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# 3 DAY KETO meal plan

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### About This Meal Plan

#### Welcome to the Tasteaholics 3 Day Keto Meal Plan!

This eBook is designed to help you start a ketogenic diet or get back on track if you're trying to restart.

There are 9 recipes to get you through your first three days. Each meal is under 10 grams of carbs to help you get into ketosis faster. This meal plan is low in calories (~1700 per day) so feel free to snack on some <u>approved low carb snacks</u>! You shouldn't be concerned with calories at first, but rather eating less than 20 grams of carbs per day. If you feel hungry, grab a snack, but watch those carbs!

#### Read More About the Ketogenic Diet!

After you've successfully mastered the ketogenic diet and are in ketosis (<u>How Can I Tell?</u>), you can slowly increase your carbs to up to 50 grams per day.

### Background

### The Science

Your goal is to kick start ketosis. Ketosis is the state in which your brain is using ketone bodies for energy instead of glucose. Ketone bodies are derived from fat, while glucose from carbs. They're a more stable, steady source of energy and have been shown to provide long lasting energy and focus, better mood and sleep, and reduced appetite.

Your body enters ketosis when you eat very little carbs. This usually takes anywhere from 3 days to a week. When you enter ketosis, you'll be using fat for energy, instead of carbs. This includes the fat you eat and the excess body fat you may have.

Using this meal plan, your goals are to:

- Eat less than 20 grams of <u>net carbs</u> per day
- Not be afraid to eat fat
- Drink 3-4 liters of water (about 6-8 water bottles)
- Read every nutrition label

You'll notice there are no desserts in this meal plan. That doesn't mean you can never have dessert again! For your first few days, you want to reset yourself and limit sweets. By doing this, you're allowing your body to adapt to running on fat, not carbs. Later on, when you've gotten the hang of keto, you can indulge in <u>low carb, sugar free desserts</u> in moderation!

### Read Nutritional Labels! All Of Them!

This is one of the cornerstones of being successful in this diet! Be extra mindful when shopping for your low carb, high fat groceries! There are hidden carbs in the most unlikely of places. Deli turkey can have more sugar than you think! Find a brand that doesn't add a lot of sugar to their cuts. **Check the label on all your food products!** 

Some other examples of foods with hidden carbs are

- shredded cheeses (some are coated in cornstarch to prevent clumping. It's better to buy a block and shred it yourself!)
- salad dressings & condiments (e.g. ketchup, mayo, vinegars)
- herbs & spices (mainly garlic and onion powder, but some others as well)

Note: Generally, you may subtract fiber and sugar alcohols from the carb count. The food on the right is only 5 *net* carbs.

Eat under 20 grams of *net* carbs each day.

Nutrition Facts Serving Size 1 beer (12 fl oz)

Serving Size T beer (12 ii oz) Servings Per Container 1

Calories 150	Calories from Fat 0
	% Daily Value
Total Fat Og	0%
Saturated Fat	0%
Trans Fat	0%
Cholesterol	0%
Total Carbohy	drate 13g 4.7%
Fiber 8g	40%
Protein 1g	
potassium, phosphorus (pantothenic acid), B6 (	ounts of magnesium, selenium, , biotin, B3 (niacin), B5 pyridoxin), and B9 (folate), with (thiamine), B2 (riboflavin), B12

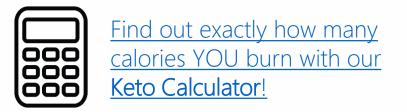
\* Percent Daily Values are based on a 2,000 calorie diet.

### Calories vs. Macros

According to basic nutrition, dietetics and physics, if you burn more calories than you eat, you should lose weight.

For example: if you burn an average of 2,000 calories (from your basic bodily functions, walking, moving, laughing, etc.) and eat 2,200 calories per day, you may be eating a bit too much.

If you add in some light exercise, you can start burning 2,300 calories a day! And if you lower your caloric intake to about 2,000 calories, you're now in a caloric deficit of 300 calories a day!



