

Keto Metabolic Lifestyle™ Program

Welcome!

This guide is here to help you take control of your health by shifting your body to burn fat for energy. We'll walk you through how to structure your meals, choose the right foods, and set healthy eating windows in a practical, flexible way.

You'll learn the principles behind the keto diet, prioritizing healthy fats, moderating protein intake based on your body weight, and keeping carbs mostly from vegetables and small portions of berries, so that you can adapt it to your lifestyle.

Please think of this as a roadmap: start with the basics, get comfortable with portions and timing, and then make it your own. It's easy, fun, and won't alienate your family. You can all eat the same food. **YOU WILL BE THE WISER!**

We'll also cover hydration and simple morning routines, such as starting your day with water, healthy fats, and, if you take one, a probiotic, to help kick-start your metabolism and digestion.

By following this approach, you'll have a clear, easy-to-use framework that makes keto and intermittent fasting manageable, practical, and sustainable from day one.

Let's Get Started!!

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Daily Routines - How It All Begins

Starting your day with the proper routine sets the tone for ketosis and intermittent fasting. Your morning habits can help manage your appetite, stabilize blood sugar levels, and support fat adaptation. While timing can be flexible to fit your schedule, the key is consistency and structure. Focus on hydration, healthy fats, and gentle routines that prime your body for energy and focus.

Note: At first you may feel hungry since you are cutting carbs and lengthening your fasting but that will subside. Just trust the process as you shift your body from sugar to fat as your primary fuel source.

Morning Routine

Purpose: Start the day with ketone-supporting fats, hydration, and gut support.

Recommendation:

- **Upon waking:** 1 tbsp MCT oil + 16 oz filtered water or fresh, not chlorinated municipal water.
- **Optional:** Probiotic
- **Optional:** Any morning vitamins you typically take (except probiotics, which are better without other food)

Tips:

- MCT oil is fast-acting and helps kickstart ketone production.
- Water helps hydrate and support digestion and metabolic function.

Protein Guidelines

How to calculate your target protein:

- **Base protein on body weight:** ~0.6–0.8 grams per pound of lean body mass (~1.3–1.7 g per kg)
- **Spread intake throughout the day** to avoid large spikes at one meal.
- **Protein sources:** fatty fish, poultry, eggs, cheese, whole milk yogurt, duck, beef, pork, tofu (non GMO), tempeh, seitan, hemp seeds, pumpkin seeds, and nutritional yeast. Protein powders - pea/hemp and collagen peptides. Avoid most bean with exception of black soybeans, green beans, edamame, and lupini beans and mung beans.

Tips:

- Avoid packing too much protein into one meal — it can suppress ketones.
- Use fattier protein sources (salmon, duck, chicken thighs) to balance your fat intake naturally.

Fat Guidelines

Focus on quality fats: (don't be afraid of fats from quality sources, especially Omega 3 sources)

- Plant oils: Hemp oil, olive oil, avocado oil, Coconut oil & MCT Oil
- Animal fats: With skin (Salmon, Duck, Chicken (darker meat, thighs, drums, wings), Turkey (same), wild game, fatty cuts of meat (bone in), eggs, cheese,
- Other healthy fats: avocado, nuts (walnuts, macadamia, pecans), nut/seed butters, Tofu, edamame, olives, and dark chocolate (moderation), Chia seeds, flaxseeds, hemp seeds, and pumpkin seeds.

Tips:

- It is easy to add more fat if ketones are low — drizzle extra olive or hemp oil, add avocado, or a teaspoon of MCT with snacks or dessert.
- Spread fats across the day instead of taking all at one meal.

Carbs & Vegetables

Best choices:

- Cruciferous vegetables: broccoli, cauliflower, Brussels sprouts, cabbage
- String beans, zucchini, leafy greens (spinach, kale)

Avoid / Limit:

- High-carb vegetables: peas, carrots, corn
- Starchy vegetables: potatoes, sweet potatoes

Tips:

- Net carbs should generally stay ≤ 30 g per day for beginners.
- Fiber is essential — choose vegetables with low net carbs and high fiber content.

Nuts & Snacks

Good choices:

- Walnuts, macadamia nuts, pecans (high fat, low carbs)

Avoid / Limit:

- Cashews, pistachios, almonds in large amounts (higher carbs)
- Nut butter with added sugar or oils (it should be roasted nuts w/wo salt. That's it!

