



Navigating the **Ketogenic Diet** *Meal Plan*



Ketogenic Meal Plan

This plan is designed for individuals who are trying to heal from chronic inflammation, lose a significant amount of weight or those who are highly motivated to achieve their peak level of health and performance.

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 MCT oil. One could also add in some grass-fed collagen protein with their morning beverage to improve amino acid uptake.

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.

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 MCT 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 4th day. So you go three days of very low carb and then you have a low-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 and in the “*Navigating the Ketogenic Diet.*” e-booklet which is a part of this program.

On this plan, I am a big fan of doing one solid-food meal a day and possibly a solid food snack. Liquid nutrient 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 than 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.

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.

The Meal Plan:

We provided 50 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 or sometimes organic coffee with MCT oil or herbal tea in the morning. I typically don't have a snack and stick with just 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.

Day 1: **Breakfast:** Anti-Inflammatory Milk
Lunch: Chocolate Raspberry Cream
Snack: Handful of Sprouted Pumpkin Seeds
Dinner: SuperCharged Thai Coconut Turkey

Day 2: **Breakfast:** Macha Green Tea
Lunch: Turmeric Coconut Cream Cups + Greens Powder in Water
Snack: Protein Popping Power Balls
Dinner: SuperCharged Burger

Day 3: **Breakfast:** Coconut Milk Coffee
Lunch: Supercharged Blueberry Shake
Snack: Handful of Macadamia Nuts
Dinner: Chicken Avocado Chili

- Day 4:** **Breakfast:** Lemon-Mint Vitamin Water
 Lunch: Supercharged Salad
 Snack: Cucumber Slices with vinegar and herbs
 Dinner: Beef & Buttered Broccoli
- Day 5:** **Breakfast:** De-Inflaming Lemonade
 Lunch: Chocolate Fudge
 Snack: Greens Powder in Water
 Dinner: Brain Building Omelets
- Day 6:** **Breakfast:** Coconut Dandelion Coffee + Detoxifying Green Drink
 Lunch: Chocolate Strawberry Mousse
 Snack: Handful of Coconut Flakes
 Dinner: Taco Lettuce Wraps
- Day 7:** **Breakfast:** Coconut Milk Coffee + Cancer Fighting Green Juice
 Lunch: Coconut Flour Bread + Grass-fed Butter
 Snack: Small salad with cucumbers and black olives
 Dinner: SuperCharged Thai Coconut Turkey
- Day 8:** **Breakfast:** Creamy Cinnamon Coffee + Gut Cooling Juice
 Lunch: Beautiful Berry Chia Smoothie
 Snack: Not Nut Butter on Celery
 Dinner: SuperCharged Egg Drop Soup

- Day 9:** **Breakfast:** Macha Green Tea
 Lunch: Chocolate Skin Enhancing Pudding
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: SuperBrain Salmon Burger
- Day 10:** **Breakfast:** Anti-Inflammatory Milk + Gut Cooling Juice
 Lunch: SuperCharged Salad
 Snack: Collagen Marshmallows
 Dinner: Beef & Buttered Broccoli
- Day 11:** **Breakfast:** Coconut Dandelion Coffee + Liver Cleanse Juice
 Lunch: Chocolate Strawberry Mousse
 Snack: Handful of Coconut Flakes
 Dinner: SuperBrain Salmon Burgers
- Day 12:** **Breakfast:** De-Inflaming Lemonade
 Lunch: Chocolate Chia Super Smoothie
 Snack: Blueberry Parfait
 Dinner: SuperCharged Coconut Curry
- Day 13:** **Breakfast:** Lemon-Mint Vitamin Water + Detoxifying Green Drink
 Lunch: Blueberry Pudding
 Snack: Small salad with cucumbers and black olives
 Dinner: Broccoli Cream Soup

