



# JUMP START MEAL PLAN

I LOST 50KG  
IN LESS THAN 10 MONTHS



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## INTRO

My name is **Dewaldt Huysamen**, and after I discovered the **Keto diet** from Drew Manning and bought his Fit2Fat2Fit Jump Start meal plan in January 2018, I started following it to the letter for the first 3 weeks. I did get amazing results, but I then I started doing my own research and **began perfecting** what other Keto industry experts were advising on.

I also started experimenting with **Intermittent Fasting after the first 2 months**, I will teach you how and when to begin Intermittent fasting. This will improve Ketosis and also ensure you lose weight much faster, plus gain many health benefits. **The way I did intermittent fasting was not as other experts advised, I came up with my own unique routine.** This is optional but I suggest you do it.

**I lost 50kg in less than 10 months**, and I now have created this jump start guide to help other people out there. The best part is that **I did not do any of the exercises** that were part of the plan I initially followed and **I was seated most of the day** because of my job at that time. *This guide is based on the South African market but can be used internationally.*



**I will be there with you every step of the way.** Please note if you **do not follow my guide 100%** to the letter *you can not expect to get any results.* If you are unsure about anything, please use one of our channels specified in your welcome email and ask.

It is also imperative that you are emotionally, spiritually and mentally ready for this programme. If anything is hindering you on any of these levels as mentioned above, please contact me directly, and I will assist you where I can to ensure you are ready on each and every level.

**This Ebook is not only for people that want to lose weight.**

**It is for people that want to Level Hormones, Heighten Brain Health and Combat Disease.**

## HEALTH BENEFITS OF KETO

- **Burns fat:** You can drop a lot of weight — and quickly — on the keto diet. Ketones suppress ghrelin — your hunger hormone — and increase cholecystokinin (CCK), which makes you feel full. Reduced appetite means it's easier to go for longer periods without eating, which encourages your body to dip into its fat stores for energy.

<https://www.ncbi.nlm.nih.gov/pubmed/23651522>  
<https://www.ncbi.nlm.nih.gov/pubmed/25402637>
- **Reduces inflammation:** The keto diet is anti-inflammatory, and could protect you against major degenerative diseases such as Alzheimer's and cancer.

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4124736/#S4title>
- **Fuels and feeds your brain:** Ketones provide an immediate hit of energy for your brain, and up to 70% of your brain's energy needs when you limit carbs. Fat also feeds your brain and keeps it strong. Your brain is at least 60% fat, so it needs loads of good fats to keep it running. Essential fatty acids such as omega-3s help grow and develop the brain, while saturated fat keeps myelin — the layer of insulation around the brain — strong so your neurons can communicate with each other.

<https://www.ncbi.nlm.nih.gov/pubmed/21489321>  
<https://www.ncbi.nlm.nih.gov/pubmed/20329590>
- **Increases energy:** Ketosis helps the brain create more mitochondria, the power generators within your cells. More energy in your cells means more energy for you to get stuff done.

<https://www.ncbi.nlm.nih.gov/pubmed/16807920>
- **Lowers blood sugar:** The keto diet may reverse and even cure diabetes. Keto stabilizes insulin levels and lowers blood sugar, to the point that many diabetics can come off their medication when switching to the diet.

Burns fat: You can drop a lot of weight — and quickly — on the keto diet. Ketones suppress ghrelin — your hunger hormone — and increase cholecystokinin (CCK), which makes you feel full. Reduced appetite means it's easier to go for longer periods without eating, which encourages your body to dip into its fat stores for energy. Learn more here about the keto diet and weight loss.