Tips:

- Nuts are convenient fat sources but track portions (~1 oz per serving).
- Use nuts strategically to maintain fat-to-protein ratio.

Breakfast Options

Goal: Moderate protein, high fat, low carbs (set the tone for the day and feel satiated)

Examples:

- ½–¾ cup full-fat plain yogurt (like Fage 5%) + few berries + 1 tbsp ground flaxseed or chia seeds (more fiber) + optional ½ avocado
- Eggs (1–2) + avocado + olive oil or butter
- Smoothies with pea protein and collagen protein, hemp oil, few berries, water or coconut milk

Tips:

- For lactose intolerance: replace yogurt with coconut yogurt or other full-fat, low-carb dairy alternatives.
- Keep protein moderate; focus on fats in the morning to promote ketone production.

Lunch & Dinner Options

Protein choices:

- Fatty fish: salmon, tuna, halibut
- Poultry: chicken thighs, duck
- Red meat: ribeye, ground beef, fatty cuts

Fats:

- Olive oil, hemp oil, avocado, real butter (ex. Kerrygold), fatty meats

Vegetables:

- Cruciferous, string beans, zucchini, leafy greens

Tips:

- Drizzle extra oils or add avocado to keep fat-to-protein ratio around 1.5–2.0:1 by grams.
- Protein should be spread throughout the day rather than concentrated in one meal.

Dessert / Evening Snack

Options:

- Few berries + real whipped cream + optional tsp MCT oil if your day was lighter on fats
- Nuts + small amount of dark chocolate (85%+)
- Fat-forward snacks to keep carbs low and ketones stable

Tips:

- Keep portions small to avoid carb spikes.
- Use fats strategically to boost ketones if levels are low before bed.

Plug-and-Play Daily Template (Vegan/Vegetarian options below)

Meal	Protein	Fat	Carbs	Notes / Tips
Morning (Breakfast)	Moderate: eggs or ½–¾ cup yogurt	High: MCT oil, flax, avocado, optional	Low: few berries	Always start with MCT oil + water + probiotic if used
Lunch / Salad	2 eggs or 3–4 oz fatty protein	1–2 tbsp olive/hemp oil, avocado	5–6 g net carb: greens	Optional Parmesan, small cheese addition
Afternoon Snack	Optional small protein (yogurt or nuts)	Handful of nuts (~1 oz), 1 tsp MCT optional	Low carb	Fat-focused to sustain ketones
Dinner	4–6 oz protein: fatty fish, poultry, beef	1–2 tbsp olive/hemp oil, butter optional	5–10 g net carb: cruciferous vegetables	Adjust oil to maintain fat:protein ratio
Evening / Dessert	Minimal protein	Whipped cream, optional tsp MCT	Few berries, keep carbs <5 g	Fat-focused to boost overnight ketones

Daily Target (Approximate for beginner):

- Protein: ~0.6–0.8 g per lb lean body mass
- Fat: ~1.5–2.0 × protein (by grams)
- Net Carbs: ≤30 g (total carb less total fiber)
- Calories: ~1,550–1,700 kcal (adjust to personal energy needs)

Note: Pay attention to extra fiber. 2 tbsp of fresh ground Chia seeds provide ≈ 10g of fiber. Honestly this was the only challenge when you cut back on carbs. Chia seeds are fiber dense. Purchase as whole seeds and grind them in a blender cup full at a time and sprinkle generously.

Vegan & Vegetarian-Friendly Approach

You don't have to be an omnivore to benefit from the Keto Metabolic Lifestyle™. Whether you prefer plant-based eating, vegetarian meals, or want to explore a more sustainable approach, this program adapts to your needs without compromising results. The goal is simple: feed your body the right way, move with low-impact activity, and let healthy weight loss happen naturally — all while enjoying foods that fit your lifestyle. Use the same plug and play template above and substitute Vegan/Vegetarian options.

Plant-Based Fats

Fats are your primary fuel in this lifestyle, and plant-based sources work beautifully.

- Avocados
- Oils: Olive, Hemp, Coconut, Avocado and MCT oil
- Nuts and seeds (macadamia, pecans, walnuts)

These provide stable energy, support fat adaptation, and help keep you full and satisfied.

