

## Daily Checklist

Print this daily checklist off and put it up on the fridge to refer to every day to help you stay on track.

- Good foods** – meat, eggs, dairy, good oils, vegetables that grow above the ground, nuts, berries, lemon, all spices.
- Eat until satisfied.**
- Fluids** – black tea and coffee and water at any time, limit alcohol (dry wine or spirits in small amounts). At least 2 litres of water a day.
- Treats** – sweet or savoury, keto-friendly only (see keto recipes), try to have a treat only when you 'need' it. Have one only and then wait 15 minutes (you usually won't want another after this time). Use Stevia for a sweetener and avoid sugar and ALL artificial sweeteners.
- Bad foods** – **NO** sugar, tropical fruits, grains (bread, pasta, rice, etc...), legumes, beans, cereals, soda, beer, sweet wines/drinks.
- Ideal ratios fats/proteins/carbs** - 70/20/10
- Intermittent fasting** – don't eat after 6pm, if you get in trouble during a fast then drink water, wait 15 mins as hunger will pass, have a bullet-proof coffee (black coffee with coconut oil/butter/cream).
- Exercise** – gentle is best otherwise it makes you really hungry. Walks are great.
- Sleep** – get good sleep and be consistent with your bed and waking times.
- Monitoring** – only weigh yourself weekly, measurements are a better guide, don't become obsessed as you don't lose weight at an even rate, stay away from Dr Google, we will monitor you.