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Navigating the Ketogenic Diet Program

This plan is designed for individuals who are trying to improve their metabolic flexibility and energy efficiency through a ketogenic diet. This may mean they are looking to improve their overall energy levels, memory and daily performance. You may be looking to prevent or get well from a chronic disease. You may want to lose weight and feel better about yourself! Whatever it is...this program will help!!



This nutrition plan utilizes an intermittent fasting emphasis where you can either skip breakfast or consume a drink with a small amount of good coconut milk, coconut oil, grass-fed butter and/or XCT oil or SCT oil.

Why Intermittent Fasting:



Intermittent fasting is a profound technique that enhances mitochondrial energy production, reduces inflammation and improves brain function when done correctly. Intermittent fasting also keeps insulin down (insulin promotes tumor growth) and boosts human growth hormone (HGH) which initiates detoxification and hormone balance within the body.

In the Super Brain manual, I discuss just how intermittent fasting cleans up and improves brain function. The application of the fasting can vary.

As long as you are hydrated your body will go through periods of intensive healing during these fasting periods that last longer than 12 hours. Overtime, you should try to stick with lots of clean fluids and anti-oxidants during the day and 2 healthy meals (as outlined) in a 6 -8 hr window of time to provide essential fatty acids, more anti-oxidants and clean proteins. Whatever time frame works best for you – 11-7pm, 12 – 8pm or 10-6pm, etc.

You can tighten that time frame to 12-6pm or 11-5pm if you like. Many feel their best on a 6 hour eating window. This plan does this for you as you are consuming green drinks and coconut oil/butter or XCT oil which will not affect you metabolically so you continue to get the benefits of fasting. This is ideal for optimal energy and anti-aging. It will help reduce inflammation to allow your hormones to balance naturally.



Building vs Cleansing Window

Building Window: The time between your first meal and your last meal, such as 11am - first meal to 6pm - last meal.

Cleansing Window: The time between your last meal and your first meal the following day. This would mean from 6pm – 11am the next day.

Drink lots of fluids during your cleansing window and feel free to eat several small-medium meals and snacks during your building window. I don't recommend drinking a lot of water during the building window because you don't want to dilute your stomach acid and enzymes during the period they need to be active.

You can drink ample amounts during the cleansing window and I recommend drinking at least half your body weight in ounces (most of which you want to do in the AM hours).

Cyclic Ketogenic Approach

This plan is a low-carbohydrate, moderate protein and high healthy fat diet. This helps to balance blood sugar and our body begins to run off of ketones which are the metabolic byproduct of fatty acid metabolism.

Ketones are a preferred fuel for your muscles and brain which thrive off of their usage. This plan has your body cycle through ketosis with a slightly higher carbohydrate meal every 7th day. So you go

six days of very low carb and then you have a moderate carb day which helps improve hormone balance and reload your glycogen (sugar stores) stores in your liver and muscles.

Doing this plan, you have to give yourself a week to get used to not eating in the morning and going low-carb. Give yourself some time to adjust. It is normal to feel hungry at first, to have headaches, nausea and carb cravings the first few days. Simply add more coconut oil or grass-fed collagen to your herbal tea, bone broth or organic coffee and you should feel better.

There is a lot of information about the benefits of a Cyclic Ketogenic diet on DrJockers.com, simply do a search and you will find it.





Liquid Nutrition

On this plan, I am a big fan of doing one solid-food meal a day and possibly a solid food snack. Liquid nutrition provides highly absorbable nutrients and is minimally stressful on the digestive system. In order to heal well, we need to reduce stress on the digestive system and provide as much essential nutrients and anti-oxidants as possible. Doing the shakes, smoothies, creams, etc in this plan can be very helpful for this.

If you are very busy and don't have time to make your own lunch in the liquid nutrition form we have listed then I would highly recommend making a larger meal in the evening and having leftovers in a glass container for lunch the next day.

Feel free to add more veggies, salads, etc. to the meal plan to incorporate even more micronutrients and high quality fibers. As with the other plans, you will find out what foods you enjoy the most and what foods you feel the best with. Stick with those recipes as your staples going forward.



The greatest doctor in the world is **WITHIN YOU!**

Dr. David Jockers

KEY POINT

The greatest doctor in the world is WITHIN YOU! Take time to listen to the messages your body is giving you and it will steer you in the direction of what foods/meals your body digests and absorbs best and what foods and meals are more inflammatory.



We provided 80 specific recipes for this plan and they are not all used in the following meal plan. Feel free to add in other recipes from the booklet where you desire while maintaining the same principles.

Let this meal plan be your guide. Some individuals will want to stick with it and follow it to the letter. Others prefer not to be restricted. You can follow the principles discussed in the plan without having to follow the exact meal plan.

