



## 3.3 ketoCONTINUUM #4

4. Eat 2 meals per day.

Choose to eat only 2 meals per day.

Succeed 7 day in a row before advancing.

BEWARE: Some find this a challenge to their identity. Years of cleaning their plates and scheduled eating shaped how they thought about meals. They never missed one. N.E.V.E.R. One participant continued to eat three square meals a day even though he had no signal of hunger. Only after another person captured the energy in the room by skipping a meal did he relax his strict approach to three meals daily.

| ketoCONTINUUM |  |             |
|---------------|--|-------------|
| BEGINNER      | 1. I <u>eat every 2-4 hours</u>                            | 4 - 6 weeks |
|               | 2. LESS THAN 20 total carbs. I <u>eat every 6-8 hours.</u> |             |
|               | 3. I “accidentally” missed a meal. [ <u>Keto-adapted</u> ] |             |
|               | 4. <u>Eat 2 meals per day.</u>                             |             |

Eating only 2 meals a day is a **choice**.

Replace mealtime with a SUBSTITUTION.

Skip the meal when you feel the least amount of hunger.

Keep checking your PeeTones.

Eat 2 meals daily for 7 consecutive days.

Pass the stress test.



## 3.3 ketoCONTINUUM #4

| <b>ketoCONTINUUM #4</b><br><b>Meal Time:</b> | Total Carbs | PeeTone strips | Did you drink ketones? | Grams of Protein | Consecutive Days Eating only 2 Meals |
|--|-------------|----------------|------------------------|------------------|--------------------------------------|
| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |
| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |
| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |
| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |
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| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |
| First Meal                                   |             |                |                        |                  | 1 2 3 4 5 6 7                        |
| Second Meal                                  |             |                |                        |                  |                                      |



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