

EATING speed KETO

(Speed Keto™ without Fasting)



Dr. Harlan Kilstein

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Introduction

There are stages in Keto when the weight just melts away. And then, suddenly — without any warning, the scale does not budge. When this happens, we say you have hit a stall or a plateau. In Keto land they say it isn't a stall unless it has lasted for ... at least 3 months. Most folks don't want a stall to last for even 10 minutes much less 3 months.

Over 50% of the US population is insulin resistant. Unless you have won the genetic lottery, weight loss has become more difficult these days because of the effects of carbs and sugar. Until now. Speed Keto is a radical (but safe) approach to breaking through stalls and turning your Metabolic thermostat on high.

In the next month, we not only expect you will break through any plateau or stall, but you will notice a shift on your scale as well. No one has ever put together this assortment of techniques to help you shed weight more rapidly than you ever thought possible.

Of course, we always recommend you discuss any dietary changes with your physician or health care specialist. Congratulations for taking the first step in making a serious change in your life. Speed Keto is what you've been waiting for!

- Harlan Kilstein Ed.D



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Chapter 1

Why can't people keep off the weight they worked so hard to lose?

Why is it that the majority of people who have worked hard to lose a pile of weight end up regaining it all back? And worse: Why are some extra pounds usually tacked on, so folks end up weighing even more than when they started the whole dieting process?

Many people think they can diet, lose weight and well ... that's it! If the loss hasn't been as great as originally hoped for then they assume the same thing the medical establishment thinks; it must be their (the dieter's) fault. Out of a sense of failure they return to their pre-diet way of eating and over a period of time end up gaining all that weight back ... plus some!

But hold on before you judge yourself or others harshly. There are a number of factors that go into this way of thinking. We've actually been trained to think this way and by understanding where we've gone wrong we can shift ourselves into a new way of eating and thinking about the foods we choose to eat.

What's making weight loss difficult for millions of people?

To answer this question, we have to take a closer look at the food industry and our eating habits as a whole society over the past 100 years. How we've been encouraged to think about weight gain by the government and medical establishment is also important when considering this question. There have been some major changes in what we eat on a daily basis over this time period. These dietary shifts hold some important clues about what's causing the obesity epidemic we are currently facing.



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We'll start with one of the biggest fallacies of all ... the one that's led to so much heartache, feelings of shame and embarrassment. Millions of people have worked hard to lose weight only to see every one of those hard-lost pounds pile back on. Unfortunately, it's a firmly held belief that the cure for obesity can be summed up in that simple mantra we all know so well; "eat less – move more."

Eat less, move more

The commonly accepted belief is that in order for you to lose weight, your daily calories ingested must be less than the calories burned. Hence ... eat less – move more. So, a reduction in calories coupled with an increase in daily physical activity should do the trick, right?

Wrong! People have been following this advice for more than half a century and as Dr. Fung, a Canadian nephrologist whose practice focuses on Type 2 diabetes, diet and nutrition says, "the proof is in the pudding ... Eat less, move more has been done to death over the past 50 years and it doesn't work."¹

Counting calories, as a sole strategy, NOT the answer ...

He goes on to say that, "the underlying cause of obesity is a hormonal, rather than a caloric imbalance. Insulin is a fat-storage hormone. When we eat, insulin increases, signaling our body to store some of this energy as fat for later use. It's a natural and essential process that has helped humans survive famines for thousands of years, but excessively and persistently high insulin levels result inexorably in obesity. Understanding this leads naturally to a solution: if excessive insulin is causing obesity, then clearly the answer lies in reducing insulin."²

¹ Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.6

² Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.7



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Dr. Fung recommends the ketogenic diet coupled with intermittent fasting as being, “excellent methods of reducing high insulin levels.”³ Now there are two camps within the Keto community. Some believe that calories ingested and the amounts of fat intake don’t matter and others that believe the opposite. It makes sense to us that consuming a huge number of calories a day, even if they are comprised of mostly healthy fats, will result in weight gain for most people.

We are in the camp that thinks calories do matter. However, if you are careful about your macronutrients, it will automatically give you the correct calorie count. We also agree that hormones are important too, so we employ a balanced approach when crafting recipes and meal plans for our Speed Keto program to ensure that insulin production is controlled. We’ll explain more about our 31-day eating plan and the recipes that go with it later in [Chapter 9, A Month of Speed Keto](#).

³ Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc. p.7



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Eating a low-fat diet is NOT the answer Since lowering caloric intake has been the dieter's goal over the past fifty years the belief that naturally followed this line of thinking was high calorie foods should be eliminated from the diet. And what food was under the spotlight when this became the focus? Well fats of course. The new dietary villain became calorie-dense fats. In the 1970's the 'eat less-move more,' low-fat diet craze was in full throttle. In the 80's and 90's governments presented the public and medical establishment with pyramid food charts encouraging low fat eating. Here's how the approved pyramid looked during the 90's. Note how bread, cereals, pasta and rice, etc., dominate the base of the pyramid and fats are at the very tip with a "Use Sparingly" warning:



The food industry harkened to the call and a plethora of margarines were developed for dieters to slather on whole wheat morning toast. Saturated fats were frowned on as new alternative, seed oils, showed up on grocery shelves and were touted as being healthier choices. But controversy was brewing. Dieters were losing weight in the short-term, yet in the long-run, they weren't successfully maintaining the weight loss. Governments and the medical establishment simply blamed dieters and considered their lack of success as evidence of limited willpower.



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While it's true that fats are calorie-dense it's also true that they contribute significantly to satiety, or in other words, they work in the body to create the feeling of "being full". When you are full, hormones are released to signal the brain that it's time to stop eating. Calorie dense foods, like fats, work to provide energy longer than other food groups and also keep higher levels of these hormones circulating in the body.

When this group of macronutrients is removed from the diet an important source of energy for the body disappears with them. We know now that with few (or no) fats in the diet, fatigue sets in and inevitably cravings for an energy "quick-fix" follow. So dieters following a low-fat regime were falling off the wagon in droves because the "quick fix" that followed intense cravings was usually one that involved chowing down on snacks full of carbohydrates.

Now add in the fact certain nutrients and vitamins are fat-soluble; this means the body must have fat present in order to metabolize them. When the body becomes nutrient deficient it goes into survival mode and the brain sends food cravings in order to stimulate the consumption of more food ... and these food cravings are hard to resist! MRI technology has allowed us to view the brains of people experiencing food cravings. As we all know, a craving of any kind can be intensely compelling and we now see why. The brain areas activated by a food craving are related to memory, emotion and reward. These are the same areas affected by drug cravings.⁴

The yo-yo diet treadmill

Legions of dieters over the past half century have been trapped on a yo-yo diet treadmill which looks like this:

- Eat a low-fat diet
- Succumb to hard-to-resist cravings
- Go back to old ways of eating

⁴ Matteo, Anna. *Food Cravings: They're all in your Brain*, Retrieved from: <https://learningenglish.voanews.com/a/health-lifestyle-food-cravings/4184716.html> Retrieved on: 27/04/2018



- Gain back the all the lost weight
- Plus a few extra pounds
- Feel remorse and shame then once again ...
- Eat a low-fat diet

Eventually a few pioneers dared to question what should have been obvious to everyone. Perhaps a low-fat diet wasn't really the healthiest option after all. Dr. Atkins introduced his now famous New Diet Revolution and Low Carbohydrate Diet Plan that emphasized low carbohydrate consumption coupled with higher fat and protein consumption. Other popular low carb/high protein diets followed but the myth of beneficial low-fat eating had already become entrenched.

A battle of opinions raged but governments and medical establishments continued to toe the “eat less — move more” line and sadly, many dieters continued to trudge along on the thankless yo-yo diet treadmill. Fast forward to 2015; fueled by the ongoing debate of low-fat versus higher-fat diets as a strategy for weight loss, researchers from Brigham and Women's Hospital and the Harvard T.H. Chan School of Public Health in Boston undertook a review and meta-analysis of 53 randomized controlled trials that included a total of 68,127 participants.

Dr. Deirdre K Tobias and her team concluded: “Low-fat interventions did not lead to differences in weight change compared with other higher-fat weight loss interventions” and goes on to state, “In weight loss trials, higher-fat weight loss interventions led to significantly greater weight loss than low-fat interventions when groups differed by more than 5% of calories obtained from fat at follow-up.”⁵ So there you have it; higher fat weight loss eating plans lead to more weight loss than conventional low-fat regimes that are still, to this day, recommended by our government and most medical practitioners!

Plus ... we've been encouraged to eat the wrong type of fats!

5 Tobias, Deirdre K et al , *Effect of low-fat diet interventions versus other diet interventions on long-term weight change in adults: a systematic review and metaanalysis*, *The Lancet Diabetes & Endocrinology*, Volume 3, Issue 12 , 968 – 979



At the turn of the last century in the early 1900's, butter and lard were the staple fats used in most American homes. Somewhere around 1950, butter and lard dropped away from being the fats of choice in the western diet. At the same time, more vegetable and seed oils as well as oleo (margarine) showed up on grocery shelves and were embraced as “healthy” alternatives.

These new vegetable and seed oils were all high in omega-6 fatty acids and much lower in omega-3 fatty acids. We now know that omega-6 fatty acids can cause inflammation in the body when they are not consumed in a balanced ratio with omega-3's (the optimal ratio should be 1:4, one-part omega-3 to four parts omega-6). The current low-fat diet recommendations encourage the use of vegetable and seed oils (polyunsaturated fats or PUFA's) with the end result being a typical western diet includes 15 to 20 times more than the recommended amount of omega-6 fatty acids.⁶

We know that chronic inflammation slows down weight loss and can cause stalls. No wonder so many well-intentioned dieters end up high and dry on a plateau feeling discouraged. Also, oils high in PUFA are not suitable for cooking. They oxidize at higher temperatures and become a further source of inflammation!

Then there's margarine. It is usually made using hydrogenated vegetable and seed oils and contains trans fats which are produced when hydrogen molecules are added to liquid oils. Hydrogenation solidifies liquid oils and makes margarines spreadable. In general: the more solid a margarine, the higher its trans fat content. Unfortunately, margarine has been viewed as the dieter's best choice for the better part of the past 60 years!

Pretty well everyone now agrees that trans fats are just plain bad for you. Study after study has shown them to be a major culprit in causing heart disease and stroke because they raise your bad cholesterol (LDL) and lower the good cholesterol (HDL).

6 Totsch, Stacie K., Waite, Maegan E., Sorge, Robert E. *Dietary Influence on Pain via the Immune System*, Chapter 15. *Progress in Molecular Biology and Translational Science*, Volume 131. Pages, 435 – 569. Retrieved from <https://www.sciencedirect.com/science/article/pii/S1877117314000283?via%3Dihub> on 28/04/2018



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Eating trans fats also creates a higher risk for developing Type 2 diabetes.⁷ Add to this the fact that many food products include partially hydrogenated oils and you have a ticking trans fat time bomb. Thankfully numerous scientific studies have finally convinced governments that action must be taken to protect the health of citizens. In 2006, a Canadian Task Force on Trans fat recommended that the health of Canadian people be protected with new formal regulations. This led to a ban, making it illegal for manufacturers to include partially hydrogenated oils in all food products. The ban came into effect in September, 2018.⁸

A bit earlier, in June of that same year a ban of trans fats was instituted in the US: “By June 18, 2018, human food must no longer contain partially hydrogenated oils for uses that have not been otherwise authorized by FDA.”⁹

Hidden sugars are everywhere

We all know the exquisite taste of a tempting T-bone steak. It’s those little spider veins of saturated fat running through the meat that gives the steak its flavor. Take those away and it won’t taste nearly as good.

This is pretty much what happens when fat is removed from the diet. Foods just don’t taste as good. The food industry understands the “problem” well and for the past 5 or 6 decades has been slowly adding more and more sugar to processed foods along with the already mentioned notorious hydrogenated trans fats.

Why? Well sugar adds flavor and as we have learned already; it’s very addictive. We won’t go into detail here but suffice it to say that the manufacturers of sugar and processed foods know full well sugar is not a healthy food.

7 Article title: *Trans Fat*. Retrieved from: <https://healthyforgood.heart.org/eat-smart/articles/trans-fat> retrieved on: 28/04/2018

8 Beck, Leslie. *What You Need To Know About Trans fats and Why They Are Being Banned*. Retrieved from: <https://www.theglobeandmail.com/life/health-and-fitness/health/what-you-need-to-know-about-trans-fats-and-why-they-are-being-banned/article36317373/> Retrieved on: 28/04/2018

9 *Final Determination Regarding Partially Hydrogenated Oils (Removing Trans fats)* Retrieved from: <https://www.fda.gov/Food/IngredientsPackagingLabeling/FoodAdditivesIngredients/ucm449162.htm> Retrieved on 28/04/2014





At the same time, they were developing a whole new genre of low-fat foods; they were also busy funding studies that helped vilify saturated fats in a successful attempt to keep sugar out of the main line of fire.

These new “healthy” snacks and cereals, in packaging dressed up with heart-healthy stickers, lined grocery shelves enticing unwary dieters to consume them guilt-free. Granola bars, fancy yogurts with sugary fruit additions and sporty breakfast cereals complete with famous athlete endorsements, were, and still are, packed with hidden sugars, even though they are all dressed up as healthy alternatives.

Today at least 74% of packaged foods on American grocery store shelves contain added sugars.¹⁰ But this sugar content isn’t always listed on food labels as “sugar.” It has other names and comes in other forms besides the white and brown sugar we all have in our kitchen cupboards. The University of California lists an astounding 61 different names for hidden sugar on their sugar science website.¹¹

¹⁰ Ng, S.W., Slining, M.M., & Popkin, B.M. (2012). *Use of caloric and noncaloric sweeteners in US consumer packaged foods, 2005-2009*. Journal of the Academy of Nutrition and Dietetics , 112(11), 1828-1834.e1821-1826.

¹¹ Article title: *Hidden in Plain Site*, retrieved from: <http://sugarscience.ucsf.edu/hidden-in-plain-sight/> Retrieved on: 30/04/2018



Here they are:

- Agave nectar
- Barbados sugar
- Barley malt
- Barley malt syrup
- Beet sugar
- Brown sugar
- Buttered syrup
- Cane juice
- Cane juice crystals
- Cane sugar
- Caramel
- Carob syrup
- Castor sugar
- Coconut palm sugar
- Coconut sugar
- Confectioner's sugar
- Corn sweetener
- Corn syrup
- Corn syrup solids
- Date sugar
- Dehydrated cane juice
- Demerara sugar
- Dextrin
- Dextrose
- Evaporated cane juice
- Free-flowing brown sugars
- Fructose
- Fruit juice
- Fruit juice concentrate
- Glucose
- Glucose solids
- Golden sugar
- Golden syrup
- Grape sugar
- HFCS (High-Fructose Corn Syrup)
- Honey
- Icing sugar
- Invert sugar
- Malt syrup
- Maltodextrin
- Maltol
- Maltose
- Mannose
- Maple syrup



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- Molasses
- Muscovado
- Palm sugar
- Panocha
- Powdered sugar
- Raw sugar
- Refiner's syrup
- Rice syrup
- Saccharose
- Sorghum Syrup
- Sucrose
- Sugar (granulated)
- Sweet Sorghum
- Syrup
- Treacle
- Turbinado sugar
- Yellow sugar

Carbohydrates: A macronutrient you need to limit

Carbohydrates are a macronutrient (macro) your body uses to create energy. Once ingested all carbohydrates are broken down during the digestion process into smaller sugar units which are then absorbed through the intestinal wall into the bloodstream. When they reach the liver, they are converted into glucose and carried to all parts of the body (by insulin – more about that process in Chapter 2, when we discuss insulin resistance and Type 2 diabetes). Glucose is then used for basic bodily functions like breathing and muscle power during physical activity.

If glucose isn't used right away it can be converted into glycogen which is then stored in the liver and skeletal muscles. But there's a limit to how much glycogen can be stored at one time and that's about 2,000 calories worth. If a large amount of carbohydrate has been consumed the extra glucose produced will be stored as body fat.



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Carbohydrates come in two forms:

- Simple carbohydrates: contain less than three molecules and take less time to digest so they are absorbed quickly and lead to a quick burst of energy (a sugar “high”).
- Complex carbohydrates: contain three or more molecules and take longer to digest. Vegetables, whole grains and foods we sometimes call starches, like potatoes all contain complex carbohydrates.

It's easy to over-consume carbs even if you abstain from sugar. What may seem like healthy choices, whole grains, breads (even when made using whole wheat and other whole grains), rice and fruits are all full of carbohydrates. Once you eat them they are broken down during the digestion process and made into glucose ready for use or storage. If not burned off they are converted and stored as body fat for later use. Complex carbs are just longer chains of glucose molecules. Once ingested and digested they become sugar in the blood and insulin levels rise accordingly.

The danger of grains in our diet

Do you love eating buns, bread, pasta and breakfast cereals? Well you are not alone. These foods are tasty. The USDA pyramid recommends that whole grains should comprise 60% of our daily diet. That's over half of the daily caloric intake coming from grains. Is this really healthy? Many think no ... and we agree.

Foods that include large amounts of wheat and/or other high-carbohydrate grains rapidly raise blood sugar. The sudden increase of blood sugar causes the body to release insulin which, as we know, is the fat-storing hormone. So even the complex carbohydrates we've been taught are healthy, are actually causing weight gain.



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So, how does a Keto diet work?

Here's a quick overview of how a Ketogenic eating plan works ...

The body is fueled by glucose which is derived from carbohydrates in foods we eat. For example, foods such as baked goods (bread, buns, cakes and cookies), fruit, and potatoes are high in carbohydrates. But here's something interesting: the body can only store small amounts of glucose at a time, just enough to last a few days. So if carbohydrates aren't available what happens in the body then?

The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment. Once the body's store of glucose is used up, through a process known as ketogenesis, we start to burn stored body fat for energy. When this happens, the liver breaks down stored fat into a source of energy the body can easily use; ketone bodies.

As ketone levels become higher the body moves into a state we call ketosis where stored fat is burned as the main source of fuel. A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats.



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The basic Ketogenic diet

In a typical ketogenic eating plan a person will keep their macronutrient “macros” intake to:

- 75% of calories from fat
- 20% of calories from protein
- 5% of calories from carbohydrates

It's important to note the exact ratios to be consumed will depend on an individual's activity level, their actual weight and how their body responds to this eating plan. The amount of protein and fat consumed may be altered but the amount of carbohydrate consumed will usually not be more than 5%-10% of total daily calories ingested.

How do you know when you are in ketosis?

It can take anywhere from 3 or 4 days to 2 weeks for your body to start producing enough ketones for them to show up in a blood or a urine test. Everyone is different. By far the simplest way of testing for ketones is using the urine sticks that are available over the counter in most pharmacies.

Each stick has a small beige patch on one end. You simply hold the stick so this beige patch is in the urine stream for a second or two then watch it quickly change color. After about half a minute take note of the color of the small patch on the end of the stick. Your urine will have changed the color of this patch if you are in ketosis.

The color can vary from a light pink to very deep purple depending on the amount of ketones present in your urine. If the patch stays the same light beige color it was before the test, then you are most likely not in ketosis. The level of ketones present doesn't really matter. The most important thing for a ketogenic diet is to be in ketosis.



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Now having said that, there are some important factors that could be at play when you are losing inches but don't appear to be in ketosis according to your keto stick results. If you are losing weight, or your clothes are becoming looser and your belt can be moved in a notch or two, yet you are not turning your Keto stick pink or purple, don't think your keto diet plan isn't working.

Remember, these sticks are measuring ketones that are being expelled out of your body in urine. That means they are excess ketones that aren't being used by your body. It is possible that your body is simply super efficient and burning up all of the ketones your liver is producing. We know people who never turn a keto stick even slightly pink yet they successfully lose a great deal of weight following a ketogenic eating program.

The problem with urine sticks is that they are not accurate at all. You could be in Ketosis, but the sticks show that you are not. Or the reverse could be true. You could be out of Ketosis, but the sticks show you are.

The only accurate ways to measure for Ketones in your body are by testing your blood or your breath. Please note, that unless your meter specifically says it measures Ketones, it doesn't. The regular meters for measuring blood sugars for diabetes do not measure Ketones.

Measuring success ...

The whole point of testing for ketones is to provide visual encouragement that tells you your ketogenic eating plan is working. However, using a tape measure to take measurements of your waist, hips, arm and thigh circumferences once a month will be the best indicator of how you are really doing. Losing inches should be your most important indicator of success.

And here's another common trap dieters fall into ... jumping on the scales too often. This can be counter-productive and even downright discouraging. Our weight fluctuates naturally from day to day so try to keep your weigh-in as a weekly (or even monthly) activity.



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Having said all that, if the scales haven't budged for three months and your jeans still fit exactly the same way they did a while ago then you might be experiencing that thing all dieters dread ...

The stall

Also known as a plateau, as the name suggests, your weight loss has stopped; at least for the time being. Most people who embark on a ketogenic eating plan are initially rewarded with a large drop in weight right out of the gate.

Water retention is something that goes along with eating larger amounts of carbs and converting them to glucose. When you suddenly and drastically reduce the amount of carbohydrate you are ingesting, your body lets go of all that excess water. This results in the big drop in weight that comes at the beginning of most diets.

After this initial drop in weight, weekly weight loss inevitably slows down and that's to be expected. It's actually a positive thing because now you are in ketosis and burning stored body fat for your daily energy needs. But it's no fun when this slower weight loss grinds to a halt and stays like that despite what seems like your best efforts.

