

30 DAY BURST MEAL PLAN

5% CARBS

KEY element is the amount of carbs should stay between 15-20 grams of “net” carbs per day. Here is a simple breakdown, with a recommended amount for each meal and snack.

		5% Carbohydrate Plan		
Time Of Day	REV/Meal/Snack	Fats	Protein	Carbohydrates
10-15min Before Breakfast	SlenderFx REV™	0	0	0
Morning	Breakfast (YBTC Metbolizer)	33	3	2
Mid-Morning	Snack (Half of Keto Bar)	3	9	0.5
10-15min Before Lunch	SlenderFx REV™	0	0	0
Afternoon	Lunch	17	15	9
Late-Afternoon	Snack (Half of Keto Bar)	3	9	0.5
10-15 min before Dinner	SlenderFx REV™	0	0	0
3-4hrs BeFore Bedtime	Dinner (KetoShake w/ HWC)	44	24	3
	Total	100	60	15

NET CARBS
total carbs
minus
fiber
and sugar
alcohols.

30 DAY BURST MEAL PLAN

10% CARBS

		10% Carbohydrate Plan		
Time Of Day	REV/Meal/Snack	Fats	Protein	Carbohydrates
10-15min Before Breakfast	SlenderFx REV™	0	0	0
Morning	Breakfast (YBTC Metbolizer)	33	3	2
Mid-Morning	Snack (Half of Keto Bar)	3	9	0.5
10-15min Before Lunch	SlenderFx REV™	0	0	0
Afternoon	Lunch	11	15	24
Late-Afternoon	Snack (Half of Keto Bar)	3	9	0.5
10-15 min before Dinner	SlenderFx REV™	0	0	0
3-4hrs BeFore Bedtime	Dinner (KetoShake w/ HWC)	44	24	3
	Total	93	60	30

GREAT FOOD CHOICES

PROTEIN

Bacon
Beef, ground (lean)
Beef, steak
Beef, chuck or roast
Chicken
Clams
Cottage Cheese
Crab
Duck
Egg
Elk Steak
Fish filet (no breading)

Ham
Lamb
Breakfast sausage
Pork Ribs
Pork
Salmon
Scallops
Shrimp
Tuna
Turkey

LOW CARB FOODS



VEGETABLES

Asparagus Eggplant
Green beans Lettuce
Broccoli Mushrooms
Cabbage Green Onion
Celery Shallots
Cucumber Spinach
Cauliflower Swiss Chard

NUTS AND SEEDS

Almond meal (flour) Pecans
Coconut butter Walnut
Coconut (unsweetened) Chia seeds
Almonds Flax seeds
Brazil nut Pumpkin seeds
Hazelnut Sesame seeds
Macadamia nut Sunflower seeds

DAIRY

Blue Cheese Mozzarella
Brie Parmesan
Butter (full fat) Provolone
Cheddar Ricotta (whole milk)
Cottage Cheese Swiss
Cream Cheese (full fat) Heavy Whip Cream
Mexican Blend Sour Cream (full fat)
Monterey Jack Yogurt (greek full fat)

TRACKING MACROS

Go to www.ygyketogenic.com to print out the macros charts like this, and use them to plan and track your daily meals.

