

WELCOME TO OUR STRICT KETO EATING PLAN

We are excited you have started your weight loss and vitality journey with us! Expect great results.

OUR VISION

As one of South Africa's leading online health and wellness companies, we constantly strive to supply all our clients with the highest quality, best tasting, and most nutritious meals.

We know how difficult it is to maintain and sustain a healthy lifestyle in this current rat race we live in! There are so many easy ways out and not enough healthy, affordable options.

Transform your lifestyle and improve your overall health and well-being with easy access to healthy, well-portioned, nutritious, and convenient meals giving you the BEST results. We ensure that every mouthful not only tastes great but shows you healthy eating does not have to be bland.



BEFORE WE GET STARTED

Disclaimer; a quick reminder before you start please note that this guide should not be treated as medical advice or a suggestion that this guide should replace qualified specialist advice based on your unique story.

You should keep your healthcare specialist with up to date information about your health conditions and on changes you make to your diet. In case of dietary changes might affect any medical conditions you have and or any medicines you take, please consult with your healthcare specialist first. Your health is in our best interest.

LET'S GET IN TO THE NITTY GRITTY OF OUR STRICT KETO AND WHY IT'S AN EFFECTIVE WEIGHT LOSS EATING PLAN

Healthy eating doesn't have to be overly complicated in any way! If you feel overwhelmed by all the conflicting nutrition and diet advice that is out there, you're not alone.

Our strict keto (LCHF) packages are a little different from the KetoFast packages, in that they are low carb (LC) and high fat (HF), following more of a ketogenic diet. Drastically reducing your carbohydrate intake will put your body into a metabolic state called ketosis, which allows your body to use fat as fuel instead of carbs.

During ketosis, your body becomes incredibly efficient at burning fat for energy, which makes the strict keto meal plan an effective way to lose weight. These packages do not incorporate any type of fasting.

Low carb (LC) packages are available individually, which are perfect for anyone looking to take their health into their own hands. These packages offer you the opportunity to stick to a low carb lifestyle, without any need to ever prep, cook, or clean. The perfect solution for all healthy lifestyle and weight loss needs.

Ketogenic diets are being considered for use in several disorders due to their beneficial effects on metabolic health and the nervous system. The ketogenic diets potential to improve health is very promising.



WHAT IS KETOSIS:

Ketosis is a metabolic state in which your body uses fat for fuel instead of carbs.

It occurs when you significantly reduce your consumption of carbohydrates, limiting your body's supply of glucose (sugar), which is the main source of energy for the cells.

Following a ketogenic diet is the most effective way to enter ketosis.

Generally, this involves limiting carb consumption to around 20 to 50 grams per day and filling up on fats, such as meat, fish, eggs, nuts, and healthy oils.

It's also important to moderate your protein consumption. This is because protein can be converted into glucose if consumed in high amounts, which may slow your transition into ketosis.

KEEP YOUR EATING PLAN CLOSE.

You can achieve clean and mindful eating habits by sticking to this plan. If you go out for an unplanned dinner or lunch, try your best to find a meal that is close to the meal on your plan.

*Are you ready to become a healthier you
and increase your vitality?*

It is time for you to TAKE ACTION and start making yourself a priority! Feel positive about your health and well-being! Get yourself on the right path that helps you achieve your lifestyle goals and leaving you feeling confident and radiant.

Perfect for anyone on-the-move. If you don't have time for breakfast, use that to your advantage! No breakfast, no problem.

HOW LONG DOES THIS PACKAGE TAKE TO SHOW RESULTS?

You may begin to notice a difference in your body around 10 days after you begin the eating plan. It could take between 2-8 weeks for you to lose significant weight. It is possible to lose up to 1.5kg each week, however, the amount of weight you lose is very dependent on many other lifestyle factors as well. Everybody is different and this package will have different effects on each individual.

Usually, the first signs you will notice is reduced bloating. Your midsection might look less bloated after only one week of the keto (LCHF) eating plan. Observing weight loss will take a little longer as your body needs some time to adjust to this new diet.

The second week will be when most people begin to notice that they have dropped their first few kgs. If you have still not lost any weight by week two, it is important to stay consistent for about four or five more weeks, don't throw in the towel, your efforts should start showing soon enough.