Day 14: Breakfast: Anti-Inflammatory Milk + Gut Cooling Juice

Lunch: Chocolate Raspberry Cream

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperCharged Chicken Lo Mein

Day 15: Breakfast: Coconut Milk Coffee + Cancer Fighting Green Juice

Lunch: Supercharged Blueberry Shake

Snack: Handful of Macadamia Nuts

Dinner: Naked Kale Burger Saute

Day 16: Breakfast: De-Inflaming Lemonade

Lunch: Chocolate Fudge

Snack: Greens Powder in Water

Dinner: Brain Building Omelets

Day 17: Breakfast: Coconut Dandelion Coffee + Liver Cleanse Juice

Lunch: Chocolate Strawberry Mousse

Snack: Handful of Coconut Flakes

Dinner: SuperBrain Salmon Burgers

Day 18: Breakfast: Creamy Cinnamon Coffee + Detoxifying Green Drink

Lunch: Beautiful Berry Chia Smoothie

Snack: Not Nut Butter on celery

Dinner: Chicken Stir-Fry

Day 19: Breakfast: Macha Green Tea + Gut Cooling Juice

Lunch: Chocolate Skin Enhancing Pudding

Snack: Cucumber Slices with vinegar & herbs

Dinner: Taco Lettuce Wraps

Day 20: Breakfast: De-Inflaming Lemonade + Cancer Fighting Green Juice

Lunch: Chocolate Chia Super Smoothie

Snack: Blueberry Parfait

Dinner: SuperCharged Coconut Curry

Day 21: Breakfast: Lemon-Mint Vitamin Water + Liver Cleanse Juice

Lunch: Blueberry Pudding

Snack: Cucumbers with Vinegar and Herbs

Dinner: Chicken Fajitas

Day 22: Breakfast: Anti-Inflammatory Milk + Detoxifying Green Drink

Lunch: Chocolate Raspberry Cream

Snack: Handful of Sprouted Pumpkin Seeds

Dinner: SuperCharged Thai Coconut Turkey

Day 23: Breakfast: De-Inflaming Lemonade

Lunch: Chocolate Fudge

Snack: Greens Powder in Water

Dinner: Brain Building Omelets

- Day 24:** **Breakfast:** Macha Green Tea
 Lunch: Chocolate Skin Enhancing Pudding
 Snack: Cucumber Slices with vinegar & herbs
 Dinner: SuperBrain Salmon Burger
- Day 25:** **Breakfast:** Lemon-Mint Vitamin Water + Detoxifying Green Drink
 Lunch: Blueberry Pudding
 Snack: Small salad with cucumbers and black olives
 Dinner: Broccoli Cream Soup
- Day 26:** **Breakfast:** Coconut Milk Coffee + Cancer Fighting Green Juice
 Lunch: Supercharged Blueberry Shake
 Snack: Handful of Macadamia Nuts
 Dinner: Naked Kale Burger Saute
- Day 27:** **Breakfast:** Anti-Inflammatory Milk + Gut Cooling Juice
 Lunch: SuperCharged Salad
 Snack: Collagen Marshmallows
 Dinner: Beef & Buttered Broccoli
- Day 28:** **Breakfast:** Macha Green Tea
 Lunch: Turmeric Coconut Cream Cups + Greens Powder in Water
 Snack: Protein Popping Power Balls
 Dinner: SuperCharged Burger

Day 29: **Breakfast:** Anti-Inflammatory Milk + Gut Cooling Juice

Lunch: SuperCharged Salad

Snack: Collagen Marshmallows

Dinner: Beef & Buttered Broccoli

Day 30: **Breakfast:** Coconut Dandelion Coffee + Detoxifying Green Drink

Lunch: Chocolate Strawberry Mousse

Snack: Handful of Coconut Flakes

Dinner: Taco Lettuce Wraps

Other Things You Can Work In:

The goal of this 15-day plan was to get you consuming liquids for a majority of the day and help you find how you can survive and thrive on 1 solid food meal 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

Collagen Marshmallows

Turmeric Coconut Cream Cups

Coconut Cream Cups (lemon and/or cinnamon)

Coconut Flour Cookies

Spinach Pancakes

Grainless Kale Flat Bread

Super Raw Pumpkin Seed Butter

Protein Popping Power Balls

Turmeric Paste

Coconut Flour Bread

Super Raw Living Pesto Pasta

Coconut Water Kefir

Kale Chips

SuperCharged Chicken Broth

Coconut Flour Gravy

What To Do Going Forward

So now you have gone through the 15 day Cancer Cleanse 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 couple of days. 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, we recommend sticking to the Dirty Dozen/Clean 15 list in the Cancer Cleanse e-booklet.

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 poor 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 families 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. 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.

9. Utilize Our Group Facebook Page: The Cancer Cleanse 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.



About Dr David Jockers DC, MS, CSCS

Dr. David Jockers is a Maximized Living doctor, functional medicine practitioner, corrective care chiropractor, nutritionist, exercise physiologist and certified strength & conditioning specialist. He currently owns and operates Exodus Health Center in Kennesaw, Georgia and runs one of the hottest natural health websites in DrJockers.com

His experience working with thousands of individuals has given him a level of expertise in the field. He has had the privilege of traveling to London with the Maximized Living wellness advisory council to help the USA athletes win the gold in 2012.



He is a leading writer for “NaturalNews,” “The Truth About Cancer” and “PrimalDocs” which are three of the top online health publications in the world. He is also on the expert panel for the popular “South African Journal of Natural Medicine.” He has well over 1200 professionally published natural health articles all over the internet and in-print magazines

Dr Jockers is the author of “**SuperCharge Your Brain: The Complete Guide to Radically Improve Your Mood, Memory and Mindset.**” He has also authored “**Super Immunity: The Path to Never Get Sick Again.**”

He is a sought after speaker around the country on such topics as weight loss, brain health, functional medicine, natural detoxification and disease prevention.

Dr Jockers does local and long-distance consultations to help customize specific lifestyle plans to improve performance and beat chronic disease.