

7 Day

Keto Kickstart

# 7 Day Keto Kickstart

Time to get rid of that fat once and for all and the keto way of eating is going to help you do it along with Bee-Xtreme Coaching & Supplements!

This quick start guide is a straightforward, easy to use guide to get you started on your keto journey.

Here's the basics of what you NEED to know.

If you've been a carb eater all your life (bread, pasta, potatoes, sugar) it's safe to say your body's primary fuel source is carbohydrates and you are also known as a "sugar burner".

When you eat a ketogenic diet, your body literally switches its primary fuel source to fat making you a "fat burner" and feeding off your own stored body fat for energy!

The easiest way to get started with the ketogenic way of eating is keep track of what you're eating!! Say whattt? It can't be that easy can it?

Yes!! It absolutely it!

Here's the thing- you should have a general idea of how many calories your body needs to run effectively through the day. We are all different with different activity levels and different goals so make sure you're striving to reach your goals and not your neighbor's goal!

To figure out just how much you should be eating, quickly plug in your numbers to our FREE ketogenic diet calculator here: [Keto Calculator](#)

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The easiest way to start is start keeping track of your food intake. In general you should aim for:

Consuming less than 20g per day of net carbs  
(Net Carbs= Total carb grams – fiber grams)

Approximately 75% of your food should come from good keto fat sources

Approximately 20% of your food should come from good protein sources

Again, you're going for simple. Your 7 Day Quickstart will be built off these foods.

If it's not on this list, don't eat it. If you think, "Well, what about..." the answer is

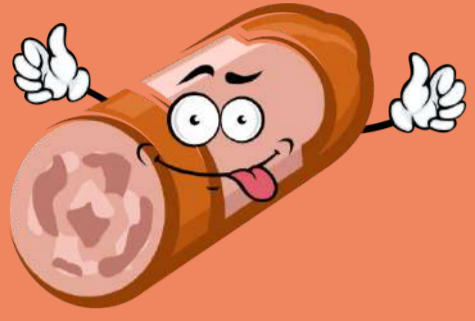
NO.

If you eat things that are on this list: you win!

So what should you be eating on the keto diet?



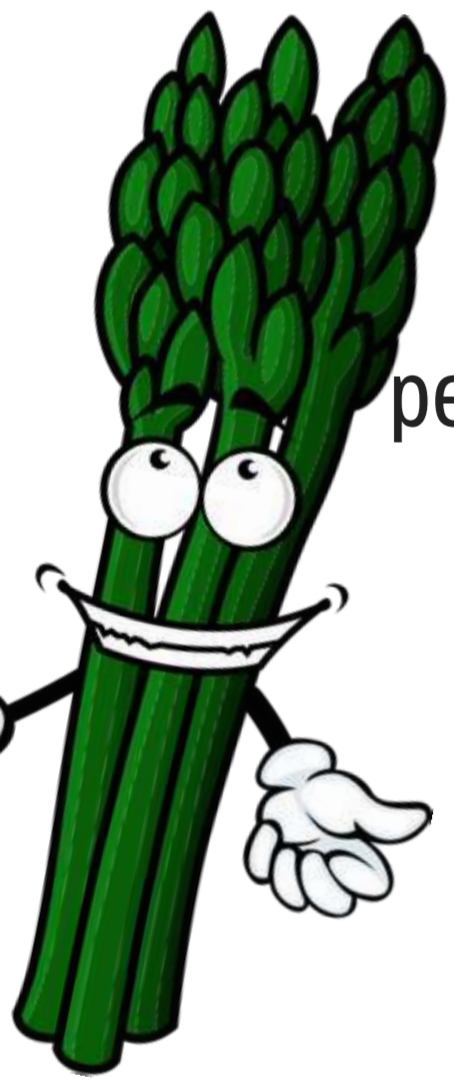
# 7 Day Keto Kickstart



## Meats

Meats: Beef, pork (bacon!!), lamb, chicken, etc.