All calories are not created equal though. The calories you consume from eating carbs result in short-term energy as well as a spike in your insulin (a hormone that increases fat storage). When your insulin levels drop from that spike, you immediately feel hungry and this cycle goes on.

Eat carbs  $\rightarrow$  insulin spikes  $\rightarrow$  fat is stored  $\rightarrow$  insulin drops  $\rightarrow$  eat more carbs!

When you eat fat there is little to no effect on your blood sugar or insulin, so you're left feeling full and satiated for hours.

The calories you eat daily on a ketogenic diet will usually consist of ~70% fat, ~25% protein and ~5% carbohydrates.

Learn More About Macronutrients!

### Keto Flu & How To Help

Keto flu is a term for the fatigue some people may feel during the first few days of a low carb diet. Your body is withdrawing from carbs and having to readjust to running on fat!

### The solution is water and electrolytes!

It cannot be stressed enough that **you must drink lots of water**. However, because of all this water consumption, your body may flush out the ever important electrolytes (such as sodium, calcium, potassium, magnesium, etc.) along with it. Insulin also plays a role in the kidneys' sodium retention.

For this reason, it's important to eat a variety of nutrient dense foods to ensure you're getting all your vitamins and minerals.

If you find yourself feeling under the weather, you can do a number of things to feel better!

- 1. Keep drinking more water.
- 2. Consider sipping on or adding some soup broth into your diet.
- 3. Take a <u>multivitamin</u> with minerals.
- 4. Increase your salt intake (recommended 3-5g of added sodium per day).

Read More About the Keto Flu & How to Help!

### How Can I Tell If I'm In Ketosis?

There are a few telltale signs that you have successfully entered ketosis!

- Your breath may smell sweet, metallic or generally "off." Your urine may smell funky too!
- 2. You're experiencing increased focus and better mood.
- 3. Your appetite is decreased and you find yourself less hungry all the time.
- 4. You fall asleep faster and wake up easier.
- 5. <u>Ketostix</u> are showing traces of ketones in your urine.

### Tools You May Find Helpful

Along with your 3 day keto guide, try to equip yourself with the following items to make your transition quick and easy!

- Food Scale incredibly handy for tracking food intake
- <u>Ketostix</u> to make sure you're in ketosis even if you don't feel it!
- <u>Coconut Oil</u> / <u>MCT Oil</u> good for cooking, Bulletproof coffee and encourages ketone production
- <u>Pink Himalayan Sea Salt</u> to avoid keto flu, flavor food and supplement sodium
- <u>Nutribullet</u> super handy for shakes, coffees and recipes
- <u>Multivitamin</u>, or <u>multimineral</u>, or coconut water to prevent keto flu and stay well nourished
- Low carb protein powder helpful to meet your protein needs and low carb baking!

### Want more simple, low carb recipes?



The latest ecookbook from Tasteaholics, <u>Breakfast in Five</u> is full of 30 low carb recipes with only 5 ingredients and up to 5 grams of net carbs each!

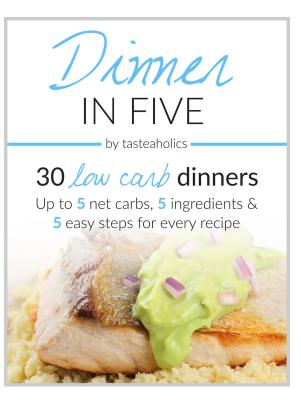
You've heard it before – breakfast is the most important meal of the day! Why eat bland eggs every morning when you can enjoy waffles, pancakes, omelets, toast, cereal, muffins and even hot pockets?

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You'll enjoy unconventional burgers, heavenly steaks, gourmet-style seafood, mouthwatering sauces, sides and much more every day of the month. Living a low carb lifestyle has never been more enjoyable and sustainable.