The Speed Keto solution

A stall or plateau can be very frustrating but don't despair, there are tweaks and changes you can make that will end the stall and help you get the scale moving downward again. Implementing the Speed Keto month-long program is exactly what we recommend for dieters dealing with a stall. The program includes a combination of well formulated keto meals along with short term intermittent fasting intervals that will help those dealing with a stall break through a stubborn plateau.



Chapter 2

Insulin resistance & Type 2 diabetes

Staggering numbers ...

The number of people living with diabetes in the US is on the rise. Many think it's an epidemic. The National Diabetes Statistics Report is a periodic publication published by the Centers for Disease Control and Prevention (CDC) in the US. Here are a few disturbing numbers pulled from their 2017 publication:

- An estimated 30.3 million people of all ages — or 9.4% of the U.S. population — had diabetes in 2015
- This total included 30.2 million adults aged 18 years or older (12.2% of all U.S. adults), of which 7.2 million (23.8%) were not aware of or did not report having diabetes.¹

Diabetes

Diabetes is a chronic disease that affects many people. It occurs when the body's ability to make and use insulin is impaired. Insulin is a hormone that works in the body to control sugar levels in the blood. There are three common types of diabetes:

- *Type 1 diabetes:* This type of diabetes is considered an autoimmune disorder. It occurs when the cells that produce insulin in the pancreas are destroyed by an individual's immune system. We don't know why the body attacks itself in this way but the end result is that people with Type 1 diabetes must rely on an external source of insulin.

¹ Centers for Disease Control and Prevention. *National Diabetes Statistics Report*, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.





Usually Type 1 diabetes is diagnosed during childhood or adolescence but occasionally in adulthood as well.

- *Type 2 diabetes:* When the pancreas doesn't make enough insulin and/or the body isn't using the insulin that is produced properly we consider the problem to be a metabolic disorder called Type 2 diabetes. People, who have a family history of diabetes, are obese or over-weight or who are physically inactive have a higher incidence of this type of diabetes. As well, certain ethnic groups are more pre-disposed to developing this metabolic disorder. While it can occur at a younger age, it usually occurs in people over 40 years old.
- *Gestational Diabetes:* This type of diabetes in women is characterized by high blood sugar levels during a pregnancy. Once the baby is born the mother's blood sugar levels return to normal. However it is worth noting that a gestational Diabetes diagnosis is linked to a greater risk of developing Type 2 diabetes later on.

Insulin

When we eat food the digestion process begins in the mouth. As we chew saliva mixes with what we've eaten and starts to break this food down before we even swallow. As the swallowed food moves through the stomach and small intestine the chewed food is broken down into three main components: Fats, Protein and Carbohydrate. We call these components macronutrients or macros for short.



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In order to be absorbed and used by the body these macros need to be broken down into even smaller components:

- fats are broken down into fatty acids
- protein chains are broken into individual amino acids
- Carbohydrates are broken down into sugar molecules including glucose

Glucose can be used by every cell of the body for energy and this is where insulin becomes necessary. Insulin is a hormone produced throughout the pancreas by clusters of cells known as the islets of Langerhans. The pancreas releases insulin into the bloodstream allowing it to travel throughout the body where insulin has a number of different tasks. One of its main jobs is to assist in the transportation and use of glucose for energy.

In order for glucose to be transferred into a body cell, insulin has to connect to a special receptor on the wall of the cell. Here it acts like a key fitting into a lock, to open up the cell so the glucose molecule can enter and be used as energy.

When there's more glucose in the blood than is needed for energy, insulin will signal the liver that it's time to start storing the excess energy. The liver will do this in one of two ways: by using excess glucose to produce glycogen for storage in muscles and/or the liver or by producing triglycerides for storage as fat.

- *Production of glycogen:* Glucose molecules are used to make longer chains of molecules known as glycogen which are then stored in muscle tissue and the liver. The body can hold approximately 1200-2000 calories in the form of glycogen at any given time so storage of this energy source is limited!
- *Production of fat:* When the liver reaches glycogen capacity it switches to creating fat by a process called lipogenesis. In this process glucose is used to create molecules of fat, triglycerides, which are then sent out into the bloodstream and transported to fat cells where they are stored for later use in adipose tissue (body fat).



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Both these processes are instigated by the messenger hormone, insulin.

What is insulin resistance?

Sometimes the cells of the body stop responding to the usual level of insulin and in response the pancreas works harder to create and release more insulin to stimulate the needed cellular responses. The result is that higher levels of insulin are required so the pancreas works harder to produce more of that needed insulin. When the amount of insulin circulating in the blood exceeds what would be considered normal in relation to the amount of glucose, the condition is called hyperinsulinemia.

Eventually the pancreas can't keep up with the amounts needed to combat the cells' resistance. Without insulin to unlock the door glucose can't enter. Consequently blood sugar levels rise. This is called insulin resistance. It usually happens slowly, over a period of time.

In the early stages of insulin resistance, blood sugar levels are only high after a meal is consumed. But eventually levels creep up in between meals and finally, blood sugar is high in the morning as well. Even after the longer fast imposed by a good night's sleep insulin resistance prevails.

When blood sugar levels reach a certain point, Type 2 diabetes is diagnosed. Insulin resistance and the accompanying hyperinsulinemia always precede this diagnosis.

What is pre-diabetes?

As we've just outlined, insulin resistance occurs when cells throughout the body have trouble absorbing glucose. This causes a build-up of sugar in the blood stream. When glucose levels are higher than normal, but have not yet reached high enough levels to be considered Type 2 diabetes, the condition is diagnosed as pre-diabetes.



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What causes insulin resistance?

First of all genetics can be a factor and you can simply inherit a tendency towards insulin resistance. You may have been born with body cells that are more resistant to insulin. This is especially true if one of your parents had or has diabetes.

Secondly, genetics could be dictating where you carry any excess weight ... specifically around the waist. Excess abdominal fat is implicated in metabolic syndrome that can eventually lead to Type 2 diabetes, but more about that later.

Aging is also a factor. According to the American Centers for Disease Control, 84.1 million adults aged 18 years or older have pre-diabetes (33.9% of the adult US population) and of this group 23.1 million are 65 years of age or older.² We produce less hormones as we age and this includes insulin.

We've seen in Chapter 1 how the western diet has changed over the past 60 or 70 years. Sugar addiction is rampant and grain consumption is at an all time high. Excess consumption of carbohydrates forces the body to deal with high levels of glucose that it simply can't handle. How and what we eat combined with genetics and the aging process all work together in the complicated story of what causes insulin resistance.

In his book, *The Diabetes Code*, Dr. Jason Fung explains how Type 2 diabetes is the result of two separate physiological defects. He describes these defects as occurring in two distinct phases:

- *Phase One:* Insulin resistance which is accompanied by hyperinsulinemia.
- *Phase Two:* Beta cell (cells inside the pancreas that create insulin) dysfunction.³

² Centers for Disease Control and Prevention. *National Diabetes Statistics Report*, 2017. Atlanta, GA: Centers for Disease Control and Prevention, US Department of Health and Human Services; 2017.

³ Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*, Location 1306, Greystone Books, Vancouver/Berkeley,



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Hyperinsulinemia and insulin resistance

We know that sedentary people who are overweight have an increased chance of developing pre-diabetes and eventually Type 2 diabetes.⁴ However there are many over-weight people who do not become insulin resistant. Similarly there are also slim people who do develop insulin resistance and go on to eventually be diagnosed with Type 2 diabetes. So what's at play here?

It turns out where you carry your excess weight makes a difference. When the majority of excess pounds are packed in around the trunk of the body (visceral fat) as opposed to being more evenly distributed around the rest of the body and deposited just beneath the skin (subcutaneous fat), there is a corresponding higher risk of developing insulin resistance and eventual Type 2 diabetes.⁵

Visceral fat

Visceral fat isn't always obvious. Just a slightly thicker waistline could be hiding fat packed in and around internal organs. This explains how some normal weight people can be afflicted with Type 2 diabetes.

There are two types of visceral fat:

- *Omental fat*: found outside and around the internal organs of the abdomen (liver, kidneys, pancreas, stomach & intestines).
- *Intra-organic fat*: These deposits of fat are actually inside the organs

⁴ Biswajit Mukherjee, Chowdhury M. Hossain, Laboni Mondal, Paramita Paul, Miltu K. Ghosh Biswajit Mukherjee, Chowdhury M. Hossain, Laboni Mondal, Paramita Paul, Miltu K. Ghosh. *Obesity and Insulin Resistance: An Abridged Molecular Correlation Department of Pharmaceutical Technology, Jadavpur University, Kolkata, India. Lipid Insights* 2013:6 Retrieved from: <http://journals.sagepub.com/doi/pdf/10.4137/LPI.S10805> Retrieved on: 08/05/2018

⁵ Matos LN, Giorelli Gde V, Dias CB. *Correlation of anthropometric indicators for identifying insulin sensitivity and resistance*. Sao Paulo Med J. 2011 Jan 6;129(1):30-5. Abstract retrieved from <https://www.ncbi.nlm.nih.gov/pubmed/21437506> retrieved on: 08/05/2018



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Fatty liver, fatty muscles, fatty pancreas

Let's take a closer look at what's happening when excess weight starts to accumulate in the trunk of the body. The first place this intra-organic fat starts to show up is in the liver.

When the liver has created the maximum amount of glycogen that it can store it switches into transforming glucose (and to a lesser extent protein) into fat molecules which are then shipped out to fat cells, wherever they happen to be, for storage as body fat. For people who tend to pack the pounds on subcutaneously there doesn't seem to be too much of a metabolic issue, at least not until the abdomen starts to enlarge. But for the folks who carry most of their excess weight around the middle, fat storage becomes an issue much sooner.

Since the liver is the site where glucose is processed it makes sense that the organ affected with internal fat deposits first would be the liver. This is how Dr. Fung describes the process:

- Hyperinsulinemia causes fatty liver
- Fatty liver causes insulin resistance
- Insulin resistance leads to compensatory hyperinsulinemia
- Cycle repeats⁶

He goes on to say “fat inside the liver, rather than over-all obesity, is the crucial stepping stone towards insulin resistance and diabetes.”⁷ It isn't just the liver that gets “fatty”. A similar thing happens in the muscles too, according to Dr. Fung. He calls it Fatty Muscles. The human body can accumulate lines of fat looking much like those marbled steaks we love to eat! The end result isn't as pretty ... as fat accumulates these big skeletal muscle groups also become insulin resistant.⁸

6 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Location 1330, Greystone Books, Vancouver/Berkley,

7 Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Chapter 7: *Diabetes a Disease of Dual Defects*. Location 1330. Greystone Books, Vancouver/Berkley



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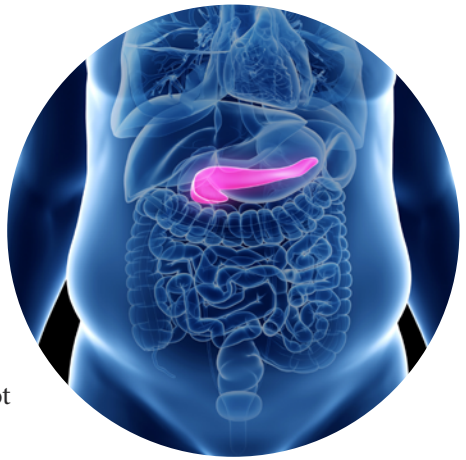
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And the process continues until eventually the pancreas becomes riddled with deposits of fatty tissue.

Pancreatic beta cell dysfunction

This instigates the second phase in the process that leads to Type 2 diabetes, described by Dr. Fung: “In the second phase, fatty pancreas creates beta cell dysfunction. The pancreas is not burnt out; it is merely clogged with fat.”⁸



As the pancreas becomes increasingly riddled with fat deposits its groupings of beta cells are simply unable to produce adequate insulin. For many years this condition was considered to be irreversible however we now know this to be untrue.

A 2011 study, published first in *Diabetologia*, included 11 patients with Type 2 diabetes as well as a control group without this disease. They were all put on a very restricted, low calorie diet of only 600 calories/day. After just one week fasting plasma glucose normalized in the Type 2 diabetes group.

By the end of the 8 week study the scientists involved were able to conclude: “Normalisation of both beta cell function and hepatic insulin sensitivity in Type 2 diabetes was achieved by dietary energy restriction alone. This was associated with decreased pancreatic and liver triacylglycerol stores. The abnormalities underlying Type 2 diabetes are reversible by reducing dietary energy intake.”⁹

So, Type 2 diabetes can be reversed; the pancreas can recover and function normally again ... given the right treatment.

⁸ Fung, Jason MD, *The Diabetes Code: Prevent and Reverse Diabetes Naturally*. Chapter 7: Diabetes a Disease of Dual Defects. Location 1483. Greystone Books, Vancouver/Berkley

⁹ Lim, E.L., Hollingsworth, K.G., Aribisala, B.S. et al. *Reversal of Type 2 diabetes: normalisation of beta cell function in association with decreased pancreas and liver triacylglycerol* *Diabetologia* (2011) 54: 2506. Retrieved from: <https://doi.org/10.1007/s00125-011-2204-7> Retrieved on: 09/05/2018



Bariatric surgery and Type 2 diabetes

Now let's switch gears for a moment and have a look at the dramatic results obese Type 2 diabetics, undergoing bariatric surgery as an obesity treatment, have and are experiencing.

As we've already noted, the obesity epidemic which took hold in the 1970s and gained serious traction throughout the 80's and 90's has created a large group of people desperate to lose weight and unable to do so with any kind of sustained success. As a result we've seen an uptick in the number of people being recommended for and choosing bariatric surgery for desperately needed weight-loss. Interestingly, many Type 2 diabetics find, not only satisfactory weight-loss, they also enjoy a reversal of their Type 2 diabetes. And it happens within weeks of the surgery.

One of the effects of bariatric surgery is an inability to ingest a normal quantity of food in one sitting. In fact the ability to consume only a tablespoon or two in the first months post-surgery is the norm. It's during this time, when food intake is so severely restricted, that diabetics see their Type 2 diabetes resolved.

It appears that what is basically a state of fasting in the weeks after surgery creates the exact conditions that are necessary for healing in the pancreas and liver to take place. However choosing this type of surgery is a drastic course of action and comes with some obvious risks.

Fasting

The take-away lesson learned from the rapid weight-loss bariatric surgery patients enjoy in the months immediately after their surgery is: fasting works for weight-loss. Of course, people who have had this surgery literally can't eat post-surgery and only slowly heal enough so that for quite a few months only very small amounts of food can be ingested. The result is rapid weight-loss. However while this surgery can be life-saving for some, for most of us battling the bulge, it's a drastic solution.



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We believe a ketogenic approach to eating integrated with a program of intermittent fasting will not only kick start weight-loss for those just getting started but will also help break through a stubborn plateau. We also believe the keto lifestyle when combine with intermittent fasting (IF) can actually reverse pre- diabetes, insulin resistance and even full-blown Type 2 diabetes.

Medical conditions

Having said this, we also have to stress the importance of consulting your physician before embarking on any new eating plan, including the one we are outlining in this book. Careful monitoring by your doctor will be necessary for anyone with a diagnosed medical condition(s).

Please be aware the physicians are not taught nutrition and are probably not up-to-date on research in the weight loss field. If they are aware of the latest research, then it's likely they will endorse your new way of eating. And, when they see how dramatically your blood and sugar levels change, they will become a raving fan.



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Chapter 3

Intermittent Fasting: IF

The bariatric surgery solution

The take-away lesson learned from the rapid weight-loss bariatric surgery patients enjoy in the months immediately after their surgery is: fasting works for weight-loss. Of course, people who have had this surgery literally can't eat post-surgery and heal slowly. For quite a few months only very small amounts of food can be ingested. The result is rapid weight-loss. However while this surgery can be life-saving for some, for most of us battling the bulge, it's a drastic solution.

We believe a ketogenic approach to eating integrated with a program of intermittent fasting will not only kick start weight-loss for those just getting started but will also help break through a stubborn plateau. We also believe the keto lifestyle when combine with intermittent fasting (IF) can actually reverse pre-diabetes, insulin resistance and even full-blown Type 2 diabetes.

Feast and famine

In days gone by, think way back before we humans had figured out agriculture, food might be plentiful in the warmer seasons and scarcer or non-existent during winter and early spring. Add to this, war, pestilence, injury, illness, well any number of other factors and a pattern of feast (times of plenty) followed famine (little or no food available) and you have a pretty good idea of what early humans were facing. And yet the human body was able to adapt to this pattern and we survived as a species.

Eventually we figured out planting and harvesting crops and while there were still times of plenty and lack, the availability of food became less sporadic.



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Unplanned food shortage was replaced by periods of voluntary fasting. Evidence suggests that cultures from around the world incorporated periods of fasting for health and healing as well for spiritually held beliefs.

Fast forward to today. Now we are told to eat within an hour of getting up in the morning and admonitions to never skip breakfast prevail. Eating “healthy” snacks is actively encouraged with the end result being most people in the western world are eating five to seven times a day.

And we like to get these eating habits started early in life. You know the drill: I’m talking about the bed-time snack ritual that signals to most North American children that bed-time approaches.

The all-day feast

The end result; many of us are eating every two or three hours all day long. So if our bodies are constantly in the process of digesting and processing the last ingestion of food when can they possibly switch over to using fat, stored in adipose tissue for energy? The short answer is they can’t and they won’t.



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The liver will be tied up all day processing glucose and guess what? Any extra will be converted to fat molecules and shipped off with the aid of insulin for storage as new body fat. Eating three meals a day plus three or four snacks isn't working as a strategy for maintaining a healthy weight and body.

Intermittent fasting: What is it?

Simply defined, intermittent fasting describes periods of fasting interspersed with periods of eating normally. The length of the fasting periods and eating periods can vary. In his book, *The Complete Guide to Fasting*, Dr. Fung categorizes fasting periods as: “short, (less than 24 hours) or long, (more than 24 hours).”¹ A person undertaking a short fast will still be eating at least once a day. It isn't as hard as it sounds and works well for ongoing and sustained weight loss.

Types of intermittent fasts on the Speed Keto program

Types of Intermittent Fasts employed on the Speed Keto Program Longer fasting periods will accelerate weight loss but it's best to undertake long intermittent fasts less often. This version of my Speed Keto program utilizes short intermittent fasts along with a ketogenic meal plan and walking. During the month-long program, you will employ the following short fasting strategies at different times:

- *12-hour fast:* This is the usual over-night fast that happens every night. We break this fast in the morning with breakfast. If you finished your supper at 7:00 pm and ate breakfast the next morning the time in between these meals would be 12 hours
- *16-hour fast:* Many people living a ketogenic lifestyle use this form of intermittent fasting on a daily basis. This means they just skip breakfast. In the scenario where dinner is finished at 7:00 pm the first meal of the day would be taken no sooner than 11:00 am.

¹ Fung, Jason MD & Moore, Jimmy. *The Complete Guide to Fasting: Heal Your Body Through Intermittent, Alternate-day and Extended Fasting*, ISBN 13: 978-1-628600-01-8, Victory Belt Publishing Inc., p.199



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- *24-hour fast*: Also referred to as one meal a day or OMAD. Using the supper over at 7:00 pm model, a person practicing OMAD would skip both breakfast and lunch the next day and eat only the evening meal at 7:00 pm.

OMAD is optional ...

While weight loss will be quicker for those who choose to implement OMAD in their weekly menu plan it is optional in the Speed Keto program. I am including recipes and meal plans for those who opt to follow Speed Keto without employing the IF strategy on OMAD days.

However, I do recommend that everyone fast through breakfast or lunch times on the days this type of fasting is indicated in the daily menu plan. On these days you will be able to enjoy two meals and will hardly notice the fasting period that is recommended.



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Chapter 4

OMAD – One Meal A Day

What is OMAD?

OMAD is an acronym for one meal a day. It describes a form of intermittent fasting that embraces a menu plan based on twenty three hours of fasting with a one hour window for taking in food hence; one meal a day. Some OMAD plans have few restrictions on what can be eaten during that hour and calories are never counted. One meal a day on Speed Keto is slightly different.

Speed Keto and OMAD

The Speed Keto Program includes only well-formulated ketogenic meals and periods of short fasting including OMAD (one meal a day).

In this program the OMAD meal will always be ketogenic. You will have a 60 minute window during the day in which to consume this meal. Calorie intake will be slightly different for each individual and you can simply eat until you are satisfied.

Keep it interesting

When eating one meal a day you will want to make sure the one meal you do eat:

- satisfies your hunger
- is nutritious
- has eye-appeal
- and tastes great



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The higher fat content in keto meals along with moderate protein satiates hunger better than high carb meals that spike insulin production. Inevitably an insulin spike is followed by a sugar-low crash. This in turn leads to cravings as the body tries to stabilize insulin levels. The “you-can-eat-whatever-you-want” approach to OMAD means compliance is often difficult because of poor food choices and food cravings.

That’s why we stick to ketogenic meals ... even when there is only one meal a day on the menu. On Speed Keto your OMAD meal choice will be simple. The plan outlines when to eat, what should be eaten and provides delicious, nutritious recipes.

Because you will be having only that one meal on OMAD days it’s important to be prepared and have all the necessary ingredients on hand. We’ve supplied recipes and meal plans that feature not only well-balanced ketogenic meals but they also have eye-appeal and taste great.

Make time for meal prep!

There’s a wide variety of recipes included in the Speed Keto Meal Plan. Some are geared to nights when you are on the go and have limited time to prepare the meal and others can be whipped up quickly because they utilize leftovers from the day before. But all the meals will require a willingness on your part to make meal prep an important part of your day.

