



STOP KETO CRAVINGS **FAST**



CLEARKETO PRESENTS

STOP KETO CRAVINGS FAST

A simple reset you can use immediately
when cravings hit.

No shame. No math. No starting over.



Simple Keto for Real Life

Educational only. Not medical advice. Results vary.

If you have a medical condition or take medications, consult a healthcare professional before making dietary changes.

— THE REAL PROBLEM —

Why You Keep "Starting Over"

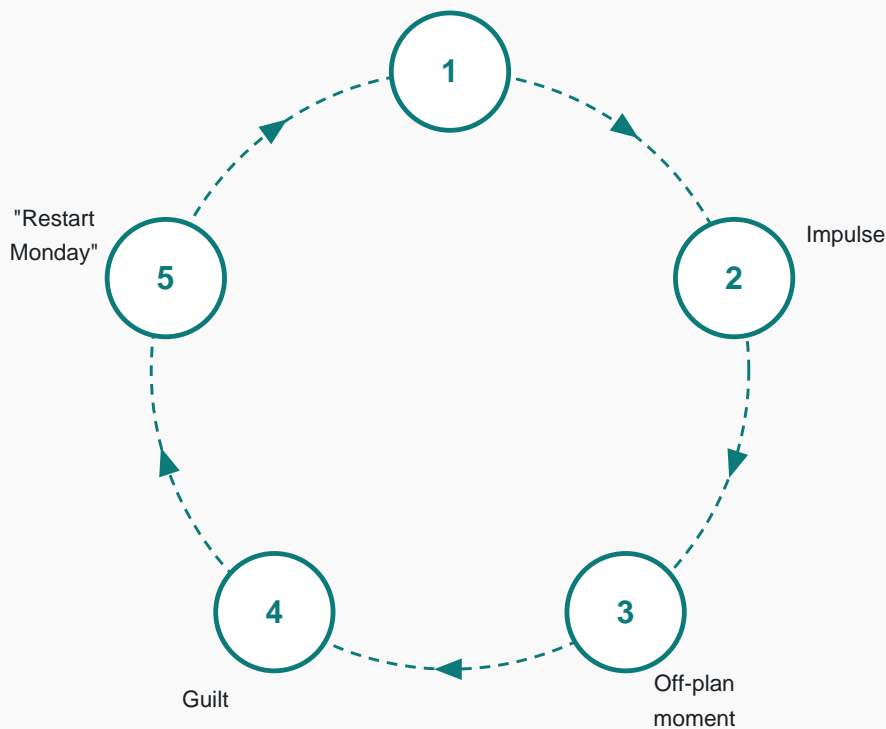
You're not failing keto. You don't have a way to recover.

Cravings hit. Life gets messy.

One off-plan moment turns into a full restart.

This is not lack of discipline. It's lack of a system.

Craving



The spiral isn't failure.

It's what happens when there's no plan for getting back.

This guide is that plan.

What to Do Right Now

When a craving hits — use this in 60 seconds.

1

Pause. Name it.

"This is a craving. Not an emergency."

2

Water + salt.

Start with water + electrolytes.

3

Reach for protein.

2 eggs • Greek yogurt • Turkey • Protein shake

4

Add crunch.

Cucumber • Pickles • Nuts • Cheese stick

5

Set a 20-min timer.

Then keep moving.

Cravings peak — and pass.

You just need to give the wave time to move through.

— AFTER AN OFF-PLAN DAY —

The 72-Hour Reset

After one off-plan day — or three.

Your only job for the next 72 hours:

Get back to simple. Not perfect — simple.

DAY 1	DAY 2	DAY 3
<p>Cut the noise. Protein every meal. Back to basics.</p>	<p>Stay predictable. No decisions needed. Just eat the plan.</p>	<p>Energy returning. You're already back. Keep going.</p>

The next meal resets you.

- ② No punishment. No skipping meals.
- ③ Eat predictably for three days on purpose.

SIMPLE MEAL TEMPLATE — 3 DAYS

BREAKFAST	Protein + fat
LUNCH	Big salad + protein + olive oil
DINNER	Protein + non-starchy veg + butter or olive oil
SNACKS	Protein first. Crunch second.

**"I'm not starting over.
I'm continuing — just from today."**

Minimum Effective Keto

(MEK)

Pick any two of these for the week:



Protein at every meal



No liquid sugar



One reliable "default meal" per day



Stop eating when comfortably full at least once a day

Two rules. That's your whole week.

Progress over perfection.

You don't need to be perfect at keto.

You need to be consistent enough — long enough.

MEK is how you stay in the game.

Your Default Meal

Pick one. Repeat it. Done.



Rotisserie Chicken Bowl

Rotisserie chicken + bagged salad + olive oil



Burger & Veg

Burger patties + sautéed vegetables + cheese



Salmon Plate

Salmon + frozen broccoli + butter



Taco Bowl

Ground beef + romaine + salsa + sour cream

Messy weeks don't need motivation.

They need a default you can reach for without thinking.

PRO TIP

Keep 1–2 options ready at all times.

Decision fatigue is real. Remove it entirely.

— TRACKING-FREE METHOD —

No-Math Keto

When tracking makes you quit — stop tracking.

If counting macros is getting in your way — stop counting.

Use your plate instead.



No apps. No calculators. Just your plate.

Still hungry?

Add protein first.

Feel stuck?

Simplify — don't research.

You don't need a perfect keto plan.

You need a simple system you can return to.

This is step one.



NEXT STEP

Check your email.

Tomorrow, you'll get a simple plan to help you stay consistent without overthinking keto or starting over.

Keep going.

Small consistent actions are the whole strategy.