VEGETABLES

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Asparagus, cooked, 1 cup	46	2	6	4	2	5
Beans, cooked (black, kidney, chick peas, lentils) 0.25 cup	55	0	10	3	7	4
Beans, green, cooked, 1 cup	44	.4	10	4	6	2
Beans, green, cooked, 0.5 cup	22	.2	5	2	3	1
Broccoli, cooked, chopped, 0.5 cup	27	0	6	3	3	2
Brussel Sprouts, raw, 1 cup	38	0	8	3	5	3
Cabbage, green, raw, shredded, 4 oz.	23	0	5	2	3	1
Carrots, baby, raw, 2 oz.	20	0	6	2	4	0
Cauliflower, cooked, 1 cup	28	0	6	2	4	2
Celery, raw, chopped, 1 cup	36	0	7	4	3	2
Cucumber, raw, sliced, 10 oz.	29	0	6	2	4	1
Eggplant, raw, 6 oz.	33	0	8	5	3	1
Garlic, 6 cloves	24	0	6	0	6	0
Kale, raw, chopped, 2 oz.	28	0	6	1	5	2
Lettuce, any green leaf, shredded, 3 cups	24	0	6	3	3	3
Lettuce, iceberg, shredded, 3 cups	24	0	6	3	3	0
Lettuce, Romaine shredded, 3 cups	24	0	6	3	3	3
Mushrooms, button, raw, 6 oz.	37	1	6	2	4	5
Mushrooms, Portabella, raw, 4 oz.	29	0	6	2	4	3
Onion, green, 0.5 cup	16	0	4	1	3	1
Onion, white, raw, 0.5 cup	33	0	7	1	6	1
Pepper, Bell, raw, 4 oz.	23	0	5	2	3	0
Potato, white, cooked, 0.5 cup	95	4	13	2	11	1
Rice, white, cooked, 0.25 cup	51	0	11	0	11	1
Shallots, chopped, 2 tbsp.	14	0	4	0	4	0
Spinach, cooked, from frozen, 5 oz.	57	3	5	3	2	4
Spinach, raw, 6 oz.	38	1	6	4	2	1
Squash, Spaghetti, cooked, 1 cup	75	0	10	2	8	1
Squash, summer, cooked, sliced, 1 cup	36	0	8	3	5	2
Swiss Chard, chopped coarse, 3 cups	21	0	4	2	2	2
Tomato sauce, 0.5 cup	40	0	8	2	6	2
Tomato, raw, 6 oz.	31	0	7	2	5	1
Turnips, raw, 4 oz.	32	0	7	2	5	1
Chinese water chestnuts, 1 oz.	64	.3	14	2	12	1

HEALTHY FATS

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net Carbs	Protein (g)
Avocado, Hass, 3 oz.	102	9	7	5	2	2
Bacon fat, 1 tbsp.	116	13	0	0	0	0
Beef tallow, 1 tbsp.	115	13	0	0	0	0
Butter, 1 tbsp.	102	12	0	0	0	0
Chicken fat, 1 tbsp.	115	13	0	0	0	0
Coconut butter, 1 tbsp.	120	14	0	0	0	0
Cream Cheese, 2 tbsp.	101	10	1	0	1	2
Ghee, 1 tbsp.	112	12	0	0	0	0
Heavy Cream, fluid, 2 tbsp.	103	11	1	0	1	1
Lard, fresh (non-hydrogenated), 1 tbsp.	115	13	0	0	0	0
Olives, black, 1 cup	141	13	8	4	4	1
Olives, green, 1 cup	193	20	5	4	1	1
Sour Cream (full-fat, no fillers), 4 tbsp.	120	10	2	0	2	2

TRACKING MACROS

PROTEINS

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Bacon, cooked, 2 slices	92	9	2	0	2	4
Beef, ground, 80% lean, cooked, 1 oz.	74	5	0	0	0	7
Duck, roasted, skin eaten, 1 oz.	95	8	0	0	0	5
Egg, whole, large, plain, 1 ea.	72	5	0	0	0	6
Lamb, boneless, cooked, 1 oz.	83	6	0	0	0	7
Pork breakfast sausage, no fillers or sugar, cooked, 1.5 oz.	102	9	0	0	0	7
Pork Ribs, roasted, plain, 1 oz.	104	8	0	0	0	8
Pork Shoulder, roasted, 1 oz.	82	6	0	0	0	7
Beef, ground, 92% lean, cooked, 1 oz.	45	2	0	0	0	7
Beef steak, broiled or baked, 1 oz.	71	4	0	0	0	8
Beef, chuck, blade roast, cooked, 1 oz.	75	4	0	0	0	9
Chicken breast, roasted or baked, skin not eaten, 1 oz.	46	1	0	0	0	9
Chicken thigh, roasted, no skin, 1.0 oz.	55	3	0	0	0	7
Clams, fresh, baked, 1 oz.	39	2	1	0	1	4
Cottage cheese, 1-2%, 0.25 cup	41	1	2	0	2	7
Crab, King, fresh, steamed, 1.5 oz.	41	0	0	0	0	7.5
Egg whites, raw, large egg, 2 ea.	34	0	0	0	.5	7
Elk steak, roasted, 1 oz.	41	.5	0	0	0	8.5
Fish fillet (flounder, sole, scrod) no breading, baked, 2 oz.	49	1	0	0	0	8.5
Fish, Salmon fresh fillet, 1 oz.	39	1	0	0	0	7
Fish, Salmon, canned pink, 1 oz.	39	1	0	0	0	7
Ham, deli style, lean, 1 oz.	35	1	1	0	1	5
Ham, smoked, spiral, 1 oz.	53	3	1	0	1	5
Pork chops, lean, cooked, 1 oz.	57	3	0	0	0	7
Pork roast, loin, cooked, 1 oz.	70	4	0	0	0	8
Scallops, baked or broiled, 1 oz.	38	1	1	0	1	6
Shrimp, steamed or boiled, 1 oz.	39	1	0	0	0	8
Tuna, canned, water pack, 1 oz.	33	0	0	0	0	7
Turkey breast, roasted, no skin, 1 oz.	38	0	0	0	0	9
Turkey thigh, roasted, no skin, 1 oz.	52	2	0	0	0	8