Fatty Fish and Seafood: Salmon, trout, sardines, oysters, shrimp, lobster,  
Tuna, Whole Eggs

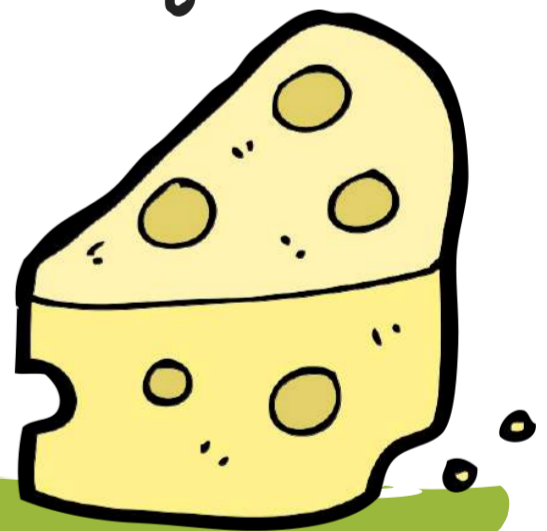


## Low carb vegetables:

Kale, spinach, broccoli, asparagus, cauliflower, peppers, zucchini, cucumbers, lettuce, brussels sprouts, green beans.

## Full-Fat Dairy:

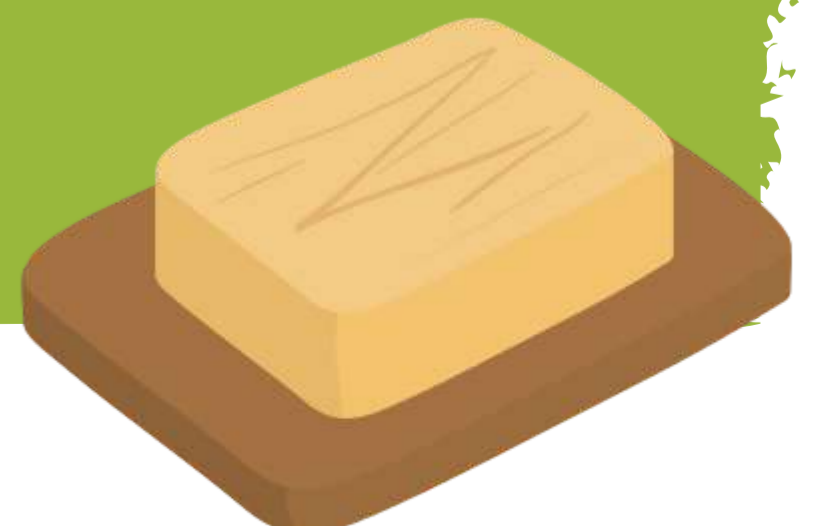
Butter, cheeses, heavy whipping cream, cream cheese



## Healthy Fats:

Extra virgin olive oil, coconut oil, avocados and avocado oil.

If you stay on this list, you'll be golden.



# 7 Day Keto Kickstart

Foods  
to Say



to!!

The Ketogenic diet requires you to pay attention to your macronutrients (the numbers (in grams) of carbs, protein, and fat consumed. Tracked throughout the day). And since those need to be in line in order for you to be in ketosis, there are absolute “no”s in this diet. This list is not comprehensive but if what you’re wondering about looks like any of these things, just say no

**Sugar:** Soft drinks, fruit juices, cakes, candy, ice cream, etc.

**Grains:** Wheat, oats, rye, barley, rice.

**Hydrogenated Vegetable Oils/trans fats:** Soybean oil, corn oil, cottonseed oil, canola oil. Avoid any oil that has the word “Hydrogenated” on the label.

**“Diet” and “Low-Fat” Foods:** These are usually very high in sugar or chemically based preservatives and sweeteners.

**High-Carb Vegetables:** Carrots, Green Peas etc.

**High-Carb Fruits:** Bananas, apples, oranges, pears, grapes

**Starches:** Potatoes, sweet potatoes, rice  
**Legumes:** Lentils, beans, chickpeas, etc

If you’re paying attention to the macros, you’ll be able to see very quickly if something sneaks in. Just be really strict about it as you’re learning.

# 7 Day Keto Kickstart

Here are some examples of easy, fool-proof keto friendly meals. Planning your meals is a great way to make sure you stay on track and having these guidelines should set you up for success!