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# Menn at a Clance

	Breakfast	Lunch	Dinner	Daily Totals
Day 1	<u>Scrambled Eggs</u> <u>&amp; Bacon</u>	<u>Turkey &amp; Cheese</u> <u>Roll Ups</u>	<u>Chicken &amp;</u> <u>Mushrooms</u>	Calories: 1,680 Fat: 134g Protein: 107g Carbs: 13g
Day 2	<u>Pizza Omelet</u>	<u>Tuna Avocado</u> <u>Salad</u>	<u>Bunless Butter</u> <u>Burger</u>	Calories: 1,690 Fat: 142g Protein: 91g Carbs: 10g
Day 3	<u>Sausage, Egg &amp;</u> Cheese w/Coffee	Easy Cobb Salad	<u>10 Minute Pizza</u>	Calories: 1,770 Fat: 147g Protein: 102g Carbs: 11g

Condiments Dairy Meats Veggies 1 pack of Bacon <sup>1</sup>/<sub>2</sub> lb. Mushroom **Olive Oil** 9 Eggs 1 stick of Butter <sup>1</sup>/<sub>4</sub> lb. Deli Turkey<sup>\*</sup> 1 bag of Spinach **Coconut Oil** 10 oz. Chicken Sour Cream 1 Avocado Mayonnaise\* <sup>1</sup>/<sub>4</sub> lb. Deli Cheese<sup>\*</sup> 4 oz. Ground Beef 1 rib of Celery Hot Sauce\* 1 Breakfast **Bleu Cheese** 1 pint Heavy 1 Lemon Cream Sausage\* 1 Lettuce leaf Mustard 2 cups Shredded Pepperoni Vinegar Mozzarella\* 1 can of Tuna Marinara Sauce\* Salt & Pepper Parmesan Paprika

\* = Read the nutrition label!

Basil



### Day 1 Breakfast Scrambled Eggs & Bacon

### Ingredients

- 3 eggs
- 1 tbsp butter
- 2 tbsp sour cream
- 1/4 tsp salt
- 1/8 tsp black pepper
- 1/8 tsp paprika
- 2 strips bacon

### Instructions

1. Crack eggs and add the butter to a pan on a medium-high heat. Stir continuously with a silicone spatula.

2. While stirring the eggs, let some bacon strips cook in another pan (or bake them).

3. Alternate stirring the eggs on the heat and off the heat in 30 second intervals. When they're almost done, turn the heat off. The eggs will continue cooking a little more from the residual heat from the pan.

4. Add a tablespoon of sour cream and season with salt, pepper and paprika.

Calories: 450, 38F, 25P, 3C



### Day 1 Lunch Turkey & Cheese Rollups

#### Ingredients

- 4 slices pepper-jack cheese
- 4 slices turkey
- 2 tbsp mayo
- 1 tsp hot sauce (optional)

### Instructions

1. Make sure your deli turkey is low carb! Many are cured in sugar.

2. Lay a piece of pepper-jack cheese on a slice of turkey, sprinkle with a little salt and roll it up tightly. You can also add in avocado slices to the roll ups!

3. Make a dipping sauce out of 1 tablespoon of mayonnaise and 1 teaspoon of hot sauce. Alternatively, use your favorite, ready-made dipping sauce such as mustard, chipotle mayo, etc.

4. Pack them up to enjoy later!

Calories: 590, 45F, 36P, 5C



### Day 1 Dinner Chicken & Mushrooms

#### Ingredients

- 6 oz. chicken
- 8 oz. mushrooms
- 2 tbsp butter
- 1/4 cup water
- 1/4 cup heavy cream
- 1 tsp fresh lemon juice
- Salt, pepper
- 1 handful of spinach

### Instructions

1. Cook your chicken on a pan until it's almost cooked all the way. Then let it rest on a plate while you prepare your sauce.

