

Shape Up and Slim Down for February Challenge

With Loving it on Keto

MONDAY - Protein Sparing Modified Fast Day (PSMF) Make Protein your Priority – Eat and track 20 grams or less fat, 10 grams or less Carbs, eat 600 – 700 Calories total

TUESDAY – Regular day of eating using your macros, make protein a priority.

Exercise today. Take a walk, lift some weights and move your body!

WEDNESDAY – Protein Sparing Modified Fast Day (PSMF) Make Protein your Priority – Eat and track 20 grams or less fat, 10 grams or less Carbs, eat 600 – 700 Calories total

THURSDAY - Regular day of eating using your macros, make protein a priority.

Exercise today. Take a walk, lift some weights and move your body!

FRIDAY - Protein Sparing Modified Fast Day (PSMF) Make Protein your Priority – Eat and track 20 grams or less fat, 10 grams or less Carbs, eat 600 – 700 Calories total

SATURDAY – Re-fuel your body day today. Eat more food and make protein your priority.

SUNDAY - 20 Hour fast day – One Meal a day (OMAD) make protein a priority.

Exercise today. Take a walk, lift some weights and move your body!

This is our Protocol for February. You can do this by eating Keto, Ketovore, Carnivore or Low Carb. Whichever works best for you and your body.