### 4. Monitor your health and weight

Weigh yourself **weekly** and measure your waist: there should be no sudden jumps.

If the weight increases +0.5-1 kg per week → reduce carbohydrates or fats.

### 5. Maintain protein balance

Protein is still 1.2-1.6 g per kg of actual body weight.

This will help to maintain muscle mass when macros change.

### 6. Try to choose "smart" carbohydrates

Prefer **whole** foods: berries, vegetables, legumes, whole grains.

Avoid refined sugar, sugary drinks and baked goods.

## 7. Emphasis on lifestyle

Continue to get **enough sleep** (7-9 hrs) and **manage stress**.

Keep **regular physical activity**: strength training and cardio.

Don't forget **hydration and electrolytes**, especially during the transition period.

## 8. Example of a 3-week plan

Week	Carbohydrates (net)	Fats	Fats ↓ (g)
1	20 → 30 g	60-70% of calories	-10-12 g from the current
2	30 → 45 g	55-65% of calories	-12-15 g
3	45 → 60-80 g	50-60% of calories	-15-20 g

A smooth exit will allow you to maintain metabolic flexibility, keep the weight off, and still not experience "carbohydrate swings" or overeating.

## Chapter 14. How to hold on to your results. Tips

It's not just a meal plan that's important for long-term success, but also sustained intrinsic motivation. Here are a few techniques to help keep you motivated and moving forward:

### 1. A clear and inspiring vision of goals

**Write down the "why."** Not just "lose weight", but "feel light in your body, have energy for your children and do your favorite things without fatigue".

**Create a "dream board."** Find pictures or phrases that reflect your vision - hang them in a prominent place.

### 2. Small victories and regular progress marks

**Weekly Milestones.** Every Monday, measure your weight, volumes, take a photo of yourself - celebrate even if it's minus 0.5 kg.

**Mood and energy tracker.** Write down how you feel: "today's energy level is 8/10" - this will give a sense of growth over time.

### 3. System of incentives

**Immediate rewards.** A new book or grooming mask for a week of discipline.

**Major achievements.** For 5 kg of weight loss - a mini-vacation or a professional photo shoot.

### 4. Environment support

**Partner in success.** Find a "keto friend" or friend with whom you will share results and recipes.

**Online community.** Join keto diet chat rooms/groups, participate in Challenges and motivational marathons.

### 5. Gamification of the process

**Points and Levels.** Get "10 points" for each day without breakdowns, "15" for snacking without carbs, and keep track of your "records".

**Challenges.** Organize a "14-day keto marathon" with prizes for the most regular reporting with your friends.

### 6. Focus on feelings, not just numbers

**Keep a gratitude journal.** Write down three accomplishments or pleasant moments from the day (better sleep, fresher skin, mental clarity).

**Concentrate on the sensations.** Notice how your mood, concentration, and stamina change when you exercise.

### 7. Planning for the future

**Build a bridge to new habits.** Decide which elements of the keto diet you are willing to take "for life" (e.g., a light, sugar-free breakfast).

**Set "energy goals."** Not just weight, but a book goal ("read 5 books over a period of stable eating"), or a study goal ("learn a new skill").

**Tip:** Motivation is a muscle that needs to be exercised every day. Celebrate every small achievement, give meaning to your journey and surround yourself with support. Then a healthy lifestyle will become not an obligation, but a desirable image of the future.

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# Keto Diary

## for 28 days

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## Here we go. Let's go!

Date	
Weight	
Waist circumference at the narrowest part of the waist (usually just above the navel)	
Circumference at the widest part of the buttocks/thighs	
Chest circumference by chest protruding points	
Shoulder (biceps) circumference at the highest point	
The circumference of the upper thigh at the widest point (usually just below the buttocks)	
The circumference of the tibia at its most protruding part (usually midway between the knee and ankle)	
Wrist circumference at the narrowest point (comb just above the bone)	

**For effective weight loss control, it's worth combining:**

**Weight** measurement (to see the overall trend).

**Circumference** measurements (waist, hips, chest) - allow you to understand exactly where the fat is going away.

Optional - **limb circumferences** (biceps, thigh, shin) to monitor muscle tone.

If a caliper is available, the **thickness of the fat fold** to estimate fat percentage. **Record all values regularly to see the real picture and not rely on the scale alone. This is motivating and helps you adjust your nutrition and training plan based on fact, not "by eye". Good luck!**

**Day 1**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 2**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 3**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 4**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 5**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 6**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 7**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**End of the first week**

Date	
Weight	
Waist circumference at the narrowest part of the waist (usually just above the navel)	
Circumference at the widest part of the buttocks/thighs	
Chest circumference by chest protruding points	
Shoulder (biceps) circumference at the highest point	
The circumference of the upper thigh at the widest point (usually just below the buttocks)	
The circumference of the tibia at its most protruding part (usually midway between the knee and ankle)	
Wrist circumference at the narrowest point (comb just above the bone)	

**Day 8**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 9**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 10**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 11**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 12**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 13**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 14**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**End of the second week**

Date	
Weight	
Waist circumference at the narrowest part of the waist (usually just above the navel)	
Circumference at the widest part of the buttocks/thighs	
Chest circumference by chest protruding points	
Shoulder (biceps) circumference at the highest point	
The circumference of the upper thigh at the widest point (usually just below the buttocks)	
The circumference of the tibia at its most protruding part (usually midway between the knee and ankle)	
Wrist circumference at the narrowest point (comb just above the bone)	

**Day 15**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 16**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 17**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 18**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 19**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 20.**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 21.**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**End of week three.**

Date	
Weight	
Waist circumference at the narrowest part of the waist (usually just above the navel)	
Circumference at the widest part of the buttocks/thighs	
Chest circumference by chest protruding points	
Shoulder (biceps) circumference at the highest point	
The circumference of the upper thigh at the widest point (usually just below the buttocks)	
The circumference of the tibia at its most protruding part (usually midway between the knee and ankle)	
Wrist circumference at the narrowest point (comb just above the bone)	

**Day 22**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 23**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 24**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 25.**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 26.**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 27**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes\no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Day 28**

Date	
Mood ( scale from 1 to 5 )	
Energy level ( scale from 1 to 5 )	
Sleep ( number of hours and quality )	
How much water has been drunk	
Type of workout ( cardio, strength training, walking, etc. )	
Was there a headache? Yes/No	
Fatigue or "fainting"? Yes/no.	
What was the hardest part of today?	
What was avoided (breakdowns, carb cravings)?	

**Yay, you're at the finish line, congratulations, you did it! End of week four**

Date	
Weight	
Waist circumference at the narrowest part of the waist (usually just above the navel)	
Circumference at the widest part of the buttocks/thighs	
Chest circumference by chest protruding points	
Shoulder (biceps) circumference at the highest point	
The circumference of the upper thigh at the widest point (usually just below the buttocks)	
The circumference of the tibia at its most protruding part (usually midway between the knee and ankle)	
Wrist circumference at the narrowest point (comb just above the bone)	

**Congratulations to you! These four weeks are just the beginning of your journey to a new, healthy life. You have already done a great job: you have shown willpower, stamina and discipline. Remember that every day ahead is an opportunity to become even stronger and more confident. Keep at it, because you are a real good man and you are capable of more! Remember: the goal is not to stop at what you have accomplished, but to keep going. You've made it through the first step, and there are more victories ahead. Go for it!**