Protein Options

- Protein is essential for maintaining lean mass and supporting metabolic health. For plant-based eaters, aim for a combination of:
- Edamame, tofu (non GMO), tempeh, seitan, hemp seeds, pumpkin seeds, and nutritional yeast.. black soybeans, green beans, edamame, lupini beans and mung beans.
- Plant-based protein powders (pea, rice, hemp) and Collagen Peptide Powder
- Spread your protein across meals and pair with fats to keep ketone production consistent.

Low-Carb, Fiber-Rich Vegetables

- Vegetables are critical for micronutrients, fiber, and overall health. Focus on:
- Cruciferous veggies: broccoli, cauliflower, Brussels sprouts
- Leafy greens: kale, spinach, Swiss chard
- Zucchini, cucumbers, asparagus, and mushrooms
- Aim for variety — the more color and texture, the better for both nutrients and gut health.

Dairy Alternatives

If you avoid dairy, unsweetened plant-based options work well:

- Almond, coconut, soy, oat and pea and cashew
- Plant-based cheeses (moderate, check carbs)

Practical Tips for Success

- Track your macros carefully to ensure adequate protein and fats.
- Use healthy oils and nuts to boost fat intake without adding hidden carbs.
- Even on “off” days, small adjustments — extra fat, protein timing, or low-carb veggies — keep your metabolism moving forward.

- Supplement thoughtfully if needed: vitamin B12, iodine, or omega-3s can help fill gaps in a strict plant-based approach.

Sample Day (Plant-Based Keto-Friendly)

- **Breakfast:** Tofu scramble cooked in coconut oil, with spinach and avocado
- **Snack:** Small handful of macadamia nuts + unsweetened coconut yogurt
- **Lunch:** Tempeh salad with olive oil, avocado, and leafy greens
- **Snack:** Protein shake (pea or hemp protein) + MCT oil
- **Dinner:** Stir-fried vegetables with seitan, sesame oil, and hemp seeds

Daily Target (Approximate for beginner):

- Protein: ~0.6–0.8 g per lb lean body mass
- Fat: ~1.5–2.0 × protein (by grams)
- Net Carbs: ≤30 g (total carb less total fiber)
- Calories: ~1,550–1,700 kcal (adjust to personal energy needs)

Note: Pay attention to extra fiber. 2 tbsp of fresh ground Chia seeds provide ≈ 10g of fiber. Honestly this was the only challenge when you cut back on carbs. Chia seeds are fiber dense. Purchase as whole seeds and grind them in a blender cup full at a time and sprinkle generously.

Keto FAQ / Common Mistakes

Why aren't my ketones rising even though I'm eating low-carb?

- Often due to protein overload which get stored as glycogen-suppressing keystone. Spreading protein evenly across meals and pairing it with sufficient fats (olive, hemp, MCT, avocado) improves ketones.
- Fat intake may be too low. Easy fix: drizzle extra oils, add avocado or nuts.
- Hidden carbs, such as berries, balsamic, starchy vegetables, or flavored products, can add up.

How much protein should I eat?

- Aim for 0.6–0.8 g per lb of body weight (roughly 1.0–1.2 g per kg) per day, spread across meals.
- Overdoing protein in one sitting can reduce ketone production.

Which fats are best for maintaining ketosis?

- MCT oil - fast ketone production
- Hemp oil - nutrient-dense, anti-inflammatory
- Olive oil - stable monounsaturated fat
- Avocado, fatty cuts of meat, and cheese are excellent sources of fat and calories

Tip: Add an extra tablespoon of healthy fats during the day if ketones are low. When in doubt add healthy fats over any other Macro.

Which vegetables should I focus on?

- Low-carb, fiber-rich, cruciferous veggies: broccoli, cauliflower, Brussels sprouts, Bok Choy, leafy greens.
- Avoid: starchy or high-sugar veggies like peas, corn, and carrots in large amounts.

Can I have berries?

- Yes, in small portions (2–4 berries per serving). Consuming too many can push net carbs above 30 g/day. (Strawberries, Raspberries are best, and Blueberries too, but moderately)

Which nuts are keto-friendly?

- Best choices: walnuts, macadamia, pecans — high in fat, low in carbs.
- Avoid: cashews, pistachios — higher in carbs, lower in fat.
- Track portions (~1 oz) to avoid carb creep.

Can I have dairy?

