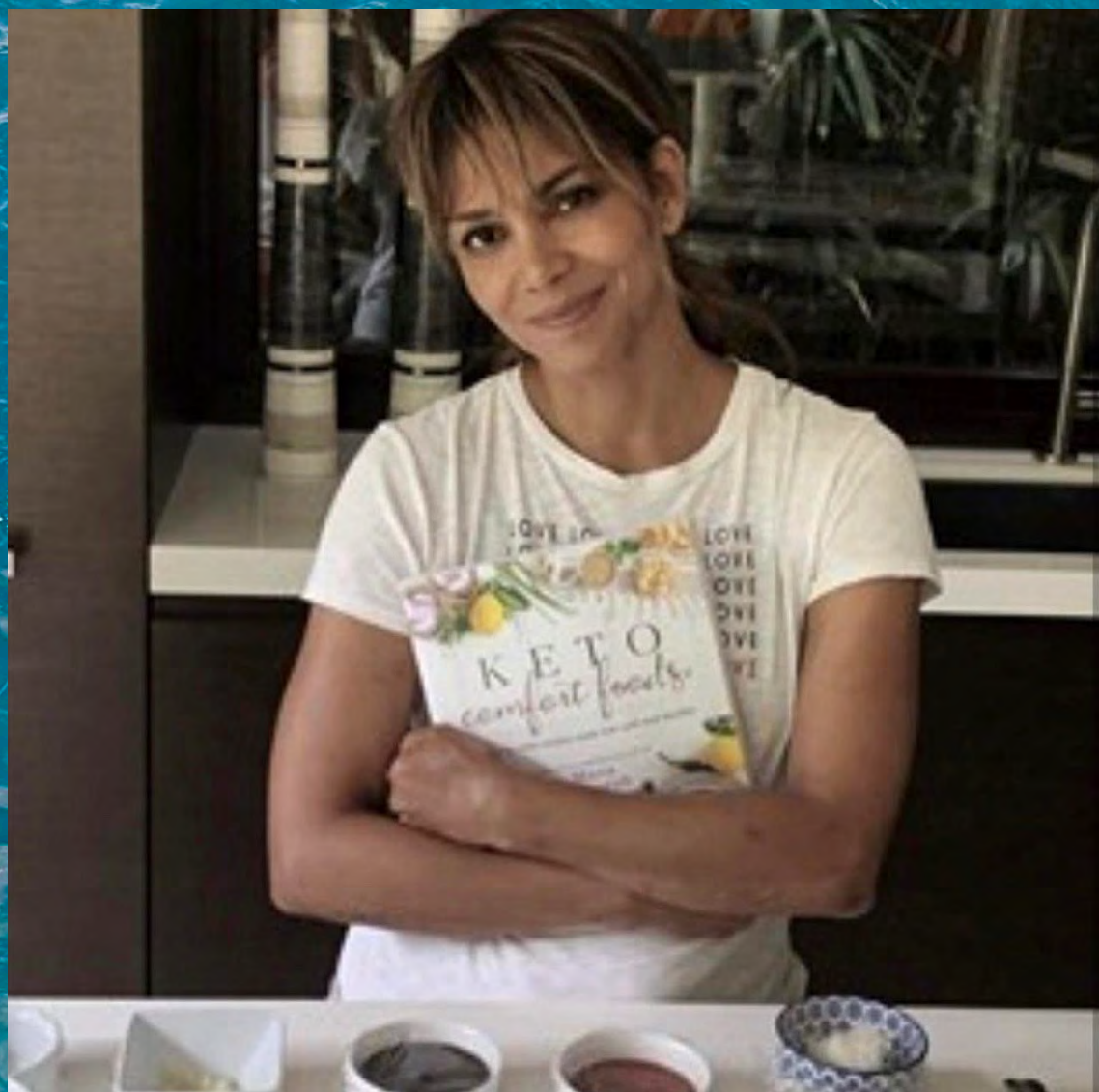




PROTEIN SPARING MODIFIED FAST MASTERCLASS – PART 2

What are PSMF and why are they so powerful for fat loss?





A NEW LIFE

- What if I told you
 - I smoked
 - I drank
 - I despised exercise
 - Tried to break leg
 - I preferred Fruity Pebbles for breakfast and Cocoa Pebbles for dinner
 - I was Fat, Depressed and not who I wanted to be
- You know those people who can eat just 1 cookie?
 - NOT ME! I have an addictive personality
 - I use it for healthy addictions now
 - YOU CAN TOO!!!

A NEW LIFE

- At age 16 I went to the doctor:
 - Told I had PCOS
 - I was 80 pounds over-weight (even though I was an athlete)
 - Given an anti-depressant
 - Acid Blocker
 - Suffered with IBS
- That SAME week, I took my dog to the Vet
 - Vet asked “What are you Feeding her?”
 - Cutting Alcohol vs. Cutting Carbs?????

CAUSED PCOS

- My love for baking started at an early age!
 - It also shows my early age of sugar addiction.
- I grew up loving sugar! I also had a lot of ear infections, which means a lot of antibiotics.
 - Antibiotics = low good gut bacteria
 - SUGAR CRAVINGS!



NEW ADDICTIONS

- **SUCCESS = Replace BAD Habits with good ones.**
 - Don't focus on what you can't have.
 - Focus on the things you CAN have that you were told were BAD!
- **Balls in Motion STAY in Motion!**
 - You just need to start rolling it on the right path!





EAT TO LIVE

- I had the great opportunity to be on TV in New Orleans
 - They took me to a famous Bourbon Street Restaurant
 - “We live to eat, we do not eat to live”
- I remember being like that!
 - Do not let food control you anymore!

CRAIG'S TESTIMONY



I lost over 50 pounds eating Maria's recipes!

Sadly, Lyme disease took over my body.

Eating primarily carnivore has greatly helped with pain.





THE SCIENCE OF WEIGHT LOSS

What are we designed to eat?



BEST WAY TO REVERSE INSULIN RESISTANCE

- Shrink Fat Cells
 - Reduce the overstuffed fat cells (lose body fat)
 - Maintain or Grow muscle
 - Give glucose more places to go
- Best way to do this is prioritize protein and limit dietary fat
 - Protein Sparing Days



WHAT CAUSES WEIGHT GAIN?

Fat plus carbs = weight gain

HOW TO GAIN WEIGHT

- Fat + Carbs = Weight Gain
 - Foods high in both fat & carbs is RARE IN NATURE
 - They are meant to put weight on for a long winter/hibernation.
 - NUTS



A photograph of a wooden bowl filled with green guacamole, garnished with small green herbs. In the background, several slices of avocado are visible on a dark wooden surface. A white curved line separates the image from the text on the right.

FAT PLUS CARBS = WEIGHT GAIN

- Foods to avoid:
 - Combining fat and carbs
 - Butter on Potatoes
 - Butter on Starchy Bread
 - Donuts
 - Chips
 - Basically, all processed foods
- Avocado
- Nuts and Seeds
 - Almond Flour

AVOID HIGH CARB WITH HIGH FAT

- In either case you need protein to thrive and maintain lean mass.
- If trying to lose weight, you must pick one, Fat or Carbs.
 - BUT adding carbs increase hunger and have little satiety.
 - Some clients go back to sugar addiction with adding carbs.
 - We keep carbs to a minimum (20g or less total carbs).
 - And adjust fat based on goals.

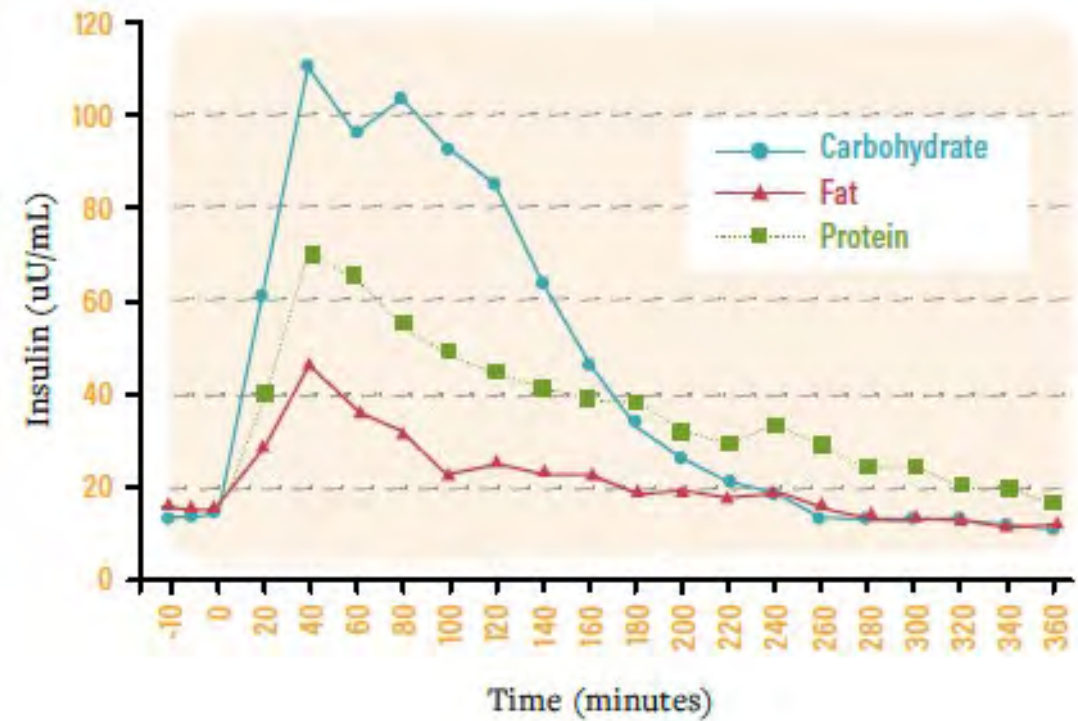
EVOLUTION

- They didn't get a butter churner out when they killed a wholly mammoth!
 - When did we start adding so much fat to protein?



WHAT HAPPENS WHEN WE EAT

- Huge increase in fuel coming into the blood
- Body must shut down endogenous production of fuel (fat from adipose, glucose from liver) so you don't have oversupply and die
- Then it prioritizes fuels to store (oxidative priority) in reverse order of storage capacity
- Once back to tight fuel control (and excess carbs are limited), fat flux can resume



CARBOHYDRATES

- Sugar and starch (basically all digestible carbs end up as glucose)
- Two Biological pathways:
 - Burned as fuel
 - Stored in liver and muscle glycogen
- But muscle glycogen is locked in muscle and only used for intense exercise
 - Think sprints or long runs. Brisk walk, etc. will not touch muscle glycogen
- Excess beyond storage capacity or fuel needs, turned into fat and stored
 - But most of the fat on your body is from stored dietary fat

DIETARY FAT THROUGH COLON?

- Does it pass through the colon?
- Studies show that only about 3-5% of dietary fat intake (< 10g total per day) ends up in the stool if they ate 62g or 152g fat. [Study Link](#).
- Olestra resulted in “anal leakage” due to an extra 10-20g fat a day. [Study Link](#).
- A large amount of fat in stool is not normal and would be very uncomfortable (think “anal leakage”).

“The two diets had total calorie contents of 2463 and 2823, respectively. Annegers et al.,⁶ studying 40 normal students, used diets with **fat content varying between 93 and 168 g per day and with total calorie intake remaining constant, but the results showed no significant differences in the total fat excretion.**”

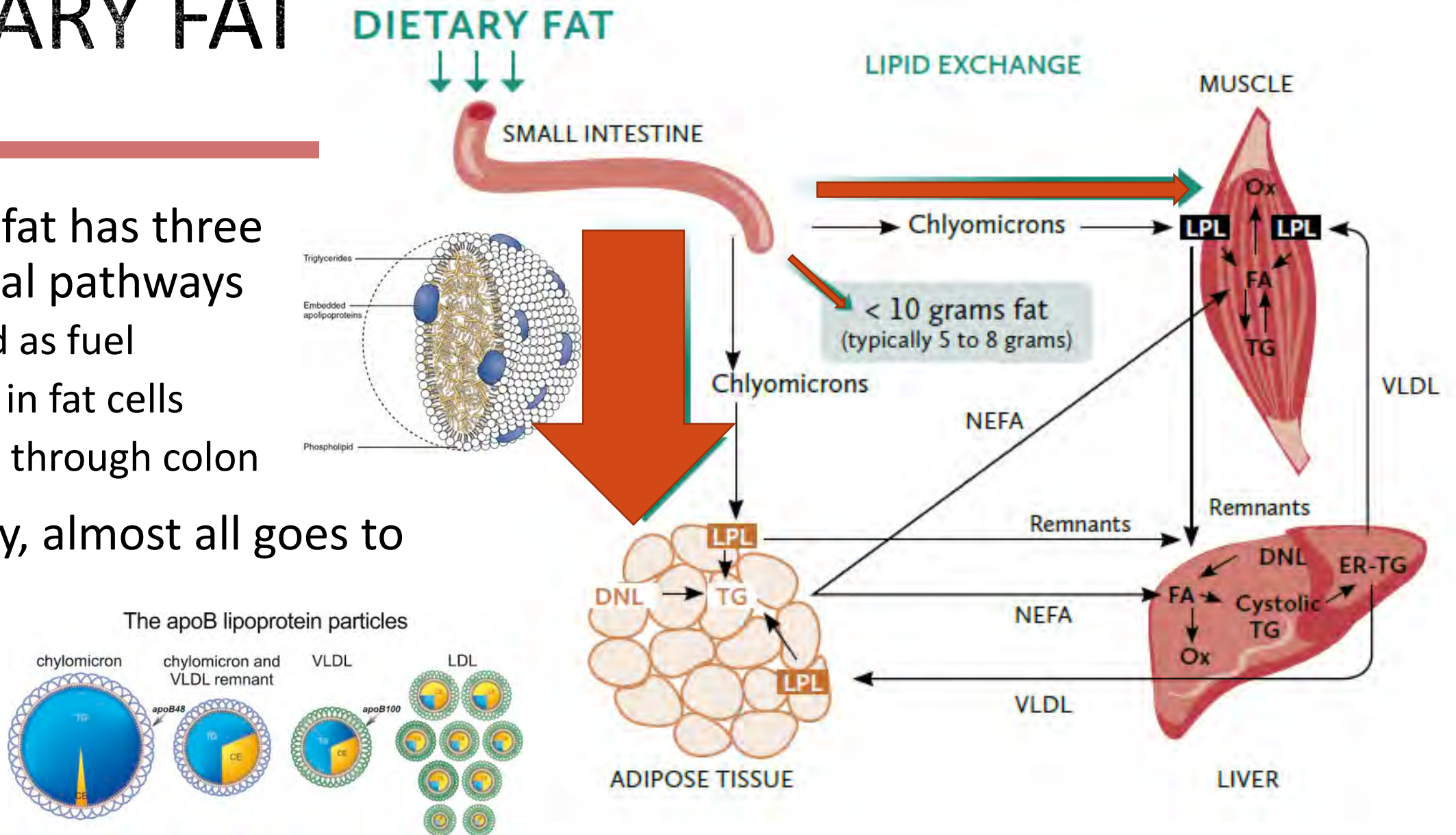


“Anal leakage” due to an extra 10-20g fat Going through GI.

This Product Contains Olestra.
Olestra may cause abdominal cramping and loose stools. Olestra inhibits the absorption of some vitamins and other nutrients. Vitamins A, D, E, and K have been added.

DIETARY FAT

- Dietary fat has three biological pathways
 - Burned as fuel
 - Stored in fat cells
 - Passed through colon
- In reality, almost all goes to storage





PROTEIN

How much, how often, and why it's the most important macro.

PROTEIN

- Eating primarily protein is natural for our bodies
- Our early human ancestors grew a big brain but eating mostly carnivore (More on that in our [PSMF Class part 1](#) and [our carnivore class](#))
- Animal proteins are some of the most nutrient dense foods you can eat
- Our digestive tracts are made to process primarily animal protein
- PSMF means lots of animal proteins, but that's OK because our bodies are made for that.

