

## **EGG FAST TRANSITION**

**After you are finished with doing the EGG FAST it's time to slowly transition back to full KETO**

1. Keep eating the eggs, cheese and oil but add one protein portion back into one of your meals for the next three days.
2. Back off the eggs a little and on day 4 add back in protein to two of your meals for the next four days.
3. On day eight, if your weight holds and you are on track, try adding just  $\frac{1}{2}$  cup of approved KETO veggies to one meal for the three days.
4. On day twelve, add in another  $\frac{1}{2}$  cup veggies to two of your meals for the next three days.
5. After two weeks you should be totally transitioned and eating your normal KETO diet.
6. I would suggest re-calibrating your macros to adjust for the weight loss from the EGG FAST.
7. Intermittent Fasting is also allowed during the transition period.