



BEGINNER

**3-DAY**

KETO MEAL PLAN



KONSCIOUS



# BEGINNER

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### KETO MEAL PLAN

Welcome! The goal of this super easy keto meal plan is to get you into ketosis - as simply and deliciously as possible.

While there are many ways to do keto, we believe that choosing clean, quality whole foods and healthy fats produces the best results.

In just 3 days, you will see and feel the difference for yourself.

## DISCLAIMER

The author and publisher provide this book, and its content on an “as is” basis and make no representations or warranties of any kind concerning this book or its contents.

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You understand that this book is not intended as a substitute for consultation with a licensed health care practitioner, such as your physician. Before you begin any program or change your lifestyle in any way, you will consult your physician or another licensed health care practitioner to ensure that you are in good health and that the examples contained in this book will not harm you.

**Allergen Warning:** Konscious Keto cannot take into account all possible allergies. You are solely responsible for avoiding or modifying recipes as may be necessary to avoid allergic reactions.

## Affiliate Links

Be aware that some of our recipes contain affiliate links to ingredients or tools and that we may receive compensation when you purchase items through these links.





# DAY 1: INDULGE!



**Breakfast:** Two organic eggs fried in pastured butter, served with sauteed greens.



**Lunch:** A bunless grass-fed burger topped with cheese, mushrooms, and avocado atop a bed of greens.



**Dinner:** Pork chops with organic green beans, sauteed in coconut oil.



# DAY 2: RENEW!



**Breakfast:** Savory mushroom omelet with caramelized onions and melted gorgonzola cheese.



**Lunch:** Steak bowl with cauliflower rice, cheese, herbs, organic avocado and salsa.



**Dinner:** Roasted organic chicken with creamy butter over sauteed broccoli.





## DAY 3: AWAKEN!



**Breakfast:** Bell pepper stuffed with Monterey cheese and grass-fed eggs.



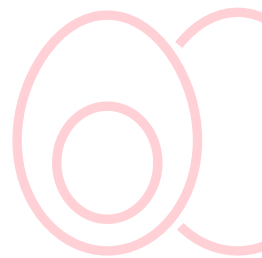
**Lunch:** Arugula salad with hard-boiled eggs, organic turkey breast, avocado and blue cheese.



**Dinner:** Grilled Atlantic-farmed salmon with fresh spinach, sautéed in coconut oil.



# BONUS!



Snacks are a great way to avoid eating carbs while remaining in ketosis.

Snack as much as you need and after a couple of weeks transition to 1-2 keto snacks a day. We have purposely left off macros as your body will learn to regulate its hunger levels if you let it.

## EXCELLENT, KETO-FRIENDLY SNACK OPTIONS:

- Almonds and cheddar cheese
- Half an avocado stuffed with chicken salad
- Guacamole with fried pork rinds
- Trail mix made with unsweetened coconut, nuts, and seeds
- Hard-boiled eggs
- Coconut chips and dark chocolate (> 70% cacao)
- Olives and sliced salami
- Celery and bell peppers with herbed cream cheese dip
- Berries with heavy whipping cream
- Jerky
- Cheese and pesto roll-ups
- Parmesan crisps
- Macadamia nuts
- Greens with high-fat dressing and avocado
- Keto smoothie made with coconut milk, cocoa, and avocado
- Peanut chocolate butter fat bombs



Double check that pre-packaged or processed foods have no hidden or added sugars. Jerky varies between brands. A free food tracking app like Carb Manager can help you differentiate keto foods.



For more delicious keto recipes, check out  
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