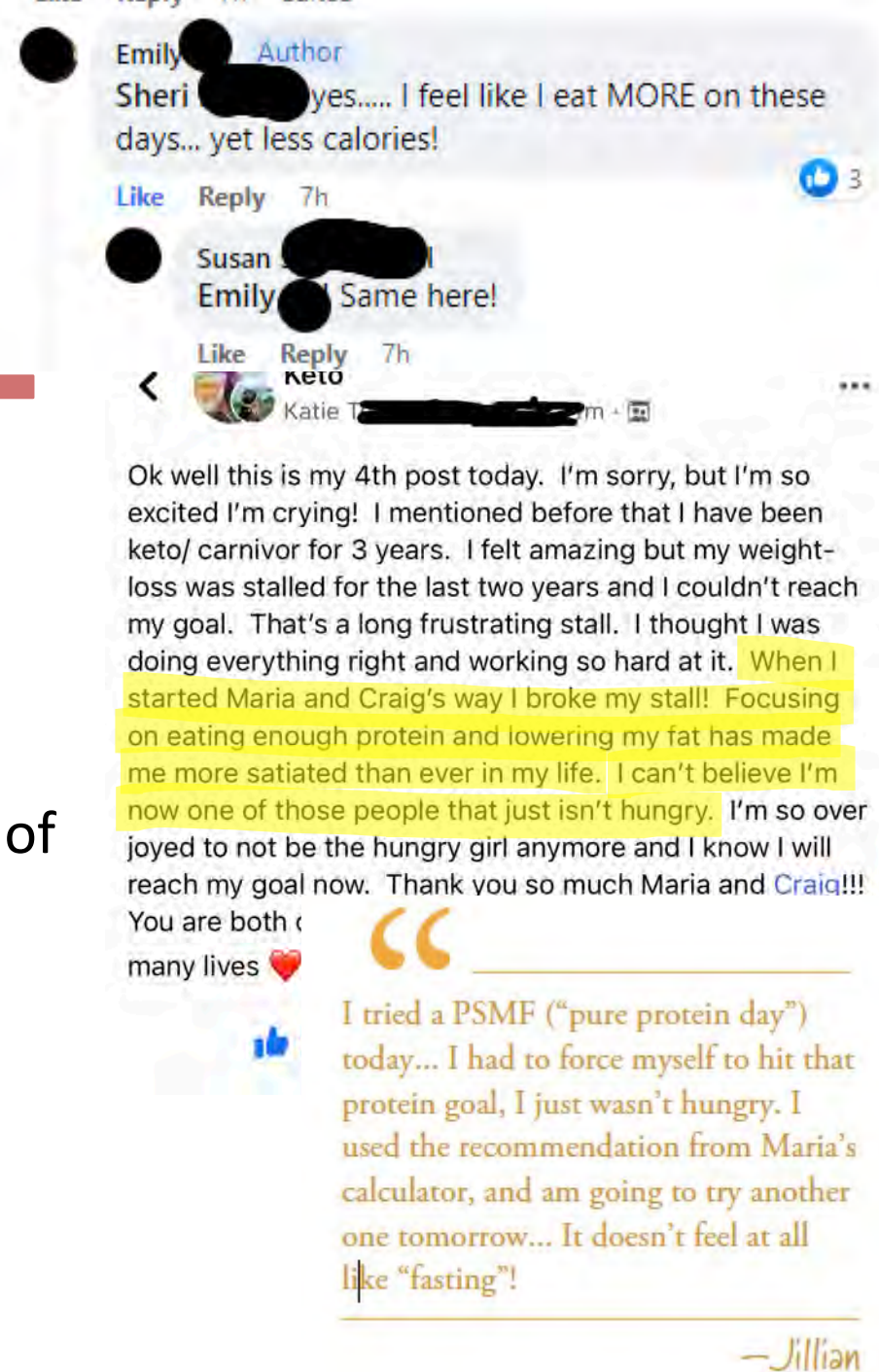


DIETARY PROTEIN

- Preferentially used to build muscle
 - It is estimated that our daily BMR (basal metabolic rate or how many calories we burn each day to live) is up to 20% due to autophagy (breakdown and rebuilding of cells).
 - Skin turnover alone requires lots of protein
 - Maintaining muscle and lean mass
- Turning it into glucose (Gluconeogenesis) is done only when needed
 - Glucose is needed and not enough glucose is around or in diet

PROTEIN SATIETY

- Calorie for calorie, protein is the most satiating macro nutrient
- *“Fat is more filling for me”*
 - BUT fat is 9 calories per gram, protein is only 4.
 - 4 tablespoons butter has the same calories as a POUND of tuna
- Protein keeps you full on less calories
 - Imagine eating 10 egg whites for breakfast
 - Yet it's ONLY be 174 calories



NUTRIENT DENSE

NUTRIENTS IN "SUPERFOODS" COMPARED TO ANIMAL PROTEIN

KetoMaria.com

Per Serving	Apples	Blueberries	Kale	Beef	Beef Liver
Calcium (mg)	9.1	4.5	63.4	9.7	9.7
Magnesium (mg)	7.3	4.5	15.0	16.7	15.8
Phosphorus (mg)	20.0	9.0	24.6	154.0	340.6
Potassium (mg)	163.8	57.8	200.6	325.6	334.4
Iron (mg)	0.2	0.2	0.8	2.9	7.7
Zinc (mg)	0.2	0.2	0.2	4.0	3.5
Selenium (mcg)	0.0	0.1	0.4	12.5	34.9
Vitamin A (IU)	69.2	40.5	13530.9	35.2	46992.0
Vitamin B6 (mg)	0.0	0.1	0.1	0.4	1.0
Vitamin B12 (mcg)	0.0	0.0	0.0	1.8	97.7
Vitamin C (mg)	7.3	7.3	36.1	1.8	23.8
Vitamin D (IU)	0.0	0.0	0.0	6.2	16.7
Vitamin E (mg)	0.2	0.5	0.8	1.5	0.6
Niacin (mg)	0.2	0.3	0.4	4.2	15.0
Folate (mcg)	0.0	4.5	11.4	5.3	127.6

- Across a wide range of micronutrients, steak is more nutrient dense
- Organ meat like Beef Liver is the real SUPERFOOD!



Bullet Proof Coffee Has Almost NO Vitamins or Minerals

KetoMaria.com

(per 400 calories)	Bullet Proof Coffee	Eggs	Beef
Calcium (mg)	6.8	132.0	23.5
Magnesium (mg)	0.6	26.4	40.7
Phosphorus (mg)	6.8	454.0	374.5
Potassium (mg)	6.8	332.0	791.8
Iron (mg)	0	3.1	7.1
Zinc (mg)	0	2.8	9.6
Selenium (mcg)	0.3	81.3	30.4
Vitamin A (IU)	709	1372.8	85.6
Vitamin B6 (mg)	0	0.3	0.9
Vitamin B12 (mcg)	0	2.9	4.3
Vitamin C (mg)	0	0.0	4.3
Vitamin D (IU)	2.9	229.7	15.0
Vitamin E (mg)	0.7	2.7	3.6
Niacin (mg)	0	0.2	10.3
Folate (mcg)	0.9	116.2	12.8
Protein	0.2	33.0	77.0

- EAT REAL FOOD!
 - Chew your calories!
 - You get more nutrients!
 - Chewing registers brain hormones to signal satisfaction!



OVEREATING DUE TO LACK OF PROTEIN

- Regardless of age or body mass index, your **NEED** for protein is so strong that you will keep eating until you get enough protein!
 - If you do not prioritize protein, you will overeat.
 - Protein triggers appetite suppressing peptides
 - **GLP-1 helps with appetite** and weight maintenance because it has actions on the gastrointestinal tract as well as the direct regulation of appetite
 - GLP-1 in the gut and brain helps with hormones to trigger satiety.
 - Your body and brain continues to look for the nutrients
 - **Focus on protein instead of fat and carbs = satiation which = weight loss while fueling your body with nutrients.**

HOW MUCH PROTEIN?

- Based on your lean mass
 - Generally, 0.8-0.9 times lean mass is a good minimum for most people
 - If over 50-60 years old, 0.9-1.0. (Leucine requirements go up with age, more on next slide)
 - If over 60-70, 1.0 or more.
- On PSMF days, we do 1.0 times lean mass or more
 - To help with satiety.
 - If you hit your normal protein goal and aren't hungry, you don't need to add extra protein.
- Example:
 - 150-pound woman that is 5'4" and has 30% body fat.
 - That is 105 pounds lean mass.
 - 84-95g protein minimum.
 - In general cheat towards higher end for weight loss, 105g or more on PSMF days
- [FREE MACRO CALCULATOR HERE!](#)

WHAT IS YOUR LEAN MASS?

This is a good way to estimate weight loss protein goals

- Women: 80-90g protein for 5 foot tall and add 5g per inch above that.
 - 5'4" woman has a 100-110g protein goal.
- Men: 100g protein for 5 foot tall and add 5g per inch above that.
 - 5'6" man has a 130g protein goal.



10 - 13%



14 - 17%



18 - 20%



21 - 23%



24 - 26%



27 - 29%



30 - 36%



37% +

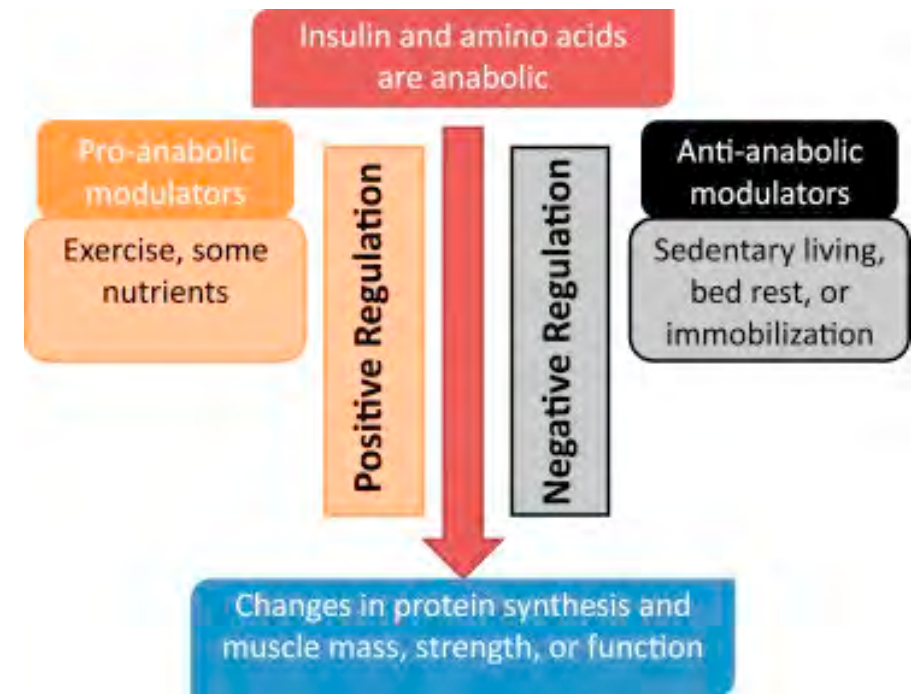
PROTEIN AS WE AGE

- Protein requirements go up with age!
 - As we age we need more protein (primarily Leucine) to build and maintain muscle
 - Leucine requirement also go up with illnesses (more like 5-7g with meals, instead of 2.5g)
 - UTI infection
 - Covid
 - Lack of absorption



LEUCINE RESISTANCE

- Leucine resistance connected to insulin resistance and low androgens.
 - If you have Type 1, Type 2 diabetes, or PCOS
 - Your need for protein goes up!
 - Also, as we get older
 - Your need for protein goes up too!



HOW MUCH PROTEIN WITH EACH MEAL?

- To optimize muscle protein synthesis (mTOR or muscle building):
 - 30g of high-quality protein minimum per meal (depending on the PDCAA score).
 - Need 2.5 grams leucine = 4.6 ounces eggs, 5 ounces beef, 1 ounce whey protein (be aware of whey)
 - This ensure mTOR starts building muscle.
- Quality of protein matters
 - All animal proteins are High PDCAA score
 - Plant proteins will require more. PDCAA score grades proteins for how complete they are:
 - 30g protein from beef with PCDA A score of 0.92
 - 30g protein from pea protein with PDCAA score of 0.67 (need 50% more pea protein than beef)
- Under 30g in a meal isn't necessarily wasted, if another protein meal comes along soon after.

CAN YOU EAT TOO MUCH PROTEIN AT A MEAL? **No!**

If you eat over the threshold in a meal, is it wasted?

- The body has processes to ensure the protein gets used
 - Slows digestion (through digestive hormone CCK), when dietary protein is eaten, ensuring all protein is absorbed ([source](#))
 - Slows intestinal contractions ([source 1](#), [source 2](#))
- Small Intestines Store Amino Acids
 - Small intestines absorb and hold onto a large number of amino acids for the body when it needs them ([source](#))
 - Called the free amino acid pool. ([source 1](#), [source 2](#))
- Body increases protein turnover (Autophagy!) ([source](#))
 - Body increases the breakdown and replacement of damaged and oxidized proteins ([source](#))
- Also uses nitrogen from dietary protein to synthesize purines and pyrimidines (building blocks of DNA)

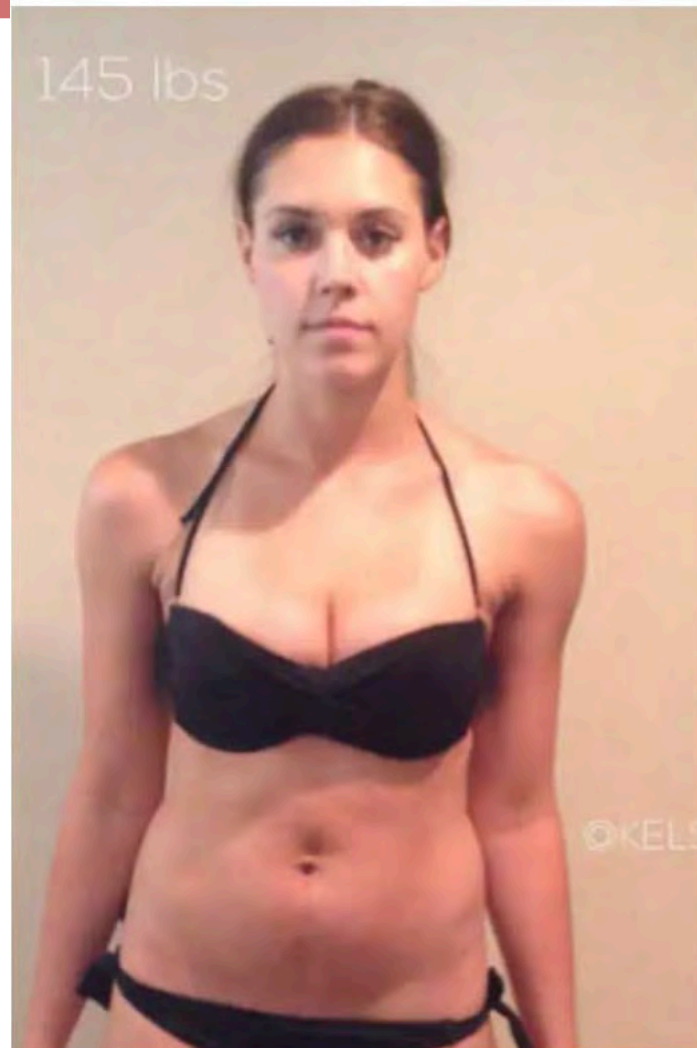


MEASURING SUCCESS

The scale isn't great for measuring body composition changes.

SARCOPENIA OBESITY

- Where the scale stays the same, but we replace muscle with fat.



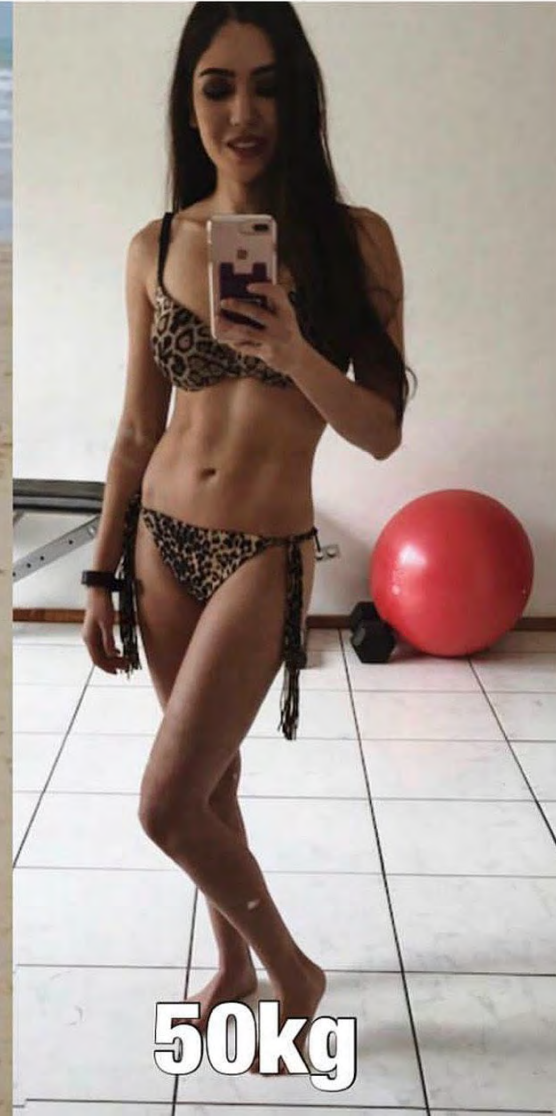
SARCOPENIA OBESITY

- You can gain muscle while losing fat and the scale won't move!