Our recipes include easy-to-find ingredients and clear preparation instructions so don’t worry if cooking isn’t a skill-set you already possess. By the end of the Speed Keto month you will have new abilities in the kitchen under your belt (which will have to be moved in a notch ... or two ... or maybe even three)!

You want every bite of your OMAD meal to be delicious and satisfying. Taking time to make a meal that features the taste profiles you prefer will keep OMAD interesting.



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It gets easier ...

It takes a while for your body to acclimatize to any new eating regime and OMAD is no different. You will be hungry and have to battle some craving but people on this eating plan report the intense cravings they experienced at first lessen over time. The hunger that they do feel when it's getting close to dinner is easy to tolerate knowing a satisfying meal is being prepared. Very quickly clothes become noticeably looser and the rewards of sticking through the first few days of OMAD become obvious.

Remember ...

OMAD and the other intermittent fasting periods are optional.

I am including suggested meal plans and recipes that can be used on the OMAD days if you choose not to fast. You WILL lose weight on Speed Keto whether or not you add Intermittent fasting to your weekly regime. Weight loss will be quicker if you choose IF but you will have success either way!



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Chapter 5

The Speed Keto NO foods

Why we restrict the foods outlined in this chapter

Foods you might find on a regular ketogenic diet may not appear in our list of YES foods. We've chosen foods and formulated a 30 day plan that alternates eating delicious food with different types of fasting. The program is formulated to maximize your weight loss while helping you maintain a state of nutritional ketosis.

Sometimes people will plateau in terms of their weight loss goals, even when eating keto and watching their macro ratios. A number of factors can contribute to a weight loss stall and switching to this Speed Keto Diet for 30 days often helps break the plateau and re-start the bathroom scales on that downward trend.

As we've noted in Chapter 2, if you are dealing with a medical condition such as metabolic syndrome, PCOS or Type 2 diabetes you are likely insulin resistant. This means you may have trouble getting into nutritional ketosis, especially at the beginning of a ketogenic diet. The Speed Keto Diet will help your body make the transition from being a glucose burning furnace into one that thrives on ketones.

Avoid nuts, nut butters and nut flours

While nuts are definitely one of nature's powerhouses we don't include them on Speed keto because they are so easy to over-consume. Nut butters and nut flours are even more calorie-dense. Did you know there are about 90 almonds in one cup of almond flour! Those home-made keto mug cakes made with nut flours may just be the source of a nasty stall. If you want to kick start your weight loss program or break through a stall then give nuts, nut butters and flours a break for 30 days of Speed Keto eating and see what a difference this can make.



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No seeds including psyllium and flax

Seeds are also not included for the same reason nuts are off the Speed Keto YES list. A sprinkle of seeds to garnish those chicken wings adds carbs and when you are keeping the carb count as low as possible that sprinkle of sesame seeds just doesn't make sense.

You may be thinking, "No psyllium or flax then what will I do to get fiber in my diet?" Psyllium and flax seeds are often used as ways of including fiber in a ketogenic diet. They are used to bulk up the stool to keep food moving along through the intestines and thus preventing constipation. But it turns out that this practice could be having the exact opposite effect.

A study to investigate the effect of reducing dietary fiber on patients with idiopathic constipation was carried out between 2008 and 2010. The study concluded: "Idiopathic constipation and its associated symptoms can be effectively reduced by stopping or even lowering the intake of dietary fiber."¹

It's important to know that meat contains fiber as well as plants especially in the connective tissues. When on the Speed Keto eating plan you should expect the volume of stool to be less but this is natural given the restriction of carbohydrates.

Almost all dairy is restricted on Speed Keto

On Speed Keto you can have 2 tsp of heavy cream in a cup of coffee no more than three times a day. That's it for dairy. And if you can drink your coffee without cream then so much the better. We've found that people are often sensitive to dairy in their diet and don't really know it.

¹ Kok-Sun Ho, Charmaine You Mei Tan, Muhd Ashik Mohd Daud, Francis Seow-Choen. *Stopping or reducing dietary fiber intake reduces constipation and its associated symptoms. World Journal of Gastroenterology*, September 7, 2012, Volume 18, Issue 33 2012 September 7; 18(33): 4593-4596 ISSN 1007-9327 (print) ISSN 2219-2840 (online) <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3435786/pdf/WJG-18-4593.pdf>



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You don't have to have a full blown allergy to a particular food to be sensitive to it. However the irritation it causes when ingested results in inflammation in the body and that inflammation will cause fatigue and slow down weight loss.

No cheese

Limited dairy also means no cheese! When a dieter's weight loss stalls often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long. We've seen this often enough that we recommend no dairy when starting a Speed Keto program.

But don't despair; you can try introducing dairy products after completing a month of Speed Keto paying close attention to how you react. Follow these instructions to test for dairy intolerance once the first month of Speed Keto is over:

- Weigh first thing in the morning
- Eat a small amount of dairy
- Weigh again in the evening

If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you.

You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.



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Remove all sweeteners for 30 days

Low-carb sweeteners can also slow down weight-loss for some people so we want your first month of Speed Keto eating to be without them. After that we recommend using pure liquid stevia, stevia Glycerate (has a honey-like texture) or concentrated stevia powder (not the granular type that has maltodextrin added to make it measure cup-for-cup like sugar).

- Erythritol can also be used. Some people develop diarrhea if a large amount of Erythritol at one time but not everyone reacts this way.
- Sucralose is not recommended.

No alcohol

When alcohol is consumed it is converted by your body into acetate which can then be burned for energy. In fact your body will switch from burning ketones to using up the acetate in order to get rid of it as soon as possible. Acetate can't be stored so body fat burning stops, ketone production slows down and acetate becomes the prime source of fuel until you stop feeding your body the alcohol.

And here's something else to consider. If you happen to be having a glass of wine with your meal your liver will be busy making acetate from the alcohol. That will be its priority, so guess what that means? The food you eat will have to be converted to body fat while your liver is otherwise occupied.

A few suggestions to get you successfully started ...

- Get rid of the NO foods listed in this chapter- remove them from the refrigerator, your pantry and your freezer
- Get all foods off your countertops so they aren't visible every time you walk through the kitchen ... the old saying "out of sight, out of mind" really is true



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- Make sure you have the right kind of snacks in your pantry, fridge and freezer ... when a craving hits you will be ready
- Use supplementation – Bifidobacteria (probiotics), magnesium and zinc can help quell some of the cravings you are suffering
- Get 8-10 hours of sleep every night ... lack of sleep creates stress and in response to this stress your body goes into “survival mode,” slowing down your metabolism to protect resources while simultaneously producing ghrelin, the hormone that stimulates appetite – double whammy!
- If you are not hungry, don’t eat ... forget the old adage that breakfast is the most important meal of the day and break your overnight fast only when you are truly hungry, ready to eat and actually want a meal
- Practice IF (intermittent fasting) which will encourage your body to burn its own fat stores for fuel (more about this in Chapter 6)
- Don’t drink alcohol ... it literally stops the body from burning fat for fuel and switches it into a process of burning the alcohol you just ingested instead.



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Chapter 6

The Speed Keto YES foods

Choose local and organic as often as possible

Because we recommend consuming only 15-20 carbs a day on Speed Keto we want those carbohydrates to be as nutritious as possible. The majority of carbs on your diet will be coming from the vegetables on our YES list and we urge you to choose organic and fresh produce whenever possible ...

We love Saturday morning at the local Farmer's Market. A great selection of freshly picked, in-season organic veggies always awaits; at least during the growing season. We know the nutrients are better-preserved in these foods because they were just picked!

Our local supermarket also has an ever-growing selection of organic produce and this is our second choice during winter months. In a pinch we also use organic frozen vegetables but always stay away from canned versions of our YES list veggies.

Look for pastured, raised-without-antibiotics meats

When we say “pastured” we mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source.

Grass-fed, raised-without-antibiotics meats are starting to appear on mainstream supermarket shelves in North America. As well, local farmers markets can be a good source of quality meats. Direct purchase from local farmers is also an option for many.



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We do recognize that these meats are usually more expensive and may be out of reach for those on low or fixed incomes. If this is the case we urge you; “don’t give up!” Just do the best you can with the dollars available and continue on. You will still benefit from our Speed Keto program.

Read labels

When purchasing pre-packaged products always read labels and be on the lookout for hidden sugars. It is possible to find commercially prepared foods like mayonnaise, ketchup, boxed broth, tomato paste and sauces that are sugar free.

There are also specialty on-line low carb grocery stores that offer products that may interest you. Again, be wary of hidden sugars. As well, there are online websites where you can purchase grain-fed meats and they will be delivered right to your door. These options tend to be pricey but if it’s in your budget, go ahead and place an order.

Most bacon has added sugar but there are some brands that are naturally smoked and contain no sugar. The same is true for deli-meats. In general choose the baked roast beef, ham, chicken or turkey when shopping for deli lunch meats.



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The Speed Keto approved YES food list ---

Meat

- Bear
- Beef
- Buffalo
- Elk
- Goat
- Lamb
- Pork
- Rabbit
- Venison

Fish

- Ahi
- Catfish
- Cod
- Haddock
- Halibut
- Herring
- Mackerel
- Mahi mahi
- Salmon
- Sardines
- Snapper
- Swordfish
- Tilapia
- Trout

- Tuna
- Walleye
- White fish

Seafood

- Clams
- Crab
- Lobster
- Mussels
- Oyster
- Prawn
- Scallop
- Scampi
- Shrimp

Poultry

- Chicken
- Duck
- Goose
- Game hen
- Ostrich
- Partridge
- Pheasant
- Quail
- Squab
- Turkey
- Eggs



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We understand that some of you may be sensitive to eggs and will need to employ an egg replacer. The only egg replacer that can be used on the Speed Keto eating plan is made with grass-fed gelatin. Make a keto-friendly egg replacer by dissolving 1 T of grass-fed gelatin in 2 T room temperature water. Add 2 T hot water and stir.

- Chicken eggs
- Duck eggs
- Goose eggs
- Ostrich eggs
- Quail eggs

Dairy

Only minimal dairy is allowed: 2 tsp heavy cream in coffee (no more than 3 times per day)

Ghee is allowed. Since the whey has been removed and only the butterfat remains, ghee can be used in place of other cooking oils when cooking at higher temperatures. Make sure to use grass-fed butter when making your own ghee.

On Speed Keto we suggest that people following the thirty day program limit their consumption of dairy products. Sensitivity to dairy is a common issue and often people aren't aware that their body isn't tolerating this food group. We find that limiting dairy intake yields a better result when embarking on the speed keto diet plan. If this is the case, taking the month away from eating dairy daily allows inflammation to lessen throughout the body and gives the gut a chance to heal.



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Here's how to test for dairy intolerance once the first month of Speed Keto is over:

- Weigh first thing in the morning
- Eat a small amount of dairy
- Weigh again in the evening

If you see a weight gain (which will be water retention), it's highly likely that dairy products are problematic for you. When a dieter's weight stalls often dairy foods are the culprit. Eliminating dairy is one of the diet tweaks we suggest when a plateau lasts for too long.

You can try this test once again after another month of dairy-free eating. If you get the same result then it's best for you to avoid dairy altogether.

Fats

On the Speed Keto 30 day program it is important to eat the right (healthy) kind of fats. We burn healthy fats as fuel. Look for and use fats that contain a high amount of saturated fatty acids, also called SFA's. Avoid those higher in polyunsaturated fat (PUFA) content whenever you can. The essential fatty-acids contained in PUFA's are important in a healthy diet but it's also important that these "essentials" be eaten in the correct proportions, one part omega-6 to 4 parts omega-3 (1:4). Most seed and vegetable oils are higher in Omega -6 and so we recommend avoiding them.

Our recommended list of fats high in saturated fatty acids and lower in polyunsaturated fats follows:

- MCT oil (97% SFA, less than 1% PUFA) Can be heated - use at low to moderate temperature, no higher than 320 F
- Coconut oil (92% SFA, 1.9% PUFA) Can be heated - use for cooking at higher temperatures



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- Cocoa butter (60% SFA, 3% PUFA) Can be heated - use for cooking at higher temperatures
- Beef Tallow (49.8% SFA, 1.3% PUFA) Can be heated - use for cooking at higher temperatures
- Lard (41% SFA, 12% PUFA) Can be heated - use for cooking at higher temperatures
- Duck Fat (25% SFA, 13% PUFA) Can be heated -use for cooking at higher temperatures
- Extra-virgin olive oil (14% SFA, 9.9% PUFA) Use only at low heat temperatures or at room temperature as in salad dressings
- Palm Kernel Oil (82% SFA, 2% PUFA) Can be heated - use for cooking at higher temperatures
- Grass-fed ghee (48% SFA, 4% PUFA) Can be heated - use for cooking at higher temperatures



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Fruit

In truth, the majority of fruit is very high in natural sugars so their carbohydrate count is too high for them to be included in a ketogenic eating plan. However there are a few fruits we can include and mostly they are the ones we don't usually think of when considering fruit. Here's a list of the fruits you can include on Speed Keto:

- Avocado
- Lemon
- Lime
- Eggplant
- Capers
- Olives
- Zucchini
- Tomato (keep this to a minimum)
- Vegetables
- Arugula
- Asparagus
- Bok choy
- Broccoli
- Cabbage
- Cauliflower
- Celery
- Collard greens
- Endive
- Garlic
- Kale
- Kelp
- Lettuce
- Mushrooms
- Onions (scallions, red, yellow, white)
- Peppers
- Radishes
- Seaweed
- Spinach
- Swiss chard
- Watercress



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Vegetables to eat in smaller quantities

We've included the following vegetables but urge you to use them in smaller amounts as they are higher in carbohydrates than the veggies in the above list.

- Brussels sprouts
- Green beans
- Pumpkin
- Beverages

Coffee drinking should be kept to a minimum; no more than three cups a day. Caffeine can interfere with weight-loss for some people. If you are in a stall try cutting out caffeine completely (this means coffee and green teas). Make sure to drink plenty of water daily. If you can, drink reverse osmosis water.

- Green tea
- Herbal tea
- Organic coffee
- Organic water processed decaffeinated coffee
- Mineral water
- Water
- Natural Sweeteners

We allow two sweeteners on Speed Keto:

- Erythritol (natural sweetener found in some fermented foods and fruits)
- Liquid Stevia (use the liquid stevia not the granular because the granulated stevia contains maltodextrin which has an extremely high glycemic index)
- Stevia Glycerate (has a thick honey-like texture and tends to not have a bitter after-taste like some other forms of stevia)



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- Powdered stevia (very concentrated powder – a little bit goes a long way!)
- Erythritol is a sugar alcohol that is found in some fruits and fermented foods. Commercially available Erythritol is made from corn. Look for a non-GMO Erythritol if you choose to use this sweetener. It's worth noting that not everyone tolerates Erythritol well. It can cause diarrhea, headache and stomach ache in some people. So if you are new to using Erythritol use it sparingly until you see how you react.

Herbs and spices

Herbs and spices provide superb nutritional value and add flavor. Use them often!

- | | |
|------------------|-----------------|
| • Anise | • Cumin |
| • Basil | • Curry |
| • Bay leaf | • Dill |
| • Black pepper | • Fenugreek |
| • Caraway | • Galangal |
| • Cardamom | • Garlic |
| • Cayenne pepper | • Ginger |
| • Celery seed | • Lemongrass |
| • Chervil | • Licorice |
| • Chili pepper | • Mace |
| • Chives | • Marjoram |
| • Cilantro | • Mint |
| • Cinnamon | • Mustard seeds |
| • Cloves | • Oregano |
| • Coriander | • Paprika |



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- Parsley
- Peppermint
- Rosemary
- Saffron
- Sage
- Spearmint
- Star anise
- Tarragon
- Thyme
- Turmeric
- Vanilla beans

Flavor enhancers, sauces and other canned goods

Learn to read labels and then read them all the time. Choose products with no added sugars. It's possible to find things like basic tomato sauce and tomato paste that are made with simple keto-friendly ingredients but you have to be vigilant!

- Apple cider vinegar
- Coconut aminos
- Coconut vinegar
- Fish sauce
- Organic tamari
- Boxed beef and chicken broth
- Canned anchovies
- Canned coconut milk (full-fat)
- Canned oysters
- Canned sardines
- Canned salmon
- Canned tuna
- Capers
- Fermented pickles (no sugar added)
- Fermented sauerkraut (no sugar added)
- tomato sauce (sugar-free)
- Tomato paste (sugar-free)
- Olives



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Chapter 7

The Speed Keto process

The chart

Speed Keto is a month long program that combines ketogenic eating with short periods of intermittent fasting including OMAD (one meal a day). This may sound complicated but really it's not; everything is clearly laid out on a daily basis for each day of the month.

An easy to read chart lets you know exactly what to do each day and delicious recipes for all meals are provided. We recommend you print the chart and keep it on the fridge so you can see at a glance, what's planned for each day.

Why you should choose a ketogenic meal plan

A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats. This allows the liver to break down stored body fat (adipose) into a source of energy the body can easily use called ketone bodies.

As ketone levels become higher the body moves into a state we call ketosis where stored body fat is being burned as the main source of fuel. Simply stated the goal of a ketogenic diet is to stay in ketosis. The Speed Keto plan includes delicious recipes, tailor-made to keep you in ketosis and burning fat.



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Short term intermittent fasting

Intermittent fasting is exactly as it sounds; periods of eating nothing in between periods of consuming food. Short Term (24 hours or less) fasting is employed on the Speed Keto Diet along including OMAD (one meal a day).

Fasting speeds up weight loss, provides rest for stressed body organs and promotes healing. For those who choose to include short fasts in their program water and other beverage will always be allowed, including:

- bullet proof coffee
- electrolyte drink
- chicken broth

More about these drinks later.



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OMAD (one meal a day)

Short intermittent fasts are included including OMAD also referred to as one meal a day. Speed Keto includes four OMAD days during the second and fourth weeks of the month-long program.

Most people find eating one meal a day to be fairly easy once they get used to it. They skip breakfast and usually work through lunch. For those at home finding activities away from the house on OMAD days helps too. The one meal a day you are allowed to eat will be especially delicious as anticipation and ultimately appreciation intensifies along with hunger. We allow fat fortified bullet proof coffee every morning which will satisfy the appetite and help curb cravings throughout the morning and into the afternoon.

As I've said before, these OMAD fasting periods are optional. You can opt to eat breakfast and lunch if desired; just be sure to alter the provided weekly shopping lists accordingly.

Bullet Proof Coffee – what is it?

Coffee is a healthy drink that boosts metabolism so don't shy away from including it in your diet but we do urge you to select certified organic coffee when making a purchase. Two teaspoons of heavy cream are allowed in a cup of coffee. However, watch the number of cups consumed because we want you to minimize dairy consumption during Speed Keto. Calories also add up quickly with heavy cream additions.

To make Bullet Proof Coffee you will be adding Brain Octane Oil (MCT Oil) to your morning cup of coffee with the addition of heavy cream being optional. The added fat means added fuel and when you are doing OMAD or other forms of fasting, the energy boost from bullet proof coffee really helps curb the appetite.



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It also tastes great!

Brain Octane Oil

Brain Octane Oil is medium-chain triglyceride oil (MCT oil). This form of fat is immediately accessible as an energy source for your body. It doesn't need a lot of processing in the liver plus; your brain loves medium chain triglycerides and gobbles them up!

Adding this oil to your coffee in the morning helps clear up a foggy brain and gives you immediate energy for tackling a busy day. It also supports ketosis which is just what you want on Speed Keto.

You will find quite a few different brands of MCT oils out there but they are not all equal. It really matters what the MCT oil is made from. Most MCT oil comes from coconut oil. Cheaper varieties are often manufactured using too much caproic acid which has a throat burning sensation. Others use lauric acid which does not convert to ketones.

Brain Octane Oil (it's a brand of MCT oil) is ethically sourced and uses caprylic acid which converts to ketones within minutes giving you the boost you need each morning.

You can buy this product online [here](#).

If you choose a different brand of MCT please be sure it is organic and uses caprylic acid in the manufacturing of the oil.



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Walking

Walking is recommended during the month of Speed Keto and on specific days it's encouraged first thing in the morning. We want you to burn off any glucose that's accumulated in the form of glycogen so your body will start producing ketones for energy as early in the day as possible. Once the body's store of glucose is used up during a 20 minute morning walk you will then switch to burning stored body fat for energy.

Electrolyte drink

Every Sunday during the Speed Keto program is considered to be your weekly "prep" day. You will notice we have you making a large batch of chicken broth on this preparation day every week. It doesn't really take much time to get the ingredients into the soup pot and on the stove top but it does take a long time to simmer the broth to perfection.

The long and slow simmer allows important electrolyte nutrients that are trapped inside the bones to leech out into the liquid broth thus creating an electrolyte drink you can have whenever you feel the need.

You can actually purchase decent organic (ethically raised) broth but it is expensive and may not be in everyone's budget. If you do choose to make your own, you will be rewarded with a deeply flavored and nourishing cup of delicious broth.



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Chapter 8

Supplementation: Your body needs these

Electrolytes

An electrolyte is a chemical that is capable of conducting electricity when mixed with water. Electrolytes necessary for normal bodily functions include:

- Sodium
- Potassium
- Calcium
- Bicarbonate
- Magnesium
- Chloride
- Phosphate

Here's an example ... muscles use calcium, sodium, and potassium when they contract. Each time your heart beats it's actually contracting in a specific rhythm. If electrolytes become too imbalanced, it can lead to weakness in muscles. Excessive contraction (as in muscle cramps) can also occur. It's easy to deduce that where the heart is concerned; we need electrolytes to survive and we need them in the proper proportions.