<https://www.ncbi.nlm.nih.gov/pubmed/23651522>  
<https://www.ncbi.nlm.nih.gov/pubmed/25402637>



## WHAT TO EAT AND NOT TO EAT

# CAN EAT:

Stevia Sweetener, Monk Fruit Sweetener, Full Fat Cheeses like Cheddar Cheese (Matured is Better), Full Cream Creams Non Sweetened (Clover Long Life is best as it has no sugar), Real Butter (Kerrygold Irish Butter or Clover Mooi Rivier Butter at Pick and pay), Nut Butter, Woolworths Droë Wors (No Sugar in Spice), Freyes Continental Cheesy Russians, Coconut Oil, Avocados, Olive Oil, Fattier Cut of Meat (T-Bone, Lamb Chops, Rib Eye Steak etc.), Eggs, Macadamia Nuts, Pecan Nuts, MCT Oil, Fish, Sardines, Fattier Lunch Meats, Bacon, Veggies (Spinach, Broccoli, Cauliflower, Asparagus, etc.), Mushrooms, Onions, Tomatoes, Pink Himalayan Salt, Tahini and **LOTS of water**. Carbsmart Sauces and Spices.

# CAN'T EAT:

Sugar, Cane Sugar, Starchier Veggies (Potatoes, Sweet Potatoes, Carrots etc.), Grains, Chips, Majority of Fruit, Cookies, Crackers, Rice, pasta, Cereals, Juices and Sodas. Even Diet Sodas are out for the first 3 months and then only a few times during the week if you really crave it. No Sunflower Oil, TBHQ, or Vegetable Oils. **NO DIARY MILK!**





## MACRONUTRIENTS IN GRAMS - NOT JUST PERCENTAGES

The first thing you need to work out is your macronutrients in grams, the standard keto diet works on **75% FAT, Yes FAT!, 20% Protein and 5% Carbs - NO SUGAR!!!**

I also followed that guideline in the first 3 months but soon discovered it is much more complex and better to work out your **tailormade individual needs related macronutrients in grams.**

There are **many online keto calculators out there**, and a lot of them work well, but I believe it is **always better to have a human being** that has gone through all of this assisting you. Luckily if you purchased this Ebook, you get **two free personalised Macronutrient calculations from me.**

*All you need to claim the 2 calculations is send an email to [macro-calculator@kickfatfast.fit](mailto:macro-calculator@kickfatfast.fit) with the order number you received when you purchased this Ebook.*

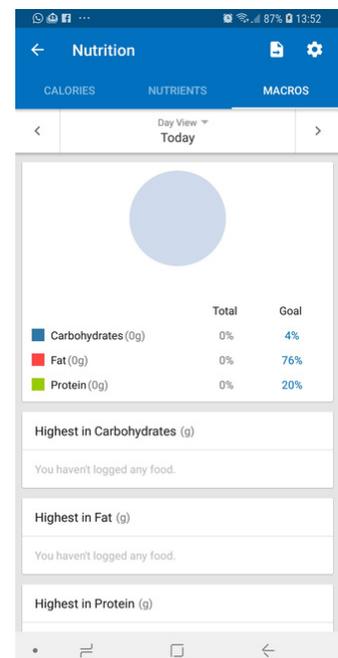
## MYFITNESSPAL MOBILE APP TO TRACK MACROS

To **track your macronutrients, you need to use a mobile app** like **MyFitnessPal**, which is definitely the best out there.

There are other apps out there, but their database does not come close to MyFitnessPal, especially taking South Africa's market and foodstuff into consideration.

You will need to **get the premium version of MyFitnessPal** as you want to set goals by protein, fat and carbs by grams. **This is VERY IMPORTANT!!!** You also **need a Digital Scale** in order to get the right weight for certain foodstuffs.

Whatever the costs are remember it is not a lot of money you are investing in yourself and your health which is much more important than anything else.



## KETO FOOD LIST - TABLE INDEX TO USE FOR YOUR ROSTERS

### Cheaper Food

#### proteins

- Bacon (No Sugar, check ingredients first)
- Cheesy Russians (**Frey's Cheesy Continental**)
- Ham
- Whole Eggs
- Chicken
- Boerewors
- Sausage

#### seafood

- Tuna (need to add fat)
- Sardines (in olive oil only)
- Redro Fish Spread
- Canned Mussels (Olive Oil Only)
- Canned Oysters (Olive Oil Only)

#### nuts/seeds

- Macadamia Nuts
- Pecans / Almonds
- Chia Seeds / Pumpkin Seeds
- Flax Seeds / Sunflower Seeds
- Sesame Seeds