SARCOPENIA OBESITY

- Everyone should have a goal to maintain or gain muscle!
 - Especially as we age!



SARCOPENIA OBESITY

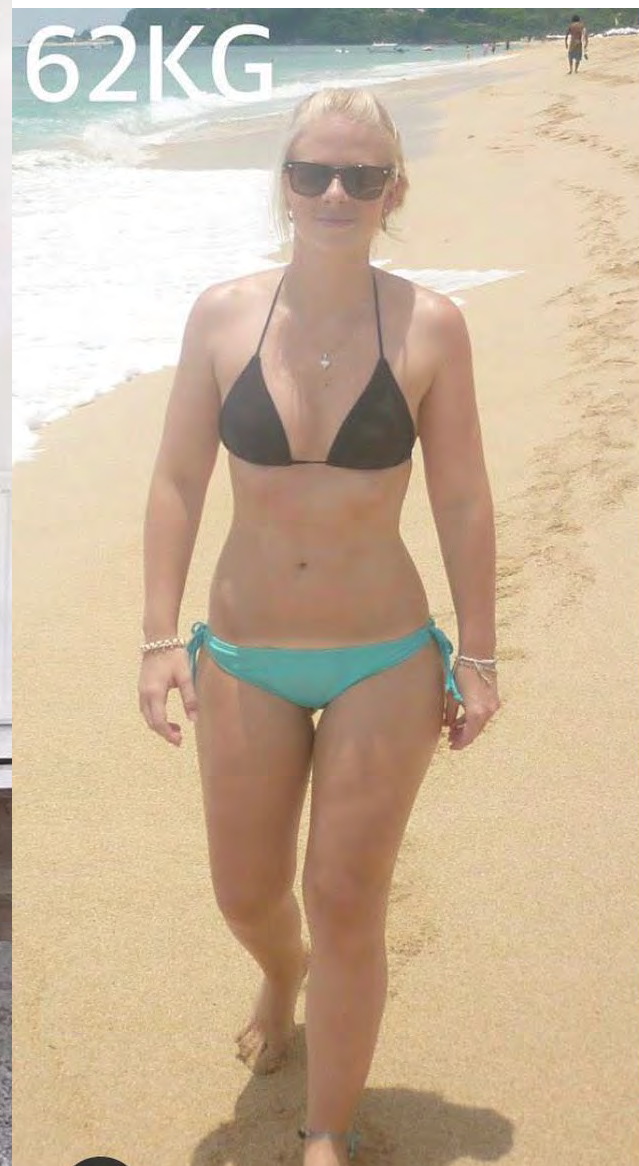
- Always healthier to have more muscle and less body fat

175 lbs



175 lbs





182 lbs



180 lbs



130 lbs



130 lbs



PROTEIN SPARING MODIFIED FASTING

Pure Protein Days

“Thank you Maria! I lost 10 inches in only 3 1/2 months!” Jill



KetoMaria.com

**ONLY 3 1/2
MONTHS OF
PSMF**

WHO SHOULD DO PSMF?

- Gastric bypass patients: focusing on real protein rather than whey protein shakes.
- Patients with Insulin Resistance and Type 2 Diabetes:
 - The best way to reverse insulin resistance is to shrink fat cells while maintaining or growing muscle.
 - Protein sparing modified fasting helps shrink fat cells fast and ensure you won't lose muscle like with an extended fast!
- Men and women looking to speed up fat loss and break stalls.
- Bodybuilders and fitness competitors looking to shed body fat or cut before a competition.
- **We recommend Protein Sparing Modified Fasts to anyone looking to lose body fat, break a stall or just speed up their fat loss results.**



WHO SHOULDN'T DO PSMF

- **This is a fat loss tool, so if you are lean and don't want to lose body fat, PSMF is not for you.**
 - Lean Athletes (unless you are body builder looking to cut)
 - At are near goal weight
 - Focus more on body composition instead of the scale
 - People treating epilepsy, seizures, Alzheimer's, Bipolar disease
 - Higher fat and blood ketones may be beneficial in some cases
 - Pregnant women
 - Breastfeeding women



HOW TO DO PSMF

- 1-3 days a week
 - normal keto fat loss macros the other days
- Even though you are eating very nutrient dense foods (animal proteins), you aren't eating much (like 600-700 total calories)
- Adding a few regular keto days each week ups the nutrients your body needs
- Tends to be easier to do once already fat adapted
- 1 over feeding day to trick your body and prevent metabolic adaptation

Which is better, water fasting or PSMF?



Per Day	Water Fasting	% of RDA (per day)
Calcium (mg)	0	0%
Magnesium (mg)	0	0%
Phosphorus (mg)	0	0%
Potassium (mg)	0	0%
Iron (mg)	0	0%
Zinc (mg)	0	0%
Selenium (mcg)	0	0%
Vitamin A (IU)	0	0%
Vitamin B6 (mg)	0	0%
Vitamin B12 (mcg)	0	0%
Vitamin C (mg)	0	0%
Vitamin D (IU)	0	0%
Vitamin E (mg)	0	0%
Niacin (mg)	0	0%
Folate (mcg)	0	0%
Fat per day	0	
Protein per day	0	
Carbs per day	0	
Lean Mass	517g Lost (1.14 pounds muscle)	
Food Consumed	Water	

Per Day	3 days of PSMF Day	% of RDA (per day)
Calcium (mg)	192	6%
Magnesium (mg)	453	36%
Phosphorus (mg)	3348	159%
Potassium (mg)	5967	42%
Iron (mg)	27	110%
Zinc (mg)	48	147%
Selenium (mcg)	417	252%
Vitamin A (IU)	1944	22%
Vitamin B6 (mg)	12	286%
Vitamin B12 (mcg)	18	232%
Vitamin C (mg)	15	5%
Vitamin D (IU)	45	3%
Vitamin E (mg)	9	16%
Niacin (mg)	129	268%
Folate (mcg)	102	8%
Fat per day	25	
Protein per day	133	
Carbs per day	5	
Lean Mass	0g Lost	
Food Consumed	Steak and Eggs Meatball Soup Protein Sparing Bourbon Chicken	

KetoMaria.com

PROTEIN SPARING MODIFIED FAST

- PSMF is a tool. It is something you can do occasionally for speeding up fat loss or breaking a stall (NOT FOR LEAN ATHLETES)
 - Instead of extended water fasting
- Reduce energy (carbs and fat) while still hitting your protein goal.
- Forces your body use even more stored fat for fuel = fat loss.
- PSMF helps keep you feeling full, added benefit of the high thermic with protein, which means that you effectively lose 30% of the calories you take in AND you get **NUTRIENTS!**
 - Helps avoid muscle loss and hair loss compared to water fasting.

Fat mass lost? Likely the same or very similar.

So which protocol is healthier?

KETO
-Adapted-

KETO
-Adapted-
MARIA MIND BODY HEALTH



COMMON QUESTIONS

DO YOU NEED TO INTERMITTENT FAST?

- Quick Answer: NO
- Weight loss is about macros
- Intermittent Fasting is a tool for limiting snacking and getting macros right
 - It is healthy to stop snacking and allow your body to not constantly be digesting food.

INTERMITTENT FASTING

KetoMaria.com

INCREASES

- ↑ Leptin levels to reduce overeating
- ↑ Insulin and leptin sensitivity, lowering risk of diabetes, heart disease and cancer
- ↑ Ability to become Keto-Adapted turning your body into a fat burner!

DECREASES

- ↓ Triglycerides, lowering heart disease risk
- ↓ Inflammation and free radical damage
- ↓ Weight gain and metabolic disease risk

Example Schedule

Fast
(7AM - 8AM)

Workout
(1 hour)

Eating Window
(9AM - 3PM)

Fast
(3PM-10PM)

Sleep
at least 8
hours

If pregnant, nursing or if you have metabolic syndrome, don't fast until you have fixed your insulin issues or are no longer breastfeeding.

Maria Mind Body Health LLC
mariamindbodyhealth.com

HOW MANY MEALS A DAY?

- OMAD
 - Issues with OMAD: hard to hit protein macro
 - Most clients do best with 2 meals a day
 - Here is an example from [Keto-Adapted.com](https://keto-adapted.com) for platinum members

Monday	Tuesday	Wednesday	Thursday	Friday
First Meal	First Meal	First Meal	First Meal	First Meal
Protein Sparing Day	Protein Sparing Dutch Baby Apple Pancake	Minute Breakfast Muffins	Overfeeding Day	Protein Sparing Day
Orange Creamsicle Smoothie and Breakfast Pudding			Bacon Lovers Meatloaf	PSMF Chocolate Pudding
2 servings	2 servings	2 servings	4 servings	2 servings
Second Meal	Second Meal	Second Meal	Second Meal	Second Meal
Slow Cooker OSSO BUCO	Slow Cooker OSSO BUCO	Slow Cooker OSSO BUCO	Steak and Eggs	Bacon Lovers Meatloaf
2 servings	2 servings	2 servings	2 servings	4 servings
Side Dish/Dessert	Side Dish/Dessert	Side Dish/Dessert	Side Dish/Dessert	Side Dish/Dessert
Buffalo Chicken Meatballs	Prosciutto Wrapped Meatballs	Prosciutto Wrapped Meatballs	Mole Short Ribs	Shrimp Fried Rice
2 servings	2 servings	2 servings	8 servings	2 servings
Nutrition Facts (per serving)	Nutrition Facts (per serving)	Nutrition Facts (per serving)	Nutrition Facts (per serving)	Nutrition Facts (per serving)
Calories 885 kcal	Calories 977 kcal	Calories 972 kcal	Calories 1693 kcal	Calories 909 kcal
Carbohydrates 4 g	Carbohydrates 4 g	Carbohydrates 3 g	Carbohydrates 7 g	Carbohydrates 10 g
Protein 139 g	Protein 121 g	Protein 111 g	Protein 127 g	Protein 112 g
Fat 31 g	Fat 49 g	Fat 55 g	Fat 125 g	Fat 44 g
Fiber 1.3 g	Fiber 0.4 g	Fiber 0.2 g	Fiber 1.2 g	Fiber 3.4 g

DO I NEED MORE CALORIES?

- *"Maria, my trainer told me I need to eat at least 2,500 calories because I burned 700 calories in my workout!"*
- Luis (ketogains.com) is a very muscular man in maintenance (5'6" and **gaining muscle**)
 - Eats **1,300 to 1,900** calories a day
- **Adding calories for workouts is a great way to stay at your current weight!**



DO KETONE LEVELS MATTER?

- Blood Ketones are just the difference of energy produced and energy used
- If active and in strong state of ketosis, ketone will be low
 - You are using them all. Example, Luis, bodybuilder who has eaten keto for 15 years and has blood ketones of 0.3 or 0.4. He works out a lot so uses all the fuel generated
- In fact, High ketones (3.0 or more) when not fasting can be a sign of metabolic issues
 - Body isn't using the fuel or experiencing insulin resistance

KETONES ARE NOT THE GOAL



- Higher is not better
 - No study has ever shown that higher blood ketones means better results
 - You can gain weight with high blood ketones
- The longer you are keto the lower blood ketones will be
 - Your body gets more efficient at using them
- Chasing high ketone levels makes about as much sense as chasing high blood glucose
 - High levels of fuel in the blood is not desired
- URINE STRIPS only tell you if you are hydrated



MISTAKES ON PSMF

MISTAKE #1

- Doing PSMF every day
 - Metabolic adaptation can lower BMR and slow results
 - Many people say they feel so GREAT doing PSMF that they want to do it all the time.
- Just like you wouldn't water Fast every day, don't do PSMF every day

MISTAKE #3

■ On non-protein sparing days (OR ANY DAY!)

- Keto Breads
- Keto Tortillas
- Keto Brownies
- Keto Crackers
- Learn more [HERE!](#)



Natural Ovens Bakery

Nutrition Facts

30 servings per container
Serving size 1 Slice (30g)

Amount per serving
Calories 40

Total Fat 1.5g	2%
Saturated Fat 0g	0%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 110mg	5%
Total Carbohydrate 12g	4%
Dietary Fiber 12g	43%
Total Sugars 0g	0%
Includes 0g Added Sugars	0%
Protein 4g	8%
Vitamin D 0mcg	0%
Calcium 22mg	2%
Iron 0mg	0%
Potassium 21mg	0%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.



Includes 0g Added Sugars 0%

Sugar Alcohol 1g

Protein 3g

Vit. D 0mcg 0%	Calcium 8mg 0%
Iron 0mg 0%	Potas. 62mg 2%

*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

Ingredients: (Organic*) Coconut*, Pumpkin seeds*, Sunflower seeds*, Brown rice flour*, Tapioca flour*, Almonds*, Hemp seeds*, Erythritol*, Inulin* (blue agave), Brown rice protein*, Flax seeds*, Crispy brown rice*, Sea salt, Coconut butter*, Baking powder, Nutritional yeast*, Natural flavor.

Contains: Coconut, Almonds. **May contain:** Milk. Packed in a facility that uses tree nuts.

Made in Canada with imported ingredients.

†Trademark of the National Foundation for Celiac Awareness. Used under license.

STORE IN A COOL, DRY PLACE TO MAINTAIN FRESHNESS



Siete

Nutrition Facts

10 servings per container
Serving size 2 Tortillas (50g)

Amount per serving
Calories 190

Total Fat 11g	14%
Saturated Fat 1g	5%
Trans Fat 0g	0%
Cholesterol 0mg	0%
Sodium 220mg	10%
Total Carbohydrate 20g	7%
Dietary Fiber 3g	11%
Total Sugars 1g	0%
Includes 0g Added Sugars	0%
Protein 6g	12%
Vitamin D 0mcg	0%
Calcium 60mg	4%
Iron 0.8mg	4%
Potassium 180mg	4%

*The % Daily Value tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS
Almond flour, tapioca flour, water, sea salt, xanthan gum, apple cider vinegar, fermented extract (oregano, flaxseed, plum).
Contains: Almonds.



Miss Jones

Nutrition Facts

42 servings per container
Serving size 1 Brownie (41g prepared)

Calories	80	150
Total Fat	5g	13g
Saturated Fat	0.5g	5g
Trans Fat	0g	0g
Cholesterol	0mg	0%
Sodium	65mg	3%
Total Carb.	12g	4%
Dietary Fiber	2g	7%
Total Sugars	1g	1%
Includes 0g Added Sugars	0g	0%
Sugar Alcohols	8g	8g
Protein	3g	4g

INGREDIENTS
BLANCHED ALMOND FLOUR, ERYTHRITOL, COCOA POWDER (DUTCH), TAPIoca FIBER, BAKING SODA, SALT, VANILLA FLAVOR, MONOFRUIT EXTRACT.

