



PROGRAM GUIDE

7 DAY FAST TRACK

MISSION: GET TO LEVEL 4 ON THE KEYTO DEVICE IN 7 DAYS.

Getting to **LEVEL 4** will fast-track your results. For 7 days, choose **OPTION A, B, or C** for all of your meals (mix and match). It will get you into ketosis with heart healthy foods, guaranteed. If eating out, order as closely to the listed options. If not sure about a food, check the app!

MEAL	OPTION A	OPTION B	OPTION C
BREAKFAST	1 KEY EATS BAR NET CARBS: 3g	Intermittent fast - skip breakfast OR coffee/tea only. NO SUGAR OR HONEY ADDED 1-2 TSP MCT IS OK NET CARBS: 0g	2 eggs OR 4 oz smoked salmon OR 2-4 slices turkey bacon. OPTIONAL: add ½ avocado. NET CARBS: 0 - 2g
LUNCH	Salad of lettuce/leafy greens (3-5 CUPS) with LOTS OF OLIVE OIL OPTIONAL: sprinkle cheese, nuts, avocado, low-carb veggies. No sugar added dressing is ok. NET CARBS: 3 - 6g	1 palm sized piece of protein: canned tuna/salmon, chicken, 2 eggs, OR deli meat. Add mayo/cheese/avocado/olive oil. OPTIONAL: have with salad or lettuce wrap NET CARBS: 0 - 4g	1 KEY EATS BAR. These bars are very filling and work well as a meal replacement. NET CARBS: 3g
DINNER	4-6 oz Salmon (or other fish), 1 cup of low carb veggies, roasted with LOTS OF OLIVE OIL . OPTIONAL: add cheese, avocado, salad. NET CARBS: 3 - 8g	1-2 Chicken thighs, 1 cup low-carb veggies, roasted with LOTS OF OLIVE OIL . OPTIONAL: add cheese, avocado, salad NET CARBS: 3 - 8g	4-6 oz tofu or ground turkey stir-fry, sauteed with LOTS OF OLIVE OIL . Serve with 1 cup of cauliflower rice. OPTIONAL: add fried egg. NET CARBS: 4 - 8g
DRINKS	Water, sparkling water. Coffee/tea NO SUGAR OR HONEY ADDED NET CARBS: 0g	Broth (bone broth, bouillon cube, or chicken/veggie stock) NET CARBS: 0g	
SNACK IF HUNGRY	½ KEY EATS BAR NET CARBS: 0g	10 almonds, walnuts, macadamia nuts OR 1 spoonful of no-sugar-added nut butter NET CARBS: 2 - 3g	1-2 slices cheddar, swiss cheese OPTIONAL: olives, avocado, deli meat NET CARBS: 0 -2g
ALCOHOL	Skip NET CARBS: 0g	Whiskey/Vodka/Tequila/Gin/Other Spirit (NO SUGAR ADDED IN MIXER) NET CARBS: 0g	Dry Red or White Wine 2 MAXIMUM, 4 OZ POURS NET CARBS: 3 - 10g
DESSERT	Skip NET CARBS: 0g	½ KEY EATS BAR NET CARBS: 1.5g	3 squares of no-sugar-added chocolate (Lily's) OR 1 spoonful no-sugar-added nut butter NET CARBS: 2g

TIPS

Don't worry about weight. Don't be hungry. Follow your gut - don't eat if you're full.
Olive oil is your friend. **YOU CAN DO IT!**