

Clean & Simple Keto Challenge – June 2021

Do's and Don'ts

1. During Fasting - Black Coffee, Black or Green Tea, Water, sparkling, still Only
2. Stevia, Monk Fruit, Erythritol Sweeteners Preferred
3. Red Meat, Pork, Wild Game, Fish, Shellfish, Poultry, Eggs
4. Leafy Greens – Up to 2 cups per day
5. Non-Starchy Veggies up to 1 cup raw or 1/2 cup cooked per day - Broccoli, cauliflower, cabbage, asparagus, brussels sprouts, mushrooms, zucchini, celery, cucumber, radish, string beans etc.
Use Sparingly - Onions, garlic, tomatoes (these have more carbs)
6. Cheese – Soft or Hard - Up to 2 oz per day
7. Dairy & Non-Dairy Fats - 2 TBSP total per day- Half & half, heavy cream, sour cream, butter, MCT oil, nut milk, Kitu Creamer – no sugars added creamers
8. Salad Dressing & Added Oils - Up to 2 TBSP per day - Avocado oil, olive oil, coconut oil. Salad Dressing, less than 2 carbs per 2 TBSP & no sugars added
9. Mayonnaise - 2 TBSP per day – No sugars added
10. Avocado - Up to 1/4 fruit per day
11. Olives - Up to 6 olives per day
12. Pickles. 1 serving per day, no sugars added
13. Fresh Lemon or Lime Juice - 1 to 2 TBSP per day
14. Protein Shake - 1 per day - High protein shake, no sugars added
15. Bone Broth and Collagen

Condiments and Seasonings

Vinegars, mustard, ketchup, hot sauce, salsa – No added sugars

Herbs and Spices - Pure Whole Ingredients: Onion powder, garlic powder, cracked pepper, parsley, sage, rosemary, thyme, turmeric, oregano, basil, cumin, dill, cinnamon, cardamom, nutmeg, cilantro, chili powder, paprika, etc.
Redmond Real Salt, Himalayan Pink Salt, Celtic Sea Salt

Make sure these are pure with no added sugars or fillers

Eat 1 gram of protein or more per lean body mass

Eat no more than 20 grams total carbs

Per day

Loving it on Keto with Wendy and Harry