### Expensive Food

#### proteins

- T-Bone Steak
- Pork Chops
- Lamb Chops
- Rib-Eye Steak (Very Good)
- Rump / Sirloin as long as it has fat on
- Duck
- Quail

#### seafood

- Salmon
- Lobster
- Crab
- Squid
- Flounder

#### nuts/seeds

- Nut Butter (No Sugar Added)
- Tahini

### Under Cheap and Expensive Foods

#### fruits

- Avocado
- Blueberries (very limited amounts)
- Strawberries (very limited amounts)
- Blackberries (very limited amounts)
- Raspberries (very limited amounts)

#### fats and oils

- Coconut Oil (THE BEST!!!)
- Olive Oil (cold pressed virgin)
- Avocado Oil
- Kerry Gold Irish Butter (Or 100% Fat and Grass Fed Butter)
- Sugar Free Mayonnaise (Carbsmart)
- Carbsmart Sauces and Spices

#### liquids

- Coffee
- Tea (Rooibos and Green)
- Water
- Sparkling Water

#### dairy

- High Fat Cheeses
- Full Fat Clover Fresh Cream (No Sugar)
- Cream Cheese Full Fat
- Plain Double Cream Yogurt
- Full Fat Cottage Cheese

#### vegetables

- Asparagus
- Garlic
- Mushrooms
- Broccoli
- Cauliflower
- Green Beans
- Pickles (no sugar)
- Olives
- Celery
- Tomatoes
- Egg Plant / Brinjals
- Onions
- Cabbage
- Peppers

MUST LOG / DO NOT EXCEED MACROS



## FIRST 6 WEEKS ROSTER UNTIL FAT ADAPTIVE

The problem I have found with other Keto Diet meal plans out there is the variety and having to eat food precisely as per the meal plan each day (This ends up being *unpractical and very expensive* in many cases). I have come up with a better solution.

Once you know your fat, protein and carbs grams per day, you can use the below roster and referencing page 5 Keto Food List - Table Index to identify what to eat each day for the first 6 weeks.

**Example:** my macronutrients are 20g carbs, 179g fat and 97g protein at this stage of my journey.

Using roster below and the keto food table on page 6, for meal 2 I can eat 2 cheesy russians and 2 table spoons of nut butter, and for meal 3 I can eat a 300g T-Bone steak and some cream cheese plus broccoli. You **enter everything you eat into the MyFitnessPal app** and check how much grams of carbs, fat and protein do you have left for the day and stick to that restrictions.

When it comes to carbs, you do not have to fill the daily macronutrient which pertains to you specifically. The protein you should try and fill and fat you definitely need to fill. Remember the more fat you eat, the more fat you lose while sticking to your particular macronutrient formula.

**\*\*I will explain Bullet Proof Coffee, KFF Mix, Fish Oil and MagSR on the next page.**

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Bullet Proof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>BulletProof Coffee &amp; KFF Mix</b>
<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Nuts/Seeds/ Nut butter</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Fruit</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Nuts/Seeds/ Nut butter</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Fruit</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Nuts/Seeds/ Nut butter</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Fruit</b>	<b>Meal 2</b> (Between 12-2 pm) <b>Protein/Fish &amp; Nuts/Seeds/ Nut butter</b>
<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG	<b>Meal 3</b> (Between 6-8 pm) <b>Protein/Fish &amp; Vegetables &amp; Dairy</b> 3-5g Omega 3 Fish Oil & SLOWMAG

## FIRST 6 WEEKS ROSTER UNTIL FAT ADAPTIVE (CONTINUED)

### Bulletproof Coffee (First Thing After The KFF MIX)

Bullet Proof Coffee is vital in following my programme. The **coffee itself causes Fat to be mobilised**. This means you run better on Fat every day with Coffee. It helps break down the fatty acids in the triglyceride and get into the bloodstream *where they can be BURNED!*

**MEN:**

**15ml Kerry Gold Irish butter**  
**OR Clover Mooi Rivier Butter**  
**15ml Coconut Oil**  
**dash of cinnamon (optional)**

**WOMEN:**

**8ml Kerry Gold Irish butter**  
**OR Clover Mooi Rivier Butter**  
**8ml Coconut Oil**  
**dash of cinnamon (optional)**



### Normal Coffee & Tea (Rooibos or Green)

You can drink non-bulletproof coffee/tea after your morning bulletproof coffee at any time but not more than 4 cups of coffee a day and no coffee later than 4pm. Even if you are doing intermittent fasting which we will get into more detail later on. The golden rule is not to drink more than one cup of bulletproof coffee per day as it counts as a complete meal on its own.

