



2.01 DAY 1

What time did you eat yesterday?

The first 24 hours are the most difficult.

Step 1: No sugar. No starch. High fat.

Say those words out loud. Again. No sugar. No starch. High fat.

BREAKFAST IDEAS:

- Eggs & bacon. If you scramble the eggs, add FULL-fat cheese, not low-fat cheese.
- A bowl of ground hamburger soaked in butter. Eat until you are full.

I asked you not to go grocery shopping yet. If your house has no eggs, hamburger, or bacon, grab a drive-through breakfast.

Order 2 sausage patties with NO bun, ask for egg & cheese in the middle. You read that right. In the drive-through order a Sausage and an Egg breakfast sandwich. Hold the bun. Use 2 sausage patties as the bun with egg and cheese in the middle. Ask them to wrap it like a breakfast sandwich. This is cheap, easy, and TOTALLY KETO.

STEP 2: Twenty. 20.

20 grams of carbohydrates per day.

The only thing I want you counting is carbohydrates. Not calories. Not grams of fiber, fat, or protein.

STEP 3: PEE ON A KETONE-STICK

WHAT MAY I DRINK = NOTHING SWEET.

The first few weeks require a high supply of fat in the absence of carbs. One easy way to add fat is to drink it.

Popular keto-coffee drinks add heavy cream, butter, coconut oil, or MCT C8:C10 oil into the coffee. This trick is wonderful. Use it to delight your taste buds. The first phase of keto depends upon adequate fat. Pour on the fat! **Do. Not. Skip. The. Fat.**



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LUNCH

- drive-through lunch options
- a couple of sausage patties or bacon.
- Hamburger without the bun. Hold the ketchup. Order two hamburger patties with bacon, cheese, onions, pickles, and lettuce. Ask them to wrap it so you can eat it like a hamburger. Drink water or tea.
- Buffalo Wings dipped in full-fat Blue Cheese or Ranch dressing. Be sure to order the wings in buffalo sauce and not honey mustard or barbecue sauce. Those have carbs.

ENTER STORE FEELING FULL: This list is short.

It shouldn't take much money or time. Get out of that tempting place quickly.

Add these to your clean cupboard

LIMITED GROCERY LIST: ONLY BUY ITEMS ON LIST.

[Hyperlinks show you my favorites.]

Eggs, 3-5 dozen.

[Redmond Salt](#)

[Salt Sucking Rocks:](#)

EPSOM Salt (Three [5-Pound](#) Bags)

Or [50 pounds](#) (That's what I did)

FULL-FAT Hamburger

Bacon or Sausage Patties

[Pepperoni Slices](#)

[Liverwurst](#) (Don't freak out. Just try it.)

Hard Salami

[Meat Sticks](#)

[Sardines](#) In Oil (Just do it)

[Muffuletta](#) (Olive salad in a jar)

[Mayonnaise LOW CARB](#) - (Be sure to check the label)

Mustard

Onion, Fresh & Dried

Cabbage

Frozen Vegetables: Broccoli,

Cauliflower, Peppers,

Heavy Whipping Cream

Sour Cream

Cream Cheese

Fatty Cheese ([Wrapped in wax.](#))

Feta Cheese

Cheese - Shredded

[Butter](#)

Coconut Oil

Olive Oil

[Macadamia Nuts](#)

Almond Butter

[Cacao Powder](#) (Not cocoa powder)

[Coconut Cream](#) (3-4 cans)

[Pork Rinds](#)

[Powdered Ranch Dressing Spice](#) (Not the liquid. Just the powder)

Bag of [Chia Seeds](#).



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If you are able to go into the grocery store - check your blood pressure in the pharmacy area.

Before you go to bed, put the ketone pee strips (PeeTone Strips) by the toilet.

Go straight to bed.

JUST GO TO BED!

In the morning you will have conquered your first 36 hours since your last high dose of carbohydrates. That's a WIN!