2. On that same pan, cook your mushrooms in butter until they've shrunken and crisped up.

3. Add the water, lemon juice and heavy cream and let that cook until your sauce has thickened.

4. Season with salt and pepper and add the chicken back in to cook the rest of the way. Serve with a side of spinach.

Calories: 640, 51F, 46P, 5C



### Day 2 Breakfast

### PIZZ

## Omelet

### Ingredients

- 3 eggs
- 1 tbsp heavy cream
- ½ cup shredded mozzarella
- <sup>1</sup>/<sub>2</sub> oz. pepperoni slices
- Salt, pepper, basil
- 2 strips of bacon (as a side)

### Instructions

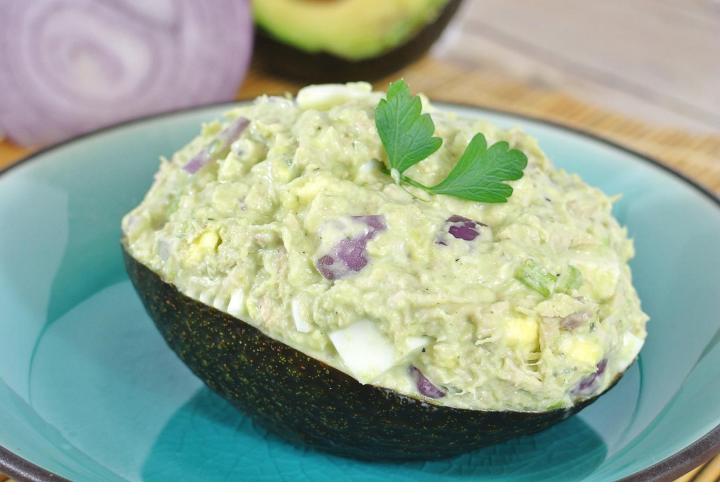
1. Heat a small pan with some oil on a medium flame. Simultaneously, fry the bacon strips in another pan (or bake them).

2. Beat eggs with heavy cream and pour into your hot pan. Let them cook until almost done and add some pepperoni slices to one side.

3. Sprinkle mozzarella cheese over the pepperoni and fold the omelet over.

4. Let cook for another minute and serve with a side of bacon!

Calories: 600, 53F, 32P, 5C



### Day 2 Lunch Tuna Avocado Salad

#### Ingredients

- 1 can tuna
- 1 hard boiled egg
- 1/2 avocado
- 2 tbsp mayo
- 1/2 stalk celery
- 1 tsp mustard
- 1/2 tsp fresh lemon juice
- Salt, pepper

#### Instructions

1. Set a small pot of water to boil. Once boiling, cook your egg for 10 minutes.

2. Open up a can of tuna and add your diced celery and half an avocado.

3. Add mayo, mustard, lemon juice and your spices.

4. Once the egg is cooked, cool it under cold, running water. Peel, chop and add it to your tuna salad.

5. Mix very well until all the ingredients are well combined. Pack it up and save it for lunch!

Calories: 450, 30F, 35P, 4C



### Day 2 Dinner Bunless Butter Burger

#### Ingredients

- 4 oz. ground beef
- Salt, pepper, paprika
- 1 tbsp butter
- 1 slice cheese
- 1 tbsp olive oil
- 1 large leaf of lettuce
- 1 tsp mayo

### Instructions

1. Season your ground beef and mix very well with your hands.

2. Make 2 flat patties and place your butter in the center of one of the patties.

3. Place the second patty on top of the buttered patty and press and seal the sides until the two patties merge.

4. Cook the patty on an oiled pan on high heat for 4 minutes on each side.

5. Once it's done, place the patty on a lettuce leaf and add a slice of cheese. Spread with some mayo, fold and enjoy!

Calories: 640, 59F, 24P, 1C



### Day 3 Breakfast Sausage, Egg & Cheese

#### Ingredients

- 1egg
- 1 slice of cheese
- 1 tbsp olive oil
- 2 oz. breakfast sausage (like Jimmy Dean)
- Bulletproof Coffee
  - 1 cup hot coffee
  - 1 tbsp. coconut oil
  - 1 tbsp. butter (not melted)