Leg cramps are common during or after a work-out and athletes often replenish electrolytes lost through sweat by having an electrolyte drink after exertion. While it's good to take in electrolytes when depletion is suspected it's important to read labels as electrolyte drinks are often full of hidden sugars.



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One of the reasons we include chicken broth on the Speed Keto Menu plan is to naturally supplement the body with certain electrolytes. The long slow simmering process involved in making bone stocks of all kinds leeches electrolytes like calcium, phosphate and sodium from nutrient dense bones that often go to waste. You are encouraged to take a cup of bone broth whenever you feel the need during the Speed Keto process.

Sodium

Drinking water at regular intervals during the day is extremely important during Speed Keto. In fact you will probably need to find ways of reminding yourself to take in another sip of H₂O. Keeping a water container close by will quickly become a habit.

But along with drinking more water comes and following a ketogenic diet comes a need to urinate more often and with that there may be a need for more sodium. This may be especially true since you will have eliminated all that excess salt from packaged foods and much of your daily intake will come from the sodium you add to your meals in the form of salt.

When selecting a salt look for either sea salt or rock salt. We are particularly fond of the pink Himalayan salt that can be found in most supermarkets today. Both sea salt and rock salt will add other important minerals to your daily diet.

Potassium can also be depleted just like sodium due to the diuretic effect that is part of any diet low in carbohydrate content. Your tasty bone broth will help add the much needed sodium and potassium to your daily intake.

This brings us to magnesium because it's needed in order for your body to be able to absorb potassium properly. Often potassium levels are low in the body because there is an insufficient level of magnesium present.



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Magnesium

While there will be magnesium present in your chicken broth it may not be in a high enough quantity to give you what you need each day. Most people are deficient in magnesium from the get go. This is true for a number of reasons:

- For city dwellers the available drinking water goes through a filtering process which ends up removing most of its magnesium content; the same is true for bottled waters
- The process of “softening” water removes magnesium
- While magnesium is present in some foods it is not there in sufficient quantities making it hard to take in adequate magnesium through diet alone

While on the Speed Keto program it is recommended that you take 400-800 milligrams of magnesium daily. There are different types of magnesium available on drugstore and health food shop shelves but we recommend taking magnesium glycinate because it is easier for the body to absorb in this form.

Magnesium can cause loose stools for some people. If this is the case then split your daily dose up, taking 400 milligrams in the morning with food and another 400 at lunchtime; again with food. If this dosage still proves to be too much then switch to taking a smaller dose each time.

Cramping muscles can also be soothed by a good soak in a warm tub with a few cups of Epsom salts added in as the bath water is running.

If you have any concerns at all, be sure to consult with your family doctor.

Vitamin D

Exposure to the sun is by far the best (and most economical) way to raise vitamin D levels in the body. Many North Americans are deficient in Vitamin D. Those living the farthest distance from the equator are the ones most likely to be afflicted.



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Today we all wear brimmed hats and protective clothes in an effort to protect our eyes and skin from UV rays; this, along with sunscreens that are lathered on liberally further complicate the problem.

According to a WebMD article: “Exposure of the hands, face, arms, and legs to sunlight two to three times a week for about one-fourth of the time it would take to develop a mild sunburn will cause the skin to produce enough vitamin D.”¹

If you don’t get enough time in the sun then it may be prudent to take a vitamin D supplement. Correct dosages vary according to body weight and current vitamin D levels in the body.

Enzymes

Enzymes work to speed up chemical reactions and many chemical reactions in your body are regulated by enzymes. They work to catalyze the pathways of cell metabolism including the digestion of large molecules like carbohydrates, proteins and fats. Enzymes assist with breaking them down into smaller more easily absorbed molecules:

¹ WebMD website. Article title: *Vitamin D*. Retrieved from <https://www.webmd.com/vitamins/ai/ingredientmono-929/vitamin-d> on 20/05/2018.



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- Simple sugars (glucose) from carbohydrates
- Amino acids from protein
- Cholesterol from fats

Many of these digestive enzymes are produced by the pancreas and intestines as well as in the salivary glands and stomach. It's possible to have a healthy diet yet be deficient in nutrients if digestive enzymes are not present in high enough quantity.

Enzyme deficiency can be caused by certain diseases as well as inflammation in the digestive tract. Food allergies and sensitivities, IBS, diverticulitis, leaky gut, aging, low stomach acid and stress are only a few of the things that could contribute to insufficient digestive enzymes with chronic stress being a major contributor.

Finding ways to reduce stress and eating a healthy balanced diet can help restore normal digestion but sometimes supplementation with digestive enzymes is beneficial.

If you choose to supplement with digestive enzymes choose a product that includes a variety of enzymes. Read the label and look for a product that includes:

- proteases for breaking down proteins
- lipases for breaking down fats
- carbohydrases (amylase) for breaking down carbohydrates
- probiotics

Inside the digestive tract we have trillions (yes, trillions!) of bacteria. We call this “gut flora”. A healthy and functioning gut flora:

- helps in the digestion of food
- assists in detoxifying harmful compounds
- produces vitamins as well as other nutrients
- balances the immune system



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These good bacteria can be decimated when antibiotics are introduced. They are wiped out along with the bad bacteria that the antibiotic is actually targeting. This, along with chronic stress, is one of the biggest culprits for disrupting a healthy gut flora population.

Probiotics can be taken to restore gut flora and come in powdered form, usually in a capsule. The last 10 years have seen an uptick on understanding gut health and its importance for over-all health but there are still many questions that need answering. Research is ongoing.

If you decide to take a probiotics look for a reputable brand that includes both Lactobacillus and Bifidobacterium.

- Triphala
- Triphala is an Ayurvedic herbal powder made from three fruits:
- Amalaki
- Bibhitaki
- Haritaki

Used for thousands of years in Ayurvedic medicine practice Triphala is beneficial for digestion and elimination. It acts as a mild laxative and digestive tonic, stabilizes blood sugar and provides a source of antioxidants and vitamin C.

Triphala can be taken in powder form but due to its taste which is very bitter, sour, pungent, and astringent all at the same time, you may prefer to take it in a capsule.

Fish oil

As discussed earlier the typical western diet with poor meat quality, fast foods, processed foods and vegetable oils lacks Omega-3 fatty acids (EPA and DHA) and is overly rich in pro-inflammatory omega-6 fatty acids. For many people the resulting systemic inflammation causes a wide range of negative health consequences.



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Your body cannot make EPA or DHA and you must get them from the foods you eat or from supplementation. Fish oil is a potent source of these anti-inflammatory fatty acids and is also readily available in liquid or capsule form.

Fish oil will affect the “stickiness” of platelets so you should consult your physician if you have any bleeding issues, are taking blood thinners or have a surgery scheduled in the near future.

Krill oil

Krill oil is an extract prepared from a tiny crustacean, *Euphausia Superb*, which is a species of Antarctic krill. It contains similar omega-3 fatty acids to fish oil but usually has higher levels of EPA.

Krill oil omega-3s are attached to phospholipids, which make them more easily absorbed by the body than the triglyceride form of omega-3s found in fish oil.

Since the source for krill oil is a crustacean anyone with an allergy to shell-fish should exercise caution if considering taking this supplement.

**As always we recommend that everyone consult with their physician or primary health care provider before starting any new diet or program of supplementation*



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Chapter 9

A month of Speed Keto: Eating plans

Brief recap ...

The ketogenic diet is a high-fat, adequate-protein, low-carbohydrate diet. This style of eating forces the body to burn fats instead of carbs for energy. Normally carbs are converted into glucose, which is then transported around the body and used as fuel for daily activity including breathing, muscle movements and brain-function.

When employing a ketogenic strategy there are very few carbohydrates in the diet. This eventually switches the liver into converting ingested fat into fatty acids and ketones. The ketone bodies are created from three molecules:

- acetone
- acetoacetic acid
- beta-hydroxybutyric acid

Ketones can be easily used by the brain and once the body becomes keto adapted, they quickly replace glucose as the main usable fuel source.

On your mark ...

- you've read through the chapters and ...
- considered the merits of a ketogenic eating plan combined with intermittent fasting and ...
- consulted with your doctor
- made the decision to commit to a month of Speed Keto



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Now it's time to ...

Get set

Steel yourself and clean out that fridge and pantry; get rid of everything on the NO list (see [Chapter 5 – The Speed Keto NO foods](#)) Make sure you have purchased the required supplements. (see [Chapter 8, Supplementation: Your body needs these](#))

Take time to review the [Suggestions List](#) at the end of Chapter 5.

Print the calendar style, one page menu plan and put it somewhere in the kitchen where it will be visible at a glance.

Got your kitchen in order plus your staples and supplements lined up? Great! Now you are ready to ...

Go!


Begin the Speed Keto month-long program on your weekly prep day; this will be on a Sunday. Assuming Sunday is a day off from work, it will be a day that you can dedicate to getting ready for the week ahead. If you have a busy schedule you may want to prepare more than one dinner today. Freeze portions that are easy to handle on evenings when you have a lot to do.



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Today you can shop for the week's groceries and prepare a homemade chicken broth that will nourish you on the days you fast. You can opt to purchase chicken broth but you won't find a broth out there that holds a candle, taste-wise, to one that you make yourself. If you do purchase chicken broth make sure it is organic (made from free-range chickens).

Recipes for daily meals are all found at the end of this chapter. Links to each of these recipes have been created in the daily menu plan for ease of use. Alternate meals are listed for those choosing not to fast.

Daily Menu Plan

Week 1: Day 1, (Sunday, Prep Day)

Prep day chores:

- Weigh yourself, record your weight then put your scales away for the month!
- Measure yourself around the chest, waist, hips, thighs (around both when standing with them together), around one thigh alone and around the upper arm
- Make or buy chicken broth for drinking on intermittent fast days in the week ahead
- Shop for groceries needed to prepare the meals this week
- If necessary, plan for busy days by preparing meals ahead and freezing meal-sized portions



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Menu for the day

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream
- Breakfast: Baked Ham & Egg Muffin Cups
- Lunch: Tuna Lunch Salad
- Dinner: Thai Chicken Bowl
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1: Day 2 (Monday)

Today you may drink Bullet Proof Coffee in the morning and enjoy three meals. No eating after dinner as your first period of intermittent fasting begins on Tuesday. Tomorrow will be an OMAD day. Hydration with water is allowed.

Menu for the day

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream
- Breakfast: Morning Egg Scramble (without bacon)
- Lunch: Italian Wedding Soup
- Dinner: Easy Shrimp and Asparagus Bake
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee



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**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 1: Day 3 (Tuesday)

Today is an OMAD day however a full Speed Keto menu with links to recipes is also provided if you are choosing to skip this short fast. Those choosing OMAD will skip breakfast and lunch then will enjoy a satisfying dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

For the rest of the morning and afternoon sip on chicken broth, as desired.

You may also drink the allowed beverages: electrolyte drink (as needed), water, tea, herbal tea and coffee as desired. However, on OMAD days drink only clear tea and coffee (no heavy cream). The only cream you can have today is in your morning cup of Bullet Proof Coffee.

Menu for the day:

- Breakfast: Fasting (or [Coconut, Ginger & Avocado Smoothie](#))
- Lunch: Fasting (or [Speed Keto Sushi](#))
- Dinner: [Bacon Wrapped Keto Chicken Fingers](#) with [Baked Brussels Sprouts](#)

Week 1: Day 4 (Wednesday)

This morning you will fast through breakfast and enjoy meals at lunch and dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:



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- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Fasting (or Baked Eggs in Avocado with Smoked Salmon)
- Lunch: Italian Wedding Soup (leftover from Monday lunch)
- Dinner: Lemon, Garlic & Thyme Chicken and Marinated Cherry Tomato Salad

** Beverages as desired: electrolyte drink (if needed), water, tea, herbal tea and coffee (no more than 2 tsp of heavy cream per cup and no more than 3 cups/day)*

Week 1: Day 5 (Thursday)

Today you will fast through breakfast and enjoy meals at lunch and dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Fasting (or Morning Coffee Smoothie)
- Lunch: Lemon, Garlic & Thyme Chicken with Marinated Cherry Tomato Salad (leftover from yesterday)
- Dinner: Spaghetti Bolognese: Keto-style
- Beverages as desired throughout the day: electrolyte drink (as needed), water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in your tea or coffee and no more than 3 cups/day)*



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Week 1: Day 6 (Friday)

Today you will be having two meals; breakfast and dinner. You may want to have your Bullet Proof Coffee in the afternoon as you won't be having lunch today.

Menu for the day:

- Breakfast: Mini Breakfast Quiche
- Lunch: Fasting or (cold plate with Favorite Green Salad & sliced deli turkey)
- Dinner: Coconut Beef Stew Curry
- Beverages as desired throughout the day: electrolyte drink (as needed), water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in your tea or coffee and no more than 3 cups/day*

Week 1: Day 7 (Saturday)

Today you may drink Bullet Proof Coffee in the morning and enjoy three meals. We also recommend taking a 30-minute walk sometime during the day.



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Menu for the day:

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream
- Breakfast: Mini Breakfast Quiche (leftover from yesterday)
- Lunch: Deviled Eggs & Avocado Roll-ups
- Dinner: Coconut Beef Stew (leftover from yesterday, dinner)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 8 (Sunday, Prep Day)

It's prep day again. Today you will be eating three meals but tomorrow OMAD begins. For the next 4 days you will be eating one meal a day. As you already know, this is a form of intermittent fasting with a 24-hour fasting period between meals. So, there will be way less prep for the week to come.

However, there is a bit to accomplish before bedtime rolls around today. We suggest you make another big pot of chicken broth. You can have a cup as needed throughout the day on OMAD. Keep 3 days worth in the fridge and freeze the remainder in single sized portion containers for easy use.

You will also need to review the recipes for this week and restock the fridge and pantry with needed items. If it's a busy week coming up you could also pre-prepare meals and freeze them in appropriately portioned sizes. But today you will enjoy three meals before OMAD begins...



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Menu for the day:

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream
- Breakfast: Coconut, Ginger & Avocado Smoothie
- Lunch: Salmon Skewers
- Dinner: Chicken Drums: Baked or Grilled and Baked Brussels Sprouts
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 9 (Monday)

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream



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Menu for the day:

Drink a cup of chicken broth as needed throughout the day. Make sure to keep hydrated with electrolytes today!

- Breakfast: Fasting (or Breakfast Sausage & Eggs)
- Lunch: Fasting (or Chicken Noodle Soup)
- Dinner: Make a cold plate meal using; Chicken Drums (leftover from yesterday), Deviled Eggs (just one), a few cherry tomatoes, sliced cucumber and a garlic dill pickle
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 10 (Tuesday)

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day

Drink a cup of chicken broth as needed throughout the day. Make sure to keep hydrated with electrolytes today!

- Breakfast: Fasting (or Morning Egg Scramble with bacon)
- Lunch: Fasting (or Tuna Lunch Salad)
- Dinner: Grilled Steak and Favorite Green Salad



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- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 11 (Wednesday)

OMAD today, so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

Drink a cup of chicken broth as needed throughout the day and make sure to keep hydrated with electrolytes today!

- Breakfast: Fasting (or Coconut, Ginger & Avocado Smoothie)
- Lunch: Fasting (or Deviled Eggs)
- Dinner: Low & Slow Lamb Chops with Marinated Cherry Tomato Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 12 (Thursday)

OMAD today, so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



Menu for the day:

Drink a cup of chicken broth as needed throughout the day and make sure to keep hydrated with electrolytes today

- Breakfast: Fasting (or Morning Egg Scramble with bacon)
- Lunch: Fasting (or left-over Chicken Noodle Soup)
- Dinner: Baked Lemon Dill Haddock
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 2: Day 13 (Friday)

Eat breakfast and dinner today. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

Drink a cup of chicken broth this afternoon, if needed.

- Breakfast: Morning Coffee Smoothie
- Lunch: Fasting (or Salmon Skewers)
- Dinner: Simple Roasted Chicken and Broccoli with Bacon Crumbles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Week 2: Day 14 (Saturday)

Three meals today!

Start the day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

Menu for the day:

- Breakfast: Mini Breakfast Quiche
- Lunch: Italian Wedding Soup
- Dinner: Chicken Caesar with Boiled Egg & Avocado (leftover chicken breast from yesterday)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week Three: Day 15 (Sunday, Prep Day)

It's Sunday again and it's also prep day. Today you will need to get ready for the week ahead:

- Make or buy chicken broth for drinking on intermittent fasting days
- Shop for groceries needed to prepare the meals this week
- If necessary, plan for busy days by preparing meals ahead and freezing meal-sized portions

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.



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Menu for the day:

- Breakfast: Baked Ham & Egg Muffin Cups (make enough for leftovers at breakfast tomorrow)
- Lunch: Italian Wedding Soup (leftover from yesterday lunch)
- Dinner: Keto Cabbage Roll Casserole
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 3: Day 16 (Monday)

Today you may drink Bullet Proof Coffee in the morning and enjoy three meals. No eating after dinner as your first period of intermittent fasting begins. Tomorrow will be an OMAD day. Hydration with water is allowed.

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Baked Muffin Ham & Egg Cups (leftover from yesterday)
- Lunch: Avocado Roll-ups
- Dinner: Keto Cabbage Roll Casserole (leftover from last night's dinner)

Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Week 3: Day 17 (Tuesday)

Today is an OMAD day (one meal a day). You will skip breakfast and lunch then will enjoy a satisfying dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores.

You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

For the rest of the morning and afternoon sip on chicken broth, as desired.

You may also drink the allowed beverages: electrolyte drink (as needed), water, tea, herbal tea and coffee as desired. However, on OMAD days drink only clear tea and coffee (no heavy cream). The only cream you can have today is in your morning cup of Bullet Proof Coffee.

Menu for the day:

- Breakfast: Fasting (or Mini Breakfast Quiche)
- Lunch: Fasting: (or Avocado Boats with Tuna Salad)
- Dinner: Tex Mex Style Burger with Easy Caesar Salad

**Try to drink at least 8 cups of water daily*

Week 3: Day 18 (Wednesday)

Today you will fast through breakfast and enjoy meals at lunch and dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:



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- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Fasting (or Morning Egg Scramble, no bacon)
- Lunch: Mini Breakfast Quiche (left-over from yesterday's breakfast) and Favorite Green Salad
- Dinner: Salmon Skewers and Baked Asparagus
- Beverages as desired throughout the day: electrolyte drink (as needed), water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in your tea or coffee and no more than 3 cups/day)*

Week 3: Day 19 (Thursday)

This morning you will fast through breakfast and enjoy meals at lunch and dinner. Start your day by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Fasting (or Morning Coffee Smoothie)
- Lunch: Grilled Sausages and Arugula, Avocado & Tomato Side Salad
- Dinner: Curried Chicken
- Beverages as desired throughout the day: electrolyte drink (as needed), water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in your tea or coffee and no more than 3 cups/day)*



Week 3: Day 20 (Friday)

Today you will be having two meals; breakfast and dinner.

You may want to have your Bullet Proof Coffee in the afternoon as you won't be having lunch today:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Baked Ham & Egg Muffin Cups
- Lunch: Fasting (or Avocado Roll-ups)
- Dinner: Bacon Wrapped Keto Chicken Fingers with salad of choice
- Beverages as desired throughout the day: electrolyte drink (as needed), water, tea, herbal tea, coffee.

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in your tea or coffee and no more than 3 cups/day*

Week 3: Day 21 (Saturday)

Today you may drink Bullet Proof Coffee in the morning and enjoy three meals. We also recommend taking a 30-minute walk sometime during the day. Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menus for the day:

- Breakfast: Mini Breakfast Quiche (leftover from yesterday)
- Lunch: Curried Chicken (leftover from Thursday dinner)



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- Dinner: BLT plus Chicken Dinner Salad (using chicken fingers leftover from yesterday)
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4 — Day 22 (Sunday, Prep Day)

It's prep day again. Today you will be eating three meals but tomorrow OMAD begins for those who choose this form of one-meal-a day fasting. For the next 4 days you will be eating one meal a day. This is a form of intermittent fasting with a 24-hour fasting period between meals. So, there will be way less prep for the week to come.

However, there is a bit to accomplish before bedtime rolls around today: We suggest you make another big pot of chicken broth. You can have a cup as needed throughout the day on OMAD. Keep 3 days worth in the fridge and freeze the remainder in single sized portion containers for easy use.

You will also need to review the recipes for this week and restock the fridge and pantry with needed items. If it's a busy week coming up you could also pre-prepare meals and freeze them in appropriately portioned sizes. Also try to get out and have a 20 minute walk at some point. Enjoy three meals today.

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Bacon & Eggs Breakfast
- Lunch: Tex Mex Style Burger with Arugula, Avocado & Tomato Side Salad



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- Dinner: Grilled Steak and Mock Potato Side Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 23 (Monday)

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

Drink a cup of chicken broth as needed throughout the day. Make sure to keep hydrated with electrolytes today!

- Breakfast: Fasting (or Morning Coffee Smoothie)
- Lunch: Fasting (or Italian Wedding Soup)
- Dinner: Simple Roasted Chicken and Broccoli with Bacon Crumbles
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 24 (Tuesday)

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream



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Menu for the day:

Drink a cup of chicken broth as needed throughout the day.