## **Fool-Proof Meal 1:**

Eggs + Bacon + Optional Coffee + Heavy Cream

## **Fool-Proof Meal 2:**

Beef stir fry + Bell peppers + Mushrooms + Broccoli. Cooked in coconut oil (or butter)

## **Fool-Proof Meal 3:**

Ribeye Steak + Salad with blue cheese dressing + Bacon + Green beans.

## **Fool-Proof Meal 4:**

Salad- Spinach + Bacon + 1/4 Avocado + Blue cheese dressing (or a super low carb ranch. 1-2 grams per serving) Add a little bit of body text

## **Fool-Proof Snack 1:**

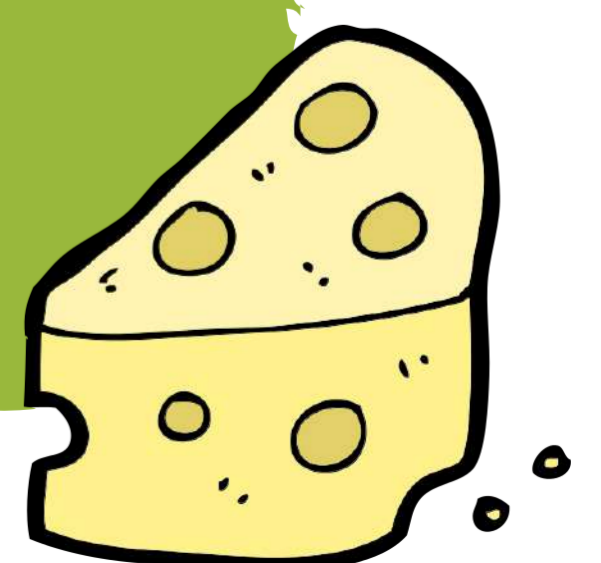
Two String Cheese

## **Fool-Proof Snack 2:**

1 Hard-boiled Egg + Salt & Pepper

## **Fool-Proof Snack 3:**

1/4 Avocado + salt & pepper



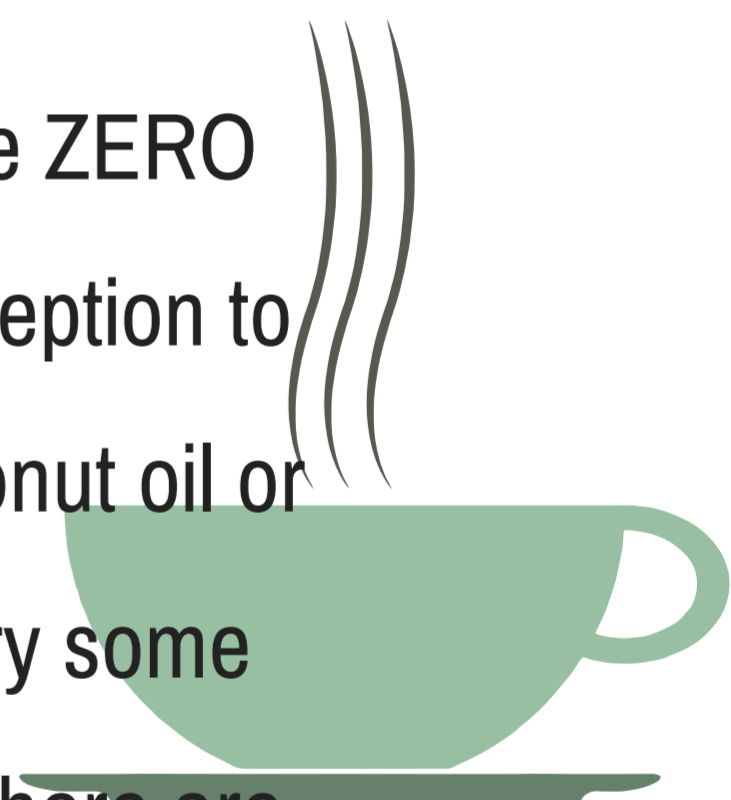
# 7 Day Keto Kickstart



## Portion sizes

Hand (or fist) size portions will do for now. If you have a food scale, you can weigh it but it is unnecessary at this point. Just put your hand (yes, your whole hand. Not just your palm.) or your fist over your servings of meat and veggies to measure. Don't cheat and use perspective to make it seem like 4 lbs of ground beef is the size of your hand

Beverage options for the 7 Day Quick Start plan should be ZERO calorie: like water, black coffee, unsweetened tea. The exception to this is adding a couple of tablespoons of some cream, coconut oil or butter to your coffee. If you're missing that soda feeling, try some sparkling water! There's plenty of flavors. Just make sure there are absolutely no carbs or sugars in there.