- Yes, full-fat options: plain Greek yogurt (like Fage 5%), aged cheeses.
- Avoid flavored yogurts or high-carb dairy.
- Lactose-intolerant/Vegan options: coconut yogurt, almond milk-based creams, or other low-carb dairy alternatives.

Do I need to take vitamins?

- Only if you usually take them.
- Probiotics are best on an empty stomach; other vitamins can be taken with meals if desired.

What if I have a day where ketones are low or GKI is high?

Quick fixes:

- Add 1–2 extra tablespoons of MCT, hemp, or olive oil spread throughout the day.
- Keep protein in check — reduce lean proteins if necessary.
- Limit high-carb vegetables or desserts.
- Ensure hydration — low ketones can sometimes indicate mild dehydration.

Breakfast seems hard to balance — too much protein at once.

- Split protein across the day: eggs for lunch/salad, yogurt for breakfast, cheese in moderation.
- Focus on fat first thing: MCT oil + water helps maintain ketones.
- Breakfast can be optional if practicing intermittent fasting — start your eating window with fats and moderate protein.

Can I skip breakfast?

- Yes, optional — works if intermittent fasting fits your lifestyle and you are comfortable with it. Ease into longer fasts. More on that later!
- Always ensure your first meal has healthy fats and moderate protein to stabilize ketones.

Can I add extra fat?

- Yes! Adding 1–2 tablespoons of olive/hemp oil, MCT, or avocado oil is an easy way to nudge ketones higher without affecting carbs.

Hidden mistakes to avoid:

- High Carb sauces, salad dressings, sweetened nuts, keto bars, or snacks.
- Overeating even healthy fats, expecting ketones to spike immediately.
- Relying on high-protein, low-fat meals — protein without sufficient fat can blunt ketosis.

Timing & meal spacing:

- Spread meals to avoid protein overload in one sitting.
- Short eating windows can lead to “meal stuffing” — adjust portion sizes or fasting window to suit your schedule.

Advanced tips for those experienced with keto: (optional)

- Track macros as % of calories: roughly 70% fat, 20–25% protein, 5–10% carbs.
- Adjust fat intake to fine-tune ketone levels.
- Experiment with fasting windows (14–16 hours) to optimize metabolic benefits.
- Monitor hydration and electrolytes, which support both ketosis and general wellness.
- Glucose/Keto Tracker – KetoMojo- See optional tools sections

Intermittent Fasting and Eating Windows

What is Intermittent Fasting (IF)?

Intermittent fasting is a method of scheduling your eating to allow periods of fasting. This helps the body optimize fat utilization, balance insulin, and improve metabolic health. IF is not about skipping nutrients; it's about **timing your meals to support your metabolism and goals**.

Recommended Eating Windows:

- Beginners typically start with **14–14.5 hours of fasting** per day.
- Some clients may extend to **16 hours of fasting** once they are comfortable.
- **Flexibility is key:** Adjust the window based on your schedule, activity, and comfort.

First Actions Upon Waking:

- **Drink 16 oz of filtered water.**
- **Take 1–2 tablespoons of MCT oil.**
- **Take a probiotic** if you currently use one.

Timing note: Do this **upon wakening**, regardless of the clock. The rest of your eating window will adjust around your first meal.

How to Structure Your Meals:

- First meal should **break your fast**, and subsequent meals should fit comfortably into your eating window.
- Avoid “shoving” too much food into a short window; it's better to adjust portion sizes slightly to maintain comfort.
- Listen to your body, your window is flexible and can shift by an hour or so if needed.

Tips for Success:

1. **Ease into fasting:** Start with a shorter fast and gradually extend as tolerated.
2. **Focus on high-quality foods** during your eating window: healthy fats, protein, and low-carb vegetables.
3. **Hydrate during fasting hours:** Water, herbal tea, or black coffee can help manage hunger.
4. **Track your experience:** Adjust fasting length, meal timing, and portion sizes according to energy, satiety, and performance.

Common Questions:

Q: What exactly is intermittent fasting in this program?

A: Intermittent fasting means eating all your meals within a defined “window” each day, typically 14–16 hours after your last evening meal. The focus is on *when* you eat, not *what* you eat, though nutrition still matters. Focus on quality fats, moderate protein and low carbs.

Q: When should I take my MCT oil, hemp oil, and probiotic?

