



The 30 Day Ketogenic Cleanse + The Art of Fat Loss Protein Sparing Modified Fast

Week One:

Note: You will eat two servings of the Ethiopian Stew on those days. This week includes two PSMF days (days 4 and 6). Also note the 1/2 recipe for the Italian Marinated Mushrooms.

Week Two:

NOTE: The Breakfast Chili is 6 servings meaning make 1/2 batch. This week includes 3 PSMF days (days 2, 3 and 5) and one Overfeeding day (day 4). On day 1 of this week, you make a 1/2 batch of the Chocolate Angel Food Cupcakes from the Art of Fat Loss and eat 2 servings.

Week Three:
























Notes: This week includes two PSMF days (Days 4 and 6). Also note, the PSMF Meatball Soup you make 1/2 recipe and on day 7 you eat 2 servings of the Lemon Pepper Chicken.














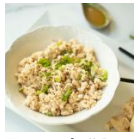


Week Four:


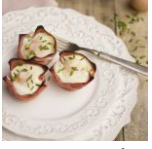










NOTE: This week includes 2 PSMF days (day 1 and day 7) and one Overfeeding day (day 3). There will be leftover BBQ meatloaf you can eat up after completing this meal plan.

NOTE: Day Highlighted in **PURPLE** are PSMF days. Days Highlighted in **RED** are Over Feeding days. The number in parenthesis is the total servings a recipe makes. Always eat one servings of a recipe unless noted.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 Rosti w/ Bacon, Mushrooms & Green Onions (2) 30 Day Cleanse pg.158	 Chocolate Pudding (5) 30 Day Cleanse pg. 186	 Chocolate Pudding leftovers (5) 30 Day Cleanse pg. 186	 Malt O Meal Cereal (1) The Art of Fat Loss pg. 23	 Bacon & Eggs Ramen (4) 30 Day Cleanse pg. 150	 PSMF French Toast (1) The Art of Fat Loss pg. 26	 Bacon & Eggs Ramen leftovers (4) 30 Day Cleanse pg. 150
Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert
 Deconstructe d Egg Rolls (6) 30 Day Cleanse pg. 328	 Deconstructe d Egg Rolls leftovers (6) 30 Day Cleanse pg. 328	 Deconstructe d Egg Rolls leftovers (6) 30 Day Cleanse pg. 328	 Italian Marinated Mushrooms(4) 30 Day Cleanse pg. 208	 Easy Baked Shrimp Scampi (4) The Art of Fat Loss pg. 44	 Italian Marinated Mushrooms leftovers (4) 30 Day Cleanse pg. 208	 Easy Baked Shrimp Scampi leftovers(4) The Art of Fat Loss pg. 44
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 Juicy Ginger Chicken Breasts (2) The Art of Fat Loss pg. 32	 Ethiopian Stew (8) **EAT TWO SERVINGS** 30 Day Cleanse pg. 274	 Ethiopian Stew (8) **EAT TWO SERVINGS** 30 Day Cleanse pg. 274	 Protein Sparing Bourbon Chicken over Egg Rice (4) The Art of Fat Loss pg. 30	 Smothered Bacon & Mushroom Burgers (4) 30 Day Cleanse pg.294	 Protein Sparing Bourbon Chicken over Egg Rice (4) The Art of Fat Loss pg. 30	 Smothered Bacon & Mushroom Burgers (4) 30 Day Cleanse pg. 294
Nutrition Facts (per serving) Calories 1064 Carbs 18g Protein 129g Fat 54g Fiber 6g	Nutrition Facts (per serving) Calories 1166 Carbs 28g Protein 94g Fat 77g Fiber 8g	Nutrition Facts (per serving) Calories 1166 Carbs 28g Protein 94g Fat 77g Fiber 8g	Nutrition Facts (per serving) Calories 731 Carbs 13g Protein 95g Fat 29g Fiber 3.5g	Nutrition Facts (per serving) Calories 1262 Carbs 17g Protein 87g Fat 94g Fiber 6.1g	Nutrition Facts (per serving) Calories 679 Carbs 11g Protein 100g Fat 26g Fiber 3.5g	Nutrition Facts (per serving) Calories 1262 Carbs 17g Protein 87g Fat 94g Fiber 6.1g

