

**TURNAR
OUND
FITNESS**



KETO

KARBS

**TIM
ERNST**

TABLE OF CONTENTS

KETO CARB PLAN

PAGE 3

RULES

PAGE 4

YOUR FIRST DAY

PAGE 9

PLANNING FOR KETO
KARB "CHEAT DAY"

PAGE 11

DAY AFTER KETO
KARB "CHEAT DAY"

PAGE 13

Sample Meal Plans
For The First 9 Days

PAGE 14



KETO KARBBS



LOW CARBS

Day 1-9

For the first 9 days keep carbohydrates to 30 grams or less per day— only fiber doesn't count as a carb in this total. Eat enough food to keep hunger under control without worrying about counting calories

DAY AFTER

Day 11

Go back to 30 grams or less of carbs per day—the same as your first nine days.

KETO KARBBS

Day 10

Day 10 starts off like the previous 9 days but starting around 4-6 pm, you must eat a sizable amount of carbs: spaghetti, potato-chips, bread, bananas, bagels, donuts, ice-cream, cookies, cheesecake and almost anything else you've been craving. This is your cheat day.

DURATION

Every 5-7 days

For up to six months you continue this cycle of having a Keto Karbs at least once per week, but you must keep them at least four full days apart. For instance, if you have a Keto Karbs on Friday, you can't have your next cheat meal any sooner than Wednesday.

REDUCE

EAT PLENTY OF FAT

An ultra low-carb diet, unfortunately, requires some sort of adjustment period at the start. To insure maximum benefits, many changes need to take place—changes that only take place one at a time. Being strict those first few days empties carbohydrate stores, at which point the brain begins gearing up to use an alternative fuel instead of the normal carbohydrates.

It's essential that you eat fat instead of carbs during your non-cheat day.

RULE #2

ENJOY YOUR KETO KARBS (aka your cheat day)

Remember...you have to be strict for the first 9 days. On day 10 you can have whatever food you've been craving starting between 4-6pm.

On day 11, it's back to 30 grams of carbs. You'll be able to cheat every 5-7 days after the initial 9 days

RULE #3

NEVER HAVE YOUR KETO KARB "CHEAT DAY" SOONER THAN THE 5TH DAY

Never have your cheat day sooner than the 5th night after your last cheat day. Since hormone levels begin slipping by this time, it might seem tempting to give them a kick, but the body needs at least 4 full days to shed any stored carbs from the last cheat day and levels of the carb- to-fat converting enzymes need just as long to fade. So, enjoying keto karbs again before the 5th night could add body fat while crippling the hormonal spike

RULE #4

NEVER SKIP YOUR KETO KARB "CHEAT DAY"

Never skip your keto karb "cheat day". Your cheat days keeps the body in a constant state of accelerated body-fat burning.

On this, or any plan, expect some weeks to bring greater fat loss than others, especially if relying on a bathroom scale to track progress. The Keto Karb Protocol is the most advanced fat loss diet, but periodically a week may pass where the numbers on the scale don't change—especially

RULE #4

NEVER SKIP YOUR KETO KARB "CHEAT DAY" CONT...

when reaching extremely low levels of body fat. But don't skip the keto karb (cheat day) protocol under the assumption of accelerating fat loss. Missing a weekly cheat days creates an immediate plateau.

YOUR FIRST DAY



The first week (9 days) of the diet, is the most difficult. Being well prepared reduces the stress associated with such a radical change.

On your first day: choose wisely. You need 9 days to complete the first phase. Figure out on what day you want your first "cheat day" to fall and start accordingly.

This is the only time you'll need to plan carefully for Keto Karb, as the normal amount of flexibility allows you to choose liberally over a 3 day period—usually reserved for weekend dinner plans, special occasions and holidays. But for now, focus on what day you'd like that first

YOUR FIRST DAY



Use these first 9 days to explore the selection of foods and availability of items from the provided Food Lists.

Stick as closely as possible to food selections that are nearly 100% safe. These include ground beef, eggs, hard cheeses, pepperoni, salami, heavy cream, olive oil, bacon, pork chops, chicken breasts and other meats, cheeses and oils.

Don't forget spinach, sprouts and celery, all of which are 100% safe for fat and protein days because of fiber content. Hot peppers like jalapenos, banana peppers and wax peppers are also safe.

