

Extreme Keto – Dr. Berg fat Loss

Intermittent Fasting: 16/8 or OMAD every day

Macros:

55 grams Protein

50-70 grams Fat

0 grams Carbs. (Only Leafy greens allowed, 4 to 6 cups)

Foods Allowed:

Fatty Steak

Pork and Pork Sausage

Lamb

Salmon, Wild Caught

Sardines, Wild Caught

Eggs, Pastured Organic

Avocados

Olives

Pecans

Leafy greens only – 4 – 6 cups

Stevia

Apple Cider Vinegar

Balsamic Vinegar

2 TBSP dressing such as Primal Brand or other healthy vinaigrette (no sugar added) on leafy greens

Salt and Pepper to taste

Beverages:

Coffee, tea, sparkling and still water

Not Allowed:

NO Added Oils, MCT, Butter, Coconut Oil, Bacon grease, Lard, Tallow etc. (Spray oil can be used sparingly in pan in order to cook your food so that it doesn't stick). Try to use non-stick pans

NO Dairy - NO Heavy Whipping Cream, NO Cheese, NO Chocolate – If it isn't listed it's not allowed