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 Chocolate Waffles (2) 30 Day Cleanse pg.182	 Ham and Egg Cups (2) 30 Day Cleanse pg. 172	 Breakfast Chili (6) 30 Day Cleanse pg. 148	 Florentine Breakfast Burger (4) 30 Day Cleanse pg. 152	 Breakfast Chili (6) leftovers 30 Day Cleanse pg. 148	 Breakfast Chili (6) leftovers 30 Day Cleanse pg. 148	 Florentine Breakfast Burger (4) 30 Day Cleanse pg. 148
Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert
 Simple Crab Salad (2) 30 Day Cleanse pg. 236  Angel Food Cupcakes (6) **EAT TWO SERVINGS** The Art of Fat Loss pg.83	 Angel Food Cupcakes (leftovers) (6) The Art of Fat Loss pg. 83	 PSM F Chocolate Pudding (2) The Art of Fat Loss pg. 16	 Hot-&-Sour Soup w/Pork Meatballs (leftovers)(4) 30 Day Cleanse pg. 248  Asian Chicken Salad (2) 30 Day Cleanse pg. 222	 PSM F Chocolate Pudding (leftovers) (2) The Art of Fat Loss pg. 16	 Cream sicle Breakfast Smoothie (1) The Art of Fat Loss pg. 20	 Cream sicle Breakfast Smoothie (1) The Art of Fat Loss pg. 20
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 Hot-&-Sour Soup w/ Pork Meatballs (4) 30 Day Cleanse pg. 248	 Taco Shrimp Kabobs (1) The Art of Fat Loss pg. 50	 Sorrento Fish (4) The Art of Fat Loss pg. 45	 Slow Cooker Ropa Vieja (6) 30 Day Cleanse pg. 308	 Sorrento Fish (leftovers) (4) The Art of Fat Loss pg. 45	 Slow Cooker Ropa Vieja (leftovers) (6) 30 Day Cleanse pg. 308	 Slow Cooker Ropa Vieja (leftovers) (6) 30 Day Cleanse pg. 308
Nutrition Facts (per serving) Calories 1199 Carbs 20g Protein 93g Fat 83g Fiber 8g	Nutrition Facts (per serving) Calories 698 Carbs 6g Protein 99g Fat 30g Fiber 2.2g	Nutrition Facts (per serving) Calories 797 Carbs 16g Protein 85g Fat 42g Fiber 6g	Nutrition Facts (per serving) Calories 1827 Carbs 29g Protein 99g Fat 146g Fiber 15g	Nutrition Facts (per serving) Calories 797 Carbs 16g Protein 85g Fat 42g Fiber 6g	Nutrition Facts (per serving) Calories 1052 Carbs 16g Protein 92g Fat 67g Fiber 5g	Nutrition Facts (per serving) Calories 1252 Carbs 13g Protein 104g Fat 85g Fiber 5g

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 Bacon and Eggs Ramen (4) 30 Day Cleanse pg. 150	 Bacon and Eggs Ramen (Leftovers) (4) 30 Day Cleanse pg. 150	 Chocolate Waffles (2) 30 Day Cleanse pg. 182	 Steak-n-Eggs (2) The Art of Fat Loss pg. 27	 Rosti w/ Bacon, Mushrooms & Green Onions (2) 30 Day Cleanse pg. 158	 PSMF Chocolate Pudding (2) The Art of Fat Loss pg. 16	 Rosti w/ Bacon, Mushrooms & Green Onions (leftovers) (2) 30 Day Cleanse pg. 158
Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert
 PSMF Meatball Soup (4) The Art of Fat Loss pg. 71	 PSMF Meatball Soup (leftovers) (4) The Art of Fat Loss pg. 71	 Bacon & Mushrooms w/ Soft Boiled Eggs (4) 30 Day Cleanse pg. 164	 Strawberry Pavlova (2) The Art of Fat Loss pg. 75	 Bacon & Mushrooms w/ Soft Boiled Eggs (leftovers) (4) 30 Day Cleanse pg. 164	 Simple Crab Salad (2) 30 Day Cleanse pg. 236	 Reuben Meatballs (8) 30 Day Cleanse pg. 300
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 Chilis Rellenos (2) 30 Day Cleanse pg. 266	 Chicken Tinga Wings (6) 30 Day Cleanse pg. 200  Fried "Rice" (4) The Art of Fat Loss pg. 68	 Chicken Tinga Wings (leftovers)(6) 30 Day Cleanse pg. 200  Fried "Rice" (leftovers)(4) The Art of Fat Loss pg. 68	 Chicken Tinga Wings (leftovers)(6) 30 Day Cleanse pg. 200  Taco Shrimp Kabobs (2) The Art of Fat Loss pg. 50	 Protein Spang Bourbon Chicken over Egg Rice (4) The Art of Fat Loss pg. 30	 Protein Spang Bourbon Chicken over Egg Rice (leftovers) (4) The Art of Fat Loss pg. 30	 Lemon Pepper Chicken (4) **EAT TWO SERVINGS** 30 Day Cleanse pg. 282
Nutrition Facts (per serving) Calories 1298 Carbs 19g Protein 89g Fat 96g Fiber 6.3g	Nutrition Facts (per serving) Calories 1019 Carbs 18g Protein 88g Fat 65.3g Fiber 6.5g	Nutrition Facts (per serving) Calories 1139 Carbs 15g Protein 77g Fat 85.3g Fiber 4.2g	Nutrition Facts (per serving) Calories 758 Carbs 8.2g Protein 117g Fat 26.1g Fiber 3g	Nutrition Facts (per serving) Calories 1119 Carbs 14g Protein 100g Fat 75g Fiber 3.5g	Nutrition Facts (per serving) Calories 836 Carbs 13g Protein 113g Fat 37g Fiber 3.5g	Nutrition Facts (per serving) Calories 1135 Carbs 11g Protein 76g Fat 88g Fiber 4.3g