- Breakfast: Fasting (or Spanish Omelet)
- Lunch: Fasting (or left-over Italian Wedding Soup)
- Dinner: Spicy Tomato Chicken with Cauliflower Rice
- Beverages as desired throughout the day:
electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 25 (Wednesday)

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Drink a cup of chicken broth as needed throughout the day
- Breakfast: Fasting (or Coconut, Ginger & Avocado Smoothie)
- Lunch: Fasting (or Deviled Eggs and Easy Caesar Salad)



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- Dinner: Fried Pork Chop with Mushrooms & Green Beans
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 26 (Thursday)

Last day of OMAD for this week! Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Fasting (or Baked Eggs in Avocado with Smoked Salmon)
- Lunch: Fasting (or Baked Lemon Dill Haddock)
- Dinner: Asian Beef Dinner Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 27 (Friday)

Today you will be having two meals. Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream



Menu for the day:

- Drink a cup of chicken broth as needed throughout the day.
- Breakfast: Morning Egg Scramble (with bacon)
- Lunch: Fasting (or Chicken Noodle Soup)
- Dinner: Spaghetti Bolognese: Keto Style
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 4: Day 28 (Saturday)

Three meals today! Today you may drink Bullet Proof Coffee in the morning and enjoy three meals. We also recommend taking a 30-minute walk sometime during the day. Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Bacon & Eggs Breakfast
- Lunch: Tuna Lunch Salad
- Dinner: Easy Shrimp and Asparagus Bake
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Week 5: Day 29 (Sunday, Prep Day)

You are almost there ... just three more days and you will have completed the month-long Speed Keto program .Today is prep day. We suggest you make another big pot of chicken broth. Keep 3 days worth in the fridge and freeze the remainder in single sized portion containers for easy use. You will also need to review the recipes for this week and restock the fridge and pantry with needed items.

If it's a busy week coming up you could also pre-prepare meals and freeze them in appropriately portioned sizes. Also try to get out and have a 30-minute walk at some point. Enjoy three meals today! Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream

Menu for the day:

- Breakfast: Breakfast Sausage & Eggs
- Lunch: Deviled Eggs with Arugula, Avocado & Tomato Side Salad
- Dinner: Grilled Steak and Mock Potato Side Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 5: Day 30 (Monday)

Today is an OMAD day. Start by drinking electrolytes followed by a 30-minute walk to deplete glycogen stores. You may then enjoy a Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream



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Menu for the day:

Sip on chicken broth throughout the day as desired. You may also drink the allowed beverages: electrolyte drink (as needed), water, tea, herbal tea and coffee as desired.

- Breakfast: Fasting (or Morning Coffee Smoothie)
- Lunch: Fasting (or Chicken Noodle Soup)
- Dinner: Grilled Sausages with Side Salad of choice

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*

Week 5: Day 31 (Tuesday)

Congratulations ... you've made it to the last day of the Speed Keto 31-day program. Today you can measure your success! It's time to get out the scales and measuring tape:

Weigh yourself

Measure yourself around the chest, waist, hips, thigh (around both when standing with them together), around one thigh alone and around the upper arm.

Compare to measurements and weight on Day one. Today you will fast in the morning and enjoy meals at lunch and dinner times.

Start your day with Bullet Proof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream



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Menu for the day:

- Breakfast: Fasting (or Bacon & Egg Breakfast)
- Lunch: Avocado Boats with Tuna Salad
- Dinner: Asian Wings and Marinated Cherry Tomato Salad
- Beverages as desired throughout the day: electrolyte drink, water, tea, herbal tea, coffee

**Try to drink at least 8 cups of water daily ** (no more than 2 tsp of heavy cream per cup in either tea or coffee and no more than 3 cups/day)*



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Chapter 10

Shopping List

Week One

You will have to have a look in your pantry to check out what you already have in stock before heading out to the grocery store and/or the Farmer's Market. This week's shopping list will be larger than next weeks because you may have to purchase some basic menu items like cooking oils (& MCT oil), mayonnaise, specific spices, Himalayan salt, peppercorns, some canned goods, electrolyte drinks, coffee, tea and herbal teas, etc. Keep in mind many of the items you purchase this week (like a bag of cooking onions) will also be used next week. Try your best to find organic products and grass-fed, free range meats and eggs.

Throughout the Speed Keto program you will be drinking plenty of fluids so make sure to stock up on organic teas and coffee, sugar free electrolyte drinks and organic chicken broth. It doesn't hurt to have a few extra boxes of chicken broth available in case you run out of homemade broth as the week progresses. Having a good variety of allowable beverages on hand will make your short and long term fasts more interesting and easier.

Please Note:

**The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. If you are cooking for yourself you may also have to adjust some of the recipes (and what you need to purchase) accordingly.*

***If you choose not to fast on OMAD or short fast days you will have to alter the weekly shopping lists to reflect the added breakfast and lunch recipes!*



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Basic Items

- MCT oil
- Extra virgin olive oil (select a good quality oil)
- Organic coconut oil
- Electrolyte drinks, sugar-free
- Coffee, regular & decaf
- Tea, herbal & regular
- Stevia sweetener, liquid and/or concentrated powder form (do not use granular)
- Erythritol (if desired as a sweetener)
- Wheat free soy or tamari sauce, 1 bottle
- Apple cider vinegar (organic)
- Boxed organic chicken broth
- Mayonnaise, full fat and sugar free
- BBQ sauce, sugar-free
- Ketchup, sugar-free
- Dijon mustard, sugar-free
- Fish sauce, sugar-free
- Pink Himalayan salt (the kind that comes in a grinder)
- Pepper corns
- Turmeric
- Curry powder
- Garlic powder
- Onion powder
- Ground cumin
- Ground coriander
- Ground cardamom
- Dried Thyme
- Dried oregano
- Dried basil
- Bay leaves



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Meats & Seafood

- 4 -5 lb whole chicken (for chicken broth)
- 5 -6 lb whole chicken (for roast chicken dinner)
- 4 chicken breasts
- 4 ham slices (choose baked style ham from the deli section), sliced thinly
- 6 slices, your choice of ham, prosciutto, turkey or chicken deli meat, sliced thinly
- 20 large shrimp, shell removed & tail on
- 3 large sized Italian Sausages (mild or hot)
- 4 thigh & leg chicken quarters
- 1 lb beef round or stewing beef
- 1 lb bacon (naturally smoked without sugar)
- 1 lb medium ground beef (hamburger)



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Vegetables & Fruit

- Fresh ginger, small root
- 1 bunch celery
- Fresh thyme (for the broth, but you can use 2 tsp of dried instead, if desired)
- Fresh parsley (also for the broth, but you can use 1 T of dried instead, if desired)
- 1 ripe tomato
- 1 jalapeño pepper
- 3-4 Hass avocado (various stages of ripeness)
- Mixed greens, large bag (already washed)
- 1 head romaine lettuce
- 1 bag cooking onions
- 1 bag baby spinach leaves (washed)
- 1 head cauliflower
- Flat leaf parsley, small bunch
- Cilantro, small bunch
- 1 lb asparagus spears
- Brussels sprouts
- Fresh mushrooms, 5 or 6
- 2 zucchini, small size
- 1 garlic bulb
- 1 pint Zima (or other) cherry tomatoes
- 1 bunch green onions
- 1 red onion
- 2 lemons

Dairy Section

- 2 dozen large size eggs
- 1 qt heavy cream
- 2 lb grass fed, organic butter
- 2 cans tuna (in oil)
- 1 can coconut cream
- 1 container of oil cured Mediterranean style black olives
- 1 small bottle of sun-dried tomato slices (in oil)
- 2 or 3 cans coconut milk (full fat)



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Other Items

- 1 can tomato paste, no sugar
- 1 can tomato sauce, no sugar

Week Two

Once again, it's a good idea to have a look in the fridge and pantry before heading out to do your shopping for week two. You may have a few eggs, butter, some veggies, maybe a bit of bacon, etc. leftover and will have to alter this shopping list accordingly.

If making homemade chicken broth, you will have chicken meat left-over from the whole chicken you use to make the broth. Freeze it carefully wrapped and use it within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day.

Basic Items

- Most basic items were purchased last week so this week there's only a few new additions.
- Smoked chipotle powder (or powdered cayenne)
- Cocoa powder

Meats, Fish & Seafood

- 1 whole chicken, 4 –5 lb (if making homemade broth)
- 4 filet mignon steaks, each 1 ½” thick and about 6 oz. each
- 1 whole chickens, 5 –6 lb (for roast chicken dinners on Monday and Fridays on Monday and Friday)
- 8 lamb loin chops, about 2 lb
- 4 chicken drumsticks, medium size
- 2 lb haddock fillets
- 1 lb salmon fillet
- 3 large size Italian sausages, mild or hot
- 1 lb bacon, naturally smoked without sugar



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Vegetables & Fruit

- Fresh thyme (for the chicken broth, but you can use 2 tsp of dried instead, if desired)
- Fresh parsley (also for the broth, but you can use 1 T of dried instead, if desired)
- Celery (for the broth but you may have some left-over from last week)
- Fresh ginger (if none left-over from last week)
- 3 Hass avocado
- 1 zucchini, small
- 1 garlic bulb, (if none left-over from last week)
- 2 C Brussels sprouts, about ½ lb
- 1 pint cherry tomatoes
- 1 English cucumber
- 1 red pepper
- 1 small bag baby arugula
- Mixed spring greens, pre-washed large bag
- 1 head Romaine lettuce
- 1 red onion
- 2 lemons
- 1 lime
- 1 bunch fresh dill (or use dried dill if preferred)
- 1 bag baby spinach leaves, pre-washed
- 1 bunch of broccoli

Dairy Section

- 1 lb butter (if needed)
- 1 dozen eggs
- 1 pint heavy cream (if using in coffee)
- 1 can coconut milk, full fat

Other Items

- 1 jar garlic dill pickles
- Boxed organic chicken broth (as needed)



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Week Three

The same as last week, if making homemade chicken broth, you will have chicken meat left-over from the whole chicken you use to make the broth. Freeze it carefully wrapped and use it within a month. It will come in handy for adding to salad if you need to make a quick alternate lunch on a busy day. You could also use the cooked meat instead of purchasing the 4 chicken thighs that are intended for use in the Curried Chicken recipe on Day 19. If you elect to do this you will have to alter the recipe accordingly as this meat will already be cooked!

Basic Items

- Dried dill

Meats, Fish & Seafood

- 4 -5 lb whole chicken (if making chicken broth)
- 4 slices baked deli ham, thinly sliced
- 6 slices ham, prosciutto, turkey or chicken deli meat, sliced thinly
- 1 lb medium ground beef
- 1 lb salmon fillet
- 1 lb bacon, naturally smoked and no sugar
- 2 large sized Italian sausage (or flavor of your choice)
- 6 large boneless & skinless chicken thighs
- 4 chicken breasts, skinless & boneless
- 20 large shrimp, shell removed & tail on



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Vegetables & Fruit

- Fresh thyme (for the chicken broth, but you can use 2 tsp of dried instead, if desired)
- Fresh parsley (also for the broth, but you can use 1 T of dried instead, if desired)
- 2 avocado
- Bag of cooking onions, if needed
- 1 head cauliflower, medium size
- 1 package ready-to-use shredded cabbage
- 1 large bag mixed salad greens, pre-washed
- 1 garlic bulb, (if needed)
- fresh basil, small bunch
- 1 small zucchini
- 1 pint cherry tomatoes
- 1 red onion (if needed)
- ½ lb asparagus spears
- 1 lemon

Dairy Section

- 1 dozen eggs
- 1 pint heavy cream (if using in coffee)

Other Items

- 1 can plain tomato sauce, no sugar
- 1 can tuna, in oil
- 2 cans coconut milk, full fat



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Week Four

Freeze chicken meat for later use as described last week if you elect to make a homemade chicken broth!

Basic Items

- Powdered cumin
- Chili powder
- Powdered rosemary
- Red curry paste, small jar
- Rice vinegar, small bottle
- Dark sesame oil, small bottle

Meats, Fish & Seafood

- 4-5 lb whole chicken (if making homemade chicken broth)
- 5-6 lb whole chicken (for roasted chicken dinner)
- 1 lb bacon
- 1 lb medium ground beef
- 4 pork chops, 1-inch thick
- 1 strip loin steak, 6 oz
- 4 filet mignon steaks, each 1 ½" thick and about 6 oz each
- 20 large shrimp



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Vegetables & Fruit

- Fresh thyme (for the chicken broth, but you can use 2 tsp of dried instead, if desired)
- Fresh parsley (also for the broth, but you can use 1 T of dried instead, if desired)
- 2 Hass avocado
- 1 bunch broccoli
- 1 head cauliflower, medium size
- Asparagus (about 1 lb)
- 1 bag baby arugula, small bag
- 1 bag mixed spring greens
- 1 red pepper
- 1 pint Zima cherry tomatoes
- 1 turnip, small
- 1 lime
- 1 lemon
- 1 English cucumber
- 1 jalapeño pepper
- ½ lb mushrooms
- ½ lb green beans
- Fresh ginger, small root
- 1 bunch green onions (scallions)

Dairy Section

- 1 dozen eggs
- 1 pint heavy cream (if using in coffee)

Other Items

- 1 can tuna, in oil
- 1 can plain tomato sauce, no sugar



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Week Five

Since there are only a few days left we suggest you purchase the chicken stock for this week instead of buying a chicken and making a homemade broth. Check your pantry; you may have a few boxes of broth that haven't been used yet!

Basic Items

- Chinese 5 spice
- Ground ginger

Meats, Fish & Seafood

- 4 filet mignon steaks (or other steaks of choice), each 1 ½ " thick and about 6 oz each
- Large Italian sausages (or other flavor of your choice)
- 2 lb chicken wings
- Breakfast sausage, small package

Vegetables & Fruit

- 2 Hass avocado, ripe
- Cherry tomatoes (if needed)
- Arugula, if needed
- 1 small turnip, if needed

Dairy Section

- Eggs (if needed)
- 1 pint heavy cream (if needed)

Other Items

- 1 can tuna, in oil



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Eating Speed Keto Schedule

Week 1	Breakfast	Lunch	Dinner	Exercise
Sunday	Baked Ham & Egg Muffin Cups	Tuna Lunch Salad	Thai Chicken Bowl	
Monday	Morning Egg Scramble (without bacon)	Italian Wedding Soup	Easy Shrimp and Asparagus Bake	
Tuesday OMAD	Fasting -Electrolytes, BPC, chicken broth, tea throughout the day (or Coconut, Ginger & Avocado Smoothie)	Fasting - (or Speed Keto Sushi)	Bacon Wrapped Keto Chicken Fingers with Baked Brussels Sprouts	30 minute walk
Wednesday OMAD	Fasting -Electrolytes, BPC, chicken broth, tea throughout the day (or Baked Eggs in Avocado with Smoked Salmon)	Fasting – or Italian Wedding Soup leftover from Monday lunch	Lemon, Garlic & Thyme Chicken with Marinated Cherry Tomato Salad	30 minute walk
Thursday	Fasting - Electrolytes, BPC, chicken broth, tea, (or Morning Coffee Smoothie)	Lemon, Garlic & Thyme Chicken with Marinated Cherry Tomato Salad - leftover from yesterday	Spaghetti Bolognese: Keto-style	30 minute walk
Friday	Mini Breakfast Quiche	Fasting – BPC in the afternoon (or cold plate with Favorite Green Salad & Sliced Deli Turkey)	Coconut Beef Stew Curry	
Saturday	Mini Breakfast Quiche (leftover from yesterday)	Deviled Eggs with Avocado Roll-ups	Coconut Beef Stew Curry (leftover from yesterday, dinner)	30 minute walk
Week 2	Breakfast	Lunch	Dinner	Exercise
Sunday	Coconut, Ginger & Avocado Smoothie	Salmon Skewers	Chicken Drums: Baked or Grilled with Baked Brussels Sprouts	
Monday OMAD	Fasting – BPC, electrolytes, chicken broth, water, tea throughout the day (or Breakfast Sausage & Eggs)	Fasting (or Chicken Noodle Soup)	Chicken Drums (leftover from yesterday), Deviled Eggs (just one), a few cherry tomatoes, sliced cucumber and a garlic dill pickle	30 minute walk
Tuesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Morning Egg Scramble with bacon)	Fasting (or Tuna Lunch Salad)	Grilled Steak with Favorite Green Salad	30 minute walk
Wednesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Coconut, Ginger & Avocado Smoothie)	Fasting (or Deviled Eggs)	Low & Slow Lamb Chops with Marinated Cherry Tomato Salad	30 minute walk
Thursday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Morning Egg Scramble with bacon)	Fasting (or left-over Chicken Noodle Soup)	Baked Lemon Dill Haddock	30 minute walk
Friday	BPC, Morning Coffee Smoothie	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Salmon Skewers)	Simple Roasted Chicken and Broccoli with Bacon Crumbles	
Saturday	BPC, Mini Breakfast Quiche	Italian Wedding Soup	Chicken Caesar with Boiled Egg & Avocado (leftover chicken breast from yesterday)	



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Week 3	Breakfast	Lunch	Dinner	Exercise
Sunday	Electrolytes, BPC, Baked Ham & Egg Muffin Cups	Italian Wedding Soup (leftover from yesterday lunch)	Keto Cabbage Roll Casserole	
Monday	Electrolytes, BPC, Baked Muffin Ham & Egg Cups (leftover from yesterday)	Avocado Roll-ups	Keto Cabbage Roll Casserole (leftover from last night's dinner)	
Tuesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Mini Breakfast Quiche)	Fasting (or Avocado Boats with Tuna Salad)	Tex Mex Style Burger with Easy Caesar Salad	30 minute walk
Wednesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea (or Morning Egg Scramble, no bacon)	Mini Breakfast Quiche (left-over from yesterday's breakfast) and Favorite Green Salad	Salmon Skewers and Baked Asparagus	30 minute walk
Thursday	Fasting – BPC, Electrolytes, chicken broth, water, tea (or Morning Coffee Smoothie)	Grilled Sausages and Arugula, Avocado & Tomato Side Salad	Curried Chicken	30 minute walk
Friday	BPC, Baked Ham & Egg Muffin Cups	Fasting – Electrolytes, chicken broth, tea throughout the day (or Avocado Roll-ups)	Bacon Wrapped Keto Chicken Fingers with salad of choice	
Saturday	BPC, Mini Breakfast Quiche (leftover from yesterday)	Curried Chicken (leftover from Thursday, Dinner)	BLT plus Chicken Dinner Salad (using chicken fingers leftover from yesterday)	30 minute walk
Week 4	Breakfast	Lunch	Dinner	Exercise
Sunday	Electrolytes, BPC, Bacon & Eggs Breakfast	Tex Mex Style Burger with Arugula, Avocado & Tomato Side Salad	Grilled Steak and Mock Potato Side Salad	
Monday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Morning Coffee Smoothie)	Fasting (or Italian Wedding Soup)	Simple Roasted Chicken and Broccoli with Bacon Crumbles	30 minute walk
Tuesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Spanish Omelette)	Fasting (or left-over Italian Wedding Soup)	Spicy Tomato Chicken with Cauliflower Rice	30 minute walk
Wednesday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Coconut, Ginger & Avocado Smoothie)	Fasting (or Devilled Eggs and Easy Caesar Salad)	Fried Pork Chop with Mushrooms & Green Beans	30 minute walk
Thursday OMAD	Fasting – BPC, Electrolytes, chicken broth, water, tea throughout the day (or Baked Eggs in Avocado with Smoked Salmon)	Fasting (or Baked Lemon Dill Haddock)	Asian Beef Dinner Salad	30 minute walk
Friday	BPC, Morning Egg Scramble (with bacon)	Fasting – Electrolytes, chicken broth, tea throughout the day (or Chicken Noodle Soup)	Spaghetti Bolognese: Keto Style	
Saturday	BPC, Breakfast Bacon & Eggs	Tuna Lunch Salad	Easy Shrimp and Asparagus Bake	30 minute walk
Week 5	Breakfast	Lunch	Dinner	Exercise
Sunday	Breakfast Sausage & Eggs	Devilled Eggs with Arugula, Avocado & Tomato Side Salad	Grilled Steak and Mock Potato Side Salad	30 minute walk
Monday OMAD	Fasting (or Morning Coffee Smoothie)	Fasting (or Chicken Noodle Soup)	Grilled Sausages with Side Salad of choice	30 minute walk
Tuesday	Fasting (or Bacon & Egg Breakfast)	Avocado Boats with Tuna Salad	Asian Wings and Marinated Cherry Tomato Salad	



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Chapter 11: Recipes

Section 1: Breakfast

- Coconut, Ginger & Avocado Smoothie
- Morning Coffee Smoothie
- Baked Ham & Egg Muffin Cups
- Morning Egg Scramble (with or without bacon)
- Bacon & Eggs Breakfast
- Mini Breakfast Quiche
- Spanish Omelet
- Breakfast Sausage & Eggs
- Baked Eggs in Avocado with Smoked Salmon

Section 2: Lunch

- Tuna Lunch Salad
- Italian Wedding Soup
- Speed Keto Sushi
- Deviled Eggs
- Avocado Roll-ups
- Chicken Noodle Soup
- Salmon Skewers
- Avocado Boats with Tuna Salad
- Grilled Sausages

Section 3: Dinner

- Thai Chicken Bowl
- Easy Shrimp and Asparagus Bake
- Lemon, Garlic & Thyme Chicken
- Spaghetti Bolognese: Keto Style
- Coconut Beef Stew Curry
- Chicken Drums: Baked or Grilled
- Grilled Steak
- Low & Slow Lamb Chops

- Baked Lemon Dill Haddock
- Simple Roasted Chicken
- Chicken Caesar with Boiled Egg & Avocado
- Keto Cabbage Roll Casserole
- Curried Chicken
- Bacon Wrapped Keto Chicken Fingers
- BLT plus Chicken Dinner Salad
- Tex Mex Style Burger
- Spicy Tomato Chicken with Cauliflower Rice
- Fried Pork Chop with Mushrooms & Green Beans
- Asian Beef Dinner Salad
- Asian Wings

Section 4: Salads

- Marinated Cherry Tomato Salad
- Favorite Green Salad
- Arugula, Avocado & Tomato Side Salad
- Easy Caesar Salad

Section 5: Sides

- Mock Potato Side Salad
- Broccoli with Bacon Crumbles
- Baked Brussels Sprouts
- Baked Asparagus
- Recipes Section VI: Essentials
- Bullet Proof Coffee
- Chicken Broth
- Ghee

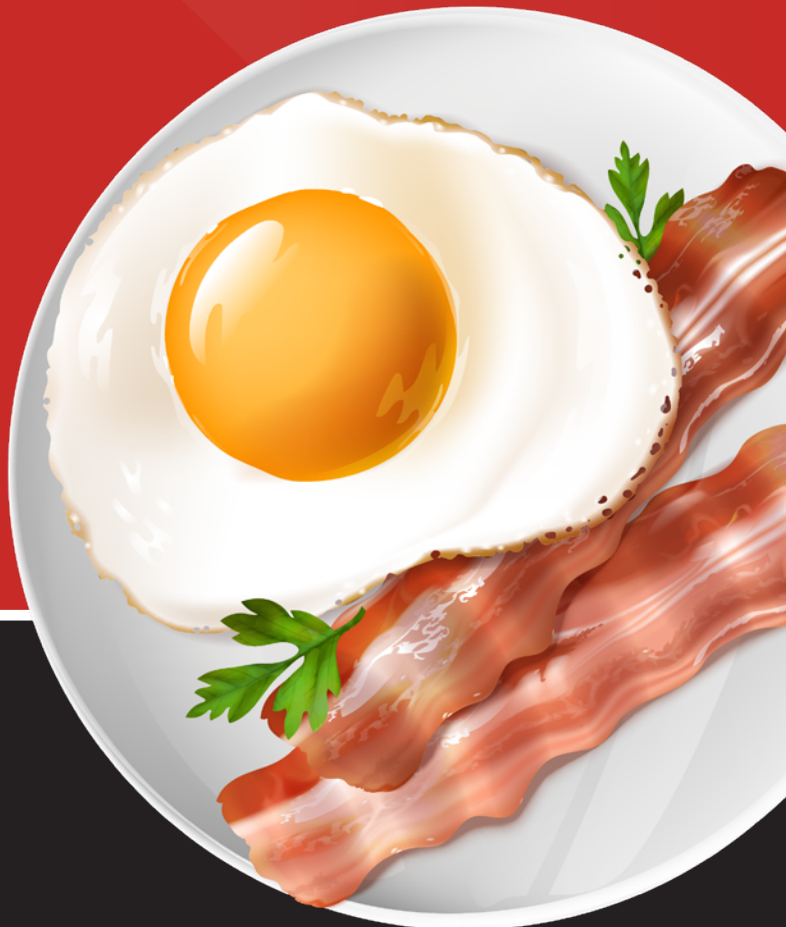


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Section 1: Breakfast





Coconut, Ginger & Avocado Smoothie

If you are in a hurry and a bit behind schedule this morning smoothie will get you out the door quickly! The recipe makes 2 servings.

