

# DIETARY PLAN OF ACTION

## Sustainable Guidelines for Keto Success



### Sustainable Guidelines

**GUIDELINE 1:** 20-50 grams of carbs

**GUIDELINE 2:** 60-130 grams of protein

**GUIDELINE 3:** 80-170 grams of fat

**GUIDELINE 4:** Avoid sugar and starch

**GUIDELINE 5:** Avoid processed foods

**GUIDELINE 6:** Limit dairy

**GUIDELINE 7:** Limit fruit

**GUIDELINE 8:** Limit alcohol

**GUIDELINE 9:** Limit eating out

**GUIDELINE 10:** No fast food



# Dietary Plan of Action

## Guideline 1: Consume 20-50 grams of carbohydrates (per day)

For the next 30-days I commit to consuming no more than \_\_\_g of carbohydrates per day.

I plan on counting net carbs (total carbs minus fiber) or total carbs:

Net carbs

Total carbs

I plan on tracking my carb count:

Yes

No

I find it most challenging to avoid the following carbs:

-----

-----

My plan is to cut these out entirely for the next 30-days.

Yes

No



## Dietary Plan of Action

If not, what do you plan on supplementing with?

For example, instead of **potato chips**, I'll eat **pork rinds**. Or, instead of **beer** I'll try **red wine**.

Instead of \_\_\_\_\_, I'll eat \_\_\_\_\_.

Instead of \_\_\_\_\_, I'll try \_\_\_\_\_.

### Guideline 2: Consume 60-130 grams of protein (per day)

For the next 30-days I commit to consuming no more than \_\_\_\_g of protein per day.

I plan on measuring my food in order to ensure accurate counts:

Yes

No

I \_\_\_\_\_, am committed to purchasing high-quality meat and seafood such as hormone-free \_\_\_\_\_, grass-fed \_\_\_\_\_, pasture-raised \_\_\_\_\_, and sustainably sourced \_\_\_\_\_.



## Dietary Plan of Action

### Guideline 3: Consume 80-170 grams of healthy fat (per day)

For the next 30-days I commit to consuming \_\_\_\_g of fat per day.

I plan on reducing my consumption of unhealthy PUFA's and increasing my consumption of healthy SFA's.

The following is a list of healthy saturated fatty acids (SFA's):

_____	_____	_____
_____	_____	_____

The following is a list of unhealthy polyunsaturated fatty acids (PUFA's):

_____	_____	_____
_____	_____	_____

I plan on reducing my consumption of unhealthy PUFA's and increasing my consumption of SFA's.

Yes

No

Instead of \_\_\_\_\_, I'll eat \_\_\_\_\_.

Instead of \_\_\_\_\_, I'll try \_\_\_\_\_.



## Dietary Plan of Action

### Guideline 4: Avoid sugar and starch

I \_\_\_\_\_, commit to giving up my favorite sugary treats.

Instead of suffering through it, I'm committing to seeking out keto-approved alternatives such as fat-bombs, made with monk fruit, erythritol or Swerve.

Instead of \_\_\_\_\_, I'll eat \_\_\_\_\_.

Instead of \_\_\_\_\_, I'll try \_\_\_\_\_.

Instead of \_\_\_\_\_, I'll eat \_\_\_\_\_.

Instead of \_\_\_\_\_, I'll try \_\_\_\_\_.

### Guideline 5: Avoid Processed Foods

I \_\_\_\_\_, commit to giving up my favorite pre-packaged

food(s) \_\_\_\_\_

\_\_\_\_\_

for at least 30 days.



## Dietary Plan of Action

### Guideline 6: Limit Dairy

I plan on consuming dairy for the next 30-days

Yes

No

If yes...

I \_\_\_\_\_, commit to swapping my usual dairy products with organic, grass fed, whole-milk varieties,

### Guideline 7: Limit Fruit

For the next 30-days I plan on giving up fruit (with the exception of lemons, limes, olives, tomatoes and avocado).

Yes

No

If no...

I plan on reaching for the following low-sugar fruits:

-----

And avoiding the following high-sugar fruits:

-----



# Dietary Plan of Action

## Guideline 8: Limit Alcohol

For the next 30-days I plan on giving up booze.

Yes

No

I \_\_\_\_\_, commit to limiting my alcohol consumption

to \_\_\_\_\_

\_\_\_\_\_.

(so many times/drinks per week, only on specific occasions, rule out specific beverages such as beer)

## Guideline 9: Limit Eating Out

List of acceptable places to eat out during my Keto Crush:

-----

-----

-----



# Dietary Plan of Action

List of unacceptable places to eat out during my Keto Crush:

-----	-----
-----	-----
-----	-----

## Guideline 7: No Fast Food

This one's pretty clear.

Any additional notes or reminders concerning my dietary guidelines for the next 30-days.

-----

-----

-----

-----

-----

-----