Contains: Tree Nuts

DON'T BE FOOLED

- Read ingredients! “ZERO NET CARBS”
 - Brown rice flour
 - Sorghum flour
 - Millet flour
 - Long Grain Rice Flour
 - Potato Starch
 - Tapioca Starch



Nutrition Facts

Serving Size 1 wrap (5.33 g)
12 servings per container

Amount Per Serving

Calories	8
	% DV*
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 10mg	4%
Sodium 25mg	1%
Total Carbs. 0g	0%
Dietary Fiber 0g	0%
Total Sugars 0g	
Includes 0g Added Sugars	0%
Protein 1g	

Vitamin D 0.1mcg 0% • Iron 0.1mg 0%
Calcium 0mg 0% • Potassium 10mg 0%
Vitamin C 0mg 6% • Vitamin A 0mcg 0%

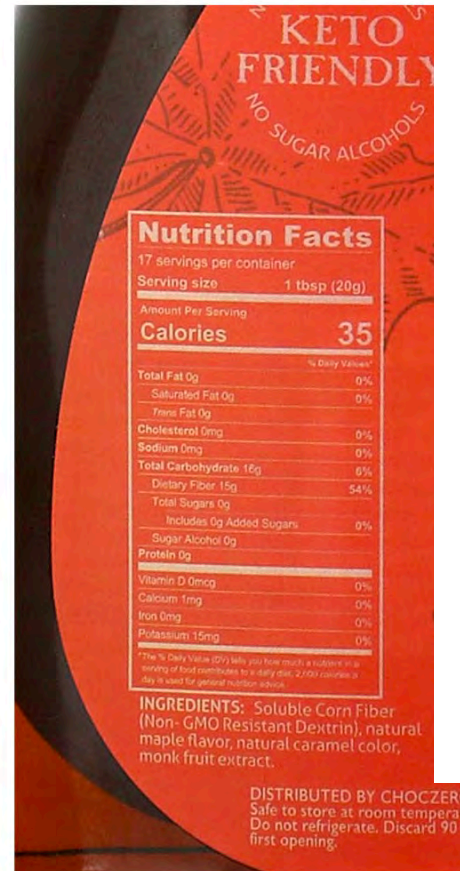
*The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.

INGREDIENTS: EGG WHITE, EGG WHOLE, GLUTEN-FREE FLOUR MIX (BROWN RICE FLOUR, WHOLE GRAIN SORGHUM FLOUR, MILLET FLOUR, LONG GRAIN RICE FLOUR, POTATO STARCH, TAPIOCA STARCH, XANTHAN GUM), OLIVE OIL, SEA SALT, SPICES, CITRIC ACID • **CONTAINS: EGG**

DO NOT BE FOOLED

■ ChocZero

- Do not use this on my PSMF pancakes or Dutch Baby pancakes!
- Blood sugar spiked to 300!



Kayla 'Crutchfield' Walls
<https://www.choczero.com...>



Sugar Free Syrup
choczero.com

6h Like Reply



Craig Emmerich
[Kayla 'Crutchfield' Walls](#) we don't recommend them. The soluble corn fiber spikes blood sugar. See the announcements for an example.

6h Like Reply



Brittany Norton
[Craig Emmerich](#) yes! We learned that the hard way. My daughter has type 1 diabetes and a continuous glucose monitor. After eating the choczero syrup her blood sugars spiked into the 300s/400s.

8m Like Reply





I WILL NOT REPOST THESE

I always repost when I get
mentioned on Instagram!
BUT not these!



DO NOT BE FOOLED

Hershey's
Sugar Free
Chocolate

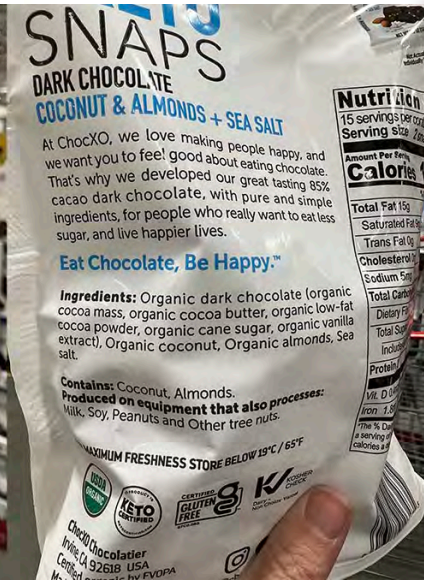
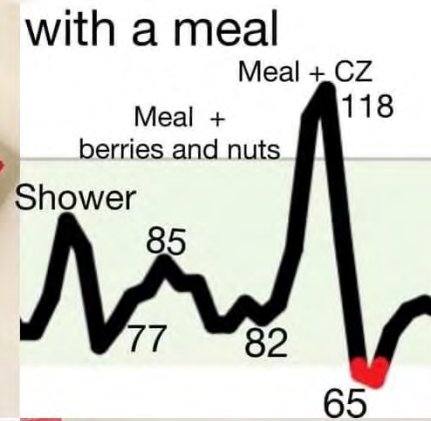
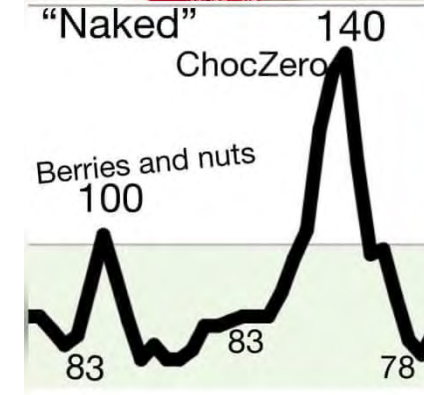
- Malitol

ChocZero
Chocolate

- Corn Fiber

Costco
Keto
Chocolate

- Organic cane sugar!



DO NOT BE FOOLED

- Sugar Free Jell-O
- Sugar Free Pudding



INGREDIENTS TO STAY AWAY FROM

- Vital Wheat Gluten (found in "Keto" Breads)
- Wheat protein isolate
- Tapioca Flour
- Flax
 - Never meant to be a food! Estrogenic
 - Tastes terrible anyway!
- Brown Rice Flour (higher in carbs than white flour)/Rice Starch
- Potato Starch/Potato Fiber ("Keto" Cereals)
- Corn Starch





TACO SEASONING MIX

ORIGINAL



INGREDIENTS TO STAY AWAY FROM

- Inulin Fiber/Corn Fiber (ChocZero)
- Tapioca Starch/Tapioca Syrup
- Dextrose
- Maltodexerine (GI of 110, sugar is only 52!)
- Malitol



MISTAKE #3

- SNACKING ON NUTS
 - Cashews are very high in carbs
- Almond Flour Baked Treats
- Carbs + Fat = weight gain

A large pepperoni pizza is shown on a wooden cutting board. The pizza is topped with melted cheese and numerous slices of pepperoni. A KitchenAid knife is visible on the right side of the board. The image is partially obscured by a white curved line that separates it from the text on the right.

MISTAKE #4

- CHEESE and DAIRY
 - Even if it on PSMF Crust Pizza
 - Low Fat Cottage Cheese
 - Low Fat Yogurt
 - WHEY PROTEIN
- Causes constipation



MISTAKE #5

- Overfeeding with carbs
 - Overfeeding days are higher fat and protein, not carbs.
- Short Ribs
- Ribeye
- Baby Back Ribs

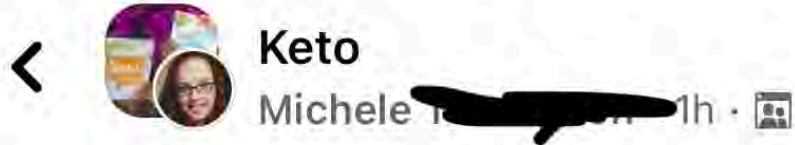
MISTAKE #6

- Drinking Alcohol
 - Fat metabolism is reduced by as much as 73%
 - Converted into ACETATE
 - DO not be fooled by breath ketone meters!
 - Stimulates appetite
 - Decrease testosterone
 - Increases estrogen by 300%.
 - The infamous “beer belly” is really just an “estrogen belly.”
 - Most important: TOXIC LIVER



DIETARY ALCOHOL OR EXOGENOUS KETONES

- Little to no storage (alcohol none, ketones blood)
- When elevated all other fuels are stored (carbs and fat)
- Immediately shuts off lipolysis (burning fat from fat stores)
- Also drives glucose into storage (if storage is full, converts to fat)
- **Both will put the brakes on lipolysis (burning fat for fuel)**
- **In fact, the effect is so strong with alcohol that glucose will drop when drinking and an alcoholic will have very low A1c (4s or lower)**




I want to thank Maria SO much. I did a personal health assessment about 6 weeks ago and it has changed my life. I was already keto, but struggling. I have implemented the changes she suggested and I have finally given up dairy 🥹 and I feel amazing! I have pretty severe RA, along with other medical conditions and used to hate mornings because I was so stiff and it took me hours to get my you know what together. Now I can't wait to get up and start my day. I am loosing weight again, sleeping great, have the energy of a 20 year old and my chronic bloating and diarrhea has disappeared and I am just so grateful for Maria and Craig Emmerich for everything they are doing to try to help us all live our best life. I was getting very depressed for some time, but now I am hopeful and excited to live life again! If you haven't done it yet and are suffering PLEASE reach out to them and at the very least do a health assessment so you can get your life back ❤️

MISTAKE #6

- Exogenous Ketones
- Supplements that hold you back:
 - Glucosamine
 - Fish Oil
 - Magnesium Oxide or Citrate
- Click [HERE to do a personalized supplement plan](#)



**WHAT DO YOU
THINK IS
WORSE?**



Seed oils or
Sugar?

MISTAKE #7

- Seed Oils
- **Contribute to weight gain because they block the enzymes used to help break down fat for energy.**
- Soybean oil now accounts for 60% of edible fats consumed in the United States.
 - That increase mirrors the rise in obesity rates.



INGREDIENTS: WATER, CORN SYRUP**, VEGETABLE OIL (HIGH OLEIC SOYBEAN AND/OR HIGH OLEIC CANOLA), AND LESS THAN 2% OF MICELLAR CASEIN (A MILK DERIVATIVE)***, MALTODEXTRIN, MONO- AND DIGLYCERIDES, DIPOTASSIUM PHOSPHATE, NATURAL AND ARTIFICIAL FLAVOR, CARRAGEENAN, SUCRALOSE, ACESULFAME POTASSIUM (NON-NUTRITIVE SWEETENER). **CONTAINS: A MILK DERIVATIVE.**

**Adds a trivial amount of sugar.

***Not a source of lactose.

MISTAKE #7

- Using unhealthy oils
 - Helman's Mayo/Kraft Mayo
 - Ranch Dressings (also has dairy)

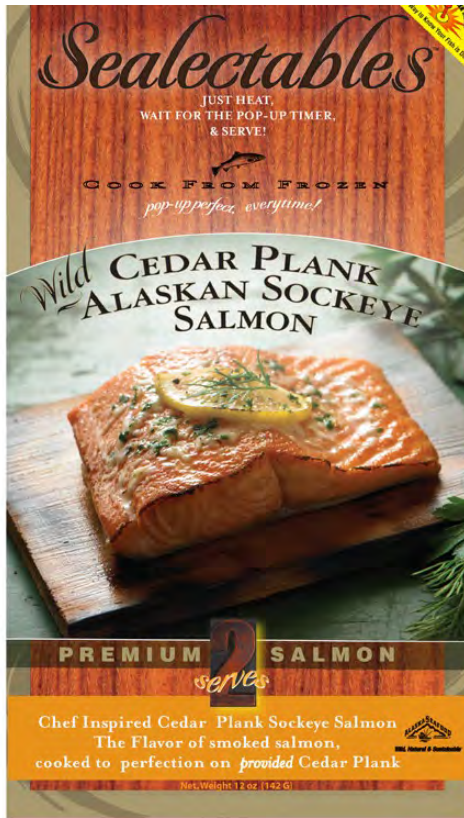


HARMFUL OILS ARE HIDDEN

- Sesame Oil
- Natural Peanut Butter
- Protein Bars
- Dairy Free Butter
- Cheez It's
 - Saltine Crackers (and every food marketed to children!)



HARMFUL OILS ARE HIDDEN



- SALMON!!!!
- Omelets
- Fast Food Burgers





MISTAKE #8

- Adding in FIBER!
 - Using psyllium husks
 - Metamucil
- Fiber will increase blood sugar and cause weight gain!
- CONSTIPATION is not due to lack of fiber!
 - Babies poo all the time and they do not eat any fiber!
 - Cut dairy, nuts and add in SALT!

MISTAKE #8

Example: *"Do you know any reason Maria's psyllium bread would spike my blood sugar? I ate a sandwich last night with this bread. Before I ate, I took my blood sugar and it was 140. Then I ate my sandwich and an hour later tested again and my blood sugar was 180. I ate another sandwich today for lunch and just tested (2-1/2 hours later) and it was 203. I'm eating low carb, so not eating anything else that would raise my glucose."*

- Subtracting Fiber from Carb totals
 - Too much fiber will increase blood sugar and stall your weight loss especially those with metabolic syndrome or diabetes (Quest bars, nuts, flax, chia)
 - Fiber also elongates intestines causing other issues
 - It is like steel wool on the intestines
 - Diverticulitis, Crohn's, Colitis
- Almond Flour/Psyllium Sub bread (per bun) = 209 calories, 14.2g fat, 8.2g protein, **15g carb**, 9.8g fiber

MISTAKE #8

- On non-protein sparing days, eating things like:
 - Quest Chips
 - Photo reminds me: **DO NOT PUT HOT FOOD IN PLASTIC!**
 - PROTEIN BLEND (MILK PROTEIN ISOLATE, **WHEY PROTEIN ISOLATE**), **HIGH OLEIC SUNFLOWER OIL**, CALCIUM CASEINATE, **CORN STARCH**, NATURAL FLAVORS, **PSYLLIUM HUSK**, SALT, **SOLUBLE CORN FIBER**, SOUR CREAM (CREAM, NON-FAT MILK, CULTURES), CHEDDAR CHEESE (CULTURED MILK, SALT, ENZYMES), BUTTERMILK POWDER, ONION POWDER, TOMATO POWDER, GARLIC POWDER, GREEN BELL PEPPER, PAPRIKA, SPICE, **CHIA SEED**, **YEAST**, TURMERIC OLEORESIN (COLOR), PAPRIKA EXTRACT (COLOR), ACACIA GUM, SUNFLOWER LECITHIN, CALCIUM CARBONATE, YEAST EXTRACT, STEVIA SWEETENER.





MISTAKE #8

- On non-protein sparing days, eating things like:
- Quest bars
 - Ingredients: Protein Blend (Milk Protein Isolate, **Whey Protein Isolate**), **Soluble Corn Fiber**, **Almonds**, Water, Unsweetened Chocolate, Erythritol, Natural Flavors, Cocoa Butter, Sea Salt, Sunflower Lecithin, Stevia Sweetener, **Sucralose**.

MISTAKE #8: SUBTRACTING FIBER

- Make sure TOTAL carbs are 20g or less

Type 2 Diabetic Response to Quest Bar

Blood Sugars 8 AM	Blood Sugars 10:30 AM (Just before Eating Quest Bar)	Blood Sugars 11:30 AM	Blood Sugars 12:30 PM	1-HOUR CHANGE
111	124	176	107	52
91	108	150	112	42
	98	148	108	50
	190	203	186	13
84	73	107	98	34
103	151	128	120	-23
80	111	124	90	13



Nutrition Facts	Amount/serving	%DV*	Amount/serving	%DV*
Serving Size 1 package Calories 210 Fat Cal. 90	Total Fat 11 g	17%	Total Carb. 27 g	9%
*Percent Daily Values (DV) are based on a 2,000 calorie diet.	Sat. Fat 7 g	35%	Dietary Fiber < 1 g	3%
	Trans Fat 0 g		Sugars 21 g	
	Cholest. < 5 mg	2%	Protein 2 g	
	Sodium 30 mg	1%		
	Vitamin A 0% • Vitamin C 0% • Calcium 6% • Iron 2%			



A DELICIOUS BLEND OF APPLE

Protein Blend (Whey Protein Isolate, Milk Protein Isolate), Isomalt-Oligosaccharides* (Prebiotic Fiber), Almonds, Water, Apples. Contains less than 2% of the following: Cinnamon, Sea Salt, Lo Han Guo, Sucralose, Natural Flavors.

Nutrition Facts	Amount/serving	%Daily Value*	Amount/serving	%Daily Value*
Serving Size 1 (60g) Calories 180 Calories from Fat 50	Total Fat 5g	8%	Potassium 15mg	3%
*Percent Daily Values are based on a 2,000 calorie diet	Saturated Fat 0g	0%	Total Carbohydrate 25g	8%
	Trans Fat 0g		Dietary Fiber 18g	72%
	Cholesterol 5mg	1%	Sugars 4g	
	Sodium 320mg	13%	Protein 20g	
	Vitamin A 0%		Vitamin C 0%	
	Magnesium 8%		Calcium 10%	
			Iron 4%	

MISTAKE #9: LACK OF SLEEP

- Average woman sleeps 2 hours less per night than in 1960
 - Lowers serotonin and increases appetite for sweets
 - Increases blood sugar = increased hunger and cravings
- Human Growth Hormone: fat-burning hormone!
 - Don't eat 3 hours before bed
- Hormone Ghrelin (hunger)
 - Controls Appetite
- Thyroid and Cortisol hormones
- Lose 4 lbs. just by getting 8 hours of sleep!
 - Who GAINS weight in the SUMMER???

