

COACH CHRIS' KETO BONE BROTH ACCELERATED WEIGHT LOSS PROGRAM

My objective of this program is to put your body into what we call a state of ketosis. Science has proven our bodies are said to enter ketosis at the point when blood sugar (Glucose levels) and liver glycogen are no longer present, and our system resorts to using ketones for fuel. At this point, not only are you burning off excess body-fat, it's also powering up your brain!

I do not believe in starvation diets, only starvation of carbohydrates. Our bodies are extremely adaptive to what we put into it – when you overload it with healthy fats and take away certain types of carbohydrates, it will begin to burn ketones as the main energy source.

As you've heard me say many times, I'm all about creating and supporting a healthy lifestyle, one you'll follow for the rest of your life. I'm not about "quick fix" 30-60-90 day programs that fail 100% of the time.

Goal number one is to get you into a ketogenic state as quick as possible. As we begin to restrict your carbohydrates you will enter ketosis. Normally, anywhere between **20-30grams** of the right type of **carbohydrates** is recommended for getting you into a state of ketosis.

It's also important to remember the **lower you keep your glucose levels**, the better the overall results will be. Eating the standard American diet (SAD): *processed foods; fast food, whole grains (breads, pasta, rice, gluten) drinking alcohol, and consuming too much sugar*, is the number one cause of obesity and diabetes. The SAD significantly increases your glucose levels; hence, successful weight-loss is almost impossible, regardless of how much exercise you do.

When following this program regular exercise (3-5 days per week) along with staying hydrated is critical to your overall success!

Exercise: My two most favorite exercise routines for the busy person are a) high intensity interval training and b) power walking. Always exercise on an empty stomach. If you are a coffee or tea drinker, it's okay to have a large cup of coffee or tea before you exercise. See recipes on page 2.

Stay Hydrated: Make sure you drink plenty of filtered water throughout the day. It's also important we keep your sodium (sea salt) intake up. Drink at least half your bodyweight in ounces of water. Example: If you weigh 150 lbs., you should be drinking at least 75 ounces of water.

Upon waking up in the morning: *Add ½ teaspoon of sea salt and 1 tablespoon of lemon juice to your first glass of water. I suggest 16 ounces of filtered water.*

Organic Coffee Recipe:

12 ounces of Organic Coffee

Brew 1.5 tablespoons of coffee into a 12-ounce container. Once brewed add the following ingredients to your coffee:

1 Tablespoon Organic Heavy Whipping Cream

1 Tablespoon of Grass Fed Ghee or grass fed Kerigold Butter

Organic Macha Tea Recipe:

Mix one teaspoon of macha tea powder in 10-12 ounces of water or organic unsweetened coconut milk or organic unsweetened almond milk. You can use a simple hand blender or a hand shaker bottle. If you feel the need to sweeten this up, use one of the following sweeteners: 1 teaspoon of raw organic honey or a few drops of organic liquid stevia.

MEAL SHCHEDULE: The key to this program is to have 3 bone broth shakes per day and one solid food meal at dinner time. Everyone is on a different time schedule; therefore, you may need to adjust the times accordantly. See schedule below, you get the idea, have a bone broth shake every 3 hours. Do not eat anything 2 hours before going to bed.

- 8:00 AM** **Greens** bone broth shake (Best to have your greens in the morning as this helps to keep your body alkalized)
- 11:00 AM** Bone broth shake (Your flavor of choice)
- 2:00 PM** Bone broth shake (Your flavor of choice)
(See our 8 different bone broth flavors on page 4)
- 5:00 PM** Dinner (See options below)

Bone broth shake options

(Mix in a blender or a large shaker bottle)

- 10-12 ounces of organic unsweetened coconut milk or almond milk.
- 1 scoop of bone broth protein
- 2 tablespoons of chia or flax seeds.

If the bone broth shake does not satisfy you and you still feel hungry go ahead and add some additional healthy fats. (see from list below)

Healthy fat options

- Avocados, organic butter, organic coconut oil, extra virgin olive oil, sesame seed oil, Ghee butter, almond butter, almonds, walnuts, macadamia nuts. Organic grass-fed cheese (Karigold brand)

DINNER OPTIONS (See food choices below)

Eat your foods in this order:

- 1) Protein with healthy fats
- 2) Vegetables/salad
- 3) Starches
- 4) Dessert

Protein sources with healthy fats

- Organic grass-fed beef; sausage, bacon (6-8 ounces)
- Organic free-range chicken and turkey (6-8 ounces)
- Wild caught salmon, cod or sea bass (6-8 ounces) **Avoid** ALL farmed raised fish!
- Whole organic free-range eggs (3 whole eggs)

Vegetables and salads (Use organic)

- Vegetables should be raw or steamed. If stir fried (Ghee butter), cook no more than 4 minutes over low heat.
- You can eat an unlimited amount of ALL vegetables/green salads (Olive oil, balsamic vinegar, go light on the spices). Avoid table salt, only use sea salt. Garlic powder is always a good option in the spice category.
- It's okay to use organic hummus to dip your raw veggies in.

Here's a list of the most common low carb vegetables: (use organic)

- Cabbage (Green)
- Celery
- Collard Greens
- Kale
- Green Beans
- Spinach
- Bok Choi
- Lettuce (Romaine)
- Broccoli
- Cauliflower

Starch choices below (Serving size: 1 cup cooked)

Once cooked, okay to add olive oil and seasonings

- Organic quinoa
- Organic purple rice
- Organic black beans
- Organic wild rice
- Organic red lentil penne (Organic tomato sauce)

Dessert options (Serving size: No more than 2 servings a day)

- Fresh raw fruits: Apples, blueberries, grapefruit, kiwi, olives, oranges, peaches, pears, tomatoes, and watermelon.
- 2 tablespoons of almond butter + handful of blueberries
- 4 dates or figs + 1 tablespoon almond butter
- 1 fruit serving of choice (If berries, serving is 1 cup) + 1 tablespoon almond butter

Additional program benefits you will experience:

- **Cholesterol.** A keto diet has **shown** to improve triglyceride levels and cholesterol levels most associated with arterial buildup.
- **Blood Sugar.** Many **studies** show the decrease of LDL cholesterol over time and have shown to eliminate ailments such as (Type 2) diabetes.
- **Energy.** By giving your body a better and more reliable energy source, you will feel more energized during the day. Fats are shown to be the most effective molecule to burn as fuel.
- **Hunger.** Fat is naturally more satisfying and ends up leaving us in a satiated (“full”) state for longer.
- **Increased stamina and mental clarity**

Bone broth flavors: For your discounted rate Contact Coach Chris below!



Complimentary Phone or In-Person Consultation

Get to know Coach Chris by scheduling your complimentary breakthrough strategy session today. (Value \$240)

Schedule online: <http://www.chriscucchiara.com/sign-up/>

Or call: 805-202-2077