



Keto Reform



DIET PREVIEW

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Blueberry Smoothie

Carbs	Net Carbs	Protein	Fat	Kcal
16g	11g	27g	23g	374

Directions

- Pour coconut milk & water into the blender
- Add in the protein powder, avocado, blueberries, & frozen cauliflower
- Turn the blender on, starting at a low speed & increase as needed.
- Once the liquid is even pour into a cup and enjoy

Ingredients

- 1/2 Cup of Canned Coconut Milk
- 1/2 Cup of Water
- 1 Serving of Vanilla Protein Powder
- 1/4 Avocado
- 1/4 Cup of Blueberries
- 1/2 Cup of Frozen Cauliflower



Can adjust protein depending on protein needs for the day.

Make sure that the 11 net carbs fits with your daily total of 25 net carbs

Cauliflower Hash Brown Breakfast

Carbs	Net Carbs	Protein	Fat	Kcal
7g	3g	27g	43g	490

Directions

- Preheat oven to 400F/200C.
- Shred the cauliflower in a food processor
- Combine the cauliflower, egg, cheddar cheese & garlic powder in a bowl a mix well.
- Line a square baking sheet with parchment paper & pat down the cauliflower mixture and bake for 15 minutes.
- While the hash browns are cooking, prepare your eggs and bacon with your desired method.

Ingredients

- 3 Cups Shredded Cauliflower
- 1 Egg
- 3/4 Cup Shredded Cheese
- 1/4 tsp of Garlic Powder
- 2 Eggs
- 2 Slices of Bacon
- 1 tsp of Coconut Oil
- Salt & Pepper



This is an excellent breakfast choice
with an ideal macro ratio



Avocado Egg Cups

Carbs	Net Carbs	Protein	Fat	Kcal
14g	4g	16g	32g	383

Directions

- Preheat oven to 425F/220C.
- Slice an avocado in half & scoop out part of the avocado to make room for the egg.
- Crack the eggs open into the avocado.
- Sprinkle with salt & pepper
- bake for 18 minutes or until the egg white is completely cooked through.

Ingredients

- 1 Avocado
- 2 Eggs
- Pinch of Salt & Pepper



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END OF PREVIEW



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FULL DIET PROGRAM INCLUDES

30 Keto Recipes

4 Week Diet Plan

Custom Diet Plan Sheet

Grocery List