Non-bulletproof coffee/tea after 2pm can contain creamers and stevia sweetener that is approved. Please note the **any given time limits table on page 17** when it comes to creamers. After your last meal coffee cannot contain creamers or stevia sweetener.

### KickFatFast Mix (KFF MIX)

The following mix is vital in my programme and needs to be the first thing you drink every morning after you wake up and before you drink bulletproof coffee or non-bulletproof coffee (if you are doing intermittent fasting).

20ml Apple Cider Vinegar, 15ml Lemon Juice, half a teaspoon or two twists of the grinder of Pink Himalayan Salt and 5ml cream of tartar mixed in a tall glass of water.

## FIRST 6 WEEKS ROSTER UNTIL FAT ADAPTIVE (CONTINUED)

### Apple Cider Vinegar:

This helps with fat burning, weight loss and decreased blood sugar levels, increase insulin sensitivity and improve cholesterol levels.

### Lemon Juice 100% pure:

The benefit of lemon water is to counter both uric acid and oxalates preventing kidney stones. Also provides some vitamin C.

### Pink Himalayan Salt and Cream of Tartar

Your body needs electrolytes and the salt is for the required sodium of about 5g - 7g a day through food and supplementation. Cream of Tartar gives you the needed 1g - 3.5g potassium you need per day. This is crucial on the keto diet and a must.

## SLOWMAG & OMEGA 3 Fish Oil

Taking 3g to 5g of fish oil with your last meal, helps you to stay and get into ketosis and the omega 3 is very healthy for you.

You need about 300mg - 500mg magnesium daily on the keto diet and the MagSR helps with this. This should be taken after your last meal with the fish oil.

## Rooibos Tea plus Coconut Oil/MCT Oil (Bonus Tip)

As an added secret tip, drink Rooibos Tea, 20 ml Clover Cream (unsweetened) with 15ml Coconut Oil or 15ml MCT oil and dash of cinnamon with your last meal. Remember no to go over your daily macronutrients. Log everything with MyFitnessPal.



## KETOSIS VS FAT ADAPTED

When you first start on the keto diet, it takes about 3 - 5 days to get into full ketosis. There are three ketone bodies: acetone, acetoacetate, and beta-hydroxybutyrate (BHB). Ketones are produced hepatically (which is a fancy way of saying “by the liver”) as a product of breaking down fatty acids.

Your liver is continually breaking down fatty acids, and creating ketones but ketosis is where your ketone levels lie between 0.5 mmol/dl and 5 mmol/dl. Dr Phinney coined the term, “nutritional ketosis.”

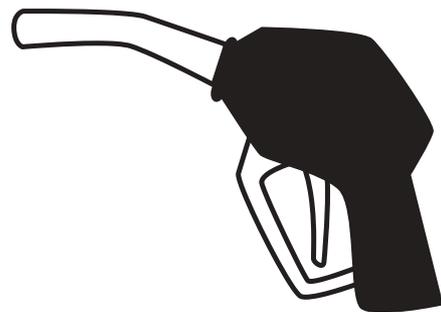
Ketosis means you are producing ketone levels in the nutritional ketosis field between 0.5 mmol/dl and 5 mmol/dl.

Fat Adapted is when you are using fat as your primary fuel source. For this to happen you need to remove glucose/glycogen as an optional fuel source (less than 50g carbs a day), you have to produce ketones within the "nutritional ketosis" range, and you have to create them for long enough for your body to switch over to fat as your fuel source.