Ingredients

- ½ hass avocado, ripe
- ¾ C full-fat coconut milk, canned
- 1 tsp fresh ginger, finely grated
- ½ tsp turmeric
- 1 tsp lemon juice
- 1 C crushed ice
- Allowed sweetener, to taste (optional)



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Preparation

1. Blend avocado, coconut milk, ginger, turmeric and lemon juice on low-speed until smooth.
2. Add crushed ice then blend on high speed until smooth.
3. If using sweetener taste and adjust sweetness and tartness as per your preference.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 208
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 21 g
- Protein: 1 g



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Morning Coffee Smoothie

Sleep in this morning? Throw these ingredients in the blender then grab this coffee smoothie on your way out the door.

Sometimes my coffee gets cold in the cup when I am busy but I don't pour it down the drain. Instead, I put it in a bottle and keep it in the fridge for busy mornings when I need to make this smoothie in a hurry. You could also just freeze left-over coffee into ice cubes for an extra-thick smoothie.

Ingredients

- ½ C cold coffee
- ½ ripe avocado
- ½ T cocoa powder
- ½ C coconut milk (canned)
- ½ C crushed ice



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Preparation

1. Blend all ingredients; pour into beverage bottle and go!

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 173
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 16 g
- Protein: 2 g



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Baked Ham & Egg Muffin Cups

Simple yet elegant and ready for baking in no time. Pop in the oven then turn your attention to other morning chores. Breakfast will be ready in 15 minutes.

Ingredients

- 2 T coconut oil, melted
- 4 slices ham, thinly sliced
- 4 large eggs
- Sprinkle of salt
- Grinding of pepper



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Preparation

1. Preheat the oven to 400 F.
2. Divide melted coconut oil between 4 cups brushing the oil up and around the sides of each cup.
3. Line each cup with a slice of ham then crack an egg into each ham-lined cup. Season with salt and pepper.
4. Bake 15 minutes for soft yokes (a little less if you like your yokes runny and a bit more if you want them hard).
5. Remove from oven and cool for a minute. Remove from tins being careful and serve immediately.

Yield: 4 servings

Nutritional Information:

- Calories: 125/serving
- Total Fat: 13 g
- Total Carbs: 1 g
- Fiber: 0g
- Protein: 12 g



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Morning Egg Scramble (*with or without bacon*)

Garlic and scrambled eggs are a fine pairing. If you choose this breakfast without the bacon you'll be out the door in no time! Nutritional information for this recipe with or without bacon can be found at the end of the recipe. If you do choose to have bacon and pork isn't your thing you can substitute turkey or chicken bacon (just adjust the macros accordingly).

Ingredients

- 2 strips bacon (pork, turkey or chicken)
- 2 tsp ghee
- 1 garlic clove, minced or pushed through a press
- 2 eggs, whisked
- Salt & pepper to taste



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Preparation

1. Fry bacon until crispy, drain on paper towel and set aside (keep warm).
2. Wipe out pan then melt ghee in pan over medium heat.
3. Add garlic and sauté for a minute or two until translucent and golden color.
4. Pour in whisked eggs and cook, stirring constantly until the egg is done to your liking.
5. Adjust seasoning with salt & pepper and serve on a warmed plate with bacon strips along-side.

Yield: 1 serving

Nutritional Information:

(with 2 strips of pork bacon)

- Calories/serving: 324
- Total carbs: 3 g
- Fiber: 0 g
- Net Carbs: 3 g
- Total Fat: 27
- Protein: 18 g

Nutritional Information:

(without bacon)

- Calories/serving: 238
- Total carbs: 2 g
- Fiber: 0 g
- Net Carbs: 2 g
- Total Fat: 20 g
- Protein: 13 g



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Bacon & Eggs Breakfast

This recipe features classic fried eggs and bacon but feel free to cook the eggs any way you want (poached, boiled, baked or scrambled).

Ingredients

- 2 bacon strips
- 2 large eggs

Preparation

1. Heat a heavy skillet over medium high heat. Add bacon strips and fry, flipping the bacon now and then until it is nice and crispy. Remove and drain on paper towel.
2. Turn the heat under the skillet down to medium and crack the eggs into the hot grease from the bacon. Cook to your individual preference.

Yield: 1 Serving

Nutritional Information:

- Calories/serving: 312
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 27 g
- Protein: 16 g



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Mini Breakfast Quiche

We call these breakfast quiche but really they are great for any meal of the day. And bonus ... they taste great cold or at room temperature. So make extra and have some for a meal tomorrow. They will keep in the fridge when wrapped up tight for three days.

This recipe uses black olives, sun-dried tomatoes and caramelized onions but you should feel free to change it up and use whatever you have on hand. Spinach and ham make a hardy mini quiche that is excellent with thin slices of avocado served on the side. There's an endless list of possible ingredients and flavor profiles so you aren't likely to ever get bored eating mini quiche.

We recommend using a silicone muffin pan for this recipe. The flexible silicone makes it really easy to remove the quiche when the time comes!

Ingredients

- ½ large cooking onion, medium dice
- 2 tsp ghee
- 2 T finely diced sun-dried tomato
- 4 Mediterranean dried black olives
- 6 eggs
- ¼ C heavy cream
- ½ tsp Himalayan salt
- ¼ tsp black pepper



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Preparation

1. Pre-heat the oven to 350 F
2. Melt ghee in skillet over medium high heat, add the diced onion and turn the heat under the pan down to medium. Sauté the onion until translucent and lightly caramelized (about 5 minutes).
3. While the onions are cooking prepare a muffin pan (6 individual cups) with a light coating of coconut oil.
4. Remove the olive meat from the pits and chop coarsely. Discard the pits.
5. Divide the caramelized onions, chopped black olives and diced sun-dried tomatoes evenly amongst the six muffin cups.
6. Whisk the 6 eggs together with the heavy cream, salt and pepper and pour over the ingredients already distributed in the 6 muffin cups, dividing the egg mixture evenly.
7. Place on the middle rack of the pre-heated oven and bake for 30 minutes or until the egg has set and a skewer comes out clean when inserted into the middle of one of the muffin cups. Let cool for a few minutes and then slip the mini quiches out of the muffin cups and onto a plate.

Yield: 3 servings (2 mini quiche per serving)

Nutritional Information:

- Calories/serving: 238
- Total Carbs: 4 g
- Fiber: 0 g
- Total Fat: 18 g
- Protein: 12 g



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Spanish Omelet

Ingredients

- 4 large eggs
- 2 T ghee
- ½ C yellow onion, fine dice
- ¼ C celery, fine dice
- ¼ C bell pepper, fine dice
- 2 tsp turmeric
- ½ tsp whole ground cumin
- 1 C baby spinach leaves
- ½ tsp, pink Himalayan salt
- ¼ tsp ground black pepper



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Preparation

1. Beat eggs until light and foamy. Set aside.
2. Melt ghee in a heavy bottomed skillet over medium high heat. Add diced celery and onion and sauté, stirring occasionally for 3 minutes until onion is translucent and celery is soft.
3. Add bell pepper, turmeric and cumin and continue to sauté for 2 more minutes.
4. Add spinach and stir until spinach has wilted.
5. Pour in the beaten egg and add a grinding of salt and pepper over-top.
6. Allow to cook until set then gently lift the side, tip the pan and allow the liquid egg to run beneath the cooked egg. Do this in a few locations around the outer edge then cover the pan and continue cooking until the egg is completely cooked. Fold the omelet in half, using a spatula. Cut in half and serve immediately.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 298
- Total Carbs: 5 g
- Fiber: 2 g
- Net Carbs: 3 g
- Total Fat: 25 g
- Protein: 14 g



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Breakfast Sausage and Eggs

Ingredients

- 2 breakfast sausage links
- 2 large eggs

Preparation

1. Heat a heavy skillet over medium high heat. Add sausage links and fry, rolling the sausage around now and then until it is nicely browned on all sides. Remove and drain on paper towel.
2. Turn the heat under the skillet down to medium and crack the eggs into the grease remaining from frying the sausages. Cook to your individual preference but be sure the internal temperature of the sausages is at least 165 F.

Yield: 1 serving

Nutritional Information:

- Calories/serving: 256
- Total Carbs: 2 g
- Fiber: 0 g
- Total Fat: 19 g
- Protein: 19 g



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Baked Eggs in Avocado with Smoked Salmon

These eggs are perfect for a brunch with family and friends. They look elegant, plus they are easy to make. For a successful outcome you need to plan ahead so the avocados are ripe, but still firm, on the day you want to serve this dish.

Ingredients

- 2 ripe avocados, cut in halves and pits removed
- 3 oz smoked salmon, thinly sliced
- 4 eggs
- Pinch of cayenne pepper
- 1 tsp pink Himalayan salt
- $\frac{1}{4}$ tsp ground black pepper
- Fresh herbs for garnish if desired
- Lemon wedges, for garnish if desired



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Preparation

1. Preheat oven to 375 F
2. Cut avocados in half and remove the pits. Place, facing up with the peel side down, on a parchment lined baking sheet.
3. Crack one egg at a time into each avocado half place a thin slice of smoked salmon beside each egg inside the avocado depression.
4. Sprinkle salt, black pepper and cayenne evenly over the top of each egg.
5. Bake on the middle rack of the pre-heated oven for 20-25 minutes.
6. Garnish with freshly chopped herb of your choice. Place a lemon wedge on the side and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 214
- Total Carbs: 6 g
- Fiber: 5 g
- Total Fat: 16 g
- Protein: 12 g

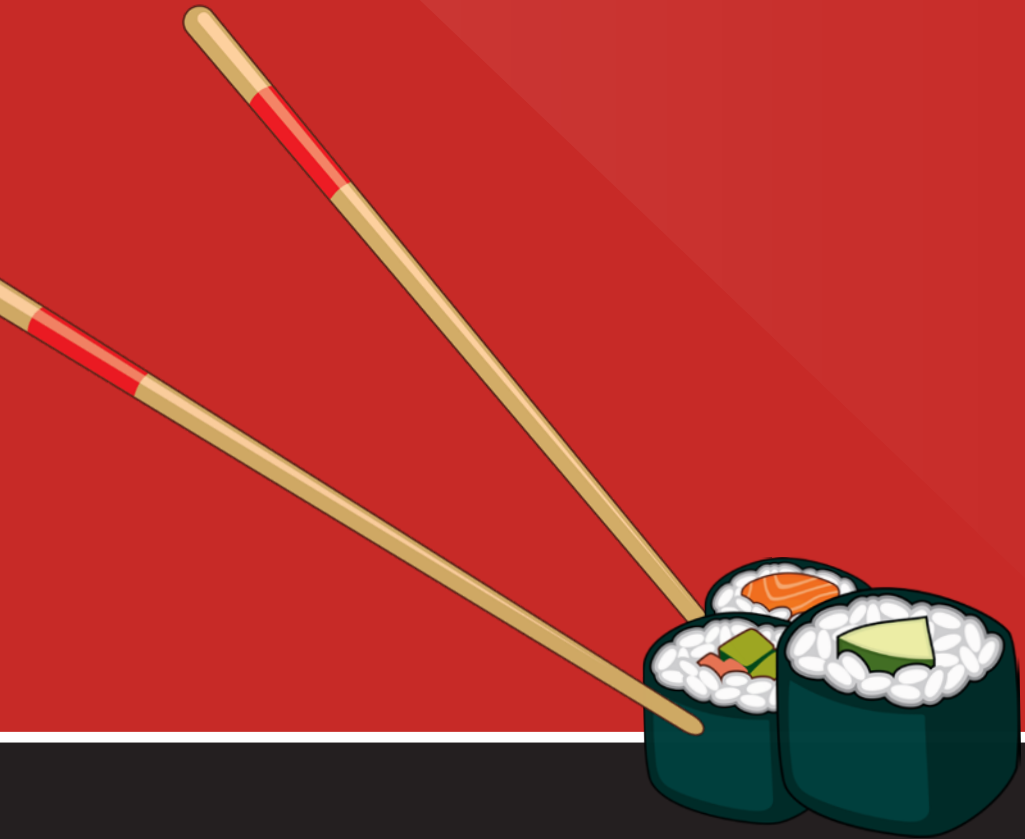


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Section 2: Lunch





Tuna Lunch Salad

Great for packing in a lunch kit; you can make this one the night before!

Ingredients

- ½ avocado, small dice
- 2 T celery, small dice
- ½ can of tuna
- 2 T mayonnaise
- 1 tsp avocado oil
- 1 tsp Dijon mustard
- Salt & pepper to taste
- Handfull of salad greens
- 2 tomato slices



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Preparation

1. Mix together the diced avocado and celery.
2. Flake the tuna into a separate bowl and add the mayonnaise, avocado oil and Dijon mustard. Mix well
3. Combine the two mixtures. Salt and pepper to taste.
4. Divide the tuna salad in half and serve on top salad greens with a tomato slice on the side.

Yield: Serves 2

Nutritional Information

- Calories: 225
- Total Carbohydrates: 5g
- Fiber: 3 g
- Total Fats: 18 g
- Protein: 11 g



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Italian Wedding Soup

This low carb, ketogenic version of traditional Italian Wedding Soup is high on our list of preferred comfort foods. We don't miss the tiny round pasta that's usually found in this soup and are very happy with the cauliflower "rice" we've substituted. Once the soup simmers in the pot for a while the cauliflower bits soften up as they absorb the broth and sausage flavors, providing a nice thickening element in our keto-friendly recipe.

Ingredients

- ½ C cooking onion, medium dice
- 1 T ghee or extra-virgin olive oil
- 1 C cauliflower
- 3 C chicken stock or bouillon
- 3 Italian sausages
- 3 C baby spinach



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Preparation

1. Melt ghee or olive oil over medium high heat. Sauté cooking onion over until soft and translucent.
2. Grate the cauliflower using a small food processor or box grater I to rice-sized bits and add to the pot.
3. Pour in the chicken broth and raise the heat under the pot until it begins to simmer. Adjust the heat so it continues to simmer.
4. Using sharp kitchen scissors snip the Italian sausages into tiny-sized meatball pieces. Add to the pot and continue to simmer for 15 minutes.
5. When you are ready to serve the soup stir in the baby spinach. It will quickly wilt into the broth. Remove the pot from the heat when the spinach is cooked but still a nice bright green. This will only take one or two minutes.

Yield: Serves 3 (3 lunches on Speed Keto)

Nutritional Information:

- Calories/ serving: 344
- Total Carbs: 8 g
- Fiber: 2 g
- Total Fat: 27 g
- Protein: 17 g



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Speed Keto Sushi

You can still enjoy sushi! This Speed Keto version makes a great snack, appetizer or can be the center of a special meal; lunch or dinner. It's worth it to purchase a bamboo roller so you can make nice tight rolls. The end result will hold together much better when it's time to slice the rolls. Serve with wheat free soy sauce mixed with a bit of wasabi on the side for dipping.

Ingredients

- ½ lb cauliflower, cut into florets
- 1 tsp rice vinegar (unseasoned)
- 1 T wheat free soy sauce
- 6 nori sheets
- ½ English cucumber
- 1 medium Hass avocado
- 1 C (approx) sliced smoked salmon (or cooked crab)



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Preparation

1. Using a food processor, process cauliflower, in batches, into rice-sized bits.
2. Place in microwaveable bowl and drizzle the soy sauce over-top. Microwave, on high, until the cauliflower is cooked through. Length of time will vary depending on the wattage of your microwave. My commercial strength microwave took only 3 minutes but it may take 6 or 7 minutes in a home model.
3. Remove $\frac{3}{4}$ C of the cooked cauliflower to a separate bowl and mash it into a paste.
4. Press out as much moisture from the remaining cooked cauliflower as possible using paper towel. Place towel on top of the cauliflower and use a flat bottomed cup to press downwards. The moisture from the cauliflower will wick upwards into the paper towel. Take your time and get as much moisture out of the veggie as possible.
5. Mix the mashed cauliflower back into the cauliflower rice and stir well. The idea is to make this cauliflower rice a bit sticky and the mashed cauliflower should do the trick! Add the tablespoon of unseasoned vinegar and mix well. Refrigerate the cauliflower mixture to cool it completely.
6. Cut the English cucumber in half lengthwise and scoop out the seeds from the middle of both halves. Slice each half into long thin pieces, lengthwise. Refrigerate until ready to make the rolls.
7. Once the rice mixture is cool, slice the avocado in half and remove the seed. Cut one half into thin strips lengthwise and remove the slices from the shell. Do the same with the other half and discard the seed and shell.
8. To make the rolls: Cover the bamboo roller with a piece of plastic wrap. Place a sheet of nori on top. Spread $\frac{1}{5}$ of the cooled cauliflower mixture over the nori, leaving about $\frac{3}{4}$ inches of space at the top. Make a layer with the thin slices of smoked salmon. Place the cucumber and avocado slices beside each other about 2 inches from the bottom edge and roll tightly.



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If this is your first time making rolls watch this YouTube video for some helpful tips.

9. Slice each roll into six round pieces that are each about 1 inch thick. Serve with a few slices of pickled ginger on the side.
10. Place wheat free soy sauce and wasabi on the table so guests can make their own dipping sauce for the sushi pieces.

Yield: Serves 3 (2 rolls/serving)

Nutritional Information:

- Total Calories/serving: 184
- Total Carbs: 8 g
- Fiber: 4 g
- Total Fat: 10 g
- Protein: 13 g



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Deviled Eggs

My granny used to serve deviled eggs at lunch-time and today, it's still a favorite comfort food for my own family. These tasty eggs make a great snack at any time of the day for those on a ketogenic eating plan.

Ingredients

- 2 large eggs, hard boiled
- 1 T mayonnaise
- 1 tsp Dijon mustard
- ½ tsp onion powder
- Salt & pepper to taste
- Sprinkle of paprika, for garnish



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Preparation

1. Cut hard boiled eggs in half lengthwise. Remove yolks and place them into a small bowl.
2. Add the mayo, Dijon mustard and onion powder. Mash everything together using a fork and season to taste with salt & pepper.
3. Using a teaspoon carefully mound the yolk mixture into the egg halves. Garnish with a sprinkle of paprika and serve or refrigerate immediately.

Yield: 2 servings

Nutritional Information:

- Calories/serving: 118
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 10 g
- Protein: 6 g



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Avocado Roll-ups

Easy to make and perfect for lunch. Make them often and change up the flavor profile by using different types of deli meat. Select the baked-style of deli meat and choose the brands with no added sugar.