IMPORTANT TO KNOW

Coffe & tea – black coffee or black tea are the best drinks for you on this package! You can drink coffee or tea in moderation (up to 3-4 cups/day). In other words, having some coffee won't kick you out of ketosis or a fat burning state, however, you shouldn't really drink more than 4 cups a day, and try have your last cup before 3pm.

Water - water is essential during any meal plan. Drinking water throughout the day can even alleviate feeling of hunger. What's more is that a few slices of lemon in your water will contain almost no calories and zero sugars! This won't raise insulin levels.

Sleep - Getting a good night's sleep is incredibly important for your health. In fact, it's just as important as eating a balanced, nutritious diet, and exercising. Most adults require between 7 and 9 hours of sleep per night. Poor sleep can have a major effect on your body.

5 MAIN BENEFITS OF THE STRICT KETO EATING PLAN

1. Weight loss - Studies indicate that cutting carbs can automatically reduce your appetite and calorie intake. Almost without exception, low-carb diets lead to more short-term weight loss than low-fat diets. However, low-carb diets seem to lose their advantage in the long term.
2. A lower risk of type 2 diabetes - Reduced Insulin Resistance is when cells in your muscles, fat, and liver don't respond well to insulin and can't easily take up glucose from your blood. As a result, your pancreas makes more insulin to help glucose enter your cells.
3. Improved heart health – being in ketosis improves blood pressure and resting heart rates as well as other heart-related measurements.
4. Improved brain health - keto may improve mental acuity and concentration.
5. Reduced Inflammation - Studies suggest that both ketosis and general calorie restriction can reduce inflammation levels.

Ketosis lowers insulin levels due to the carb restriction. The net effect is often weight loss through a combination of enhanced fat metabolism and reduced fat storage.

DO'S AND DON'TS FOR THE KETO EATING PLAN

DO'S:

- First check with your doctor or healthcare practitioner if this diet is safe and appropriate for you, especially if you are pre-diabetic or diabetic as these conditions increase the risk of a potentially serious condition known as ketoacidosis.
- Eat sufficient fat, particularly foods high in medium-chain triglycerides and monounsaturated and polyunsaturated fats, including coconuts, avocados, natural oils, tree nuts and certain seeds, as well as unprocessed meats and leafy green vegetables.
- Drink sufficient water and replace electrolytes.

- Get sufficient sleep.
- Monitor your calorie intake to avoid overeating because fat contains 9 calories per gram, compared to 4 calories per gram of carbohydrates and protein.
- Constantly monitor your blood lipid profile to manage any adverse conditions that may arise from an increase in cholesterol.
- Supplement with a multivitamin and mineral complex to compensate from a lack of micronutrients usually derived from the carbs, fruit and vegetables excluded from a ketogenic diet.
- Include a fiber supplement to maintain healthy digestion.

DON'TS:

- Don't significantly reduce your carb intake without going through a "metabolic shift" – the process whereby the body is weaned off its reliance on glucose and learns to function properly using ketones as an energy source.
- Don't eat processed meats, root vegetables, legumes (including peanuts), sweet fruits, grains, fast and convenience foods, low-fat variants, sweets, chocolates, processed carbs, sugar, artificial sweeteners, starchy carbs, baked goods, and margarine.
- Don't drink sugary drinks, sweetened beverages, excessive dairy milk, or alcohol.
- Don't include too much protein in your diet. The body can convert amino acids into glucose, which can shift you out of your ketogenic state.
- Don't give up if you experience brain fog or a dip in cognitive function initially. The brain relies primarily on glucose and adaptation to ketones can take up to three weeks.

WHY DOES KETO WORK SO WELL FOR SOME PEOPLE?

Ketogenic diet can reduce hunger is one of the reasons why they work so well for weight loss. A large analysis found that very low-carb, calorie-restricted ketogenic diets help people feel less hungry than standard calorie-restricted diets. Your metabolism helps your body create energy, but when you switch to a low carb diet, your metabolism will start using fat for energy instead of carbs and sugar. Plus, the foods you eat on a low carb diet will naturally regulate your blood sugar, giving you a steady supply of energy all day long.