A: Take them upon waking, ideally before your first meal. This supports ketone production, hydration, and gut health. Exact clock time is flexible and can be adjusted based on your schedule.

Q: Can I skip breakfast?

A: Yes, if fasting feels comfortable. Your eating window should start naturally when you feel ready to eat, and your first meal should prioritize fats first, followed by moderate protein. Don’t over eat!

Q: What if I feel hungry during the fasting window?

A: Common and normal. Options:

- Drink water, sparkling water, or unsweetened tea/coffee. (sweeten with Monk Fruit if needed)
- Focus on hydration first; sometimes hunger is mild dehydration.
- If low energy persists, consider a slight shift in your eating window or add extra healthy fats to your first meal.

Q: What happens if my eating window is shorter than 14 hours?

A: Don’t force it. A slightly shorter window can still provide benefits. Spread meals naturally without overeating in one sitting. Gradually work up to 14–16 hours as it feels sustainable. It will, be patient.

Q: Can I drink coffee or tea while fasting?

A: Yes, plain coffee, black tea, or herbal teas are fine. Avoid added sugar or milk, as they can break your fast. If you need it sweeter use Monk Fruit.

Q: How do I handle workouts with intermittent fasting?

A: Timing is flexible:

- Some people prefer exercising at the end of the fasting period (to tap into fat stores).
- Others eat a fat-first meal before moderate exercise. Listen to your body.
- Once you switch to burning fat as your primary fuel this will get easier.

Q: What if I break my fast accidentally?

A: Don’t worry. Resume your regular window the next day. Consistency over time is more important than perfection.

Q: How do I know if fasting is working for me?

A: Signs of success include:

- Sustained energy throughout the day
- Stable appetite
- Improved focus
- Ketone levels are rising if testing

Q: Can the fasting window be flexible day-to-day?

A: Absolutely. Life happens. Adjust the window according to your schedule but maintain consistent and balanced meals. Flexibility ensures adherence.

Q: Are there any quick adjustments if I feel my progress stalling?

A: Yes:

- Increase healthy fats in meals (extra MCT, hemp, olive oil, avocado).
- Ensure protein is moderate, spread evenly.
- Review your vegetable and carb intake. Hidden carbs can add up.
- Adjust fasting window gradually (e.g., add 30–60 minutes once a week).

Advanced Fasting: Optional Weekly and Monthly Resets

This section introduces longer; optional fasting periods designed for those who have completed the beginner program (at least 30–60 days) and are comfortable with the basic intermittent fasting routine. These resets are designed to support metabolic flexibility further, promote autophagy, and enhance mitochondrial health.

Important Safety Note:

- Always listen to your body. If you feel unwell or are taking medications that require food, consult your healthcare provider before attempting extended fasts.
- Start slowly and progress only as you feel comfortable.

Key Concepts

- **Autophagy:** A natural cellular cleaning process that recycles damaged cells and proteins. Extended fasting can enhance autophagy, helping cellular health and metabolic efficiency.
- **Hydration:** During fasting, drink plenty of water. A pinch of sea salt can help maintain electrolytes.
- **Fatigue & Discomfort:** Mild hunger or fatigue is normal; if you feel unwell, pause or break the fast.

Recommended Phases

Duration	Frequency	Notes
24–36 hours	Every 2 weeks	Begin after 30 days on the beginner program, water-only with sea salt. Listen to your body.
24–36 hours	Once per week	After 60–90 days of consistent beginner IF. Continue water-only, optional sea salt.
48–72 hours	Once per month	Only once your body is comfortable with shorter fasts, maintain hydration, and closely monitor your energy and health.

Guidelines for Success

1. **Timing:** Choose a convenient period, such as finishing dinner one evening and breaking your fast 24–72 hours later. Your fasting window is from the end of your last meal until your next scheduled meal.
2. **Hydration:** Drink filtered water regularly. Add a pinch of sea salt for electrolytes. Avoid sweeteners or flavored beverages.
3. **Breaking the Fast:** Start with small, gentle meals with healthy fats and moderate protein. Avoid high-carb or high-sugar foods immediately after extended fasts.
4. **Optional Enhancements:** For those experienced and comfortable, you can track ketones and blood glucose to observe metabolic improvements.
5. **Listen to Your Body:** Any discomfort, dizziness, or unusual symptoms means stop and re-evaluate. Always prioritize safety and gradual progression.