Note on artificial sweeteners and zero calorie drinks:

They make some people crave sugar, and make some people hungry and want to eat much more than they need to eat. If you are affected this way, you should limit or avoid them all together.

# Day 1 Keto Kickstart

You're just getting started. Make sure you have all the food you need for the week in the house. This is very important to the success of this change you're embarking on

## **Main goals are:**

track everything you eat. We suggest downloading an app called My Macros+.

(MyFitnessPal will also do the trick) or just plain old pen and paper.

Be sure to drink plenty of water and stay on top of your meals.

Stay under 20g net carbs for the day

**Eat:** 3 meals from the list above or compile your own from only the foods on the "yes" list. Snack if you get hungry. (max of 2 snacks) Dont forget about portion size!!

## ***Here's a sample menu for the day.***

Breakfast: Bacon and eggs.

Lunch: Leftover chicken and veggies from the night before.

Dinner: Bacon Cheeseburger (without the bun), mixed vegetables cooked in butter, 2 pickles

**Expect This:** You may start to feel a little fatigue by the end of the day. That's ok. Your body is making the connection that you just stopped feeding it the fuel source it's been using and storing as fat for the last however many years.

Embrace it as normal and get some rest.



# Day 2 Keto Kickstart

You made it through day 1! Awesome!!

You're turning the corner and you're flipping the switch! Today is all about mindset. Just set your mind to "Hey, I committed to do this and I'm going to see it through." The more you remind yourself of your goals, the more the resistance will leave you alone. So: "I'm doing this to change my life." or "This isn't that hard." Don't get stuck in a complaining loop because it will drag you down. We create our own reality.

***You've got this!***

**Eat:** 3 meals from the list above or compile your own from only the foods on the "yes" list. Snack if you get hungry. (max of 2 snacks) Dont forget about portion size!!

**Expect This:** You might be starting to feel pretty crappy after day 2. Fret not, my dear friend for this is very normal. You are doing the good work here. Stay strong and stay positive. Keep Excedrin on hand if you have that detox headache and drink a boat load of water.

Also tip: Xtreme Ketones! These little babies will help out with that keto flu!



# Day 3 Keto Kickstart

*you're totally killing it!*

**Eat:** 3 meals from the list above or compile your own from only the foods on the “yes” list. Snack if you get hungry. (max of 2 snacks) Dont forget about portion size!!

**Expect This:** This is the day. The day where you go to be and you're 3 days into this new way of living and you're probably feeling a lot more clear, and energetic and starting to come out of that carb detox fog! Then again, maybe not. Some folks take longer than other but where ever you are, be there You're halfway through week one for crying out loud!

Congrats!

Tip! Throw in some fat bombs today!  
Check them out [here!](#)

# Day 4 Keto Kickstart

You're solid now. Just keep portion sizes in line and you'll be fine. Keep watching those macros.

Eat: 3 meals from the list above or compile your own from only the foods on the "yes" list. Snack if you get hungry. (max of 2 snacks) Dont forget about portion size!!

**Expect This:** Most people feel great on day four. The detox is done and you're starting to lean into being fat-adapted and the ketone levels in your body are raising. In fact, if you have some KetoStix, I'd say go ahead and test just for fun.

You might already be there!

# Day 5 Keto Kickstart

***This is the day you'll likely feel your best.***

***Enjoy your new-found, carb-less-ness.***

**Eat:** 3 meals from the list above or compile your own from only the foods on the "yes" list. Snack if you get hungry. (max of 2 snacks) Don't forget about portion size!!

**Expect This:** If you've been really strict and really watching your macros and portion size this week so far, you're SO far along. I mean really. Most people who start Keto don't have HALF the info you have in this document. So you are so far ahead of the game it's crazy.

