

7

two week
MEAL PLAN

.....
speed
KETØ



Dr. Harlan Kilstein

FOR MORE SUPPORT, JOIN US AT
<http://completelyketo.com/support>

2018121911ATWMPSKE

Table of Contents

Two-Week Meal Plan	4
Day #1	5
Day #2	6
Day #3	7
Day #4	7
Day #5	8
Day #6	9
Day #7	10
Day #8	11
Day #9	12
Day #10	13
Day #11	13
Day #12	14
Day #13	15
Day #14	16



Two-Week Meal Plan

Begin this Speed Keto two-week program on your weekly prep day; this will be on a weekend. Choose 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.

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).



Day #1

It's prep day:

- Make or buy Chicken Broth for drinking on intermittent fast days in the week ahead.
- Review this week's menu plans, make a grocery list and go shopping!
- If necessary, plan for busy days by preparing meals ahead of time and freezing individual-sized portions.

Start your day with Bulletproof 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 Muffin Quiche
- Lunch: Roast Beef Cold Plate
- Dinner: Bacon Wrapped Chicken Drumsticks & Speed Keto Slaw
- 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)



CompletelyKeto

Two Week Meal Plan Speed Keto



Day #2

Today you may drink Bulletproof Coffee in the morning and enjoy three meals. No eating past 8:00 pm (first period of intermittent fasting begins) however hydration with water is allowed.

Start your day with Bulletproof 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
- Lunch: Mini Muffin Quiche with Tomato Wedges & Cucumber (see note on recipe)
- Dinner: Bacon Wrapped Chicken Drumsticks & Speed Keto Slaw (leftover from dinner 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)



CompletelyKeto

Two Week Meal Plan Speed Keto

Day #3

Last night you began your first intermittent fast of 42 – 66 hours. Today you will be continuing the fast.

- Start your day by drinking electrolytes followed by ...
- a 30 minute walk to deplete glycogen stores

You may then enjoy a Bulletproof Coffee:

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

For the rest of the day, 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 fasting days drink only clear tea and coffee (no heavy cream). The only cream you can have today is in your morning cup of Bulletproof Coffee.

Day #4

This morning you will be continuing the fast.

- Start your day by drinking electrolytes followed by ...
- a 30 minute walk to deplete glycogen stores

You may then enjoy a Bulletproof Coffee:

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

Today you will have a decision to make. You may eat lunch after 2:00 pm. (42 hour fast) or continue fasting until tomorrow at 2:00 pm. (66 hour fast).

If you choose to continue fasting until tomorrow you will sip on Chicken Broth as desired and drink the allowed beverages: electrolyte drink (as needed), water, tea, herbal tea and coffee as desired (no heavy cream).



If you choose to end your fasting period at 2:00 pm you will be eating two meals today; lunch and dinner.

Menu for the day

- Lunch: Deviled Eggs & Cukes
- Dinner: Brussels Sprouts & Pork Belly Stir-fry
- Beverages as desired after 2:00 pm: 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).

Day #5

If you have chosen to continue fasting until 2:00 pm you will:

- Start your day by drinking electrolytes followed by ...
- a 30 minute walk to deplete glycogen stores

You may then enjoy a Bulletproof Coffee:

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

You can also sip on Chicken Broth as desired and drink the allowed beverages: electrolyte drink (as needed), water, tea, herbal tea and coffee as desired (no heavy cream) until 2:00 pm.

Everyone else will have the usual Bulletproof Coffee in the morning and three meals today.

Menu for the day

- Breakfast: Garlicky Scrambled Eggs
- Lunch: Brussels Sprouts & Pork Belly Stir-fry (leftover from last night)
- If you fasted through dinner yesterday select an alternate lunch from the list of Speed Keto lunch recipes.
- Dinner: Spatchcocked Roast Chicken and Mashed Turnip
- 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).

Day # 6

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

You may want to have your Bulletproof Coffee in the afternoon as you won't be having lunch today.

Menu for the day

- Breakfast: Mixed Grill Breakfast
- Dinner: Chicken Caesar Salad (use chicken leftover from dinner last night)
- 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)





Day #7

Today you may drink Bulletproof Coffee in the morning and enjoy three meals.

We also recommend taking a 30 minute walk sometime during the day.

Menu for the day

Start your day with Bulletproof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.
- Breakfast: Bacon & Eggs
- Lunch: Roast Beef Cold Plate
- Dinner: Pork Tenderloin Medallions with Avocado & Tomato Side Salad
- 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



CompletelyKeto

Two Week Meal Plan Speed Keto

Day # 8

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. 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 ...

Menu for the day:

Start your day with Bulletproof Coffee:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and, if desired, 2 tsp heavy cream.
- Breakfast: Cauliflower Hash Browns with Garlicky Scrambled Eggs
- Lunch: Grilled or Smoked Sausage with Basic Green Salad
- Dinner: Rib-eye Steak with Easy Ratatouille
- 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).





Day # 9

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bulletproof 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!
- Dinner: Lamb Chops & Heirloom 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).



CompletelyKeto

Two Week Meal Plan Speed Keto

Day # 10

It's an OMAD day so you will be having a satisfying dinner this evening. Start your day as usual with Bulletproof 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!
- Dinner: Pork Souvlaki with Avocado & Tomato 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).

Day # 11

Another day of OMAD so you will be having a satisfying dinner this evening. Start your day as usual with Bulletproof 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!
- Dinner: Seared Tuna Salad with Sliced Avocado and Basic Green 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).





Day # 12

OMAD today, so you will be having a satisfying dinner this evening. Start your day as usual with Bulletproof 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.
- Dinner: Grilled Lemon Chicken with Ratatouille and Avocado & Tomato 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).



CompletelyKeto

Two Week Meal Plan Speed Keto

1-866-FOR-KETO | page 14 of 16



Day #13

Eat breakfast and dinner today. Start your day as usual with Bulletproof 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: Bacon & Eggs
- Dinner: Caesar Salad for Two with Citrus Chicken Breasts (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).





Day #14

Three meals today!

Start the day with Bulletproof 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 Quiche
- Lunch: Deviled Eggs & Cukes
- Dinner: Bacon-wrapped Meatloaf with Mashed Turnip and Basic Green 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).



Completely Keto

Two Week Meal Plan Speed Keto

two week
MEAL PLAN

.....
speed
KET 