One of the reasons this takes a little while is because there is an interplay between the energy needs of your skeletal muscle and your brain. When ketone levels are low, your muscles will use ketones for fuel. But as those levels increase, your muscles will burn fat, instead (remember, ketones are byproducts of fat metabolism).

Your brain, on the other hand, will use ketones in proportion to the amount present in the blood. In other words, the more ketones in your blood, the fewer ketones your muscles use (muscles start to use fat, directly, instead of ketones) and the more your brain uses. When you reach a point where your muscles are using fat for fuel and your brain is using ketones for fuel, you are fat adapted.

It can take between 6 - 8 weeks to be fully fat adapted.



## KETO FLU & HOW TO OVERCOME IT

The Keto Flu is not something that is nice, but we can combat it, and it only happens once in the beginning while you are getting into ketosis and starting to switch over to a new fuel source, namely your fat.

- You feel fatigued, a bit run down.
- You will lose water weight at first during the conversion to ketosis.
- For every gram carb, your body holds 3g water (electrolytes).
- During transformation and first 2 weeks or so, while getting into ketosis, you have a lack of electrolytes.
- Ensure your fat is high enough.
- Drink enough water, 15ml to 30ml per kg of your weight; if you weigh 110 kg then  $30\text{ml} \times 110 = 3300\text{ml}$ , in other words, 3.3 litres per day.
- Do the morning drink as I described, also take magnesium at night.
- Add pink Himalayan salt to water during the day for the first 2 weeks not just your KFF mix.

Taking above in consideration remember your end goal and I promise you the keto flu is not that bad that you do not want to continue. I do not even recognise it, but it does differ from person to person. Just keep above points in mind and do what I advise to ensure it goes past as quickly as possible.

There have been people that did not experience the keto flu at all, so do not worry or think you are not getting into ketosis if you do not experience the keto flu.



## HOW TO MEASURE KETOSIS & KETONES THE RIGHT WAY

One can feel and taste when in ketosis, there are various testing methods but blood testing is by far the most accurate and best. I will be selling blood test meters on [kickfatfast.fit](https://kickfatfast.fit). To make it easier you will also be able to pay this off monthly if approved by Mobicred (South Africa market only).

### Urine Testing

#### PROS

- Least expensive method for testing ketones.
- Test is painless; you pee on a stick.
- There is a colour change with 15 seconds if ketones are present.
- If you have ketones in the urine, then you are in ketosis.

#### CONS

- It only measures acetoacetate in the urine.
- Once you become fat adapted, ketones in the urine disappear.
- Long term ketosis cannot be measured using this method.
- If you do not have ketones in your urine you still might be in ketosis.

### Breathe Testing

#### PROS

- It's an easy method to and you can test anywhere.
- It's the only way to measure acetone in the breath which correlates well the amount of beta hydroxybutyrate in the blood.
- Painless.

#### CONS

- Can produce unreliable results.
- Not everyone may want to or is able to blow into the unit for the required 10 – 30 seconds.

### Blood Testing

#### PROS

- It's the gold standard and most accurate way to detect beta hydroxybutyrate.
- Results are shown with a clear digital display.

#### CONS

- Supplies are hard to find in store so you may have purchase them online.
- Requires a finger prick to get a blood sample.



### AFTER 6 WEEKS - INTERMITTENT FASTING (RECOMMENDED)

After the first 6 weeks and being Fat Adapted you can decide whether to continue with the first 6 weeks programme or move onto the next phase which **I followed and recommend everyone does as well.**

Intermittent Fasting basically means going without any food for 16 hours or longer every day. There are various programmes out there, but this is what I combined and found worked the best.