***Expect to ride that energy high and start to incorporate exercise if you haven't already. You'll be surprised how much you can do with so little carb intake.***

# Day 6 Keto Kickstart

***You're doing so well and have already made it further than most who start.***

***Remember, you're in control here. Stay positive.***

Eat: 3 meals from the list above or compile your own from only the foods on the "yes" list. Snack if you get hungry. (max of 2 snacks) Don't forget about portion size!!

***Expect This:*** The weekend is when folks who are new to this way of living start to get fed up. Because you want to have a beer or some nachos while you hang out with friends. Just remember that we create our own reality. Don't talk about how hard it is and it won't be. Don't talk about how much it sucks that we can't eat a doughnut right now and you won't even want one. Just keep pushing.

***If you need that drink : Vodka with Seltzer Water***

# Day 7 Keto Kickstart

**YASSSS!!!! You freaking made it. A whole week on Keto. Great job!**

Celebrate today by acknowledging how you feel after a week of eating this way.

Write it down, internalize it. Then make your meal plan for the next week and keep going.

**Eat:** 3 meals from the list above or compile your own from only the foods on the “yes” list. Snack if you get hungry. (max of 2 snacks) Dont forget about portion size!!

**Expect This:** If you’ve made it 7 you can make it 21. Expect to feel amazing!

You’re

going to feel so good about how your clothes are fitting and how easy it was this week that you’ll be chomping at the bit to keep going! Embrace this feeling. Bottle it up if you can and sell it to your friends!

Some ending notes about ketosis and some other things to expect on your journey  
Entering ketosis is the first step towards becoming fat adapted. That is the point on which your body switches its primary fuel source from carbohydrates to fat.

**Here’s what to expect after that happens:**

Your appetite will decrease. You will need to eat a lot less food to feel satisfied. You no longer get hangry. When you get hungry — it’s simply time to eat. Not time to DESTROY unless you are fed immediately!



**1. Hey, my ketostix (a simple test strip to test for ketone levels in your body) aren't indicating that I'm in ketosis by day 3. Is that ok?**

You may find it beneficial to track your eating using an app like MyFitnessPal or our personal favorite, MyMacros+. Though tracking calories isn't required on a ketogenic diet, this can help you discover where you may be making a mistake. 20 grams of net carbs per day is a lot lower than you might expect it to be, and one or two carbs here and there hidden in foods, toppings and condiments that you might not expect.

**2. How much protein is too much?**

Too much protein= When your calories for the day are made up of more than 25% protein. This is too much protein and your body may start converting the excess to glucose. Process is called gluconeogenesis if you're interested! Back it down!

**3. What if I get through most of the day and haven't met my macros?**

When we were young as a species, we would hunt and gather all day (heavy activity, not a lot of food) and come home with an animal for a feast. This is how I like to eat now. Light on my intake throughout the day, workout in the evening, then feast and get the bulk of my calories and macros caught up at dinner. So, If you get through the day and haven't met feast in the evening.



#### ***4. What if I stall out, weight loss wise?***

This diet is for fat loss. When that happens, sometimes the scale takes awhile to catch up. If after 2 weeks the numbers haven't moved, try cutting out any artificial sweeteners as they may be affecting you. Also try to make the space between your dinner and breakfast a bit longer. Do that for a week and see if it helps.

#### ***5. I have a crazy headache? Is this normal?***

Yes. It's a pretty typical symptom of starting a keto diet. We suggest making sure you're getting enough sodium (so, salt those avocados!) and make sure you're drinking plenty of water.

#### ***6. What if I have a dairy intolerance? Do I have to eat cheese?***

No. Cheese is a great way to get extra fat in your diet. But of course you don't have to eat it. Even if you DON'T have an intolerance. Cook with fatty oils more if you need more fat.

#### ***7. If I want to sweeten my tea or coffee with an artificial sweetener, is that ok?***

Totally. But like we said earlier. If it started to make you have sweet cravings or if you've stalled out, it's gotta go.

#### ***8. I'm not sure it's working, how can I be sure?***

Are you tracking your food? Are you reading the ingredients in everything? If you're eating the way described above, it should work. Don't pay too close attention to the scale. Fat loss is not necessarily tied to weight loss. If you do all this and it's still not adding up, send me your food log if you're really concerned.