Takeaways

- Extended fasting can be a powerful tool when introduced slowly.
- Begin with shorter 24–36 hour fasts every 2 weeks, then progress as tolerated.
- Monthly 48–72-hour resets are advanced and optional.
- Stay hydrated, support electrolytes, and ease back into eating afterward.

Weekly Exercise & Movement

While transitioning to a keto and intermittent fasting lifestyle, movement and exercise play a crucial role in maintaining metabolic health, promoting fat adaptation, and enhancing overall well-being. This section offers a beginner-friendly framework that prioritizes consistency over intensity, promotes recovery, and helps you feel energized without overwhelming your schedule.

Guiding Principles:

- Stay active daily through walking, light movement, or stretching.
- Strength training 1–2 times per week is sufficient; prioritize proper form over heavy lifting.
- Moderate aerobic activity supports fat metabolism and cardiovascular health. Brisk walks, cycling, or gentle recreational activities are excellent options.
- Flexibility and mobility exercises (yoga, stretching) improve recovery and reduce stress.

Weekly Exercise & Movement Template

Day	Movement / Cardio	Strength / Resistance	Flexibility /Recovery	Notes / Tips
Monday	30–45 min brisk walk or light aerobic activity	—	10–15 min stretching/mobility	Focus on steady pace; keep it enjoyable.
Tuesday	Light calisthenics or active movement breaks throughout the day.	—	Optional yoga	Stay active throughout the day
Wednesday	30–45 min brisk walk or cycling	20–30 min easy strength training (bodyweight or light weights)	10 min stretching	Strength session can be morning or afternoon
Thursday	Light aerobic activity or walk	—	Optional yoga/mobility	Keep intensity moderate; avoid overexertion.
Friday	30 min brisk walk	—	10–15 min stretching	Listen to your body; keep a comfortable pace.
Saturday	30–45 min recreational activity (hiking, swimming, biking)	20–30 min easy strength training	10–15 min mobility	Make it fun and social if possible
Sunday	Gentle walk or active recovery	—	15 min yoga or stretching	Restorative day; prepare for next week

Exercise Tips for Success:

- Keep aerobic intensity sustainable; you should be able to carry on a conversation.
- Light daily activity supports metabolic flexibility and complements keto adaptation.
- Prioritize proper form in strength sessions rather than lifting heavy weights.
- Recovery and stretching improve flexibility, reduce stress, and prevent injuries.
- Consistency matters more than intensity; small daily movements add up over time.
- Take a rest day whenever you want. Even a simple walk after lunch at work is fine.
- Stand up every 20-30 minutes if you sit, or better yet, use a stand-up desk and take sit breaks too!

Optional Aerobic Note: (MAF 180 Formula)

For those interested in further optimizing aerobic health, the Maffetone method (180 formula) can guide moderate heart rate training to improve fat-burning efficiency. This is optional and can be explored once you are comfortable with your baseline activity levels.

Aerobic Health with the MAF 180 Formula

Dr. Phil Maffetone's MAF 180 formula focuses on training your aerobic system at the "Maximum Aerobic Function" heart rate, which promotes fat-burning and minimizes stress.

Calculating Your MAF Heart Rate

1. Subtract your age from 180.
2. Adjust for health and fitness:
 - Major illness, medication, or chronic overtraining: subtract 10
 - Injury or inconsistent training: subtract 5
 - Healthy and consistent: no modification
 - Age 65+: may adjust downward slightly if needed

Tools: ChatGPT Macro Calculator

This is the exact system I use. Once you set it, it remembers your intake and frequent foods. It knows pretty much all foods but if it doesn't just dictate the info from the nutrient label once and you are done. This will help guide you. Be steadfast at first until you get your food intake dialed in.

You simply paste this into a free ChatGPT account. (if you don't have one, this will be a great time to do it and learn it. It is like typing or dictating into Google.) I recommend dictating it through your phone or computer. You will see the microphone option.

Be patient, take your time. Whether you are an AI expert or beginner just know it isn't always perfect but pretty darn close. It will be your guide and Virtual Coach for now. We are working on an APP. More on that later.

Here is the Prompt.

