





## 2.02 Day 2 Eat Fat

When you wake up, head to the bathroom where you put those PeeTone strips. Pee on a strip. Is it pink? **Register the time and your PeeTone strip color on the chart each time you test today.**

### **Pink means KETONES.**

You made ketones! In fact, you made too many. Your kidney lifted that ketone into your urine and you peed it out. Your bloodstream holds ketones and glucose now. Yesterday, it only held glucose. This is progress.

### **White means NO KETONES.**

If your strip does not turn pink, there are no ketones in your urine. Or your strips are bad. PeeTone strips go bad when exposed to the air too long. The reason the bottle the peptones came in is dark and sealed is to prevent them from degrading.

### **Eat fat for breakfast, lunch, and dinner.**

We must wake up your cells that absorb fat. Low-fat diets put them to sleep. Excess insulin makes them sluggish. The way to wake them up is to eat fat without carbs.

This is the toughest day. You are going to be dealing with cravings and some nasty routine eating habits. For years, you've practiced snacking and chomping on the foods that increased insulin. If you crave food 6 times today, eat 6 times. Keep eating until you are full, but **ONLY** eat fatty foods with nearly zero carbs. I want you as close to zero carbs as you can get for these first days. We **MUST** lower your insulin.

**In the column labeled "TOTAL CARBS" enter how many carbs you ate and document the time along the left column.**

### **Food Choices**

Choose foods containing salt and fat. I'll list just a few of your many choices.

Cheese + pepperoni + avocado + meat sticks + pork rinds + pink salt crystals.

Dip the foods in mayonnaise/mustard sauce. Dip them in sour cream with hot sauce. Or go with sour cream with ranch dressing powder stirred in.



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### Drink Options

Coffee with heavy whipping cream - Sprinkle some [salt](#) in. That sounds gross to some. It took me over 4 years to figure out how important salt is. Learn from my bullheadedness & pain. Salt matters. I like it. The salt is critical to helping you through these first days. It will remain a vital part of the lifestyle. Any way I sneak a little salt into the plan is a WIN.

Add water - always a great option. Salted water is even better.

[Pique Tea](#) - a brand of instant tea that does not taste like instant tea. I like fresh brewed iced tea, NOT instant. Pique Tea is the only exception I have found. I truly love the taste of their freeze-dried, powdered tea.

No protein shakes. No smoothies filled with green. We must correct your chemistry. Those things mess it up.

Drink [Ketones-in-a-can](#) now if you are in a pinch and feel like you can't make it without some help. You won't need these forever. This transition can be rough for some folks.

[Ketones-in-a-capsule](#) can/will help.

### Check Your Blood Pressure

Lowering insulin and glucose rids the body of excess salt and water. Once those drop, even a little, a tidal wave flushes through the kidney. Most of your weight loss the first 10 days of ketosis comes from lost water, not lost fat. Don't run from this. Your body should not have that extra water in the first place. As the water purges out, your blood pressure drops. This happens in every person. It really impacts those taking medications for high blood pressure. BE CAREFUL. Everyone should check their blood pressure. Blood pressure drops while the heart rate increases. **Please keep track of this in your chart. Document the times you check these numbers.**

### Take Your Epsom Salt Bath

Soaking in Magnesium ([Epsom Salt](#)) prevents problems brewing inside your body. This added mineral helps everything from your bowels to your brain.

The bath keeps you far away from the fridge and gives you time to think about the day. Think about the hardest part. Take time to reflect on your struggle. Be gentle to yourself. It's catchy. When you treat yourself kindly, it spreads to others.



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### **Bowel Movements**

Did your bowels move today? **Document that in the chart.**  
If they did not move, swallow a cap full of the milk of magnesia.

### **GO TO BED**

Congratulations, you made it through day 2!