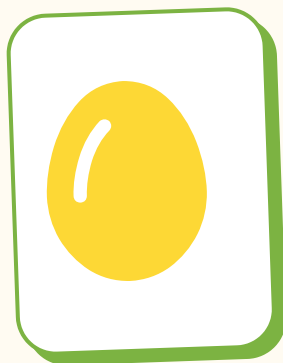


OFFICIAL GUIDE

# KETO 3-DAY JUMPSTART



# HOW TO START

**SIMPLE START:** Forget the complex rules. Just follow these 4 simple steps to reset your eating habits and feel great without overthinking it.

1

## DOWNLOAD PDF

Keep it handy on your phone or print it out.

2

## GO SHOPPING

Use the list on page 6. No improvisation at the store.

3

## PREP & EAT

Follow the simple recipes. Eat **ONLY** what is listed.

4

## STAY HYDRATED

Drink plenty of water daily to feel energetic and full.



SIMPLIFY CHOICES



CUT CARBS



START STRESS-FREE

# DAY 1

START

**WHY THIS MENU?** These simple, delicious meals are designed to help you feel lighter and satisfied immediately. You'll beat the bloat without feeling hungry.

## BREAKFAST

 10 min

### Scrambled Eggs with Avocado

Eggs	2
Avocado	½
Butter	1 tsp

PREPARATION: Whisk eggs. Melt butter in a pan. Cook eggs while stirring. Serve with sliced avocado.

 Swap: 1 tbsp Olive Oil

## LUNCH

 10 min


### Keto Chicken Salad

Cooked Chicken	120g
Lettuce	50g
Olive Oil	1 tbsp

PREPARATION: Cut chicken into strips or cubes. Add to washed lettuce. Dress generously with oil and salt.

 Swap: Canned Tuna

## DINNER

 15 min

### Salmon with Zucchini

Salmon	150g
Zucchini	150g
Olive Oil	1 tbsp

PREPARATION: Slice zucchini into rounds. Cook in a pan with oil for 5 min. Add salmon and cook 5 min per side.

 Swap: Chicken Breast

 **PRO TIP:** Don't forget to salt your food generously for better flavor and energy!

# DAY 2

ADAPT

**KEEP GOING:** You might feel a bit tired as your body adjusts—that's totally normal! Stick to the plan and eat enough to stay full and happy.

## BREAKFAST

🕒 5 min

### Greek Yogurt with Walnuts

Whole Yogurt	150g
Shelled Walnuts	20g

PREPARATION: Choose plain white yogurt without sugar (important!). Roughly chop walnuts and garnish.

🔄 Swap: Almonds

## LUNCH

🕒 10 min

### Turkey & Spinach Bowl

Turkey	120g
Spinach	60g
Olive Oil	1 tbsp

PREPARATION: Sauté cubed turkey in a pan until golden. Add fresh spinach at the last minute until wilted.

🔄 Swap: Chicken

## DINNER

🕒 15 min

### Beef Burger & Broccoli

Ground Beef	150g
Broccoli	150g
Butter	1 tsp

PREPARATION: Form a burger and cook in a pan. In another pan, sauté broccoli with butter and a bit of water until tender.

🔄 Swap: Chicken

💧 **QUICK TIP:** Drink a glass of water before each meal to help curb hunger.

**ALMOST THERE:** You should start feeling more focused and less hungry today. You're doing great! Enjoy these delicious meals as you finish strong.


## BREAKFAST

 10 min

### Cheese Omelette

Eggs	2
Cheese	30g
Butter	1 tsp

PREPARATION: Whisk eggs and diced cheese. Cook in butter until golden. Fold in half.

 Swap: Avocado

## LUNCH

 5 min

### Tuna & Mayo Salad

Tuna	120g
Mayonnaise	1 tbsp
Lettuce	50g

PREPARATION: Drain tuna well. Mix with mayonnaise (real, not light!). Serve on a bed of lettuce.

 Swap: Boiled Chicken

## DINNER

 20 min

### Roast Chicken & Cauliflower

Chicken	150g
Cauliflower	150g
Olive Oil	1 tbsp

PREPARATION: Cut everything into equal pieces. Season with oil, salt, spices. Bake (200°C) or air fry.

 Swap: Broccoli

 **MILESTONE:** 3 days done! You should feel lighter and proud of yourself.

# SHOPPING LIST

**EASY SHOPPING:** Buy exactly what's on this list for a stress-free 3 days. Double the amounts if you are cooking for two people!

## BUTCHER

- Eggs (1 pack 6-12)
- Chicken Breast (400g)
- Turkey Breast (150g)
- Ground Beef (150g)
- Salmon Fillet (150g)
- Canned Tuna (2 cans)

## PRODUCE

- Avocado (2 ripe)
- Lettuce / Salad Mix
- Fresh Spinach (bag)
- Zucchini (3 medium)
- Broccoli (1 head)
- Cauliflower (1 small)

## PANTRY

- Extra Virgin Olive Oil
- Butter or Ghee
- Mayonnaise (Full Fat)
- Walnuts or Almonds
- Salt & Pepper

## DAIRY & EXTRAS

- Greek Yogurt 5%
- Aged Cheese
- Still Water

 **NOTE:** Quick check—avoid products with added sugar in the ingredients.

# SUBSTITUTIONS

**EASY SWAPS:** Not a fan of an ingredient? No problem. Just swap it for a similar option from the list below.

  
CHICKEN



  
TURKEY / TUNA

  
BEEF



  
EGGS / CHICKEN

  
SALMON



  
TUNA (add oil)

  
ZUCCHINI



  
BROCCOLI /  
ASPARAGUS

AVOCADO

  
OLIVE OIL / OLIVES

# FINISH LINE

## YOUR PROGRESS

Tick the boxes to celebrate your 3-day win! Consistency is the only magic that exists.

- I did the full grocery shopping
- I meal prepped in advance
- I stuck to the simple plan
- I drank plenty of water (>2L)
- I avoided sugar, bread, and pasta



**YOU DID IT!**

You've completed the kickstart. Keep this momentum going!