Personally, I like to do the intermittent fasting with just water, organic diluted chicken broth or sometimes organic coffee with grass-fed butter and MCT oil (our Turmeric Fat Burning Coffee is my favorite!!!) or herbal tea in the morning. I typically don't have a snack and stick with just 2 meals. Personally, I will just do lunch or dinner once or twice a week and only consume one meal along with my Keto coffee. This is a non-workout day, on training days I do 2 meals.

On the meal plan here, I laid it out to where you can pick and choose how you would like to schedule your meals. If you need some fat in the morning, there are recipes for that, if you want a snack, I included that as well.

It can definitely help you do an intermittent fast by having a drink with antioxidants (organic coffee, matcha green tea or turmeric in the anti-inflammatory milk). I also included some greens drinks in the recipe guide in case you want to do a green juice cleanse, which is a good idea. Those juiced green recipes are all very low carb...unlike most of the juicing recipes you will find all over the internet.



30 Day Meal Plan:

DAY 1

MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk (optional)



Lunch:

4 Coconut
Collagen Cookies



Snack:

Handful of Sprouted
Pumpkin Seeds
(if needed)



Dinner:

Gut Healing Thai
Coconut Turkey



DAY 2

MEAL PLAN

Breakfast:

Keto Matcha Green
Tea (optional)



Lunch:

Turmeric Coconut
Cream Cups + Greens
Powder in Water



Snack:

Protein Popping
Power Balls
(if needed)



Dinner:

SuperCharged Burger



DAY 3 MEAL PLAN

Breakfast:

Turmeric Fat Burning
Coffee (optional)



Lunch:

2-4 Chocolate
Keto Brownies



Snack:

Handful of
Macadamia Nuts
(if needed)

Dinner:

Chicken
Avocado Chili





DAY 4

MEAL PLAN

Breakfast:

Lemon-Mint
Vitamin Water



Lunch:

Supercharged Salad



Snack:

Cucumber Slices with
vinegar and herbs



Dinner:

Coconut Lime Seared
Salmon + side salad



DAY 5 MEAL PLAN

Breakfast:
De-Inflaming
Lemonade



Lunch:
Chocolate Fudge



Snack:
Greens Powder
in Water



Dinner:
Tomato Basil
Omelet



DAY 6

MEAL PLAN

Breakfast:

Coconut Dandelion
Coffee



Lunch:

Chocolate Chia
Super Smoothie



Snack:

Handful of Coconut
Flakes (if needed)

Dinner:

Taco Lettuce Wraps





DAY 7

MEAL PLAN

Breakfast:

Creamy Cinnamon
Coffee



Lunch:

Coconut Flour Bread
+ Grass-fed Butter



Snack:

Small salad with
cucumbers and
black olives



Dinner:

Gut Healing Thai
Coconut Turkey



DAY 8

MEAL PLAN

Breakfast:

Turmeric Fat Burning
Coffee



Lunch:

3 Homemade Keto
Protein Bars



Snack:

Not Nut Butter

on Celery



Dinner:

SuperCharged Egg
Drop Soup + Smoked
Salmon Sushi Rolls



DAY 9

MEAL PLAN

Breakfast:

Keto Matcha
Green Tea



Lunch:

Broccoli Cream Soup



Snack:

Cucumber Slices with
vinegar & herbs



Dinner:

SuperBrain
Salmon Burger



DAY 10 MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk



Lunch:

SuperCharged Salad



Snack:

Pumpkin Spice
Donut Holes



Dinner:

Beef & Buttered
Broccoli



DAY 11 **MEAL PLAN**

Breakfast:

Coconut Dandelion
Coffee



Lunch:

Chocolate Avocado
Truffles



Snack:

Handful of Coconut
Flakes

Dinner:

Fat Burning
Keto Fajitas





DAY 12 MEAL PLAN

Breakfast:
De-Inflaming
Lemonade



Lunch:
Chocolate Chia
Super Smoothie



Snack:
Blueberry Parfait

Dinner:
SuperCharged
Coconut Curry





DAY 13

MEAL PLAN

Breakfast:

Lemon-Mint Vitamin
Water



Lunch:

Gut Healing or
Coffee Collagen Pudding



Snack:

Small salad with
cucumbers and black
olives



Dinner:

Keto Chicken
Fajita Salad



DAY 14

MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk



Lunch:

Chocolate Raspberry
Cream



Snack:

Handful of Sprouted
Pumpkin Seeds

Dinner:

SuperCharged
Chicken Lo Mein





DAY 15

MEAL PLAN

Breakfast:

Creamy Cinnamon
Coffee



Lunch:

Cheesy Portabella
Pizza



Snack:

Handful of
Macadamia Nuts



Dinner:

Naked Kale
Burger Sauté



DAY 16

MEAL PLAN

Breakfast:

De-Inflaming
Lemonade



Lunch:

Smoked Salmon
Sushi Rolls



Snack:

Greens Powder
in Water



Dinner:

Tomato Basil
Omelet



DAY 17 MEAL PLAN

Breakfast:
Coconut
Dandelion Coffee



Lunch:
Turmeric
Keto Cookies



Snack:
Handful of
Coconut Flakes

Dinner:
SuperBrain
Salmon Burgers





DAY 18

MEAL PLAN

Breakfast:

Turmeric
Fat Burning Coffee



Lunch:

Paleo Stuffed
Mushrooms



Snack:

Not Nut Butter
on celery



Dinner:

Colorful Chicken
Vegetable Salad



DAY 19 MEAL PLAN

Breakfast:
Macha Green Tea



Lunch:
Chocolate Skin
Enhancing Pudding



Snack:
Cucumber Slices with
vinegar & herbs

Dinner:
Taco Lettuce Wraps





DAY 20

MEAL PLAN

Breakfast:
De-Inflaming
Lemonade



Lunch:
Chocolate Chia
Super Smoothie



Snack:
Blueberry Parfait

Dinner:
Super Charged
Coconut Curry





DAY 21

MEAL PLAN

Breakfast:

Lemon-Mint
Vitamin Water



Lunch:

Homemade Keto
Protein Bars



Snack:

Cucumbers with
Vinegar and Herbs

Dinner:

Fat Burning Keto
Chicken Fajitas





DAY 22

MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk



Lunch:

Chocolate
Raspberry Cream



Snack:

Handful of Sprouted
Pumpkin Seeds

Dinner:

Gut Healing Thai
Coconut Turkey





DAY 23 MEAL PLAN

Breakfast:
De-Inflaming
Lemonade



Lunch:
Chocolate Fudge



Snack:
Greens Powder
in Water



Dinner:
Tomato Basil
Omelet



DAY 24

MEAL PLAN

Breakfast:

Keto Matcha
Green Tea



Lunch:

Keto Crackers,
Veggies and
Guacamole



Snack:

Cucumber Slices with
vinegar & herbs



Dinner:

SuperBrain
Salmon Burger



DAY 25 MEAL PLAN

Breakfast:
Lemon-Mint
Vitamin Water



Lunch:
Coconut Protein
Cookies



Snack:
Small salad with
cucumbers and
black olives

Dinner:
Broccoli Cream Soup





DAY 26

MEAL PLAN

Breakfast:
Turmeric Fat
Burning Coffee



Lunch:
Chocolate
Avocado Truffles



Snack:
Handful of
Macadamia Nuts

Dinner:
Naked Kale
Burger Saute





DAY 27

MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk



Lunch:

Smoked Salmon
Sushi Rolls



Snack:

Blueberry Parfait

Dinner:

Beef & Buttered
Broccoli





DAY 28

MEAL PLAN

Breakfast:

Keto Matcha
Green Tea



Lunch:

Turmeric Coconut
Cream Cups + Greens
Powder in Water



Snack:

Protein
Popping Power Balls



Dinner:

Keto Chicken
Fajita Salad



DAY 29

MEAL PLAN

Breakfast:

Anti-Inflammatory
Milk



Lunch:

SuperCharged
Avocado Salad



Snack:

Coconut
Protein Cookies

Dinner:

Coconut Lime Seared
Salmon + side salad





DAY 30 MEAL PLAN

Breakfast:

Coconut Dandelion
Coffee



Lunch:

Raw Coconut
Keto Bars



Snack:

Sliced cucumbers w/
lemon juice, pink salt
and herbs



Dinner:

Taco Lettuce Wraps



Building vs Cleansing Window

The goal of this plan is to get you consuming liquids for a majority of the day and help you find how you can survive and thrive on 1-2 solid food meals a day and perhaps a small solid food snack. Going forward, you can decide what works best for you but do your best to stick with many of the same meal planning ideas on this plan as possible.

This meal plan only uses about half of the recipes in our recipe book but we recommend you work in some of the following recipes which are fantastic snacks or may even be used on occasion as a nutrient dense meal replacement.

Warning: Many of these seem like desserts and they can be used for desserts, but since they are low in carbohydrates and rich in good fats and anti-oxidants they are fantastic snacks!

[SuperCharged Oreos](#)

[Coconut Short Bread Cookies](#)

[Keto Chocolate Chip Cookies](#)

[Grainless Kale Flat Bread](#)

[Protein Popping Power Balls](#)

[Asian Cauliflower Rice](#)

[Chocolate Keto Brownie](#)

[SuperCharged Chicken Broth](#)

[Chocolate Collagen Keto Granola](#)

[Coconut Whipped Cream](#)

[Keto Chocolate Cake](#)

[Coconut Milk Ice Cream](#)

[Peppermint Patties](#)

[Chocolate Coconut Milk Ice Cream](#)

[Super Raw Living Pesto Pasta](#)

[Scottish Eggs](#)

[Coconut Flour Gravy](#)

[Almond Butter Keto Bread](#)



What To Do Going Forward

So now you have gone through the Navigating the Ketogenic Diet nutrition program. Where do you go from here? I would recommend doing the following

1. Create a Meal Plan:

Most of my clients find that they enjoy this meal plan and stay on something very similar. If you dislike one or more of the recipes or don't feel good when you are consuming a specific food on this meal plan than I would recommend replacing it with another recipe in the recipe booklet.

