

10 Week Keto Challenge – Weekly Eating Plan

Week 1 - Carnivore Week - Mon. to Fri. only. **Strict Keto / Macro Tracking** – Sat. to Sun. only.

- Carnivore days - Eat only meat, fish, and other animal foods such as eggs and certain dairy products. No processed or plant-based foods allowed.
- Strict keto / macro tracking days - Eat whole foods only. No processed foods allowed.

Week 2 - Strict Keto / Macro Tracking

- Eat whole foods only. No processed foods allowed.

Week 3 - Strict Keto / Macro Tracking

- Eat whole foods only. No processed foods allowed. **Fast for 14 hours daily**; eating within a 10-hour window.

Week 4 - Strict Keto / Macro Tracking

- Eat whole foods only. No processed foods allowed.

Week 5 - Strict Keto / Macro Tracking:

- Eat whole foods only. No processed foods allowed. **Fast for 14 hours daily**; eating within a 10-hour window.

Week 6 - Egg Fast - Mon. to Fri. only. **Strict Keto / Macro Tracking** – Sat. to Sun. only

- Egg fast days - Eat only eggs, butter/oils, cheese. More specific instructions and recipes to follow.
- If you are not an egg fan, you can substitute the egg fast for the carnivore diet (Mon. to Fri.)
- Strict keto / macro tracking days – Eat whole foods only. No processed foods allowed.

Week 7 - Strict Keto/ Macro Tracking

- Eat whole foods only. No processed foods allowed. **Fast for 15 hours daily**; eating within a 9-hour window.

Week 8 - Strict Keto / Macro Tracking

- Eat whole foods only. No processed foods allowed.

Week 9 - Strict Keto / Macro Tracking

- Eat whole foods only. No processed foods allowed. **Fast for 15 hours daily**; eating within a 9-hour window.

Week 10 - Carnivore Week - Mon. to Fri. only. **Strict Keto / Macro Tracking** – Sat. to Sun. only.

- Carnivore days - Eat only meat, fish, and other animal foods such as eggs and certain dairy products. No processed or plant-based foods allowed.
- Strict keto / macro tracking days - Eat whole foods only. No processed foods allowed.