5 BENEFITS OF DRINKING WATER

- 1) Increases Energy & Relieves Fatigue.
- 2) Since your brain is mostly water, drinking it helps you think, focus, and concentrate better and be more alert.
- 3) Promotes Weight Loss and help to Flushes Out Toxins.
- 4) Improves Skin Complexion and joint health.
- 5) Maintains Regularity (Adding a Revive Rehydrate in 2 x a week to help retain your hydration).



MAINTENANCE

This is a package that can be changed into a lifestyle.

If you soldiered through, this could definitely become a new lifestyle for you.

You can change your meal around to make things work better for you, and create a new lifestyle for yourself.

If this package does not agree with you, we recommend continuing a low carb and low sugar diet which allows you to eat at each meal time, while still ensuring the meals you consume are nutrient-dense, low in calories, and healthy.

Our calorie-controlled packages are perfect for this, to ensure you never exceed a certain number of calories per day (while still eating at each mealtime with protein snacks in between meals)! Alternatively, our lifestyle packages are brilliant for a low carb lunch and dinner.

28 Day Keto Package | Week One

	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
7 am	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER	SKIP MEAL DRINK 2 GLASSES OF WATER
9 am	Bacon Bits with Onion and Mushroom Quiche  Kcal 404	Cheesy Meatballs  Kcal 230	Bacon Bits with Onion and Mushroom Quiche  Kcal 404	Boerie Bites  Kcal 311	Bacon Bits with Onion and Mushroom Quiche  Kcal 404	Cheesy Meatballs  Kcal 230	Bacon Bits with Onion and Mushroom Quiche  Kcal 404
12 pm	 Kcal 514 Bangers with Cauliflower Mash and Peas	 Kcal 310 Chicken Mozzarella, Cherry Tomatoes & a Cauliflower & Broccoli Mix	 Kcal 262 Chicken Stirfry	 Kcal 239 Chicken with Roasted Butternut	 Kcal 514 Bangers with Cauliflower Mash and Peas	 Kcal 310 Chicken Mozzarella, Cherry Tomatoes & a Cauliflower & Broccoli Mix	 Kcal 262 Chicken Stirfry
3 pm	Chicken Frikadelle  Kcal 135	Mix Nuts  Kcal 240	Droewors  Kcal 136	Mix Nuts  Kcal 240	Chicken Frikadelle  Kcal 135	Mix Nuts  Kcal 240	Droewors  Kcal 136
6 pm	 Kcal 224 Beef Stirfry	 Kcal 200 Beef with Broccoli and Cauliflower	 Kcal 329 Beef Broccoli and Cauliflower Mix with Basmati Rice	 Kcal 245 Mince with Broccoli and Cauliflower Mix	 Kcal 224 Beef Stirfry	 Kcal 200 Beef with Broccoli and Cauliflower	 Kcal 329 Beef Broccoli and Cauliflower Mix with Basmati Rice
	Total Kcal 1277	Total Kcal 980	Total Kcal 1131	Total Kcal 1035	Total Kcal 1277	Total Kcal 980	Total Kcal 1131

