

90 DAY KETO PLAN

		Food	Frequency	Movement
Month 1 Day 1-30	Wk 1	See Primal Low Carb List	Eat when hungry, stop when full*	Maintain already-established routine
	Wk 2	See Primal Keto List	Eat when hungry, stop when full*	10,000 steps per day
	Wk 3	See Primal Keto List	Eat when hungry, stop when full	10,000 steps per day
	Wk 4	See Primal Keto List	Eat when hungry, stop when full	12,500 steps per day
Month 2 Day 31-60	Wk 1	See Primal Keto List	2MAD	12,500 steps per day
	Wk 2	See Primal Keto List	2MAD	15,000 steps per day
	Wk 3	See Primal Keto List	OMAD	15,000 steps per day
	Wk 4	See Primal Keto List	OMAD	15,000 steps per day (incl. 30 min low-intensity cardio AND OR 30 min strength / resistant training 3x) per wk)
Month 3 Day 61-90	Wk 1	See Primal Keto List	OMAD (or try 24, 36, 48, or 72 hour water-fast)	15,000 steps per day (incl. 30 min low-intensity cardio AND OR 30 min strength / resistant training 3x) per wk)
	Wk 2	See Primal Keto List	OMAD (or try 24, 36, 48, or 72 hour water-fast)	15,000 steps per day (incl. 30 min low-intensity cardio AND OR 30 min strength / resistant training 5x) per wk)
	Wk 3	See Primal Keto List	OMAD (or try 24, 36, 48, or 72 hour water-fast)	15,000 steps per day (incl. 30 min low-intensity cardio AND OR 30 min strength / resistant training 5x) per wk)
	Wk 4	See Primal Keto List	OMAD (or try 24, 36, 48, or 72 hour water-fast)	15,000 steps per day (incl. 30 min low-intensity cardio AND OR 30 min strength / resistant training 5x) per wk)

Tips:

- Eat meals, no snacking. If you're hungry enough to eat a snack, then you're hungry enough to eat a meal. A meal has at least animal protein.
- Meal prep as much as possible to be prepared when hunger strikes. If you don't have something ready to eat, then you'll eat anything that is ready – which will likely be processed, unhealthy food. Meal prep!
- No gum or mints.
- Strength-training/resistance training builds muscle and increases metabolism. However, if you want to lose weight, this may stall your weight loss, b/c you will be building muscle and muscle is more dense and weighs more than fat – so the scale will not move as quickly. If you are obsessed with the scale, stick with low-to moderate intensity cardio instead.