

# 21 DAY KETO DIET PDF- GET 21 FREE KETO RECIPES

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# Introduction:

The ketogenic diet is a low-carb, high-fat diet that has become increasingly popular in recent years. It's designed to help your body enter a state of ketosis, where it burns fat for fuel instead of carbohydrates.

The benefits of the ketogenic diet are numerous, including weight loss, increased energy, and improved mental clarity.

If you're interested in starting the ketogenic diet, it can be overwhelming to know where to begin. In this guide, we'll provide you with a 21-day plan to jumpstart your keto journey and help you achieve your goals.

Before starting any new diet, it's important to consult with your healthcare provider to ensure it's safe for you.

# Day 1-7:

During the first week of your keto journey, your goal is to reduce your carbohydrate intake and increase your healthy fat consumption. Here's a sample meal plan for the first week:

## **Breakfast:**

Scrambled eggs with avocado and bacon. Keto coffee (coffee with MCT oil and butter or coconut oil)

## **Lunch:**

Tuna salad with olive oil and avocado. Spinach salad with grilled chicken and olive oil dressing.

## **Dinner:**

Grilled salmon with asparagus. Zucchini noodles with meatballs and marinara sauce.

## **Snacks:**

Cheese sticks, Hard-boiled eggs, Almonds

Remember to track your macronutrient intake (fat, protein, and carbohydrates) using a food tracking app such as MyFitnessPal. Aim to keep your net carbohydrate intake below 20-30 grams per day.

## **Day 8-14:**

During the second week, you'll continue to follow the same meal plan but can experiment with new recipes and ingredients. Here are some keto-friendly foods to incorporate:

Cauliflower rice, Keto bread made with almond flour or coconut flour, Grass-fed beef, Non-starchy vegetables such as spinach, broccoli, and kale.

Continue to track your macronutrient intake and adjust your meals as needed. Remember to stay hydrated by drinking plenty of water, and consider adding electrolytes such as sodium and potassium to your diet to avoid the "keto flu" symptoms.

## **Day 15-21:**

By the third week, you should start to see the benefits of the ketogenic diet, including increased energy and weight loss. Here are some tips for the final week:

Incorporate intermittent fasting by skipping breakfast or dinner. Experiment with keto desserts such as fat bombs or sugar-free chocolate. Try new keto-friendly snacks such as pork rinds or beef jerky.

As always, continue to track your macronutrient intake and adjust your meals as needed.

# Conclusion:

The 21-day keto journey is just the beginning of your ketogenic diet. By following this plan, you'll have a solid foundation for your new lifestyle. Remember to consult with your healthcare provider before starting any new diet, and track your macronutrient intake to ensure you're staying on track.

To make your keto journey even easier, we're offering a free download of 21 delicious keto recipes. These recipes have been carefully curated to help you stay on track with your macros and satisfy your cravings.

To download your 21 free keto recipes, simply click on the link below and enter your email address. You'll receive an email with a link to download the recipes, and you can save them to your computer or print them out for easy reference.

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