28 Day Keto Package | Week Two

Day 8

Day 9

Day 10

Day 11

Day 12

Day 13

Day 14

7 am

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

9 am

Boerie Bites



Bacon Bits with Onion
and Mushroom Quiche



Cheesy Meatballs



Bacon Bits with Onion
and Mushroom Quiche



Boerie Bites



Bacon Bits with Onion
and Mushroom Quiche



Cheesy Meatballs



12 pm



Kcal
239



Kcal
514



Kcal
310



Kcal
262



Kcal
239



Kcal
514



Kcal
310

Chicken with Roasted Butternut

Bangers with Cauliflower Mash and Peas

Chicken with Mozzarella, Cherry Tomatoes, Broccoli & Cauliflower

Chicken Stirfry

Chicken with Roasted Butternut

Bangers with Cauliflower Mash and Peas

Chicken with Mozzarella, Cherry Tomatoes, Broccoli & Cauliflower

3 pm

Mix Nuts



Chicken Frikadelle



Mix Nuts



Droewors



Mix Nuts



Chicken Frikadelle



Mix Nuts



6 pm



Kcal
245



Kcal
224



Kcal
200



Kcal
329



Kcal
245



Kcal
224



Kcal
200

Mince with Broccoli and Cauliflower Mix

Beef Stir Fry

Beef with Broccoli & Cauliflower Mix

Beef Broccoli and Cauliflower Mix with Basmati Rice

Mince with Broccoli and Cauliflower Mix

Beef Stir Fry

Beef with Broccoli & Cauliflower Mix

Total Kcal 1035

Total Kcal 1277

Total Kcal 980

Total Kcal 1131

Total Kcal 1035

Total Kcal 1277

Total Kcal 980



Chicken Meal



Beef Meal



Vegetarian Meal



Vegan Meal



Pork Meal



Snack



Protein Snack



Juice | Smoothie



Shot

28 Day Keto Package | Week Three

Day 15

Day 16

Day 17

Day 18

Day 19

Day 20

Day 21

7 am

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

9 am

Bacon Bits with Onion
and Mushroom Quiche



Boerie Bites



Bacon Bits with Onion
and Mushroom Quiche



Cheesy Meatballs



Bacon Bits with Onion
and Mushroom Quiche



Boerie Bites



Bacon Bits with Onion
and Mushroom Quiche



12 pm



Chicken Stirfry



Chicken with Roasted Butternut



Bangers with Cauliflower Mash and Peas



Chicken with Mozzarella, Cherry Tomatoes, Broccoli & Cauliflower



Chicken Stirfry



Chicken with Roasted Butternut



Bangers with Cauliflower Mash and Peas

3 pm

Droewors



Mix Nuts



Chicken Frikadelle



Mix Nuts



Droewors



Mix Nuts



Chicken Frikadelle



6 pm



Beef Broccoli and Cauliflower Mix with Basmati Rice



Mince with Broccoli and Cauliflower Mix



Beef Stir Fry



Beef with Broccoli & Cauliflower Mix



Beef Broccoli and Cauliflower Mix with Basmati Rice



Mince with Broccoli and Cauliflower Mix



Beef Stir Fry

Total Kcal 1131

Total Kcal 1035

Total Kcal 1277

Total Kcal 980

Total Kcal 1131

Total Kcal 1035

Total Kcal 1277



Chicken Meal



Beef Meal



Vegetarian Meal



Vegan Meal



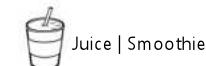
Pork Meal



Snack



Protein Snack



Juice | Smoothie



Shot

28 Day Keto Package | Week Four

Day 22

Day 23

Day 24

Day 25

Day 26

Day 27

Day 28

7 am

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

SKIP MEAL
DRINK 2 GLASSES OF WATER

9 am

Cheesy Meatballs



Bacon Bits with Onion
and Mushroom Quiche



Boerie Bites



Bacon Bits with Onion
and Mushroom Quiche



Cheesy Meatballs



Bacon Bits with Onion
and Mushroom Quiche



Boerie Bites



12 pm



Chicken with Mozzarella, Cherry
Tomatoes, Broccoli & Cauliflower



Chicken Stirfry



Chicken with Roasted Butternut



Bangers with Cauliflower Mash and
Peas



Chicken with Mozzarella, Cherry
Tomatoes, Broccoli & Cauliflower



Chicken Stirfry



Chicken with Roasted Butternut

3 pm

Mix Nuts



Droewors



Mix Nuts



Chicken Frikadelle



Mix Nuts



Droewors



Mix Nuts



6 pm



Beef with Broccoli & Cauliflower Mix



Beef Broccoli and Cauliflower Mix
with Basmati Rice



Mince with Broccoli and Cauliflower
Mix



Beef Stir Fry



Beef with Broccoli & Cauliflower Mix



Beef Broccoli and Cauliflower Mix
with Basmati Rice



Mince with Broccoli and Cauliflower
Mix

Total Kcal 980

Total Kcal 1131

Total Kcal 1035

Total Kcal 1277

Total Kcal 980

Total Kcal 1131

Total Kcal 1035



Chicken Meal



Beef Meal



Vegetarian Meal



Vegan Meal



Pork Meal



Snack



Protein Snack



Juice | Smoothie



Shot