AI FOOD LOG + MACRO TRACKER (CLIENT VERSION)

STEP 1 — SETUP (USER FILLS IN BRACKETS)

User provides once:

Starting weight: []

Goal (fat loss / maintenance / keto reset / metabolic health): []

Typical morning start includes:

MCT oil: [yes/no]

Other supplements (optional): []

Target net carbs per day: []

Target protein range: []

AI RESPONSE:

“I will remember these settings and use them to guide your daily tracking and feedback.”

STEP 2 — DAILY LOGGING INSTRUCTIONS

User dictates food naturally throughout the day.

Example:

“Breakfast was two eggs and half an avocado.”

“Lunch was tuna salad with olive oil.”

“Snack was walnuts.”

“Digest.”

RULES FOR THE AI (MANDATORY)

MEMORY & GUIDANCE

1. Ask clarifying questions the first day to learn:
 - typical foods
 - portion sizes
 - oils used
2. Commit those patterns to memory to improve estimates.
3. Over time, refine accuracy based on the user's habits.

CALCULATION RULES

- Net Carbs = Total Carbs – Fiber
- Fat : Protein ratio = fat calories ÷ protein calories
- Oils = 120 cal / tbsp, 14g fat
- Eggs ≈ 6g protein, 5g fat
- Use reasonable food database estimates
- Count fiber carefully (chia, flax, avocado, berries)

DEFAULT ASSUMPTIONS (unless user says otherwise)

- Water: ~50–60 oz
 - Sleep: ~7–7.5 hours
 - Coffee/tea only counted if mentioned
 - Supplements = no calories unless oil-based
 - MCT oil counted only if user says they took it
-

OUTPUT FORMAT (STRICT)

DO NOT repeat foods.

DO NOT explain math.

ONLY output:

Calories:

Protein (g):

Fat (g):

Total Carbs (g):

Fiber (g):

Net Carbs (g):

Fat : Protein Ratio:

COACHING FEEDBACK (REQUIRED)

After macro digest, add:

Where You May Have Gone Astray:

(short, practical insight)

Examples:

- “Carbs were driven up mainly by bread/dessert.”
 - “Protein exceeded keto range today.”
 - “Fat was low relative to protein.”
 - “Fiber was low — may impact net carbs.”
-

Tomorrow’s Adjustment Suggestion:

(one clear action)

Examples:

- “Add fat to meals before adding carbs.”
 - “Reduce starches and replace with vegetables.”
 - “Increase oils to bring ratio back toward keto range.”
 - “Shift dessert to berries or yogurt.”
-

WHEN USER SAYS:

“Typical morning start”

= MCT oil + water (+ whatever they defined in setup)

“Digest” or “Running total”

= macro summary only

“Finalize the day”

= macro summary + coaching feedback

OPTIONAL METRICS TRACKING

User may also provide:

Weight:

Glucose:

Ketones:

GKI:

Sleep:

Exercise:

AI should store trends and correlate with macros.

GOAL RANGES (AI USES INTERNALLY)

- Net carbs: 20–30g
- Protein: moderate
- Fat : Protein ratio: **1.5:1 – 2:1**
- Calories: user-dependent

Optional Tools

Keto-Mojo Blood Ketone & Glucose Meter

One of the most helpful ways to understand how your body responds to food and fasting is to see real numbers instead of guessing. The Keto-Mojo meter allows you to measure both blood ketones and blood glucose, giving you insight into your personal metabolic patterns.

This tool is **not required** for the Keto Metabolic Lifestyle™ to work. It's simply an optional resource if you like data and want a clearer picture of what supports steady energy, fat adaptation, and consistency over time. I use it as a feedback tool — not as a rulebook — to help guide small, practical adjustments.

As a bonus, when you use my link, you'll receive **10% off** your Keto-Mojo purchase.



10% OFF
All Blood Glucose
& Ketone Meter Kits

ketoxmojo
KICKSTART
GUIDE
The Keto Diet
for Beginners

ketoxmojo
8/12 PM 2:34
m.d. 4
KET
1.8
mmol/L
GK+

MyMojoHealth
Last 28 Days
52 Readings
Today 10:34 AM
KETONES
BLOOD
1.8
mmol/L
GLUCOSE
8.3
mmol/L

SHOP NOW

ketoxmojo

[Purchase a KetoMojo](#)

This is an affiliate link. When you use it to purchase a Keto-Mojo meter, you'll receive a 10% discount, and I may receive a small commission at no extra cost to you.