Ingredients

- 1 ripe avocado
- 6 ham, prosciutto, turkey or chicken deli meat, sliced thinly

Preparation

1. Cut avocado in half, remove the round stone, and score the avocado flesh into 6 large slices, lengthwise. Remove from the outer skin.
2. Lay one deli meat slice out flat and place an avocado slice on top then roll it up. Repeat with remaining meat and avocado slices.
3. Serve immediately.

Yield: Serves 2

Nutritional Information:

(using thinly sliced deli turkey slices)

- Calories/serving: 159
- Total Carbs: 6 g
- Fiber: 5 g
- Total Fat: 13 g
- Protein: 5g



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Chicken Noodle Soup

Ingredients

- 1 T extra virgin olive oil or coconut oil
- 1 yellow cooking onion, small dice
- ½ celery, small dice
- 1 tsp poultry seasoning
- 1 C shredded cabbage
- 1 quart box of organic chicken broth
- 4 chicken leg/thigh quarters
- 1 package konjac noodles



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Preparation

1. Heat oil in a heavy bottomed soup pot.
2. Add diced onions and celery and poultry seasoning. Sauté until onions are translucent and the celery is soft.
3. Pour in the chicken broth and add the shredded cabbage and chicken quarters. Adjust the heat under the pot until the liquid is simmering nicely and allow the contents of the pot to simmer for about 40 minutes or until the internal temperature of the chicken reaches 165 F.
4. Take the chicken from the pot and allow it to cool until it can be easily handled. Remove the skin and discard. Take all the chicken from the bones and discard the bones. Drain and rinse the konjac noodles and add them to the contents of the pot along with the chicken.
5. Bring everything back up to the simmering point and continue simmering for 5 minutes. Serve immediately.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 194
- Total Carbs: 5g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 13 g





Salmon Skewers

Pre-soak the wooden skewers for about half an hour then prep this meal in five minutes while you pre-heat the BBQ. Alternately, you can simply broil these skewers in the oven. Just be careful to position the rack low enough that the skewers don't get too hot and char. Keep a close eye on the salmon as it can be overcooked easily!

Ingredients

- 1 lb salmon fillet
- 1 T wheat-free tamari (or wheat-free soy sauce)
- 1 T apple cider vinegar
- 1 tsp fresh ginger, minced
- 1 garlic clove, minced
- 1 T extra-virgin olive oil
- Freshly ground pepper
- 1 small zucchini, cut into ¼" slices



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Preparation

1. Cut salmon into 12 chunks and thread onto a pre-soaked wooden skewers, alternating chunks with zucchini slices. Place in a shallow dish.
2. Whisk together the tamari (or soy sauce), cider vinegar, ginger, garlic and olive oil with a grinding of fresh pepper. Pour over skewers, turning to coat. Marinate in the refrigerator for 30 minutes.
3. You can grill these salmon skewers on a BBQ pre-heated on medium high or broil them in the oven (about 2 ½ minutes per side) until the salmon is flaky and cooked through.

Yield: Serves 4

Nutritional Information:

- Calories/serving: 145
- Total Carbs: 8 g
- Fiber: 1 g
- Total Fat: 3 g
- Protein: 14 g



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Avocado Boats with Tuna Salad

This recipe is perfect for when you have an avocado that is perfectly ripe. Avocado boats with tuna salad filling look elegant and make a quick and easy lunch.

Ingredients

- 1 ripe Hass avocado, cut in half & pit removed
- One can solid tuna packed in oil
- 2 T mayonnaise
- 1 tsp onion powder
- Salt & pepper to taste

Preparation

1. Cut avocado in half and remove pit. Leave skin on.
2. Mix tuna with mayonnaise and onion powder. Season with salt & pepper to taste.
3. Mound tuna salad inside the avocado halves and serve.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 267
- Total Carbs: 7 g
- Fiber: 5 g
- Total Fat: 27 g
- Protein: 11 g



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Grilled Sausages

We like the taste of BBQ sausages best but sometimes we cook them on the stove-top too. However you do them, it's an easy meal! If you are away from home at lunchtime, cook them the night before and refrigerate them for use the next day. They can be eaten cold or re-heated.

We've selected Italian sausages but you should choose the sausage flavor you prefer. Just be sure to select organic, grass-fed meat sausages with no added sugar.

Ingredients

- 2 Italian sausage links, large size (100 grams)

Preparation

1. BBQ Method: Grill on Medium high until internal temperature of sausage is 165 F
2. Stove top Method: Brush a heavy skillet with oil and fry sausage links, turning so all sides get browned, until internal temperature reaches 165 F.

Yield: Serves 1

Nutritional Information:

- Total Calories/serving: 520 (2 sausages)
- Total Carbs: 6 g
- Fiber: 0 g
- Total Fat: 42 g
- Protein: 28 g



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Section 3: Dinner





Thai Chicken Bowl

Use the chicken pulled from the carcass you used when making chicken broth earlier today. If you didn't make broth just buy a cooked chicken, remove the skin and use the meat for this recipe!

Ingredients

- 3 C cauliflower flowerets, (2 C cauliflower rice)
- 1 T coconut oil
- 1 T ginger, freshly grated
- 3 eggs
- 1 jalapeño peppers, small dice
- 3 garlic cloves, minced or pushed through a press
- Meat from a whole chicken (or use 3-4 cooked chicken breasts), shredded
- ½ C coconut cream
- 2 tsp tomato paste
- Salt to taste
- 1 T wheat-free tamari (or soy) sauce (optional)
- ½ cup cilantro, chopped (for garnish)



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Preparation

1. Use a food processor to chop the cauliflower flowerets into “rice-sized” bits.
2. Place a wok-style pan over medium/high heat and melt 2 tsp of the coconut oil. Add the cauliflower “rice” and sauté, stirring occasionally.
3. While the cauliflower is cooking, scramble the eggs in a separate pan using the remaining 1 tsp of coconut oil. Shred the scrambled eggs into smaller bits and add to the wok with the cauliflower rice.
4. Add in the ginger, garlic, chopped jalapeños, tomato paste and coconut cream. Continue cooking. Season with salt.
5. When the cauliflower rice and peppers are soft, add the shredded chicken meat. Stir in the tamari (or soy sauce) if desired. Mix well and heat through.
6. Divide into separate bowls and garnish with cilantro.

Yield: 4 servings

Nutritional Information:

- Calories: 478
- Total Carbs: 6 g
- Fiber: 1 g
- Total Fat: 30 g
- Protein: 43 g



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Easy Shrimp and Asparagus Bake

This is a one pan wonder meal. Buy the shrimp already deveined and shelled and this will allow you to get the meal prepped and ready for roasting in the time it takes to pre-heat the oven.

Ingredients

- 1 tablespoon, Ghee
- 1 tbsp, Coconut oil
- 3 garlic cloves
- 14 asparagus spears
- 20 large shrimp, shell removed & tail on



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Preparation

1. Pre-heat oven to 375 F
2. Smear ghee, Coconut oil and minced garlic into a paste. Microwave until melted.
3. Lay asparagus spears on a foil-lined rimmed pan and brush the spears with the melted ghee/garlic/oil mixture. Place pan on the middle rack of the pre-heated oven and bake for 5 minutes. Remove from oven.
4. Add prepared shrimp to the pan and drizzle the remainder of the ghee/garlic/oil mixture. Return the pan to the oven and continue roasting for 5 more minutes or until the shrimp is done.

Yield: Serves 2

Nutritional Information:

- Calories/serving: 264
- Total Carbs: 7 g
- Fiber: 3 g
- Total Fat: 16 g
- Protein: 24 g



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Lemon, Garlic & Thyme Chicken

Take 5 minutes to throw the marinade together in the morning and let your chicken pieces marinate all day. In the evening just pre-heat your oven and you're good to go. Dinner will be on the table in 40 minutes with minimal effort! Save a portion of this chicken for an easy lunch tomorrow. It's super delicious cold!

Ingredients

- 4 thigh & leg, chicken quarters, bone in, skin on
- 3 T extra-virgin olive oil
- 3 T lemon juice, from ½ a lemon
- 1 tsp dried thyme
- 1 clove garlic, minced
- Flat leaf parsley for garnish



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Preparation

1. Place the pieces of chicken in a food safe, re-sealable plastic bag.
2. Make the marinade by mixing together the olive oil, lemon juice, thyme and garlic. Pour over the chicken pieces, seal the bag and place in refrigerator. You can do this in the morning before heading out for the day or an hour before you plan to cook your meal. The longer marinating time will result in a more lemony/garlic flavored chicken.
3. Pre-heat oven to 350 F.
4. Remove chicken from the marinade but don't pat it dry. Place the chicken pieces on a foil lined rimmed sheet allowing bits of garlic and thyme to cling to the chicken. Place on the middle rack of the preheated oven and bake for about 40 minutes or until the chicken has reached an internal temperature of 165 F.

Yield: Serves 2 (with two portions left-over for lunch next day)

Nutritional Information:

- Calories/serving: 274
- Total Carbs: 1g
- Dietary Fiber: 0 g
- Total Fat: 25 g
- Protein: 29g



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Spaghetti Bolognese: Keto Style

Our Spaghetti Bolognese is packed with flavor and doesn't take long to make.

Ingredients

- ½ C mushrooms, thin slices
- 1 ½ T extra-virgin olive oil or coconut oil
- ½ medium onion, small dice
- 3 garlic cloves, about 2 T minced
- 2 C ground beef, about 1 lb
- 2 C unsweetened tomato sauce
- 2 tsp dried oregano
- 1 tsp dried basil
- ½ tsp salt
- ½ tsp ground black pepper
- 1 bay leaf
- 1 T ghee
- 2 small zucchini, about 6" in length



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Preparation

1. Sauté mushrooms in olive oil over medium high heat until soft and cooked through. Remove from heat and set aside
2. In a separate skillet sauté diced onion for a few minutes in the remaining ½ T of olive oil. When onion is soft and translucent add half of the minced garlic and continue to sauté for one minute more.
3. Add ground beef to the skillet and turn the heat up to medium high. Continue stirring the beef as it sautés until it is nicely browned.
4. Mix in the tomato sauce, bay leaf, oregano, basil, cooked mushrooms, salt and pepper and lower the heat to medium low so the sauce is just simmering.
5. Wash zucchini, pat dry and trim the ends. Spiralize into noodles. You will have about 4-5 cups of “veggie pasta” when done. Chop the left-over zucchini core and stir it into the simmering Bolognese sauce. Continue simmering the sauce for another 5 minutes.
6. When it’s time to serve the meal melt the ghee in a separate skillet and add the remaining minced garlic. Sauté for one minute over medium heat then add the spiral zucchini noodles. Continue to sauté until the noodles are somewhat wilted but still al dente in texture. This won’t take long (about 1 ½-2 minutes). Divide into 4 portions. Serve with the Bolognese Sauce ladled over-top.

Yield: Serves 4

Nutritional Information:

- Calories: 231
- Total Carbs: 9 g
- Fiber: 3 g
- Total Fat: 16 g
- Protein: 14 g



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Coconut Beef Stew Curry

Ingredients

- 2 T coconut oil
- 1 lb beef round, cut into 1-inch cubes
- 1 medium onion, large dice
- 1 T curry powder
- 1 tsp ground cumin
- 1 tsp ground coriander
- 1 tsp ground turmeric
- 1 tsp cardamom
- $\frac{3}{4}$ cup of full-fat coconut milk
- 1 T fish sauce
- 1 tsp freshly grated ginger
- 2 cloves garlic, minced
- $\frac{1}{4}$ cup fresh basil leaves, chopped (or 1 tsp dried)
- Salt & pepper to taste



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Preparation

1. Sauté beef and onions in coconut oil on medium heat for 5 minutes, stirring occasionally until the beef is browned. Add the spices and continue to sauté for 2 more minutes.
2. Pour the coconut milk into the pan along with the fish sauce and bring to the boil. Cover the pot, lower the heat and simmer the stew for 1 hour or until the beef is tender.
3. Add the chopped basil, garlic and ginger too the pot and season to taste with salt & pepper. Continue simmering for 10 more minutes.
4. Divide into bowls, garnish with fresh basil leaves and serve immediately.

Yield: serves 4

Nutritional Information:

- Calories/serving: 259
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fat: 16 g
- Protein: 27 g



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Chicken Drums: Baked or Grilled

Chicken drums are mighty fine PLUS they are super economical. You can do them on the BBQ if the weather is co-operating or bake them in the oven. Either way, their crispy skin, chickeny goodness will satisfy your appetite. Serve the drumsticks with a vegetable from the YES List of foods or make one of our side-salads.

Double or triple this recipe as needed. Make enough tonight so you have drumsticks leftover for tomorrow's meal.

Ingredients

- 4 chicken drumsticks
- 1 T extra-virgin olive oil
- ½ tsp thyme
- ½ tsp Garlic powder
- ½ tsp Smoked chipotle powder or cayenne
- Salt & pepper



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Preparation

1. Pre-heat the BBQ to medium high or pre-heat the oven to 350 F.
2. Pat chicken drumsticks dry and brush on oil.
3. Sprinkle thyme, garlic powder and smoked chipotle powder onto all sides of each drumstick. Salt & pepper each drum lightly.
4. Grill or bake until the internal temperature of the chicken reaches 185 F. If grilling flip the drumsticks ever 5 minutes or so. It will probably take around 25 minutes to grill the drumsticks and likely more like 35 minutes if they are in the oven. Use a thermometer to decide when they are done!

Yield: Serves 4, (1 drumstick/serving)

Nutritional Information:

- Calories/serving: 143
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 9 g
- Protein: 14 g



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Grilled Steak

If you can afford it, treat yourself to a nicely marbled filet mignon steak. We also like the strip loin and T-bone beef cuts. Look for nice lines of fat running through the meat and try to get steaks that are at least 1 ½” thick for best results. Also, get yourself a decent digital meat thermometer if you don’t already have one. This will ensure great results every time.

We like to keep it simple letting the taste of good beef shine through. Just a bit of salt & pepper and that’s it; you are good to go!

Ingredients

- 4 filet mignon steaks, each 1 1/2” thick and about 6 oz.
- Himalayan salt flakes
- Freshly ground pepper



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Preparation

1. Sprinkle salt flakes over each of the steaks followed by a grinding of fresh pepper. Flip the steaks and repeat.
2. BBQ Method: Pre-heat the grill to high and the sear the steaks for 2 minutes on each side with the lid open. Then lower the heat to medium, close the lid and continue grilling for 2 or 3 more minutes per side. The time will vary depending on the thickness of the steaks and your preference for “doneness”. You will want to remove the steaks from the grill when the internal temperature reaches 120 F in the center for rare or 130 F for medium-rare. Let the steaks rest for a few minutes during which time the internal temp will rise about 5 more degrees.
3. Stove-top Method: We use a cast-iron grill pan for steaks cooked on the stove top. Turn the element to high and let the pan, sprayed with cooking oil, get good and hot. Quickly sear the steaks on each side then turn the heat under the pan down to medium-high. Continue frying the steaks for 2 or 3 minutes per side. When the internal temperature reaches 120F – 130 F (as described above) remove from the pan and let rest for a few minutes before serving.

Yield: Serves 4

Nutritional Information:

- Total calories: 420
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 30 g
- Protein: 34 g



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Low & Slow Lamb Chops

These chops can be cooked low and slow in the oven or the slow cooker can do them justice too. They are so tender they almost melt in your mouth!

Ingredients

- 1 small cooking onion, sliced
- ½ dried oregano
- 1 tsp teaspoon dried thyme
- ½ tsp garlic powder
- ¼ tsp salt
- Grinding of fresh pepper
- 8 lamb loin chops, approx 2 lbs
- 2 garlic cloves, minced



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Preparation

1. Pre-heat oven to 275 F.
2. Cover the bottom of a heavy cast iron pan that has a lid (or a 3 qt slow cooker) with sliced onion.
3. Make a rub by combining the oregano, thyme, garlic powder, salt and pepper. Rub into one side of the lamb chops then flip and rub into the other side.
4. Place the chops on top of the onion and sprinkle with minced garlic. Cover and cook on low for 4-6 hours or until the meat is tender.

Yield: Serves 4 (2 chops per serving)

Nutritional Information:

- Calories/serving: 201
- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 8 g
- Protein: 26 g



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Baked Lemon Dill Haddock

We use haddock in this recipe but you can substitute whichever white fleshed fish is available where you live; tilapia, catfish and halibut all work well but you may have to adjust the baking time according to the thickness of the fillets you select.

Ingredients

- 2 lbs Haddock fillets
- 1 T ghee
- 2 T snipped fresh dill or 1 tsp dried dill
- Freshly squeezed juice from ½ lemon (about 2 T)
- Salt & Pepper



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Preparation

1. Preheat oven to 350 F
2. Place sheet of foil on rim lined pan, large enough to hold all the fillets lying side-by-side. Line fillets up o the pan and drizzle melted ghee over-top.
3. Sprinkle fillets with dill, salt and pepper. Pour lemon juice on top and cover with a second piece of foil. Crimp edges of foil sheets together to make a sealed packet.
4. Bake fish on the middle rack of the pre-heated oven for about 15 - 20 minutes. You want the fish moist and flaky but not dry. The amount of time it takes for the fillets to reach this point will depend on their size and thickness. Serve garnished with fresh dill and a wedge of lemon.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 238
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 6 g
- Protein: 42 g



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Simple Roasted Chicken

Remember to save the carcass in the freezer after you've pulled all the meat from the bones. You can throw it in the soup pot the next time you're making Chicken broth. You should have enough chicken left over from this meal to use for one of tomorrow's meals.

Ingredients

- 1 whole chicken, (about 5-6 lbs)
- ½ cooking onion, peeled
- 2 cloves garlic
- 1 T extra-virgin olive oil
- ½ tsp dried thyme
- ½ tsp dried oregano
- Salt & pepper



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Preparation

1. Pre-heat oven to 500 F
2. Rinse chicken, inside and out with cool water and pat dry. Remove excess fat from around the edges of the chicken cavity then place the half onion and garlic cloves inside the cavity. Put the chicken into a roasting pan.
3. Brush outside of chicken with olive oil and sprinkle the thyme, oregano, salt and pepper over the skin surface. Place the pan on the middle rack of the pre-heated oven.
4. Immediately reduce the oven heat to 350 F and roast the chicken for about one hour. Baste the chicken with the pan drippings and return to the oven for about another ½ hr or until the internal temperature reaches 165 F (test both white and dark meat areas).

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 338
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fat: 22 g
- Protein: 35 g



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Chicken Caesar with Boiled Egg and Avocado

Use leftovers from last night's roast chicken to make a satisfying dinner salad this evening. Our version of Caesar salad dressing comes together quickly so the evening meal will be a breeze.

Ingredients

For the salad ...

- 4 C mixed salad greens
- ¼ C red onion, thinly sliced
- ½ avocado, thin slices
- 2 C diced chicken
- 2 boiled eggs, each quartered
- 8 cherry tomatoes, halved



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For the dressing ...

- 2 cloves garlic, finely minced
- 1 tsp anchovy paste (optional)
- ½ tsp Worcestershire sauce
- 1T fresh lemon juice
- ½ tsp Dijon mustard
- ½ C mayonnaise
- Salt & pepper to taste

Preparation

1. Toss salad greens with onion and divide between four serving bowls. Arrange the remaining salad ingredients on top of the greens.
2. Whisk all the listed ingredients and thin with a bit of water if necessary. Drizzle over salad, toss and serve. You will have enough salad dressing (2 servings) left-over for side-salads on another day.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving:
- Total Carbs: 6g
- Fiber: 2 g
- Total Fat: 28 g
- Protein: 34 g



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Keto Cabbage Roll Casserole

Cabbage Roll Casserole is a classic comfort food that has become a go-to recipe in our household. We've made it keto compatible by replacing the rice that's usually used in this dish with finely chopped, rice-sized cauliflower bits. It's a bit of a fiddly job when done by hand but a food processor makes short work of the cauliflower prep. The long slow cook time allows the cabbage and cauliflower to soften and mellow into the comforting texture that characterizes this casserole.

Ingredients

- 1 lb ground beef
- ½ C cooking onion, medium dice
- 1 T olive oil
- 2 C shredded cabbage
- 1 ½ C cauliflower, chopped into rice sized bits
- 1 C tomato sauce
- 1 T dried dill
- ¼ C beef broth
- ½ tsp salt
- ¼ tsp black pepper



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Preparation

1. Preheat oven to 350 F
2. Sauté onions and ground beef in oil over medium high heat until the onion is soft and the meat is browned.
3. In a large mixing bowl combine tomato sauce, cabbage, chopped cauliflower, dill, pepper and salt. Add meat mixture and mix all together. Stir in the beef broth. Pour mixture into a casserole dish with tight fitting lid that has been sprayed lightly with cooking oil.
4. Cover with lid and place on the middle rack of the pre-heated oven. Bake for 1 hour. Remove lid and continue baking for another ½ hour or until the cabbage and cauliflower bits are soft and the liquid has all been absorbed.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 282
- Total Carbs: 7 g
- Fiber: 2 g
- Total Fat: 11 g
- Protein: 17 g



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Curried Chicken

Tender chunks of chicken and cauliflower in a coconut sauce permeated with aromatic curry flavor: this meal in a bowl will satisfy your hunger!