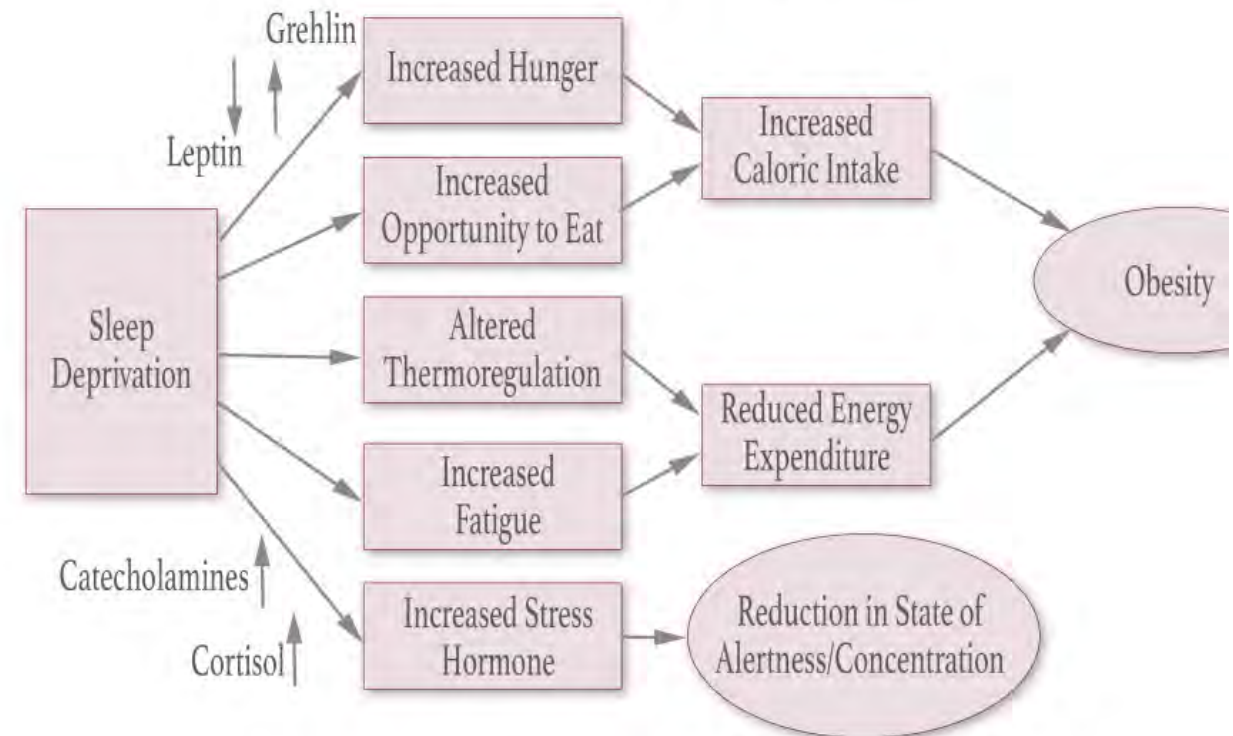


How Sleep Affects Weight Loss
KetoMaria.com

KEEP A SLEEP SCHEDULE

- Fat cells act like those with diabetes with chronic sleep loss (6 or less hours a night).
- Reward system in brain is triggered.
 - You look at carbs different: more enticing!

Effects of Sleep Deprivation



MISTAKE #10

- Not Counting Liquid Calories
- Bulletproof coffee = 500 calories
 - BUTTER = Dairy
 - NO NUTRIENTS!
- Chew calories: registers leptin better

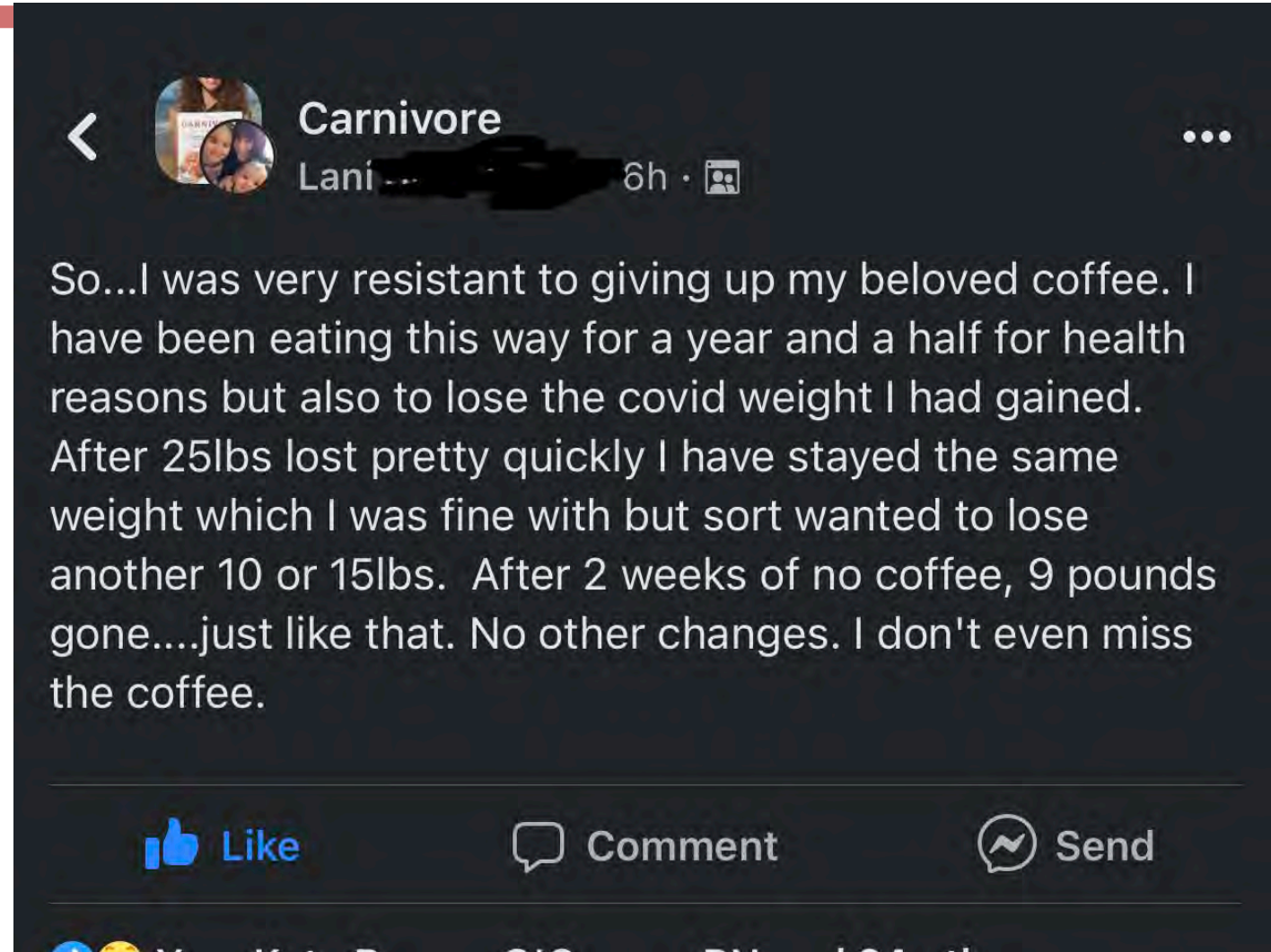
Bullet Proof Coffee Has Almost NO Vitamins or Minerals

KetoMaria.com

(per 400 calories)	Bullet Proof Coffee	Eggs	Beef
Calcium (mg)	6.8	132.0	23.5
Magnesium (mg)	0.6	26.4	40.7
Phosphorus (mg)	6.8	454.0	374.5
Potassium (mg)	6.8	332.0	791.8
Iron (mg)	0	3.1	7.1
Zinc (mg)	0	2.8	9.6
Selenium (mcg)	0.3	81.3	30.4
Vitamin A (IU)	709	1372.8	85.6
Vitamin B6 (mg)	0	0.3	0.9
Vitamin B12 (mcg)	0	2.9	4.3
Vitamin C (mg)	0	0.0	4.3
Vitamin D (IU)	2.9	229.7	15.0
Vitamin E (mg)	0.7	2.7	3.6
Niacin (mg)	0	0.2	10.3
Folate (mcg)	0.9	116.2	12.8
Protein	0.2	33.0	77.0

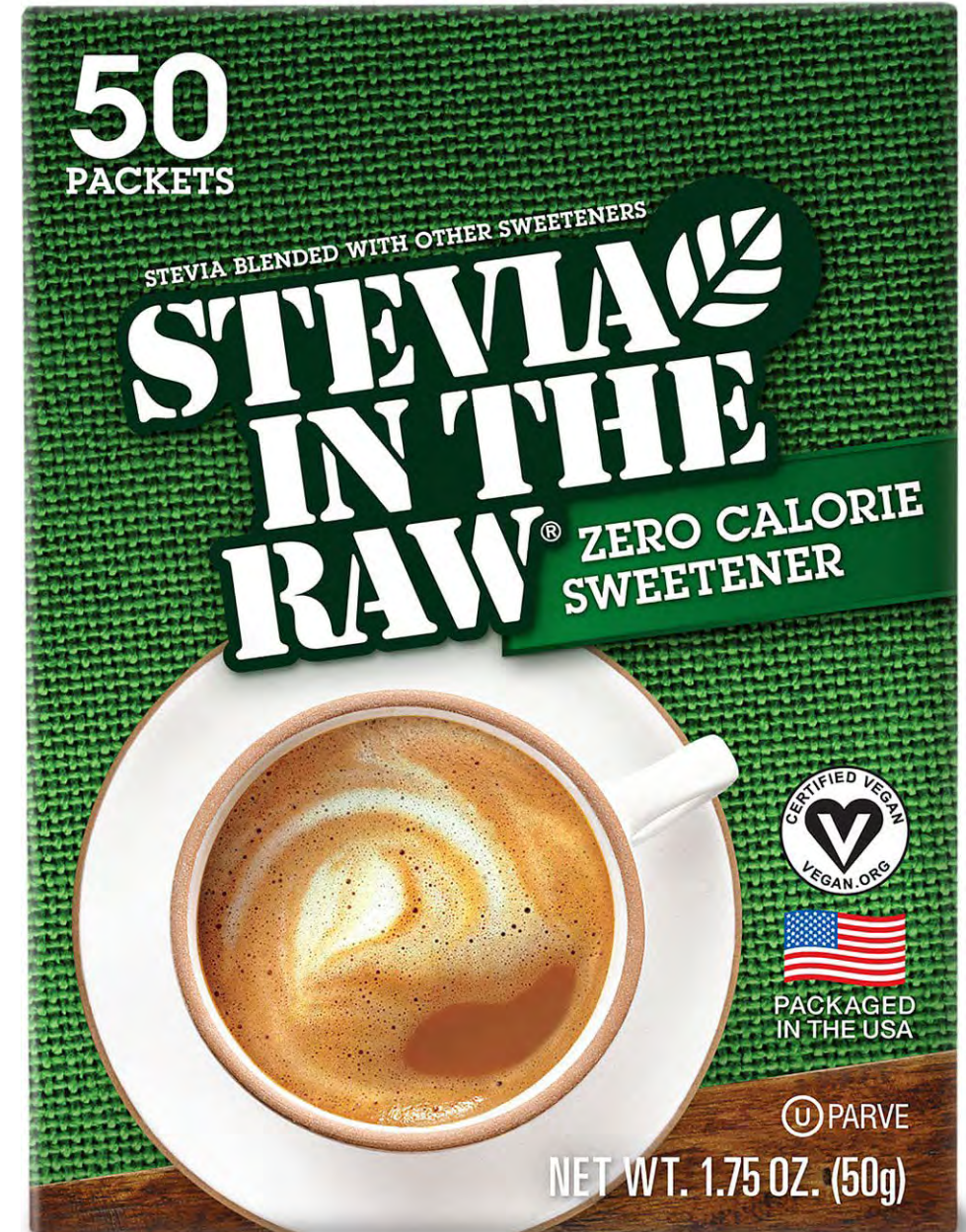
MISTAKE #10: COFFEE

- Coffee = LESS INSULIN SENSITIVE
- Caffeine overstimulates adrenals = too much cortisol and adrenaline
 - Causes blood sugar spike and corresponding insulin response
 - Causes poor sleep!



MISTAKES CONTINUED...

- Too much Lemon in water
- Glucosamine supplements
- Some medications (sleep meds)
- Xylitol Can effect blood sugar in some people
- STEVIA IN THE RAW
 - Maltodextrin = higher on GI than sugar!





NOTES ABOUT PROTEIN

HOW TO MEASURE

- 100 grams of chicken isn't 100 grams of protein.
- Chicken contains protein, fat, water, minerals, etc.
- These are some examples of different lean protein sources and how much protein are in each.
- This is why tracking macros is so important.

9 HEALTHY LEAN PROTEINS

per 4 ounce serving



Chicken Breast
(Boneless, Skinless)
34g protein



White Fish
26g protein



Pork Loin
33g protein



Tuna
29g protein



Shrimp
26g protein



Beef Tenderloin
35g protein



Egg Whites
13g protein



Turkey Breast
(Boneless, Skinless)
34g protein



Scallops
23g protein

KetoMaria.com

PROTEIN ABSORPTION

- Protein source and absorption is key
 - Digestive enzymes can help with absorption
- GI tract can absorb about 5-10g protein per hour
- Certain protein gets absorbed quicker than others
 - Whey protein absorbs quickly (10g per hour)
 - Casein and other proteins much slower (egg about 3g per hour)
- High amount of whey can induce higher GNG (and spike blood sugar)
 - Avoid Whey Protein shakes – Especially for metabolically damaged

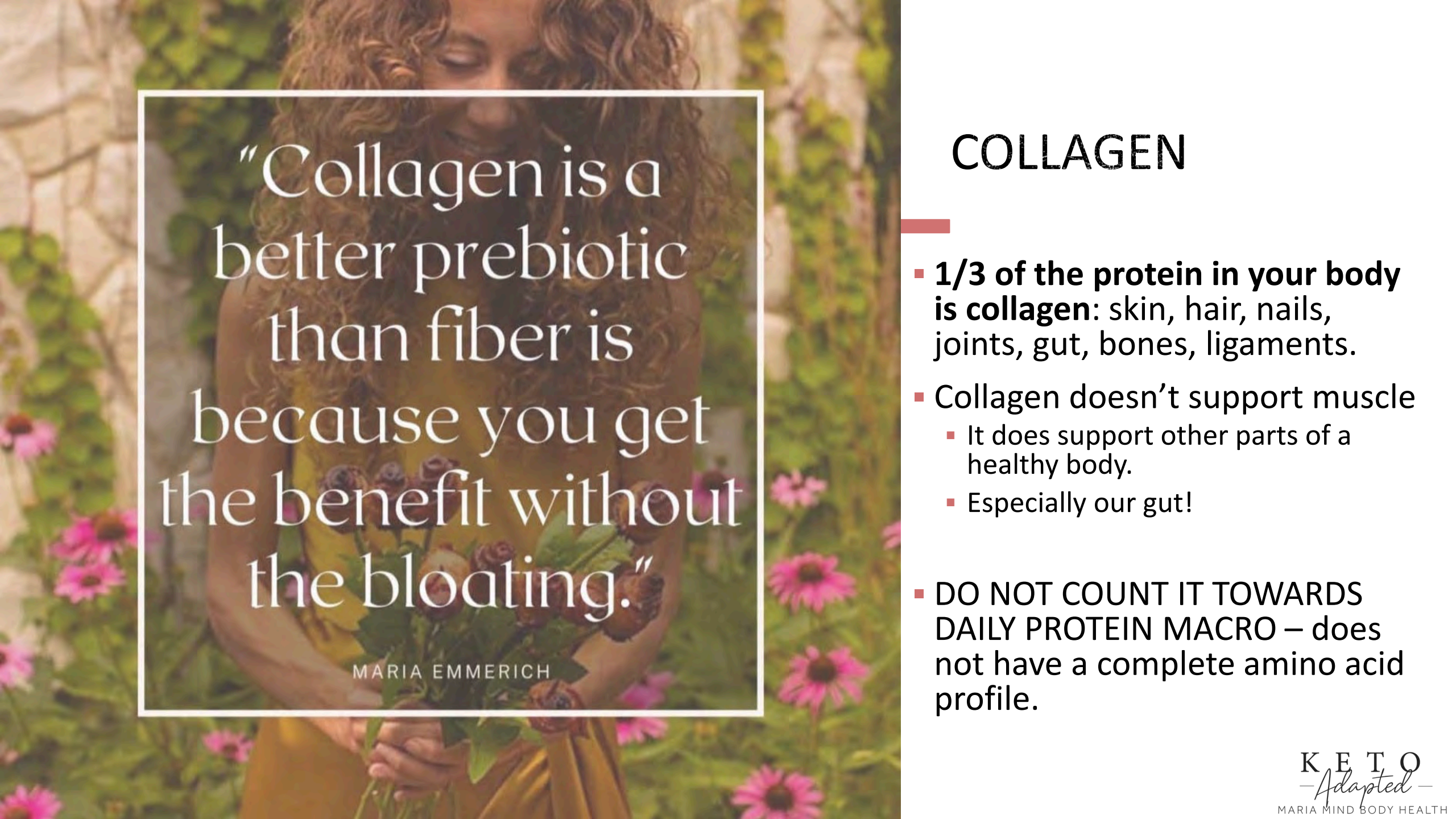
REASON NOT TO DRINK CALORIES

- Protein Shake
 - 40-50g of protein
- Fluids pass through GI tract in about 1 ½ hours
- Body only absorbs about 5-10 grams protein per hour
- So only 15g gets processed (rest is wasted)
- Other proteins take up to 8-12 hours to digest enabling you to absorb all the protein



COLLAGEN AS A PROTEIN

Does Collagen Count towards Protein Macro?