NUTS & SEEDS ★

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Almond meal (flour), 1 oz.	160	14	6	3	3	6
Coconut butter, 2 tbsp.	186	18	8	4	4	2
Coconut, dried, unsweetened, 1 oz.	165	15	6	4	2	3
Nuts, almond, roasted, 1 oz.	172	16	5	3	2	6
Nuts, brazil nut, roasted, 1 oz.	186	19	3	2	1	4
Nuts, cashew, 1 oz.	164	14	10	0	10	8
Nuts, hazelnut, 1 oz.	183	18	5	3	2	4
Nuts, macadamia, roasted, 1 oz.	203	22	4	3	1	2
Nuts, pecan, roasted, 1 oz.	201	21	4	3	1	3
Nuts, walnut, 1 oz.	185	18	4	2	2	4
Seeds, chia, 1 oz.	140	10	12	10	2	4
Seeds, flax, 1 oz.	152	12	8	7	1	6
Seeds, pumpkin, roasted, 1 oz.	148	12	4	1	3	9
Seeds, sesame, 1 oz.	161	14	7	5	2	5
Seeds, sunflower, roasted, 1 oz.	168	15	6	3	3	6

DAIRY

	Calories	Fat (g)	Carbs (g)	Fiber (g)	Net carbs	Protein (g)
Cheese, Blue, 1 oz.	100	8	1	0	0	6
Cheese, Brie, 1 oz.	95	8	0	0	0	6
Cheese, Cheddar, natural, 1 oz.	114	9	0	0	1	7
Cheese, Cottage, 1-2%, 0.25 cup	41	1	2	0	2	7
Cheese, Cream (block), 2 tbsp	101	10	1	0	1	2
Cheese, Mexican Blend, 1 oz.	105	9	1	0	1	7
Cheese, Monterey Jack, 1 oz.	106	9	0	0	1	7
Cheese, Mozzarella, part skim, 1 oz.	72	5	1	0	1	7
Cheese, Mozzarella, whole milk, 1 oz.	90	7	1	0	1	6
Cheese, Parmesan, hard, 1 oz.	111	7	1	0	1	10
Cheese, Provolone, 1 oz.	100	8	1	0	1	7
Cheese, Ricotta, whole milk, 0.25 cup	107	8	2	0	2	7
Cheese, Swiss, 1 oz.	108	8	2	0	2	8
Cream, heavy, fluid, 2 tbsp.	103	11	1	0	1	1
Sour cream (full fat, no fillers – e.g. Daisy brand), 4 tbsp.	120	10	2	0	2	2
Yogurt, Greek, full fat, 3.5 oz.	95	5	4	0	4	9
Yogurt, Greek, 0% fat, 3 oz.	50	0	3.5	0	3.5	9

SAMPLE RECIPES

LOW CARB MEALS

KETO COFFEE

6 oz hot coffee
2 Tbsp grass-fed butter
1 Tbsp heavy cream
1 Tsp vanilla extract
Stevia to taste

KETO CARAMEL CACAO

1 Scoop Keto Caramel Shake
1 Tbsp unsweetened cacao powder
2 Tbsp heavy whip cream
2 Tbsp butter
8 oz boiling water
Blend and enjoy!

BREAKFAST MUFFINS

8 eggs
1 cup cheddar cheese
6 oz full fat cream cheese
2 Tbsp squeezable fresh garlic
3 Tbsp butter (to grease muffin pan)
1 tsp salt
2 oz lemon juice

CHICKEN WRAP

3 oz roasted chicken
1 oz shredded cheddar melted
2 Tbsp full fat sour cream
After melting cheese onto chicken,
spoon onto romaine heart leaf

For more recipe ideas, go to: www.ygyketogenic.com, ruledme.com,
and our The Keto 90 Lifestyle Facebook group