### Instructions

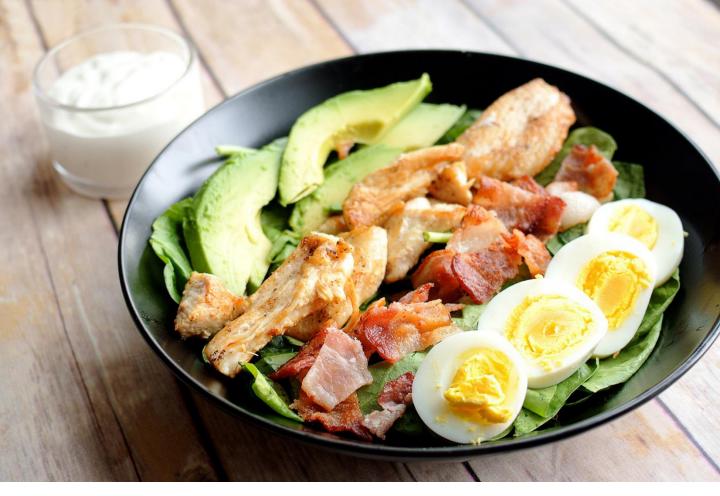
1. Cook your breakfast sausage and egg (sunny side up or over easy) in your oiled pan.

2. Arrange them with a slice of your favorite cheese and drizzle with some hot sauce if you'd like.

3. To make the bulletproof coffee, brew your coffee as you normally would and pour it into a blender or Nutribullet.

4. Add butter and coconut oil and blend for about 30 seconds.

Calories: 640, 63F, 22P, 1C



### Day 3 Lunch Easy Cobb Salad

#### Ingredients

- 1 cup spinach
- 1 hard boiled egg
- 4 oz. chicken
- 2 strips bacon
- 1/4 avocado
- 1/2 tsp white vinegar
- 1 tbsp olive oil

### Instructions

1. Bring a pot of water to boil and cook your egg for 10 minutes. Once it's cooked, cool it in cold water and chop it up.

2. On a frying pan, cook 4 oz. of chicken breast and bacon to desired crispiness.

3. Roughly chop or rip spinach leaves and add in your bacon, chicken and chopped egg.

4. Throw in half an avocado and mix to break it up.

5. Dress with olive oil and vinegar or use a low carb Bleu cheese dressing.

Calories: 600, 48F, 43P, 2C



### Day 3 Dinner Ten Minute Pizza

#### Ingredients

- 1 cup shredded mozzarella
- 1/2 cup Rao's marinara sauce (low carb)
- 1 oz sliced pepperoni
- 2 tbsp grated Parmesan cheese
- Basil

### Instructions

1. Arrange half your mozzarella in a pan to be the size of your pizza. Let it melt and cook until it's uniformly browned (about 5 minutes).

2. Pour and spread a ½ cup of low carb marinara sauce onto your now crusty cheese to heat up.

3. Add pepperoni and the rest of the mozzarella over the sauce.

4. Sprinkle with Parmesan cheese, slice and enjoy!

Calories: 530, 36F, 37P, 8C

### More Easy-to-follow, Low Carb Meal Plans

Holistic Nutritionist, Leanne Vogel of HealthfulPursuit.com just released an awesome service called *Balanced Keto Weekly Meal Plans*, a weekly meal plan subscription that guides you through your low carb diet!

Each week you'll receive 7-days of meal planning including snacks, complete shopping lists, tips guaranteed to keep you on track, allergen guides and alternatives, timesaving 5-minute recipes and much more! Each subscription comes with a 100% money back guarantee that allows you to try the plan absolutely risk-free at ANY membership level for two weeks.

Click here to learn more and start receiving weekly meal plans today!



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Congrats! You've completed your 3 Day Keto Meal Plan! We hope you found this meal plan informative, delicious and, most importantly, motivational.

If you want more great low carb recipes (and tons of sweet, sweet desserts), information about the keto diet as well as fitness on keto, check out our blog – <u>Tasteaholics.com</u>!

Do you prefer social media? Follow us on <u>Facebook</u>, <u>Twitter</u>, <u>Pinterest</u>, <u>Instagram</u> or <u>Google+</u> and you'll get updated when a new recipe is published!

As always, we'd love to hear from you! Feel free to <u>email us</u> if you have any questions, tips, ideas or requests for recipes.

All the best, Vicky & Rami!

Share this meal plan with a friend!

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