Note: This device is optional and intended for general wellness and lifestyle tracking purposes only. It is not required to follow the Keto Metabolic Lifestyle™ program and is not a medical device or a substitute for professional medical advice.

What's Next for the Keto Metabolic Lifestyle™

Future Offerings

We're always looking for ways to make the Keto Metabolic Lifestyle™ even more helpful.

Soon, you'll have access to:

A **food tracker app** to make meal planning and tracking effortless.

Optional coaching for guidance, accountability, and next-level results.

Advanced Meal Plans

Wellness Community

Want to stay in the loop and let us know which you're interested in? Just click below to share your preferences — we'll send updates as soon as they're ready.

[**Tell Us What Interests You \(click\)**](#)

Help Others Find This Program

If this approach has helped you better understand your metabolism, improve your energy, or simplify keto, a short review would mean a lot.

Your feedback helps others decide if this lifestyle is right for them — and it helps us continue improving the program.

👉 **Leave a short review here:**

support@ketometaboliclifestyle.com with "Review" in the subject.

Even a few sentences is perfect.

For your Privacy: We will only use your first Name, Last Initial and State.

Summary:

Intermittent fasting isn't about restriction; it's about rhythm, balance, and metabolic efficiency. By simply adjusting *when* you eat, you give your body the time it needs to reset, burn fat more effectively, and maintain steady energy throughout the day.

Start with a **14–14.5-hour fasting window**, then gradually increase it to **16 hours** as you feel it suits your schedule and lifestyle. During your fasting hours, focus on **hydration**, and upon waking take your **MCT oil**, and your **probiotic**. These small, consistent habits can make a real difference in gut health and fat metabolism.

When your eating window opens, build your meals around **healthy fats, moderate protein, and low-carb, nutrient-dense foods**. Please keep it sustainable and straightforward; you're creating a lifestyle, not following a diet.

Over time, you'll notice better energy, sharper focus, improved metabolic health and natural weight loss, if that is your goal.

That's the power of the **Keto Metabolic Lifestyle™** working *with* your body, not against it.

This isn't about perfection. It's about consistency, awareness, and letting your metabolism finally do what it was designed to do: thrive!

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Quick Reference: Intermittent Fasting Windows

Purpose: To provide a visual, hour-by-hour guide for both 14–14.5-hour and 16-hour fasting windows. You can print it, save it on a phone, or keep it in a briefcase/pocketbook.

16-Hour Fasting Window Example:

Time	Action
Upon Waking	16 oz water, 1–2 tbsp MCT oil, probiotic if used
Breakfast	Start eating window (first meal)
Midday	Optional snack (fit in eating window)
Dinner	Last meal of the eating window
End of Window	Stop eating; begin fasting.
Overnight	Fasting continues until the morning meal.

14–14.5 Hour Fasting Window Example:

Time	Action
Upon Waking	16 oz water, 1–2 tbsp MCT oil, probiotic if used
Breakfast	Start eating window (first meal)
Midday	Optional snack (fit in eating window)
Dinner	Last meal of the eating window
End of Window	Stop eating; begin fasting.
Overnight	Fasting continues until the morning meal

Notes:

- Times are flexible. Adjust your eating window start and end according to lifestyle and energy needs.
- Meals should focus on high-quality fats, protein, and low-carb vegetables.
- Hydration is encouraged during fasting.

Quick Reference: Intermittent Fasting Side-by-Side

Time / Action	14–14.5 Hour Fast	16-Hour Fast
Upon Waking	16–20 oz filtered water + MCT oil + probiotic (if used)	16–20 oz filtered water + MCT oil + probiotic (if used)
Breakfast / First Meal	Breakfast around 10:00–10:30 am (adjust to schedule)	Breakfast around 11:00 am (adjust to schedule)
Midday / Lunch	12:30–1:00 pm	1:30–2:00 pm
Snack (Optional)	3:30–4:00 pm	4:00–4:30 pm
Dinner / Last Meal	6:00–6:30 pm	7:00–7:30 pm
Fasting Starts	After dinner until the next meal	After dinner until the next meal
Notes / Tips	<ul style="list-style-type: none">• Adjust portions if meals feel rushed and don't overeat• Add healthy fats if needed• Keep hydrated during a fast	<ul style="list-style-type: none">• Adjust portions if meals feel rushed and don't overeat• Add healthy fats if needed• Keep hydrated during a fast