#### ***Intermittent Fasting has the following benefits:***

- It helps get you into ketosis faster by depleting your liver from glycogen.
- **Increases muscle gain.** Increase growth hormone (HGH) in men by 2000% and 1300% in women.  
[https://www.eurekalert.org/pub\\_releases/2011-04/imc-sfr033111.php](https://www.eurekalert.org/pub_releases/2011-04/imc-sfr033111.php).  
<https://idmprogram.com/fasting-and-growth-hormone-physiology-part-3/>.
- **Speeds up Recovery.** HGH also drives muscle protein synthesis, which speeds up repair and helps you recover faster from a hard workout or an injury.  
<https://www.ncbi.nlm.nih.gov/pubmed/24163428>
- **Makes Skin Supple.** HGH lowers naturally as you age. But when subjects were given HGH supplements, not only did lose fat and build muscle, their skin thickness improved — making it stronger and more resilient to sagging and wrinkles.  
<https://www.ncbi.nlm.nih.gov/pubmed/2355952>
- **Slows Down Aging.** Fasting ramps up your stem cell production. Stem cells are like biological playdough — your body turns them into any kind of cell it needs and uses them to replace old or damaged cells, keeping you younger on a cellular level. Stem cells are great for your skin, joints, old injuries, chronic pain, and more. You can try stem cell therapy...or you can just fast.  
[https://www.cell.com/cell-stem-cell/abstract/S1934-5909\(14\)00151-9?code=cell-site](https://www.cell.com/cell-stem-cell/abstract/S1934-5909(14)00151-9?code=cell-site)
- **Improves Brain Function.** Fasting helps you build a better brain, too. Intermittent fasting increases a protein in your brain called BDNF that researchers have nicknamed “Miracle-Gro for your brain.” BDNF improves learning and memory and can help you forge stronger neural pathways, making your brain run faster and more efficiently, which is especially important as you age. <https://www.ncbi.nlm.nih.gov/pubmed/16011467>



## AFTER 6 WEEKS - INTERMITTENT FASTING (CONTINUED)

- **Stimulates Autophagy.** Autophagy is spring cleaning for your cells. It’s Latin for “self-eating,” which is spot-on: when autophagy turns on, your cells sift through their internal parts, get rid of anything that’s damaged or old, and install shiny new versions. Autophagy is like a tune-up for your car: afterwards, everything runs more smoothly. It reduces inflammation and even boosts longevity. Intermittent fasting triggers, to quote researchers, “profound” autophagy, especially in your brain. <https://www.ncbi.nlm.nih.gov/pubmed/20225336>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3106288/>

- **Lowers Inflammation.** Intermittent fasting decreases oxidative stress and body-wide inflammation markers. Inflammation is one of the biggest drivers of poor performance, ageing and disease. Keeping inflammation low will increase your longevity and help your body run better. <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3680567/>  
<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3492709/>  
<https://academic.oup.com/ajcn/article/86/1/7/4633143>

**I followed below programme for about 3 months before I moved over to fasting 16 hours every day and an eating window of 8 hours.**

**\*\*Coffee & Green Tea with no creamers, coconut oil, butter or sweeteners in the morning!!!**

MON	TUES	WED	THUR	FRI	SAT	SUN
<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>	<b>Meal 1</b> After you wake Up <b>Coffee &amp; Green Tea &amp; KFF Mix</b>
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## INTERMITTENT FASTING TABLE (AFTER 11 MONTHS)

### Long-term Intermittent Fasting after Three months.

After 11 months, IF becomes very complex, and I would suggest whether you bought the basic programme or One-on-One coaching programme that, you contact me directly at [dewaldt@kickfatfast.fit](mailto:dewaldt@kickfatfast.fit) so I can compile a long term IF and Keto plan for you for only R1500 once off.

I will also include new macros and how you can work out your macros according to my formula.



FASTING IS WORTH IT  
JUST DO IT!!!



## EXERCISING - DO YOU NEED TO AND WHAT IF YOU DO?

**I did not exercise at all for the first 7 - 8 months.** I only started walking every day instead of driving everywhere for the last 3 months. I walked on average about 5 km - 11 km every day. Not from point a to b, but doing my daily chores walking everywhere.