2. Hydration and Anti-Oxidants in the Morning:

The best cleansing and detoxifying nutrition strategies include beginning your day with lots of hydration and anti-oxidants in the form of herbal teas, organic coffee, anti-inflammatory drinks and green juices.

I strongly recommend continuing with this sort of a strategy as often as possible. You may want to have a solid food breakfast on occasion for social reasons but don't make this the norm.

3. Stay Low-Carb:

We know that sugar is the preferred fuel for cancer growth, so it is highly recommended to stay on a lower carbohydrate, ketogenic style plan.

Some individuals (especially those with adrenal fatigue or sluggish thyroid function) will do better on a cyclic ketogenic approach where they add in extra berries or a sweet potato every week. You can read about that in the "Navigating the Ketogenic Diet," e-booklet.

4. Use Organic Foods:

Due to the rampant amount of chemical residue that is on much of the conventionally grown produce and bioaccumulated in the tissue of conventionally raised animal products, it is strongly recommended to stick with as much organic meat and produce as possible.

Due to the law of bioaccumulation, where it takes 5-8 pounds of chemically sprayed grains to produce 1 pound of meat or dairy, it is ABSOLUTELY CRITICAL to only consume organic animal products. With produce, if you are going to eat the outer layer (such as with a cucumber) it is best to get organic, but if you are discarding the outer layer (such as with avocados) than you don't need to get this organic.

The general rule is that if you are going to be eating the outer layer of the produce (cucumbers, berries, celery), it is best to get it organic. But if you won't be eating the outer layer (such as with avocados, onions, garlic, etc) than you can get it conventional.

5. Plan Ahead:

It is really important to plan out your meals and your shopping schedule each week. It is too easy to get caught up with other activities and end up procrastinating with food preparation. This can often lead to food cravings, indulgences and bad habits.

Take an hour on a weekend or another convenient time and plan out what meals you and your family will be consuming that week and make a specific shopping list for those meals. Then follow through with the plan you have outlined.

6. Prepare Your Food in Advance:

If you have a busy schedule, it is very important to prepare food in advance. Many of the recipes do not take long to prepare, but making food in bulk and freezing or refrigerating it can be very helpful. I will often have my clients prepare food 2 days a week (Sunday and Wednesday for an example) and make enough to last them all week.

Find out what will work best for you in your planning time based around the unique needs you will have that week. Try to form a regular schedule as this will create less stress than if you have to work a totally new preparation schedule each week.

7. Protect Your Home:

The moment you walk out your door you are going to be subject to a multitude of different temptations. You cannot control the food that is around you at your employer's office, your friends and family's homes or at restaurants you may be at for social endeavors.

The only environment you can control is your home. So be sure to ONLY have clean, pure foods in your house and get rid of anything that is not part of this plan so you know that you will stay on target when you are at your house.

8. Use Buying Clubs to Save Money:

Many people get intimidated by the cost of products at many health food stores. Fortunately, you can save A LOT of money and get many of the highest quality food products by using discounted food buying clubs.

My wife and I personally use Thrive Market, which is an online shopping community where you can get discounted pricing on many of the non-perishable items such as olive oil, coconut oil, apple cider vinegar, olives, paleo crackers, flax crackers, seaweed snacks, nuts/seeds, chocolate bars, herbs, organic soaps and shampoos and so much more. They have great customer service and free shipping options.

9. Get Friends and Family Involved:

It is so much easier to follow a healthy lifestyle program when you have accountability with friends and family. You may have a lot of people that are unwilling to support your lifestyle choices, but it is VITAL to have at least ONE PERSON who you are close too that will be supporting and ideally, doing this program with you! This is someone you want to be around and be talking with at least once per week if not every day.

10. Utilize Our Group Facebook Page:

The Ketogenic community support on [facebook](#) is an incredibly helpful resource. Even if you are “anti-facebook,” I would highly encourage you to make an account just so you can plug in and read the posts each day.

You will not only learn a lot of helpful strategies but you will also create great relationships with other people in our community who have similar life and health goals as you. This is priceless and is an **INCREDIBLE** difference maker in the ability to stay on the plan and get the results you desire.

You can always visit [DrJockers.com](#) in order to access articles, podcasts and other helpful tools to help you have success following these strategies.

