

THE BULLETPROOF

KETO DIET

LOSE WEIGHT AND REBOOT YOUR METABOLISM

Resource #1

Daily Nutrient Inventory

To the best of your ability, record all the food you ate today

Break them down into the following categories

FAT (must be 85% of your total calories)

CARBOHYDRATES (limit: 10 to 20 grams)

PROTEIN (no more than 10 to 12% of your total calories)

Goal: Maximize your fat intake and sustain it

Resource #2

Meal Type Time Tracker

Note down the Nutrient Type of your meal (mostly fat, mostly protein, mostly carbs)

Note down the TIME of your meal

Goal: Space out the times so you feel fuller for a longer period of time – this also decreases your total calorie intake

Resource #3

Brainstorm the different ways you can prepare eggs

Every other day, prepare eggs in a different way

Goal: Eat more eggs without getting bored.

Resource #4

List potential Keto “Accountability Buddies”

Write down all the people you know who are doing KETO

Talk to them about being accountability buddies

Share with them resources 1 to 3 above

Keep tabs on each other

Encourage each other

Resource #5

Routine Tracking

Write down your most consistent daily routine

Which parts of your routine can you change so you stay keto?

Keep mixing things up until you get the right combination