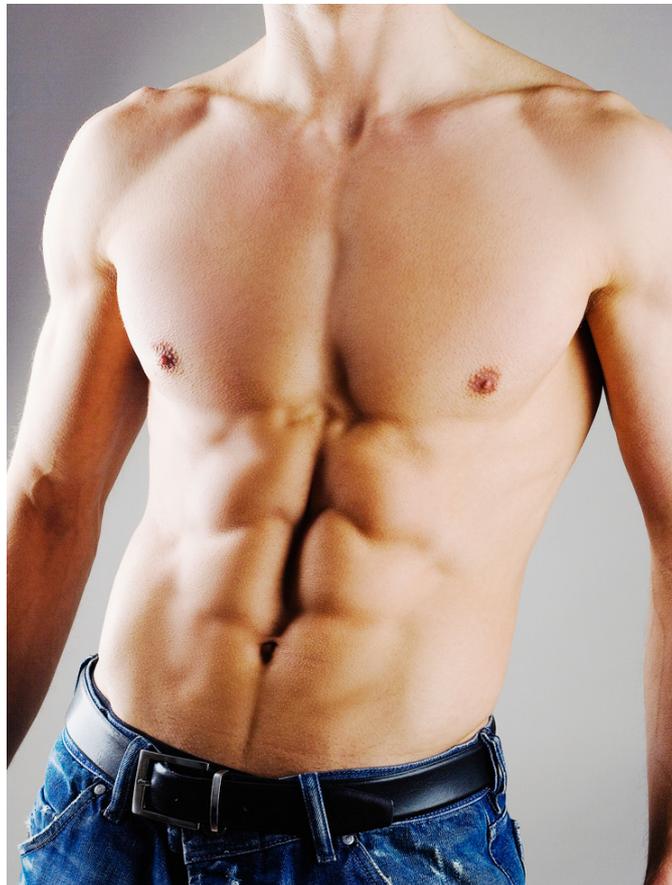
You do not have to exercise on my programme, but I do strongly suggest you start walking every day at least as this will yield faster and better results as I got.

**Exercising also improves ketosis** and when doing intermittent fasting yields impressive muscle building results making you look even better and feeling healthier.

### Get a 6 Pack Bonus & Strengthen Core and Upper Body

The only exercise I am doing now which is in preparation of my phase 2 body transformation (muscle building & 6 pack) is using an ab wheel every second day for 2 and half minutes in the morning before drinking my KFF Mix and Coffee plus Green Tea. It is unbelievable how my body is shaped just by doing this.

**When Phase 2 is completed**, I will release another Ebook that covers that part of my transformation, but **for now, focus only on losing weight and getting into a fat adaptive mode.**





## LIMITS AT ANY GIVEN TIME PER MEAL

### **Nuts:**

Almonds – Do not exceed 42 grams at any point

Pecans – 42 grams

Brazil Nuts – 42 grams

Macadamia Nuts – 42 grams

Cashews – 42 grams

Pistachios – 42 grams

Walnuts – 42 grams

### **Cheeses:**

Mozzarella – 56 grams

Cheddar – 56 grams

Brie- 56 grams

Goat Cheese – 56 grams

Feta – 56 grams

Ricotta – 16 grams

Cream Cheese – 56 grams

### **Sack-Foods:**

Nut Butter - Not more than 2 table spoons (32 grams)

Bacon - not more than 12 pieces

### **Creamers and Coffees:**

Almond Milk - 20ml

Full Cream not sweetened - 20ml

Coconut Milk - 20ml

Coconut Cream - 20ml

Almond Milk - 20ml



## FAQS - POPULAR QUESTIONS AND THE RIGHT ANSWERS

**Question: How do I know if I am in Ketosis?**

**Answer:** You will taste it in your mouth, you feel smarter and better in every way, but the only real way to know is to use a test, and as I covered the blood test is the best, you can buy this through [kickfatfast.fit](http://kickfatfast.fit).

**Question: What should my Macronutrients be?**

**Answer:** The basic guideline is 75% fat, 20% protein and 5% carbs. But as explained it is better to know precisely what your macronutrients should be and claim your two free macro calculations from me at [macro-calculator@kickfatfast.fit](mailto:macro-calculator@kickfatfast.fit) with the order number you received when you purchased this Ebook.

**Question: What about ketone supplements?**

**Answer:** There are exogenous ketones rich supplements out there, but stay away as you want your body to use your fat to produce ketones.