A woman with long, curly brown hair is smiling and holding a bouquet of pink and purple flowers. She is wearing a yellow top. The background is a soft-focus garden with green foliage and pink flowers. A white-bordered box contains a quote in white serif font.

"Collagen is a better prebiotic than fiber is because you get the benefit without the bloating."

MARIA EMMERICH

COLLAGEN

- **1/3 of the protein in your body is collagen:** skin, hair, nails, joints, gut, bones, ligaments.
- Collagen doesn't support muscle
 - It does support other parts of a healthy body.
 - Especially our gut!
- **DO NOT COUNT IT TOWARDS DAILY PROTEIN MACRO** – does not have a complete amino acid profile.

COLLAGEN BENEFITS

Foods with the Highest Prebiotic Content¹⁰

Substrate	Total Short-Chain Fatty Acids
Casein	7.42
Cellulose	1.53
Chicken cartilage	5.50
Collagen	7.96
Fructooligosaccharides (FOS)	10.37
Glucosamine	7.11
Glucosamine chondroitin	5.36

Source: The Carnivore Cookbook by Craig and Maria Emmerich

COLLAGEN AND WEIGHT LOSS

- SOME collagen tends to stall weight loss
 - Over the decades of working with clients, I KNOW what works and what doesn't!
- Click [HERE](#) to find the collagen that will not stall weight loss!

I've lost over 50 pounds in 3 months. I am not back to my ideal weight yet, but I know I will get there. I no longer suffer from heartburn, high blood pressure, high blood sugar and the list goes on.

Forever grateful to [@mariaemmerich](#) !
“Tanya





GRAMS OF PROTEIN

How much protein is in typical foods?

EGGS

- Save the yolks for overfeeding days!



Eggs

Egg white (1 large)

Egg (1 large)*

Calories

Fat

Protein

Carbs

P/E Ratio

17.4

0.06

3.64

0.24

12.13

68.2

4.7

5.5

0.5

1.07

*Be careful; yolks add fat and lower P/E quickly!

— the —
Protein-Sparing
Modified Fast
— Method —



WHAT TO DO WITH THE YOLKS?

- To make my PSMF Pudding, use a carton of 100% egg whites and scramble the egg whites.
- To make the bread, it is best to use a FEW real egg whites.
 - Use 4 or 5 real egg whites and the rest carton egg whites.
 - Save the yolks.
 - You can FREEZE yolks and whites separately.
 - Use 100% egg whites in the carton to make scrambled eggs with on your non-PSMF days. I make extra creamy scrambled eggs for my boys (feels like cheese is in them without dairy).
 - Make Mayo, dairy free hollandaise, dairy free ice cream, dairy free crème Brule; for over-feeding days.

POULTRY



- Leaner cuts:
 - Gizzards
 - Chicken breast
 - Giblets
 - Liver

- Save the chicken wings for OverFeeding Days

Poultry (4 ounces)	Calories	Fat	Protein	Carbs	P/E Ratio
Chicken gizzards	175	3.0	34.5	0	11.50
Chicken breast, skinless	138	4.0	25.0	0	6.25
Chicken giblets (kidney)	178	5.1	30.8	0	6.04
Chicken liver	189	7.4	27.7	1.0	3.74
Chicken breast, skin-on	200	8.4	31.0	0	3.69
Chicken heart	210	9.0	30.0	0.1	3.33
Chicken leg, skinless	210	9.5	30.7	0	3.23
Pheasant	200	10.5	25.7	0	2.45
Chicken drums	178	9.9	22.0	0	2.22
Turkey	175	9.9	21.0	0	2.12
Chicken leg, skin-on	255	15.2	29.4	0	1.93
Chicken thigh, skinless	165	10.0	19.0	0	1.90
Duck	228	13.9	26.3	0	1.89
Chicken thigh, skin-on	275	17.6	28.3	0	1.61
Chicken wings	320	22.0	30.4	0	1.38
Chicken feet	244	16.6	22.0	0.2	1.33
Game hen	220	16.0	19.0	0	1.19
Goose	340	24.9	28.5	0	1.14
Chicken skin	514	46.0	23.0	0	0.50

BEEF

	Beef cuts per 4 ounces	Calories	Fat	Protein	Carbs	P/E ratio
	tenderloin steak	115	3.0	22.2	0.0	7.40
	Beef Heart	187	5.4	32.2	0.2	5.96
	Beef Kidney	179	5.3	31.0	0.0	5.85
	sirloin tip side steak	190	6.0	34.0	0.0	5.67
	Beef Liver	216	6.0	33.0	5.8	5.50
	tri tip steak	200	11.0	23.0	0.0	2.09
	shoulder steak	204	12.0	24.0	0.0	2.00
	chuck boneless pot roast	240	14.0	28.0	0.0	2.00
	brisket flat cut	245	14.7	28.0	0.0	1.91
	top sirloin steak	240	16.0	22.0	0.0	1.38
	t-bone	170	12.2	15.8	0.0	1.30
	porterhouse	280	22.0	21.0	0.0	0.95
	Beef tongue	322	25.3	22.0	0.0	0.87
	Rib Eye Steak	310	25.0	20.0	0.0	0.80
	Beef Back Ribs	310	26.0	19.0	0.0	0.73
	boneless short ribs	440	41.0	16.0	0.0	0.39

BEEF

- Choose leaner beef
 - 93% lean ground beef
 - Tenderloin
 - Filet Mignon
- Save the fatty Ribeye for your over-feeding day!



Beef (4 ounces)	Calories	Fat	Protein	Carbs	P/E Ratio
Tenderloin steak	115	3.0	22.2	0	7.40
Testicles	154	3.4	29.7	1.14	6.54
Heart	187	5.4	32.2	0.2	5.96
Kidney	179	5.3	31.0	0	5.85
Shank cross cut	215	6.7	38.7	0	5.80
Sirloin tip side steak	190	6.0	34.0	0	5.67
Liver	216	6.0	33.0	5.8	5.50
Sirloin tip center steak	190	7.0	31.0	0	4.43
Sirloin tip center roast	190	7.0	31.0	0	4.43
Shoulder pot roast	185	7.0	30.7	0	4.38
Flank steak	200	8.0	32.0	0	4.00
Round tip steak	150	6.0	23.5	0	3.92
Shoulder petite tender medallions	150	7.0	22.0	0	3.14
Shoulder petite tender	150	7.0	22.0	0	3.14
Tenderloin roast	180	8.0	25.0	0	3.13
Shoulder center ranch steak	152	8.0	24.0	0	3.00
Tripe (intestines)	107	4.6	13.3	2.3	2.89
Eye of round steak	182	9.0	25.0	0	2.78
Top round steak	180	9.0	25.0	0	2.78
Chuck steak, boneless	160	8.0	22.0	0	2.75
Eye of round roast	253	13.4	32.0	0	2.39
Tri-tip steak	200	11.0	23.0	0	2.09
Chuck pot roast, boneless	240	14.0	28.0	0	2.00
Chuck pot roast, 7-bone	240	14.0	28.0	0	2.00
Shoulder steak	204	12.0	24.0	0	2.00
Brisket, flat cut	245	14.7	28.0	0	1.91
Round tip roast	199	12.0	22.9	0	1.91
Shoulder top blade steak	204	13.0	22.0	0	1.69
Shoulder top blade flat iron steak	204	13.0	22.0	0	1.69
Bottom round roast	220	14.0	23.0	0	1.64
Bottom round steak	220	14.0	23.0	0	1.64
Skirt steak	255	16.5	27.0	0	1.64
Top sirloin steak	240	16.0	22.0	0	1.38
T-bone	170	12.2	15.8	0	1.30
Chuck eye steak	250	18.0	21.0	0	1.17
Brains	171	11.9	13.2	1.7	1.11
Top loin steak, bone-in	270	20.0	21.0	0	1.05
Top loin steak, boneless	270	20.0	21.0	0	1.05
Rib roast	373	28.0	27.0	0	0.96
Porterhouse	280	22.0	21.0	0	0.95
Sweetbreads	362	28.3	25.0	0	0.88
Tongue	322	25.3	22.0	0	0.87
Rib-eye steak	310	25.0	20.0	0	0.80
Back ribs	310	26.0	19.0	0	0.73
Tri-tip roast	340	29.0	18.0	0	0.62
Short ribs, boneless	440	41.0	16.0	0	0.39

GOAT & LAMB

Goat & Lamb (4 ounces)

	Calories	Fat	Protein	Carbs	P/E Ratio
Goat ribs	162	3.4	30.7	0	9.03
Goat meat	162	3.4	30.7	0	9.03
Lamb oysters (testicles)	154	3.4	29.7	1.14	6.54
Goat oysters (testicles)	154	3.4	29.7	1.14	6.54
Goat liver	217	5.9	33.0	5.8	2.82
Lamb liver	250	10.0	34.7	2.87	2.70
Lamb, ground	313	22.7	25.5	0	1.12
Lamb chops	313	22.7	25.5	0	1.12



WILD GAME



Wild Game (4 ounces)

	Calories	Fat	Protein	Carbs	P/E Ratio
Venison loin*	169	2.7	34.3	0	12.85
Elk steak	168	3.2	34.7	0	10.84
Venison steak	179	3.6	34.3	0	9.53
Venison roast	179	3.6	34.3	0	9.53
Bison top round steak	138	2.8	26.4	0	9.43
Rabbit meat	196	4.0	37.4	0	9.35
Elk loin	189	4.4	35.0	0	7.95
Bison chuck shoulder	219	6.0	38.3	0	6.38
Venison heart	187	5.4	32.3	0	5.80
Bison rib-eye	200	6.4	33.4	0	5.22
Bison top sirloin	194	6.4	31.8	0	4.97
Venison liver	196	8.0	28.0	0	3.50
Venison, ground	212	9.3	30.0	0	3.23
Elk, ground	219	9.9	30.2	0	3.05
Bison, ground	166	8.2	23.0	0	2.80
Bison liver	241	5.3	33.3	6.7	2.78
Bear meat	186	9.4	22.8	0	2.43
Bison heart	239	16.0	22.7	0	1.42

*Venison refers specifically to deer in this case.

SEAFOOD

- All seafood is PSMF!
 - Even salmon is protein sparing



Fish & Seafood (4 ounces)

	Calories	Fat	Protein	Carbs	P/E Ratio
Shrimp	112	0.32	27.2	0.23	49.45
Langostino	93	0.67	21.3	0	31.79
Tuna (canned)	149	1.06	32.91	0	31.05
Northern pike	128	1.0	28	0	28.00
Cod	113	1.0	26	0	26.00
Orange roughy	119	1.0	25.7	0	25.70
Crab	94	0.84	20.28	0	24.14
Tuna (yellowfin)	150	1.5	34	0	22.67
Lobster	101	1.0	22	0	22.67
Perch	132	1.34	28.2	0	22.00
Bluegill	133	1.34	28.2	0	21.04
Crappie	132	1.34	28.2	0	21.04
Mahi mahi	100	1.0	21.0	0	21.00
Grouper	134	1.5	28.2	0	18.80
Crayfish (crawfish)	93	1.4	19.0	0	13.57
Barramundi	110	2.0	23.0	0	11.50
Tilapia	145	3.0	29.7	0	9.90
Monkfish	110	2.2	21.1	0	9.59
Sea bass	135	3.0	27.0	0	9.00
Halibut	155	3.5	30.7	0	8.77
Salmon roe (ikura)	185	4.0	34.3	0	8.58
Catfish	119	3.2	20.9	0	6.53
Flounder	97.5	2.7	17.3	0	6.41
Turbot	138	4.3	23.3	0	5.42
Octopus	186	2.4	33.8	5.0	4.57
Squid	119	1.8	20.3	4.0	3.50
Salmon	206	9.0	31.0	0	3.44
Scallops	126	1.0	23.0	6.0	3.29
Trout	190	8.6	28.0	0	3.26
Swordfish	195	9.0	26.6	0	2.96
Walleye	156	7.5	22.0	0	2.93
Arctic char	208	10.0	29.0	0	2.90
Cockle	90	0.8	15.3	5.3	2.50
Fish livers	118	5.0	12.5	5.8	2.50
Sardines	139	7.5	18.0	0.0	2.40
Clams	161	6.7	27.5	6.7	2.05
Mussels	195	5.0	27.0	8.38	2.02
Sea urchin	137	5.6	18.3	3.9	1.93
Anchovies	256	15.9	28.0	0	1.76
Eel	267	17.0	26.8	0	1.58
Mackerel	290	20.3	27.0	0	1.33
Oysters	92	2.6	10.7	5.6	1.30
Herring	283.5	20.2	23.8	0.0	1.18
Caviar	299	20.3	27.9	4.54	1.12
Escargot	21.6	0.2	1.3	3.5	0.35

PORK



- Keep the bacon for over-feeding days!



Pork (4 ounces)	Calories	Fat	Protein	Carbs	P/E Ratio
Tenderloin	158	4.0	30.0	0	7.50
Liver	187	5.0	29.5	4.3	5.90
Kidney	171	5.3	28.8	0	5.43
Heart	168	5.7	26.8	0.5	4.70
Chop	241	12.0	33.0	0	2.75
Rump	280	16.2	32.8	0	2.02
Loin	265	15.5	30.8	0	1.99
Middle ribs (country style)	245	16.0	25.0	0	1.56
Leg ham	305	20.0	30.4	0	1.52
Ears	188	12.3	18.0	0.2	1.46
Tongue	307	21.0	27.3	0	1.30
Brains	156	11.0	14.0	0	1.27
Butt	240	18.0	19.0	0	1.06
Cracklings (pork rinds)	530	40.0	39.0	1.9	0.98
Bacon	600	47.2	41.8	0	0.89
Shoulder	285	23.0	19.0	0	0.83
Hocks	285	24.0	17.0	0	0.71
Loin back ribs (baby back ribs)	315	27.0	18.0	0	0.67
Belly	588	60.0	10.4	0	0.17



WHAT TO EAT

Top PSMF (Pure Protein) foods.