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
 Halibut with Ginger Sauce (2) The Art of Fat Loss pg. 47	 Ham and Egg Cups (2) 30 Day Cleanse pg. 172	 Steak-n-Eggs (2) The Art of Fat Loss pg. 27	 Florentine Breakfast Burger (4) 30 Day Cleanse pg. 152	 Ham and Egg Cups (2) 30 Day Cleanse pg. 172	 Protein Sparing Dutch Baby Apple Pancake (2) The Art of Fat Loss pg. 21	 Ham and Chives Souffle Omelet (2) The Art of Fat Loss pg. 19
Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert	Side/Dessert
None	 Peel n Eat Ginger Lime Shrimp (4) The Art of Fat Loss pg. 46	 Scotch Eggs (2) 30 Day Cleanse pg. 196  Hot-&-Sour Soup w/ Pork Meatballs(4) 30 Day Cleanse pg. 248	 Peel n Eat Ginger Lime Shrimp (4) The Art of Fat Loss pg. 46	 Hot-&-Sour Soup w/ Pork Meatballs (leftovers) (4) 30 Day Cleanse pg. 248	 Keto Greek Avgolemono (4) 30 Day Cleanse pg. 286	 Keto Greek Avgolemono (leftovers)(4) 30 Day Cleanse pg. 286
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner
 Slow Cooker Short Rib Tacos (6) 30 Day Cleanse pg. 324	 Stewed Chicken and Sausage (8) 30 Day Cleanse pg. 288	 Stewed Chicken and Sausage (leftovers) (8) 30 Day Cleanse pg. 288	 Slow Cooker Short Rib Tacos (leftovers) (6) 30 Day Cleanse pg. 324	 Slow Cooker Short Rib Tacos (6) 30 Day Cleanse pg. 324	 Florentine Breakfast Burger (4) 30 Day Cleanse pg. 152	 BBQ Meatloaf (6) The Art of Fat Loss pg. 54
Nutrition Facts (per serving) Calories 588 Carbs 11g Protein 81g Fat 22g Fiber 3g	Nutrition Facts (per serving) Calories 1044 Carbs 13g Protein 108g Fat 62g Fiber 2.4g	Nutrition Facts (per serving) Calories 1715 Carbs 21g Protein 133g Fat 121g Fiber 6.2g	Nutrition Facts (per serving) Calories 1205 Carbs 12g Protein 125g Fat 72g Fiber 5.2g	Nutrition Facts (per serving) Calories 1044 Carbs 17g Protein 85g Fat 71g Fiber 6.2g	Nutrition Facts (per serving) Calories 1127 Carbs 10g Protein 100g Fat 74g Fiber 4.4g	Nutrition Facts (per serving) Calories 791 Carbs 6g Protein 94g Fat 42g Fiber 1.6g