PLANNING KETO KARB CHEAT DAY



1. Avoid soft drinks and fruit juices. If you're dying for a glass of orange juice on Keto Carb "cheat day", try eating an orange or two.
2. Try starting your Keto Carb cheat day with a full meal including lean meat and plenty of starches like bread, pasta, rice or potatoes—the Classical Carbs.
3. Make sure to treat yourself to bread, pasta, pie, cobbler, cookies and other bakery items like donuts as the night continues. Eating sweets is a good thing but go for the specialty or, better yet, homemade versions of confectioneries, as many mass-marketed items contain large amounts of trans-fats and high-fructose corn syrup

PLANNING KETO KARB CHEAT DAY



4. Because of the potential body fat gain, try to make the first meal or snack of the night lower in fat. Choose chicken over beef, salmon over sausage. As the evening unfolds, don't feel like you can't have some donuts, a piece of cheesecake or a helping of peach cobbler—indulge.

5. Make sure to drink plenty of fluids to avoid muscle cramping. Cramping can also result from mineral imbalances, so try eating foods high in potassium and calcium like fat-free milk, yogurt and bananas.

DAY AFTER KETO KARB CHEAT DAY



You're going to be storing some of the carbs and water after every Keto Karb cheat day.

Don't panic. The excess weight comes completely from stored carbs and water—you did not get fatter overnight. It's simply not possible. The more you eat, the warmer you get and that's about it.

Therefore, the morning after your cheat day might have you feeling and looking a little softer in the mirror. Don't worry: the extra weight fades in a day or two. Return to eating less than 30 grams of carbs per day and in a couple of days you'll notice new contours, smaller bulges and looser pants.

FOODS:

- 6oz Hamburger Patty (no bun) 1
- Slice of Cheddar Cheese
- 2 Slices of Bacon
- 1 Tbsp Mayo
- 1/2 Avocado
- 1 oz Macadamia Nuts
- 2 Tbsp All Natural Smucker's Peanut Butter



Serves 1

Calories Per Serving: 1206

Macros:

12g Carbs

96g Fat

56g Protein



BACON AVOCADO CHEESE BURGER

FOODS:

6oz Hamburger Patty (no bun) 1

Tbsp Mayo

1 Avocado

1 oz Macadamia Nuts

2 Tbsp All Natural Smucker's

Peanut Butter



Serves 1

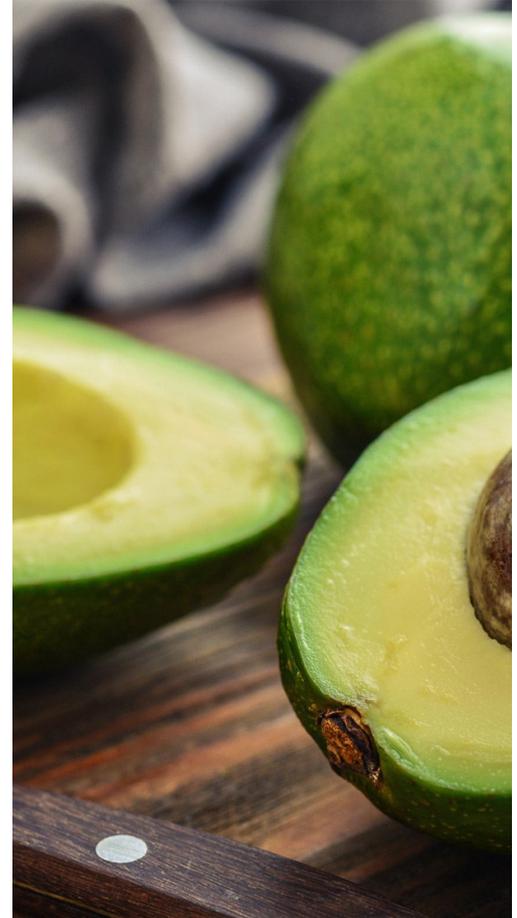
Calories Per Serving: 1156

Macros:

12g Carbs

95g Fat

47g Protein



ALTERNATIVE

IF YOU DON'T EAT PORK OR CHEESE

FOODS:

4 Whole Eggs

2 Tbsp Grass Fed Butter 1/4 Cup Of
Cheese

1 oz Macadamia Nuts

10 Beef Little Smokies

1 Tbsp Sour Cream (full fat)



Serves 1

Calories Per Serving: 1226

Macros:

10g Carbs

111g Fat

49g Protein



CHEESE EGG SCRAMBLE

FOODS:

4 Whole Eggs

2 Tbsp Sour Cream (Full Fat Kind)

1 Tbsp Grass Fed Butter

1 oz Macadamia Nuts

10 Beef Little Smokies

1/2 Avocado



Serves 1

Calories Per Serving: 1193

Macros:

16g Carbs

106g Fat

46g Protein



ALTERNATIVE

IF YOU DON'T EAT CHEESE

FOODS:

Bullet Proof Coffee (1tbsp MCT oil,
1tbsp grass fed butter)

Avocado Salmon Salad
(6 oz Smoked or cooked salmon
with 2 oz cream cheese,

1 tbsp mayo and 1 tbsp finely
chopped spring onion or chives
on top of one avocado (7.1 oz / 200
g) seasoned with salt.