**Question: Do I count total carbs or net carbs?**

**Answer:** Count total carbs always.

**Question: What sweeteners are allowed?**

**Answer:** Stevia and Monk Fruit are the best!! Erythritol is ok. **Stay away from these sweeteners; aspartame, sucralose, saccharin, dextrose, maltodextrin.**

**Question: Is alcohol OK?**

**Answer:** It is best that you leave alcohol entirely if you can and at least for the first 6 months, but if you have to drink you can drink these alcohols;

**Tequila:** Not usually made with added sugars or flavourings, so it's a good default zero- carb choice.

**Whiskey:** Even though these are dark liquors, they're still zero carb and therefore keto-friendly.

**Vodka:** Look for straight vodka or flavoured that don't have added syrups or other sugars.

**Rum:** You'll get a richer flavour the darker it looks, but all forms are zero carb unless they've been flavoured.

**Brandy**

**Gin:** Look out for flavored gins or those made with mixers in cocktails, as they have added carbs.

**Any other questions reach out to me on KickFatFast Facebook Group or WhatsApp**

## ADDITIONAL REFERENCES AND EVIDENCE FOR THE KETO DIET

### 1. A Randomized Trial of Low-Carbohydrate Diet for Obesity

<http://www.nejm.org/doi/full/10.1056/NEJMoa022207#t=article>

### 2. How Long Can a Person Survive Without Food

<https://www.scientificamerican.com/article/how-long-can-a-person-sur/>

### 3. N-3 Polyunsaturated Fatty Acids, Body Fat and Inflammation

<https://www.karger.com/Article/FullText/354663>

### 4. Treatment for 2 mo with n-3 polyunsaturated fatty acids reduces adiposity and some atherogenic factors but does not

improve insulin sensitivity in women with type-2 diabetes.

<https://www.ncbi.nlm.nih.gov/pubmed/18065585>

### 5. History of the Ketogenic Diet

<http://onlinelibrary.wiley.com/doi/10.1111/j.1528-1167.2008.01821.x/full>

### 6. Prediabetes and Insulin Resistance

<https://www.niddk.nih.gov/health-information/diabetes/overview/what-is-diabetes/prediabetes-insulin-resistance>

### 7. The Catabolism of Fats and Proteins for Energy

<http://antranik.org/the-catabolism-of-fats-and-proteins-for-energy/>

### 8. Composition of Weight Loss During Short-Term Weight Reduction

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC333231/pdf/jcinvest00645-0194.pdf>

### 9. Long-Term Effects of a Ketogenic Diet in Obese Patients

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2716748/>

### 10. Comparison of the Atkins, Zone, Ornish and LEARN Diets for Change in Weight and Related Risk Factors...

<https://www.ncbi.nlm.nih.gov/pubmed/17341711>

### 11. The Effects of Ketogenic Dieting on Skeletal Muscle and Fat Mass

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC4271639/>

### 12. Ketogenic Diet Does Not Affect Strength Performance in Elite Artistic Gymnasts

<https://www.ncbi.nlm.nih.gov/pubmed/22835211>

### 13. Beyond Weight Loss: A Review of the Therapeutic Uses of Very-Low-Carbohydrate (Ketogenic) Diets

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3826507/>

### 14. The Fat-Fueled Brain: Unnatural or Advantageous?

<http://blogs.scientificamerican.com/mind-guest-blog/the-fat-fueled-brain-unnatural-or-advantageous/>

### 15. A cDNA Microarray Analysis of Gene Expression Profiles in Rat Hippocampus Following a Ketogenic Diet

<http://www.ncbi.nlm.nih.gov/pubmed/15469884>

### 16. The Ketogenic Diet May Have Mood Stabilizing Properties

<https://www.ncbi.nlm.nih.gov/pubmed/11918434>



### VERY IMPORTANT NOTICE FOR YOUR HEALTH

If you are on our programme for longer than six months it would be best to let your family or loved ones know, **should you ever be taken up on hospital due to unforeseen accident** they can not administer you with ***a standard saline drip***. It contains a high amount of glucose. Because you do not run on sugar anymore and because you are on a low carb diet, **the medical staff needs to know this**. It would be best if you made this clear.