PSMF PROTEINS

- Instead of chicken thighs
 - Skinless Breasts
- Instead of Bacon
 - Lean Ham
- Instead of Ribeye
 - Tenderloin
- Instead of yolks
 - Egg Whites
- All Seafood and Fish

9 HEALTHY LEAN PROTEINS

per 4 ounces



Chicken Breast
(Boneless, Skinless)
34g protein



White Fish
26g protein



Pork Loin
33g protein



Tuna
29g protein



Shrimp
26g protein



Beef Tenderloin
35g protein



Egg Whites
13g protein



Turkey Breast
(Boneless, Skinless)
34g protein

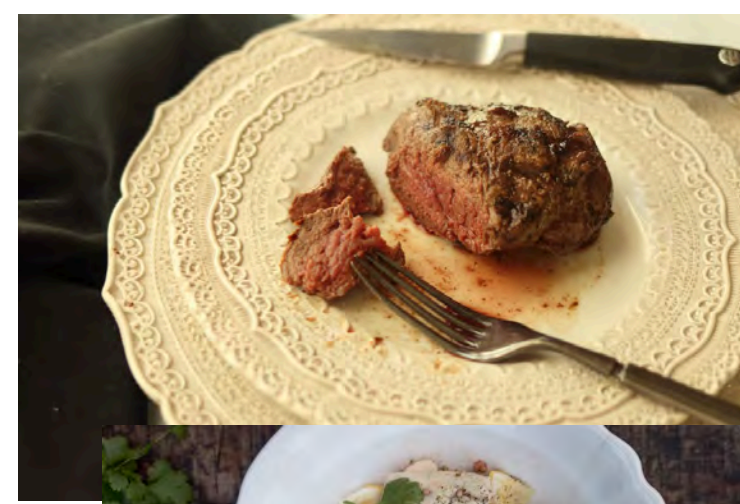


Scallops
23g protein

KetoMaria.com

WHAT DOES PSMF LOOK LIKE?

- Food can still be very tasty and satiating
- Lots of leaner animal proteins, limited plants
- Egg whites, chicken breast, fish, seafood, leaner cuts of meats like tenderloin, fillet mignon, pork loin



SHAKE OPTION



Sugar Free
Shamrock 🍀 Shake

- It is BEST to always chew your food
 - Chewing registers hormones that signal you are full!
- BUT if you need a shake, try my scrambled egg pudding made into a shake by adding more almond milk or ice.
- Never use WHEY protein.

EGG WHITE IDEAS

- No one wants bland egg whites!
- 1. Popovers
- 2. Fried “Rice”
- 3. Thanksgiving Frittata
- 4. Orange Cream Shake
- 5. Souffle Omelet
- 6. Hot Chocolate Cereal



BREAKFAST IDEAS

- 1. Bagels with my dairy free cream cheese
- 2. Cocoa Puffs
- 3. Pancakes
- 4. Dutch Baby
- 5. Waffles



CHICKEN IDEAS

No one wants to eat dry chicken breasts!

Ideas:

1. Chicken "Noodle" Soup
2. Asian Ground Turkey
3. BBQ Chicken Pizza
4. Chicken Tenders with Carolina BBQ
5. Orange Chicken over fried "rice"



SEAFOOD IDEAS

- 1. Shrimp Scampi (no butter)
- 2. Lobster
- 3. Cod with PSMF Tartar Sauce
- 4. Tuna Sandwich
- 5. Shrimp Cocktail
- 6. Halibut with Ginger Sauce



PORK IDEAS

- 1. Dijon Pork Chops
- 2. Sweet n Sour Pork Chops
- 3. BBQ Pulled Pork Sandwich
- 4. Ham Sandwich
- 5. Perfect Pork Tenderloin
- 6. Pork Chops with Truffle Mustard





SNACK IDEAS

- 1. Protein Sparing Chips and Dip
- 2. PSMF Pudding
- 3. Sashimi
- 4. Fry Bread (sweet or savory)



SNACK IDEAS

- TORTILLA CHIPS!!!
 - With my PSMF Sour Cream



DESSERT IDEAS

- 1. Chocolate Ice Cream
- 2. Cinnamon Rolls
- 3. Wendy's Frosty
- 4. PSMF Bread Pudding



EASY IDEAS

- egglife wrap (or my protein tortilla) with turkey, chicken, ham and mustard
- egglife wrap (or my protein tortilla) with taco meat
 - I always make extra taco meat
 - OR make slow cooker chicken breasts with taco seasoning!



EASY IDEAS

- 1. Egg Salad Sandwiches
- 2. Slow Cooker Ranch Chicken wraps
- 3. Slow Cooker BBQ Pork wraps
- 4. CRAB!
- 5. Tuna Melt Dutch Baby



PESCATARIAN

- 1. Crab
- 2. Lobster
- 3. Fish (salmon, halibut, any fish!)
- 4. Shrimp, seafood
- 5. Eggs
 - PSMF Bread
 - Sandwiches with lettuce, tomato, mustard
 - Dutch Baby
 - Sweet and savory
 - PSMF pancakes





TOO BUSY TO COOK?

- No one is busier than me!
 - I wrote 3 books last year,
 - I consult clients daily,
 - I am filming a Netflix show,
 - I put out FREE blog content 3 times a week,
 - I make YouTube videos,
 - We homeschool our children,
 - I find time to run and workout daily.
 - **I COULDN'T DO ALL THIS IF I DIDN'T FEED MYSELF WELL!**
 - **MAKE YOUR FAMILY HELP! TEACH THEM TO COOK!**



HOW DO I DO PSMF IF I AM TOO BUSY?

- Work SMARTER not HARDER!
 - I do not cook everyday, but we do eat homemade meals everyday!
 - QUADRUPLE BATCHES and Freeze most of it
 - Italian Chili, Soups
 - Smoked Meats: FILL the smoker and I have easy smoked meat in the freezer for a month!
 - Make sauces for the next 2 weeks
 - Dairy Free Ranch

HOW DO I DO IT IF I DO NOT COOK?

- GET A SLOW COOKER! MAKE A DOUBLE BATCH and get a CASE of egglife wraps
 1. Slow Cooker BBQ Chicken Breasts (serve in egglife or lettuce wraps)
 2. Slow Cooker Chicken Burrito
 3. Slow Cooker Sloppy Joes
 4. Slow Cooker Barbacoa Wraps
 5. Slow Cooker Asian Pulled Pork Wraps
 6. Slow Cooker Chicken Fajitas
 7. Slow Cooker BBQ Pork Wraps
 8. Saucy Enchilada Bake
 9. Slow Cooker Reuben Chicken





HOW DO I DO IT IF I DO NOT COOK?

- OVERFEEDING/REGULAR KETO
 1. SLOW COOKER Mexican Ribs
 2. SLOW COOKER Asian Ribs
 3. SLOW COOKER BBQ Short Ribs
 4. SLOW COOKER Thai Short Ribs
 5. SLOW COOKER Chicken & Lime Coconut Soup
 6. SLOW COOKER GUMBO
 7. SLOW COOKER Doro Watt



FAST AND QUICK MEALS

- Crab! It is already cooked!
- Pre-cooked Shrimp
- Tuna packed in water with mustard
- Canned salmon

RESTAURANT IDEAS

- Yes! You can still dine out!
 - Grilled Steaks
 - Shrimp
 - Salmon
 - Steak Tartar
 - Lobster
 - Broiled Fish





OVER FEEDING DAYS

Important if doing PSMF week after week.



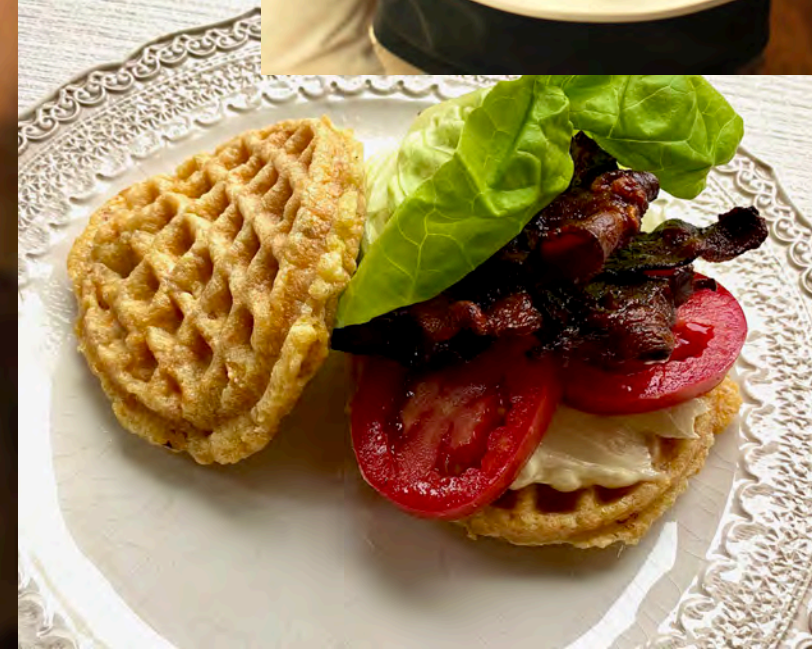
FOR MAXIMUM FAT LOSS & HEALING

- Do not add in Dairy
 - Cheese, whey protein, sour cream, heavy cream, cottage cheese
- Do not add in Nuts
 - Almonds, pecan, NUT FLOURS
 - Remember: unsweetened almond milk is ok (no carbs and no fat)

Fathead Pizza is a bad idea

OVER FEEDING IDEAS

- 1. Baby Back Ribs
- 2. Deviled Eggs
- 2. Paffle (made with pork rind dust)
 - Lobster Roll Paffle
 - BLT Paffle
 - Tuna Salad Paffle



OVER FEEDING IDEAS

- 1. Ribeye (preferably grilled)
- 2. Double Bacon Burger (no cheese), comeback sauce
- 3. Bacon Wrapped Shrimp



OVER FEEDING IDEAS

- 1. Pork Rinds
- 2. Giant Protein Bread Sandwich with Mayo (no vegetable oil mayo!) and salami, prosciutto, corned beef.





EXERCISE AND PSMF

EVER GAIN WEIGHT TRAINING FOR A MARATHON?

- I did! Exercise timing can change hormones:
 - Cortisol
 - Also depletes you of IRON (Ferritin)... even Men!
 - Don't focus on just cardio and do not run later in the day!
 - Best is combination
 - HITT
 - Heart rate up, then strength train

EXERCISE TIMING

- Weight loss is all about HORMONE MANIPULATION
 - Cortisol is Naturally high in Morning
 - Don't increase cortisol later in the day
 - Human Growth Hormone vs Insulin
 - You burn 300% more body fat in the morning on an empty stomach
 - Your body does not have any glycogen or stored carbohydrates/sugar in the liver to burn.
 - Your body goes directly into the fat stores
 - You also increase your human growth hormone levels;
 - The fat-burning hormone.
 - The human growth hormone and insulin counteract each other.



MY TYPICAL DAY

- 5:30am: Work with clients, take supplements, drink ICE water sweetened with stevia drops.
- 8am-9am: Run (then take supplements)
- 9:30am: eat filet mignon (6 ounces – 44g protein)
- 1pm: eat 6 ounces mahi or halibut over iceberg lettuce and my coconut ginger sauce (31g protein)
- Walk after lunch
- 5:30pm: eat protein sparing bread dipped in my Italian Chili or with a burger, protein sparing dessert (45g protein)
- 6pm: [BluBlox on to lower cortisol! Click HERE!](#) And bedtime supplements.

DO NOT EXERCISE TO EAT MORE!

- It takes 3,500 calories to burn a pound of fat
 - That is a marathon and a half!
- Exercise for mitochondrial benefits & muscle mass, not extra calories!
- If exercise stimulates hunger, then focus on walking and yoga
 - Especially if doing extended fasting





SUPPLEMENTS FOR PSMF

YOU AREN'T WHAT YOU EAT, YOU ARE WHAT YOU ABSORB!



- Hydrochloric acid.
 - If you are low in HCL, you could be drinking magic potion but not benefiting from the magic because you aren't absorbing it!
 - Click [HERE to find!](#)
- A healthy thyroid produces HCL: low thyroid = low HCL
 - Causes a vicious cycle (thyroid NEEDS zinc, selenium, iodine)

AS WE AGE

- We produce less Hydrochloric Acid
 - LESS ABSORPTION OF NUTRIENTS AND PROTEIN!
 - Causes lack of flavor in food, and excessive hunger.
 - Hashimotos often have low HCL
 - [Click HERE to find!](#)
- Digestive Enzymes
 - [Click HERE to find!](#)

PROTEIN INSURANCE

- I take leucine everyday after my morning run.
 - 700mg l-leucine: helps with muscle building as you lose weight as well as provides energy. Find it here: <https://mariamindbodyhealth.com/leucine/>
- This does not REPLACE protein!
 - Can help if you are ill: Covid, Infection, Illness

ENERGY

- Potassium and SODIUM:
 - Carbs retain water
 - You lose a lot of sodium and potassium
 - Potassium safeguards your lean mass during weight loss.
 - prevents cramping and fatigue.
 - A deficiency = low energy, heavy legs, salt cravings, dizziness and you may cry easily.
 - (SKIP IF YOU **DRINK LMNT** which has potassium and will help with constipation) Find FREE SAMPLE HERE:
<https://mariamindbodyhealth.com/lmnt-electrolytes-2/>
 - **Find Potassium:**
<https://mariamindbodyhealth.com/potassium/>

HOW TO BALANCE ELECTROLYTES

KETOMARIA.COM

Sodium _{Na}

4,000-7,000 mg per day

This is the total sodium you need for the day on food and in water.

4,500mg sodium is about 2 1/2 teaspoons of sea salt.

If you are active, sweat a lot or in hot weather, add 1,000-2,000 mg a day.



Potassium _K

3,000-6,000 mg per day

Most people get enough potassium in food and don't need to supplement if they prioritize proteins like beef, pork, fish, etc.

If dehydration symptoms aren't resolved by getting enough sodium and magnesium, try adding potassium citrate. If you don't get enough sodium, the body leeches potassium and magnesium.



Magnesium _{Mg}

400-1,200 mg per day

This is in addition to what you get in your food. Most people are deficient in magnesium regardless of diet.

Supplement using magnesium glycinate is best. Malate and l-threonate are good too.

Avoid oxide and citrate forms of magnesium as they can cause loose stools and aren't absorbed as well.



KETO
-Adapted-
MARIA MIND BODY HEALTH

MARIAMINDBODYHEALTH.COM
KETO-ADAPTED.COM

ENERGY

- **3 grams (3,000 mg) of Acetyl-L-carnitine once daily on empty stomach**
 - increase energy, weight loss and focus, decrease triglycerides.
 - An amino acid which aids the breakdown of calories by shuttling fatty acids into the mitochondria which is our 'fat-burning powerhouse' in our body.
- Helps increase your energy at same time suppressing your appetite.
- Reduces muscular fatigue, which can help you go longer and harder in your fitness routine. **(NOTE: This can cause loose stools)**
- Find it HERE: <https://mariamindbodyhealth.com/acetyl-l-carnitine/>

MY BASIC SUPPLEMENTS (I TAKE MORE)

- 1. Probiotic (even my kids take): [Click HERE](#)
- 2. Vitamin D **with K2** (in the winter.... even my kids take): [Click HERE](#)
- 3. Vitamin K2 (even my kids take): [Click HERE](#)
- 4. Magnesium (even my kids take): [Click HERE](#)
- 5. Zinc (even my kids take): [Click HERE](#)
- 7. Aceytl-L-carnitine: [Click HERE](#)
- 8. Beef Organs (even my kids take): [Click HERE](#)

PERSONALIZED SUPPLEMENT PLAN

- Do you suffer with Stubborn Weight Loss, Thyroid issues, Constipation, Sleep Issues, High Blood Pressure, an autoimmune disease?
 - Click [HERE to get a personalized supplement plan.](#)

Re: Test Results

Hi Maria!

I hope you're doing well! I have been following your health assessment recommendations and am very happy to report I'm feeling great! I have been eating your wAy of keto along with some psmf days and have lost 42lbs!! I'm so grateful for you and Craig and the work that you do 💖



RESULTS & CONCLUSION

PSMF for Fat Loss

CLIENT RESULTS

■ Client testimonies using PSMF

“Thank you, Maria, for teaching us everyday what to do to lose weight and stay healthy! The Protein Sparing Modified Fast book is awesome! **I’m doing 3 days a week of PSMF and I’m losing weight again!!!** I only want 10 more lbs. and I’m good!!! Thank u again!”
MJ0

Results: **Week 1 of PSMF .. -3.5 lb.** 🍷
-53.5 lbs. down total!
I followed traditional keto Marco's from Jan - Apr.. saw amazing results. Things slowed down. I kept CONSISTANT (↔) even though I was frustrated not seeing "better" results. Last week I learned about PSMF and plugged in right away!
- 3 days of PSMF
- The rest of the week marco's from Maria and Craig Calculator
Shocked by the scale today!