1 oz Macadamia Nuts

2 tbsp All Natural Peanut Butter
(oil on top)



Serves 1

Calories Per Serving: 1289

Macros:

14g Carbs

116g Fat

50g Protein



SALMON SALAD

FOODS:

4 Eggs

1/2 average avocado (100 g / 3.5 oz)

1/2 package smoked salmon (50 g / 1.8 oz)

2 tbsp full-fat cream cheese (64 g / 2.3 oz)

2 tbsp freshly chopped chives

1 medium spring onion (15 g / 0.5 oz)

1 tbsp ghee or butter

sea salt & pepper, to taste

1oz macadamia nuts



Serves 1

Calories Per Serving: 1071

Macros:

9.8g Carbs

99g Fat

46g Protein

1. Whisk eggs with salt & pepper.
2. Mix cream cheese with chives and slice the salmon & avocado.
3. Pour eggs in hot pan with butter
4. Cook and put aside.
5. Spread cream cheese over top, add salmon & avocado, then wrap and enjoy!



EGG KETO WRAP

FOODS:

- 6 Armour Meat Balls with
- 1/4 cup mozzarella cheese
- 1 Pack Panino fingers
- 1oz Macadamia Nuts



Serves 1

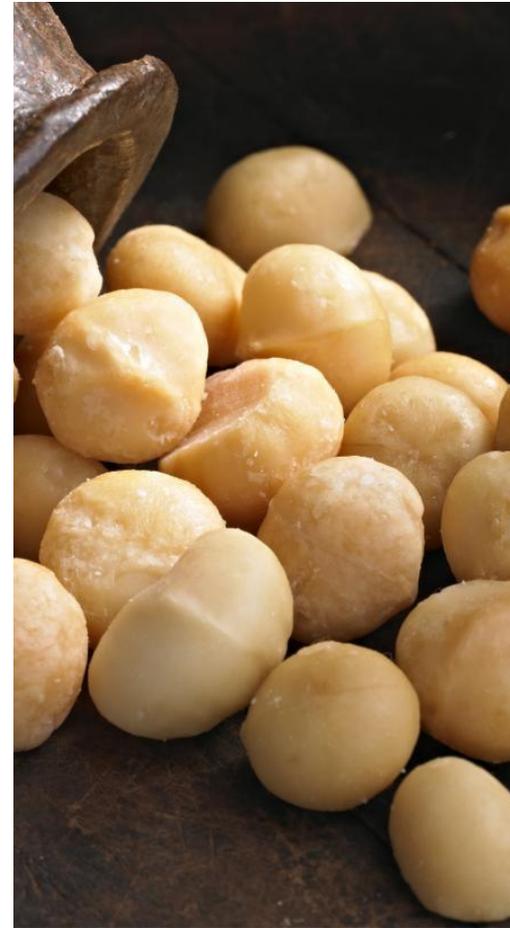
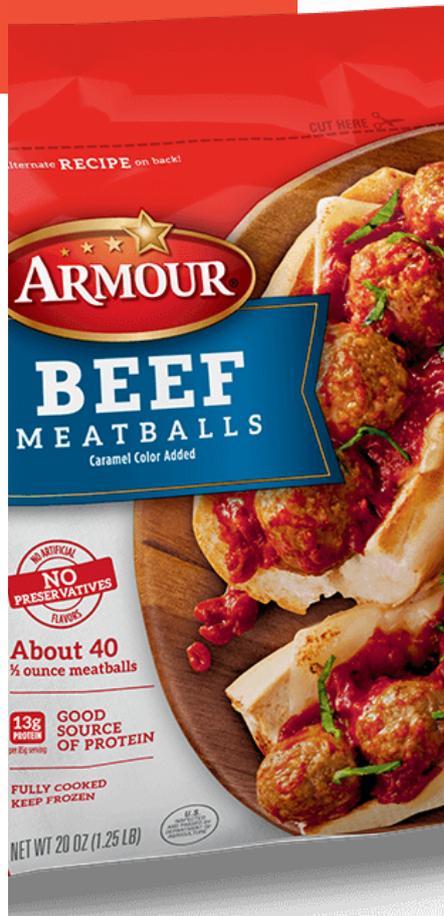
Calories Per Serving: 1176

Macros:

14g Carbs

102g Fat

55g Protein



PANINO FINGERS WITH MEATBALLS