

	<i>Keto food plan first 21 days; listen to your body when it comes to fuel mix (amounts); lower veggies if you want</i>
Before breakfast	1 teaspoon glutamine powder in regular water 1 tablespoon coconut oil in warm fluid (if cravings)
Breakfast	2–3 eggs or 3–4 ounces of protein 2–3 tablespoons of fat
Between meals	1 teaspoon glutamine powder in regular water 1 tablespoon coconut oil in warm fluid (if cravings)
Lunch	4–5 oz. protein 8 oz. vegetables 2–3 tablespoons of fat
Between meals	1 teaspoon glutamine powder in regular water 1 tablespoon coconut oil in warm fluid (if cravings)
Dinner	4–5 oz. protein 8 oz. vegetables 2–3 tablespoons of fat
Evening	1 teaspoon glutamine powder in regular water 1 tablespoon coconut oil in warm fluid (if cravings)
Fat sources	Olive oil, avocado oil, coconut oil, MCT oil, ghee, butter, duck fat, beef tallow
Remember	Drink plenty of fluids throughout the day. When not eating carbs you can take a salt shot (1 teaspoon of sea salt mixed in 12 oz. of water) in the afternoon
Blue text	When detoxing. First 3-6 weeks, then as needed if cravings

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