“I ate all protein yesterday lost 2.6 pounds over night.”

This is definitely the most "curious" dish in the PSMF! It is the French Toast Porridge. It looks like oatmeal, is made from egg whites and almond milk, but it tastes like gourmet popcorn. Maple cinnamon poppycock. [Maria](#) you're a genius!



CLIENT RESULTS

■ Client testimonies using PSMF

“Thank you, Maria, for teaching us everyday what to do to lose weight and stay healthy! The Protein Sparing Modified Fast book is awesome! **I’m doing 3 days a week of PSMF and I’m losing weight again!!!** I only want 10 more lbs. and I’m good!!! Thank u again!”
MJO

Results: **Week 1 of PSMF .. -3.5 lb.** 🍷
-53.5 lbs. down total!
I followed traditional keto Macro's from Jan - Apr.. Things slowed down. I kept CONSITANT (↔) even though I was frustrated not seeing "better" results. Last week I learned about PSMF and plugged in right away!
- 3 days of PSMF
- The rest of the week macro's from Maria and Craig Calculator
Shocked by the scale today!



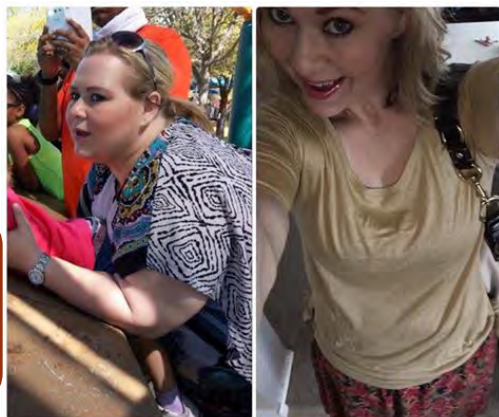
“I ate all protein yesterday lost 2.6 pounds over night.”

This is definitely the most "curious" dish in the PSMF! It is the French Toast Porridge. It looks like oatmeal, is made from egg whites and almond milk, but it tastes like gourmet popcorn. Maple cinnamon poppycock. [Maria](#) you're a genius!



WEIGHT LOSS

To date I have **lost 220 pounds**. I have been trying to get my family to eat Keto with me with no success. ...Maria Emmerich's Keto Comfort Foods in particular has been the ultimate game changer. ...I am beyond excited as to what the future holds for my family and our Keto lifestyle. I have recommended these books to everyone. Literally every recipe I have made has been fantastic.



Lost 220
pounds

"I do want to say a huge thank you to you and Maria both. I was about **285lbs at my heaviest**. I first started losing by switching to a paleo diet, but eventually stalled at about 240. I found your site, bought your books and switched to keto. As of this morning I weigh 181. Still have a way to go to my goal weight but I know keto will get me there! Oh, and **I no longer suffer at all from my ulcerative colitis!!!!**" - Sam

Lost 104 pounds

"I have **lost 135 lbs. in the last year and a half**. My life is so different now, I had a son, after play minutes I would hours. **I had Sle** pressure, my ha I to

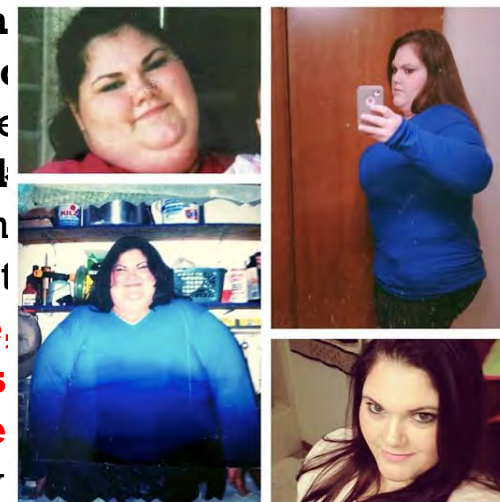


Lost 135
pounds

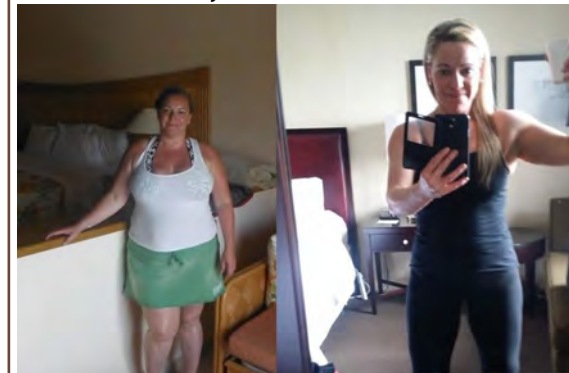
We are blessed to have found your books to guide our keto journey. 1 year in with forever to go! This is **200 pounds of weight loss**. - Lena

Lost 200 pounds Total

My heaviest weight was **456lbs**. I needed a total lifestyle change. **My heart was enlarging, I couldn't breathe, asthma,** and the low carb way of eating helped me lose weight so fast. **I broke** and have shed another **total 254 pounds**. **My** **can** **amazing!!**" - Ashley



"This is what your help has done for me...a mom of 5, and business owner with



Lost 150
pounds of
fat, gained
20 pounds
of muscle

OX" -Robyn



KetoMaria.com

LOST 100 POUNDS
IN 2 MONTHS!

You can do it!



You are never too new go



73 and 77 years old

Before



After




fit and health.
e food!

DEXA PROOF

Questions › Category: General Questions › DEXA Scan Victory



Andrew C. [redacted] asked 2 hours ago

 [Subscribe](#) [Edit](#) [Delete](#)

0

About five weeks ago, Craig changed my macros from fat loss to maintenance because my doctor thought I had lost too much weight.





Today was my first Dexa after switching to those macros, and I was anxious to see how much fat I had gained. The results were 3.2 lbs increase in body mass, 1.5 lbs decrease in fat mass, and 4.7 lbs increase in muscle mass.

You could have knocked me over with a feather! Craig's macros rock, and I'm also benefiting from strength training five days per week plus yoga several days.





FREE MACRO CALCULATOR

- Get your personal macros done!
- Includes PSMF macros
- <https://mariamindbodyhealth.com/keto-calculator/>

What is your Goals?

 Fast Fat Loss (with PSMF)	 Fat Loss	 Improve Body Composition (maintain or build muscle)	 Muscle or Gain Weight
--	--	--	--

Activity
Set to Sedentary for quickest fat loss results.

 Sedentary Desk job or seating work.	 Light Activity Housework, retail work, on your feet most of the day.	 Moderate Activity Factory work or other significant walking and movement.	 Heavy Activity Construction or other strenuous manual work.
---	---	---	---

Results - Fast Fat Loss (with PSMF)
Remember that protein is a goal or minimum. Going over isn't a problem as long as calories (Fat) are under. Fat and carbs are a limit to stay under.

FREE MEAL PSMF PLANS

- Click [HERE](#) for PSMF meal plans that have perfected macros for non-protein sparing day!
 - Dairy Free
 - Nut Free
 - AND DELICIOUS

30 Day Ketogenic Cleanse plus PSMF Meal Plans!

Here are BONUS meal plans for the [30 Day Ketogenic Cleanse](#) cookbook (click [HERE](#) to get it).
That include PSMF days from our new ebook [The Art of Fat Loss](#) (click [HERE](#) to get it).

To quickly find which cookbook each recipe is in, just go [HERE](#) to get our full Recipe Index of all our cookbooks!



Meal Plans with PSMF and Overfeeding Days

TAKE CARE OF YOURSELF FIRST!



JUST SAY NO!

- Say YES to YOU!
 - Re-think your priorities!





BOOKS AND SERVICES

How to get more help.



FREE YOUTUBE COOKING VIDEOS

- Click here to watch the videos and subscribe to our new YouTube channel and never miss a video!
https://m.youtube.com/channel/UCyZia0TtezGqjGcXwXJhDoQ?s=ub_confirmation=1
- Tell your friends! Keto food can be delicious and easy to make!

EVENTS AND TRIPS WITH MARIA EMMERICH

ITALY

CROATIA

SPAIN

PERU

PARIS

PORTUGAL



KETO TRIPS

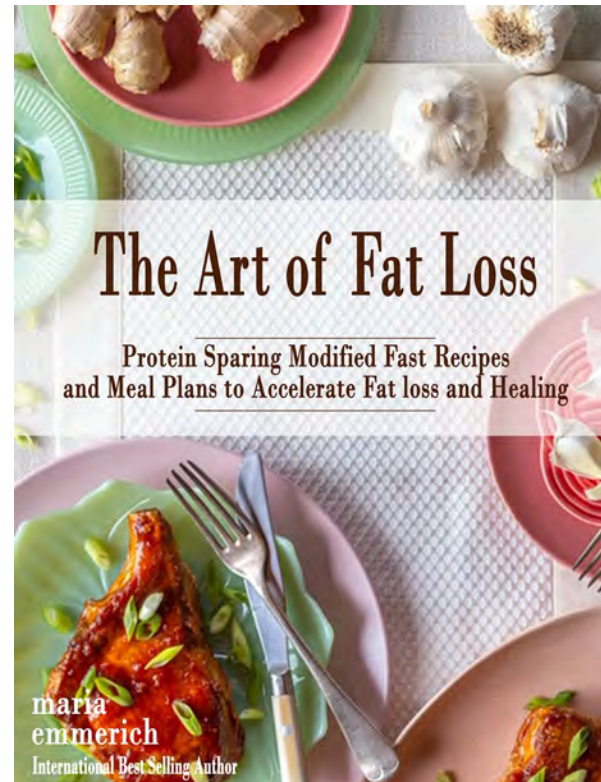
- Trips of a lifetime!
 - Eating delicious keto and carnivore meals!
 - Private VIP tours
 - Even stayed in a CASTLE!
- Go here to check them out:
<https://mariamindbodyhealth.com/events/>

PSMF COOKBOOK

- [CLICK HERE](#) to get our PSMF eBook.



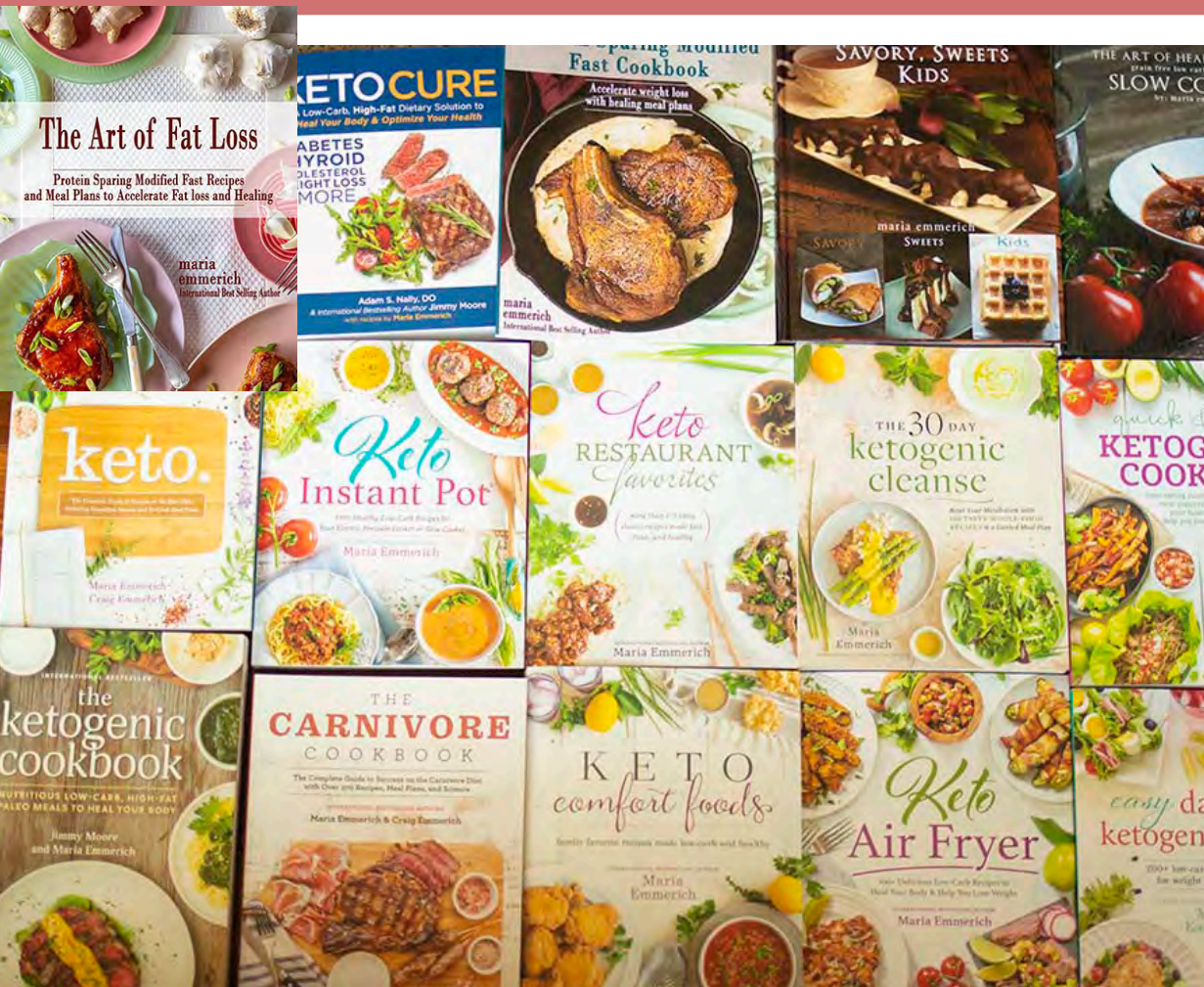
- Click [HERE](#) for the Art of Fat Loss!



- Click [HERE](#) for the Pure Protein Cookbook!



MY BOOKS



Sugar Free Kids: <https://amzn.to/3DeagwC>

Keto Comfort Foods: <https://amzn.to/2LEBgNM>

Keto Air Fryer: <https://amzn.to/2ZGnsXB>

The Carnivore Cookbook: <https://amzn.to/2tfjQzM>

Quick and Easy Ketogenic Cooking (Halle Berry's favorite)
<https://amzn.to/2AaRGbV>

The 30 Day Ketogenic Cleanse: <https://amzn.to/2JV8WE>

Keto: <https://amzn.to/2OkqIBE>

Keto audio book (read by me): <https://amzn.to/2JW6Ykr>

Keto Restaurant Favorites (which is my favorite!): <https://amzn.to/2mJmS8V>

Easy Dairy Free Ketogenic Recipes: <https://amzn.to/2JV3gaJ>

Keto Instant Pot Recipes: <https://amzn.to/2uQDfVA>

The Ketogenic Cookbook: <https://amzn.to/2Oii7zK>

And other favorite self-published books: <http://keto-adapted.com/product-category/ebooks/>

MY SERVICES

- NEW Keto Courses!
 - All NEW! Amazing Videos and Interactive Meal Plans
 - Weekly Live Webinars for VIP Members
- Keto-Adapted.com
 - Tons of support options including weekly webinar and meal plan generator
 - Over 500 exclusive recipes
- KetoMaria.com
 - Blog with lots of free resources and personal consulting options.

IF YOU ARE STALLED OR WANT WEIGHT LOSS TO HAPPEN FASTER

- A personalized health assessment WILL help speed up healing and weight loss!
 - [Click HERE to check it out!](#)

I wanted to tell you thank you for your plan. I finally feel in control. In one month I'm down a dress size , shirt size and pant size. Also gained motivation to keep going. I'm down 23 lbs my first month and excited to keep going. Thank you

4:29 PM

Oh my goodness!!!! I'm soooooo proud of you ❤️❤️❤️❤️❤️❤️

AFFILIATE PROGRAM

We have an affiliate program! If you are always promoting my stuff, eBooks, you should get paid for it!

If you sign up here: <https://keto-adapted.com/affiliate-area/>
We can hook you up!

Even my certified coaching program. If someone signs up with your link, you make a lot!

Keto Coach Certification



ENROLL NOW!

COURSE OUTLINE

KETO COACHING CERTIFICATION

- Do you have a passion for keto and helping others?
- Our Certified Keto Coaching program will change your LIFE!
- Learn more here:
<http://keto-adapted.com/keto-coach/>