Save a few servings for lunch tomorrow

Ingredients

- 4 C boneless chicken thighs, 1" cubes
- ½ C onion, medium dice
- 1 T curry powder
- 2 garlic cloves, minced
- 1/3 C coconut oil
- ½ cauliflower head (6"-8" diameter), cut into flowerets
- 14 oz. coconut milk
- 1 tsp salt
- ¼ tsp pepper
- 4 tablespoons fresh basil



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Preparation

1. Melt ½ of the coconut oil in a large skillet or wok- style pan over medium high heat and add onions. Stir-fry for one or two minutes until the onion softens.
2. Sprinkle in the curry, basil and minced garlic while continuing to stir-fry for one minute more.
3. Add chicken cubes and stir-fry for about 5 minutes. Make sure all chicken chunks are browned nicely. The internal temperature of the chunks will be 165 F when they are cooked through. Remove from pan and keep warm.
4. Melt the remaining coconut oil and add the cauliflower flowerets to the same pan. Stir-fry over medium high heat for 2 minutes then add the coconut milk. Simmer for 5 minutes then return the chicken cube mixture back into the pan. Heat through while stirring. Season with the salt and pepper.
5. Serve garnished with fresh basil.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 352
- Total Carbs: 8 g
- Fiber: 4 g
- Total Fat: 27 g
- Protein: 16 g



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Bacon Wrapped Keto Chicken Fingers

This is one of our favorite Speed Keto recipes. Pretty well everyone we've tried it on loves it; kids included. But that's not really hard to understand because who can resist the taste of bacon.

Be sure to read labels when selecting the bacon for this recipe. The one you select should be naturally smoked and have no added sugars.

Ingredients

- 4 chicken breasts, skinless & boneless
- 16 bacon slices, naturally smoked & no added sugars
- $\frac{3}{4}$ C sugar-free BBQ sauce



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Preparation

1. Preheat oven to 350 F.
2. Cut chicken breasts into 16 finger-sized strips (4 per breast).
3. Brush BBQ sauce on all sides of each chicken finger using $\frac{1}{4}$ C of sugar-free BBQ Sauce.
4. Wrap each chicken strip with a single bacon slice overlapping the bacon as you go. The overlapped bacon will stick to itself.
5. Baste the outside of the wrapped chicken fingers with another $\frac{1}{4}$ C of the BBQ sauce and place on a parchment paper lined (or foil-wrapped) rimmed baking sheet.
6. Bake on the middle rack of the pre-heated oven for 15 minutes.
7. Baste the chicken fingers again with the last $\frac{1}{4}$ C of BBQ sauce and put back into the oven until the internal temperature reaches 160 F (this will be around 5 more minutes).
8. Turn on the broiler and, watching closely so the bacon doesn't burn, broil for a few more minutes until the BBQ sauce has caramelized and the bacon is crispy. During this time the internal temperature of the fingers will rise another 5 degrees to 165 F.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 302
- Total Carbs: 3 g
- Fiber: 0 g
- Total Fat: 16 g
- Protein: 34 g



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BLT plus Chicken Dinner Salad

Whenever we bake Bacon Wrapped Chicken Fingers we always make sure to cook a few extra so we can enjoy a tasty BLT salad the next day. Just put together your favorite greens and veggies, slice up a left-over chicken finger into small wheels then get ready to dig in. With a bit of our tasty lemon vinaigrette drizzled on top this salad is a winner.

Ingredients

For the salad:

- 4 Bacon Wrapped Keto Chicken Fingers
- 4 C of your favorite mixed greens
- 12 cooked and chilled asparagus spears
- ½ C red onion, thinly sliced
- 6 cherry tomatoes, cut in half



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For the vinaigrette:

- Juice from ½ of a lemon
- ¼ C light olive oil
- 1 clove garlic, minced
- 1 tsp Dijon mustard
- Grinding of fresh pepper

Preparation

1. Cut chicken fingers into rounds that are about ¼” thick.
2. Divide salad greens, red onion, asparagus spears & cherry tomatoes between 4 plates and arrange chicken rounds on top.
3. Combine all the dressing ingredients in a glass jar with a tight fitting lid and give it a vigorous shake.
4. Drizzle dressing over salad and enjoy!

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 296
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 22 g
- Protein: 17 g



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Tex Mex Style Burger

Serve this burger along with an Arugula, Avocado & Tomato Side-salad for a satisfying lunch or dinner.

Ingredients

- 1 lb ground beef
- 1 tsp chili powder
- 1 tsp garlic powder
- 1 tsp onion powder
- ¼ tsp cumin
- 1 jalapeño pepper, seeded and chopped into fine dice
- ½ C mayonnaise
- ½ tsp smoked chipotle powder



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Preparation

1. Mix ground beef with chili, garlic, onion powder, cumin powder and diced jalapeño. Form 6 burger patties.
2. Brush olive oil all around each burger and fry or grill for 3-4 minutes on each side or until the internal temperature of each burger reaches 165 F.
3. Salt and pepper to taste.
4. Mix mayonnaise and smoked chipotle powder. Serve on the side.

Yield: Serves 4 (with 2 portions reserved for tomorrow)

Nutritional Information:

- Total Calories/serving: 371
- Total Carbs: 1 g
- Fiber: 0 g
- Total Fat: 29 g
- Protein: 24 g



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Spicy Tomato Chicken with Cauliflower Rice

Use leftover chicken from last night's dinner to make this spicy chicken dish. You can adjust the heat to your preference by adding more (or less) chili pepper spice to the recipe.

Ingredients

- 1 T olive oil
- 3 T onion, small dice
- 1 T red curry paste
- 1 tsp chili pepper
- ½ tsp garlic powder
- ¼ C tomato sauce
- 9 oz roast chicken, small chunks
- 3 T mayonnaise
- 1 T ghee
- 3 C cauliflower flowerets
- 2 T fresh basil leaves, shredded



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Preparation

1. Heat $\frac{1}{2}$ T of the olive oil in a skillet over medium high heat and sauté onion for 2 minutes.
2. Add curry paste, chili pepper, garlic powder and tomato sauce and heat while stirring.
3. Add the mayo and chicken chunks and continue stirring until the chicken is heated through and the mayo has dissolved into the sauce. Cover and keep warm on low heat.
4. Using a food processor, chop the cauliflower flowerets into rice-sized bits. You can also grate the cauliflower to create the same rice-size bits. Melt ghee in a wok style pan and add the “riced” cauliflower bits. Stir-fry over medium high heat until soft and cooked through.
5. Plate cauliflower rice and spoon chicken mixture over-top. Serve garnished with shredded basil.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 268
- Total Carbs: 6 g
- Fiber: 3 g
- Total Fat: 16 g
- Protein: 22 g



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Fried Pork Chop w/Mushrooms & Green Beans

Simple and satisfying, this meal will be done in half an hour from fridge to table.

Ingredients

- ¼ tsp dried rosemary
- ¼ tsp dried thyme
- ¼ tsp garlic powder
- 2 tsp salt
- ½ tsp black pepper
- 4 pork chops 1-inch thick
- 2 T ghee
- 1 C green beans
- 1 C mushrooms, sliced



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Instructions

1. Preheat oven to 400 F.
2. Make a rub by combining the rosemary, thyme, garlic powder, salt & pepper. Coat both sides of each chop with the rub mixture.
3. Melt 1 T of the ghee in a medium-high skillet.
4. Place pork chops in the melted ghee and cook for 2-3 minutes on each side.
5. Once you have seared the chops on both sides check the internal temperature. If it has reached 145 degrees remove chops from the pan. If they are not done put them in a 400-degree oven until the internal temp of the chops is 145 F. Let chops rest for 5 minutes while you prepare the mushrooms and green beans.
6. Steam green beans while you fry the mushrooms in the remaining tablespoon of ghee. The beans should be done by the time the mushrooms have turned a nice lightly browned color.
7. Plate the chops and beans and garnish the meat with the fried mushrooms. Serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 190
- Total Carbs: 4
- Fiber: 2
- Total Fat: 12 g
- Protein: 16 g



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Asian Beef Dinner Salad

Enjoy this salad at lunch but you will find it's also hardy enough for your evening meal. The longer marinating time will boost the flavor in the beef but the tasty dressing will more than compensate if you only have an hour.

Ingredients

- 6 oz strip loin steak, thinly sliced
- 1 T lemon juice
- 2 T rice vinegar
- 2 T soya sauce
- 2 tsp sesame oil
- 2 tsp fresh ginger, minced
- 1 T oil
- 2 T mayonnaise
- 2 T heavy cream
- 3 C mixed spring greens



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Preparation

1. Slice steak into thin strips and place in re-sealable food grade plastic bag.
2. Whisk lemon juice, rice vinegar, 1 T soya sauce, 1 tsp sesame oil and the ginger to make a marinade. Pour over beef strips, seal bag and refrigerate for 1-8 hours.
3. Heat $\frac{1}{2}$ T of the oil in a wok until very hot but not smoking. Add half the marinated beef strips and stir fry until completely cooked. Repeat with the remaining beef strips. Set aside
4. To make the salad dressing add the mayonnaise, heavy cream and remaining soya sauce and sesame oil to the hot wok. Deglaze the pan while blending the beef juices left-over from the stir-fry process with the added mayo and cream. Remove from heat and divide the dressing into 2 small ramekins.
5. Divide the mixed greens between two salad bowls and top with the warm beef strips. Serve the warm dressing on the side.

Yield: Serves 2

Nutritional Information

- Calories: 395
- Total Carbs: 6 g
- Dietary Fiber: 3 g
- Total Fat: 28 g
- Protein: 26 g



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Asian Wings

These wings make great keto finger food for a gathering. Or you can simply serve them up for a quick family meal any day of the week. Either way Asian Wings are a quick and easy recipe when time is at a premium.

Ingredients

- 2 garlic cloves, finely minced or crushed through a garlic press
- ¼ C soy sauce or coconut aminos
- 2 T lemon juice
- 1 tsp fish sauce
- 1 tsp Chinese 5 spice
- ½ tsp ginger powder
- 1 tsp dark sesame oil
- 2 lb chicken wings



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Preparation

1. Combine first seven ingredients in a re-sealable food grade, plastic bag
2. Add chicken wings and smooch everything around until all the wings are coated with the marinade. Refrigerate for at least an hour or better still ... put this together in the morning and let them marinate all day in the fridge.
3. Remove wings from the marinade and pat dry. Discard the marinade. Arrange the wings on a rimmed pan and bake on the middle rack of the pre-heated oven for 20 minutes-30 minutes (depending on the size of the wings). They are done when the internal temperature reaches 165 F.
4. If the wings need a bit more color turn on the broiler and broil for a few minutes until the skin crisps up and they are a beautiful golden brown color.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving:
- Total Carbs:
- Fiber:
- Total Fat:
- Protein:



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Section 4: Salads





Marinated Cherry Tomato Salad

Put this salad together quickly and pour on the dressing then let it marinate at room temperature while your entree is in the oven. We love the natural sweetness in these little yellow tomatoes combined with the lightly pickled red onions. The addition of sun-dried black olives adds some salty zest. Great when paired with roasted chicken and always good next to a nicely seasoned, grilled steak.

Ingredients

- 6 Zima cherry tomatoes, cut in half lengthways
- ¼ C red onion, extra-thin slices
- 6 sun-dried black olives, pitted and coarsely chopped
- 2 tbsp, fresh lemon juice
- 2 tbsp, extra virgin olive oil
- ¼ C baby spinach leaves



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Preparation

1. Mix together the Zima tomatoes, red onion and dried black olives.
2. Whisk together the lemon juice and olive oil. Pour over salad and toss, making sure to coat all the ingredients.
3. Set aside on the counter at room temperature to marinate for ½-1 hour before serving.
4. Arrange the baby spinach leaves on two plates and spoon the marinated tomato salad over-top dividing the dressing between the portions.

Yield: 2 servings

Nutritional Information:

- Total Carbs: 5 g
- Fiber: 1 g
- Total Fat: 14 g
- Protein: 1 g



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Favorite Green Salad

Ingredients

- 2 C spring green salad mix
- 2 C romaine lettuce pieces
- ¼ C red onion, thin slices
- ½ C cucumber, medium dice
- 5 cherry tomatoes, halved
- 1 avocado, thin slices
- 1/4 C extra-virgin olive oil
- 2 T lemon juice



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Preparation

1. Toss spring green mix and romaine lettuce together in a salad bowl
2. Sprinkle red onion, cucumber, tomato and avocado over-top.
3. Whisk olive oil and lemon juice until well blended and pour over salad
4. Toss and serve immediately.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 193
- Total Carbs: 6 g
- Fiber: 4 g
- Total Fat: 19 g
- Protein: 2 g



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Arugula, Avocado & Tomato Side Salad

Ingredients

- 2 C arugula
- 1 avocado, thin slices
- 12 cherry tomatoes, cut in half
- ¼ C Red pepper, thin slices
- ¼ C cucumber, thin slices
- 1 T lime juice
- 2 T olive oil

Preparation

1. Divide arugula, avocado slices and cherry tomatoes amongst 4 plates.
2. Whisk lemon juice and olive oil. Drizzle over salad plates and serve.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 133
- Total Carbs: 6
- Fiber: 3
- Total Fat: 15 g
- Protein: 2 g



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Easy Caesar Salad

Ingredients

- 4 C romaine lettuce, torn into pieces
- 2 cloves garlic, finely minced
- 1 tsp anchovy paste (optional)
- ½ tsp Worcestershire sauce
- 1T fresh lemon juice
- ½ tsp Dijon mustard
- ½ C mayonnaise
- Salt & pepper to taste



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Preparation

1. Place torn romaine leaves into salad bowl.
2. In a separate bowl whisk minced garlic, anchovy paste, Worcestershire sauce, lemon juice, Dijon mustard and mayonnaise. Add salt & pepper to taste. Drizzle salad dressing over the romaine, toss & serve.

Yield: Serves 6

Nutritional Information:

- Total Calories/serving: 163
- Total Carbs: 4 g
- Fiber: 4 g
- Total Fat: 13 g
- Protein: 0 g



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Section 5: Sides





Mock Potato Side Salad

Now it may seem strange to substitute turnip for potatoes but we urge you to give it a try. The flavor of this mock potato salad comes pretty close to the original. It won't disappoint!

Ingredients

- 3 C cubed raw turnip, small cubes
- 3 eggs, hard cooked
- ¼ C green onion, thin slices
- ½ C mayonnaise



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Preparation

1. Boil turnip until it softens but isn't mushy. Drain, cool then refrigerate
2. Boil eggs until hard (about 15 minutes for eggs that come straight from the fridge). Cool, then refrigerate.
3. When you are ready to make your salad, peel eggs and mash with a fork in a in a medium sized bowl.
4. Add cooked turnip, green onion slices and mayonnaise. Mix well. Garnish with a sprinkle of paprika before serving.

Yield: Makes 6 servings (save 2 servings for dinner tomorrow).

Nutritional Information:

- Total Calories/serving: 134
- Total Carbs: 4 g
- Fiber: 1 g
- Total Fat: 12 g
- Protein: 3 g



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Broccoli with Bacon Crumbles

Ingredients

- 4 strips bacon
- 4 C broccoli flowerets
- 2 tsp bacon fat

Preparation

1. Fry bacon strips until crispy. Crumble bacon. Reserve 2 tsp of the bacon drippings for later use.
2. Wash the broccoli and steam broccoli flowerets until almost cooked through.
3. Heat the bacon fat in a skillet and stir-fry the broccoli until done. Add the crumbled bacon and toss around until the bacon and broccoli are hot but not overcooked. The broccoli should be a nice bright green color. Serve immediately.

Yield: Serves 4

Nutritional Information:

- Calories per serving: 82
- Total Carbs: 4 g
- Fiber: 2 g
- Total Fats: 6 g
- Protein: 5 g



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Baked Brussels Sprouts

Ingredients

- 2 C Brussels sprouts
- 1 T extra-virgin olive oil
- Salt & pepper to taste

Preparation

1. Pre-heat oven to 350 F
2. Toss Brussels sprouts with olive oil and place in an ovenproof casserole dish. Salt & pepper to taste.
3. Bake on the middle rack of the pre-heated oven for about 35 - 40 minutes or until the Brussels sprouts are slightly browned and soft all the way through.

Yield: Serves 4

Nutritional Information:

- Total Calories/serving: 50
- Total Carbs: 3 g
- Fiber: 2 g
- Total Fat: 4 g
- Protein: 2 g



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Baked Asparagus

Ingredients

- 14 asparagus spears
- 2 tsp ghee
- 2 tsp coconut oil
- Salt & pepper to taste

Preparation

1. Pre-heat oven to 375 F
2. Line a rimmed sheet with parchment paper
3. Melt ghee and coconut oil and brush onto asparagus spears. Sprinkle with salt & pepper.
4. Bake on the middle rack of the pre-heated oven for 20 minutes. Serve immediately.

Serves: 2

Nutritional Information:

- Calories/serving: 113
- Total Carbs: 6
- Fiber: 3
- Total fat: 10 g
- Protein: 3



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Section 6: Essentials





Bullet Proof Coffee

There are many different recipes for bullet proof coffee out there on the internet. The Speed Keto version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day.

Yield: Serves 1

Nutritional Information:

- Calories/serving: 77 (with cream) ... 45 (without cream)
- Total Carbs: 0
- Fiber: 0
- Total Fats: 8 g (with cream) ... 5 g (without cream)
- Protein: 0



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Homemade Chicken Broth

You will want to get the soup pot out in the morning because this chicken stock will spend 5-6 hours on your stove-top before it's really done. The long slow simmer maximizes the nutritional value and deepens flavor. Some of the broth will be consumed during fasting this week so you will be appreciating these amazing flavors soon!

When the internal temperature of the chicken reaches 185 F the meat is cooked. The chicken meat can be used for dinner with the bones from the carcass going back into the pot for the rest of the simmer time, 5 - 8 hours (or more). Makes about 4 quarts of stock.

Ingredients

- 1, 4-5 lb chicken whole or cut into pieces
- 2 celery stalks cut in half
- 5 garlic cloves, smashed open or cut in half
- 1 large bay leaf
- 3-5 sprigs fresh thyme (or 1 ½ tsp dried)
- Handful of fresh parsley (or 2 tsp dried)
- 2 tsp sea salt
- 1 tsp black peppercorns
- 1 ½ T apple cider vinegar
- Water to fill the 6 - 8 quart pot



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Preparation

1. Place all ingredients into a 6-8 quart pot with a tight fitting lid.
2. Cover with water and continue filling the pot until almost full. Put a tight-fitting lid on the pot. Bring to a boil (this takes about 10-20 minutes) then reduce the heat under the pot until the liquid is just simmering.
3. When the internal temperature of the chicken reaches 185 F remove it from the pot and leave it to cool down a bit (about 1 hour). Once the meat has been removed from the carcass put the bones back into the pot and continue simmering. You can also add any chicken bones that have been saved in the freezer for broth making. Refrigerate the chicken meat after it has cooled.
4. Keep the soup pot covered to prevent the stock from evaporating. Regardless the level will go down and you will probably have to add a few cups of water as the day progresses if you notice the liquid reducing too much.
5. When the broth has simmered and reduced to your satisfaction strain it through a fine mesh sieve. Discard the mushy veggies & bones.
6. Cool stock and ladle into clean glass jars. The stock can be refrigerated for up to 3 days and will be fine in the freezer for up to 6 months.

Yield: About 4 quarts (16 one cup servings)

If using a slow cooker ... follow the steps outlined above.

1. The chicken will likely take 2 ½-3 hours to reach an internal temperature of 185 F in the crock pot but it may take longer. (Crock pots vary in size and temperature). Remove meat from bones and return carcass to the pot and simmer from 4-24 hours.



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Ghee

Sometimes people who are sensitive to milk in their diet can tolerate ghee because the milk solids have been removed. However, if a milk allergy is present it is best to stay away from all butter – even ghee!

Ghee is a great fat to cook with because since the milk solids have been removed. This fat can be used at higher temperature making it an excellent choice for stir-fry wok dishes.

Ingredients

- 1 lb grass-fed, organic butter



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Preparation

1. Melt the butter slowly over medium low heat in a thick bottomed pot that will distribute the heat evenly. Once the butter is melted you will fairly quickly see it separate into three distinct layers:
2. The top layer will be foamy and white in color
3. The middle will be yellow. This is the deepest layer and it is called clarified butter.
4. The milk solids from the butter will sink to the bottom of the pot forming the third layer
5. Eventually the butter will come to a simmer. Keep the heat under the pot adjusted so that this slow simmering continues. Skim off the white foam that forms on the top every once in a while. After about 15-20 minutes you will see that the liquid has become a vibrant golden color and the milk solids at the bottom of the pot are beginning to brown slightly. At this point the clarified butter has become ghee. The browning milk solids give distinct flavor to the ghee. You can continue to simmer for a bit longer depending on your flavor preference or you can decide the ghee is ready. Now it's simply a matter of straining out the browned milk solids using a clean sieve. Store the ghee in a glass jar with a tightly fitting lid. You can store the ghee on the counter but you must be sure to remove all of the milk solids first.

Yield: 1 ½ C, Serving size: 1 tsp

Nutritional Information:

- Calories/tsp: 6
- Total Carbs: 0
- Fiber: 0
- Total Fat: 1 g
- Protein: 0



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EATING speed KETO

(Speed Keto™ without Fasting)

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Whether you're new to Keto, or have been doing it for a while. Whether you have lots of weight to lose, or are close to your goal. Whether your priority is healing your body or getting your ideal body ... this will totally transform the way you look and eat with a quick blast of action.

In Just 30 Days ...

- You won't recognize yourself in the mirror.
- You'll look years younger.
- You'll have more energy than you've ever had.
- Your blood work will stun your doctors.
- You'll feel a sense of accomplishment and confidence because you did it!

Speed Keto™ includes a day by day eating plan, simple, delicious recipes, food lists and a complete explanation of how and why this works (when nothing else has).

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