

A silver spoon is shown pouring a variety of fresh vegetables, including green peas, orange carrots, and purple flowers, into a white bowl. The background is a light blue gradient.

CKL | CLEAN KETO LIFESTYLE

PRESENTS

CKL Kickstart

7 DAY

CLEAN KETO
CHALLENGE

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Welcome!!!

Congratulations on taking the first step to a Clean Keto Lifestyle!!

This 7 Day CKL Keto Kickstart will give you the tools that you need to thrive with a ketogenic diet! If you typically find yourself confused by all the keto information out there, stressed out about what to eat, or not sure how to start, I am here to help!

I have done all the hard work for you, specifically curating 7 days of delicious keto meals full of nourishing foods designed to turn you into a fat-burning machine! I am also setting you up for success with a grocery shopping list, meal prep instructions, and all of my go-to tips and tricks when it comes to living the keto life.

What makes a Clean Keto Lifestyle so different from all the other diets or wellness programs out there is that I focus on improving your health first and foremost. I also strip out all of the unnecessary steps that other keto gurus insist upon, like tediously tracking macros, restricting calories, and weighing your food. In my opinion these steps makes a keto lifestyle hard, and my goal is to make it easy, and thus sustainable. As you follow my keto programs, your body heals itself, the excess weight melts off, your energy levels skyrocket, and you start to feel amazing!!

As a Global Health Coach and Ketogenic Expert, my mission is to help everyone feel empowered to change their health for the better through a Clean Keto Lifestyle. This means doing the ketogenic diet the right way: free of processed foods with artificial ingredients and full of fresh, nutrient-dense fats, proteins, and vegetables.

Yes, you heard me right - fats are part of the plan. In fact, they are a crucial to weight loss and are 100% necessary to keep your brain and body running efficiently. Fat is also satisfying, helps the body absorb nutrients, and is 100% necessary to get into ketosis. So we will embrace fats!

Get excited! It is time to start living the Clean Keto way!! Congratulations on making a commitment to your health!



LET'S GET STARTED!

xoxo Karissa

Keto Basics Explained

What is a Ketogenic Diet?

A ketogenic diet is a high-fat, moderate-protein, very low-carb diet.

The diet generates the production of ketone bodies which pass into the brain and replace glucose as an energy source.

Why Keto Works!

When you are in a state of ketosis, your body becomes a fat-burning machine!

Ketosis is the holy grail for humans to operate the most efficiently and can lead to numerous benefits such as weight loss, more energy, improved focus, better sleep, clear skin, strength gain, reduced appetite, better digestion and balanced mood to name a few. Achieving ketosis is a natural way to reprogram your metabolism and transition your body to an upgraded operating system. This upgrade means you will ultimately feel better, perform more efficiently, and your body fat will plummet!

What is Ketosis?

The ketogenic diet causes the body to create small fuel molecules called **“ketones”** which are produced from the breakdown of fats in the liver.

Ketones are an alternative fuel source for the brain used when blood sugar (glucose) is in short supply. They are produced when very few carbs and only moderate amounts of protein are eaten.

On the keto diet, glucose levels are exhausted and the body is prompted to give the brain energy through an alternative method. The body takes stored fat through the liver and produces ketones which is then used as fuel throughout the body, including the brain. When the body produces ketones, it is called ketosis.

Exhausting the body of glucose on a ketogenic diet forces the body to run entirely on fat; which in turn burns stored fat more rapidly.

Preparation



Equals Success

Prep Step #1

Keto Meal Plan

	<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<i>Day 1</i>	Creamy Coffee/Tea	CKL Salad	Roasted Salmon
<i>Day 2</i>	Chocolate Keto Shake	Mediterranean Tuna Salad	Marinated Steak
<i>Day 3</i>	Creamy Coffee/Tea	Leftover Marinated Steak	Seared Scallops
<i>Day 4</i>	Chocolate Keto Shake	Spinach Bacon Salad	Roasted Chicken
<i>Day 5</i>	Creamy Coffee/Tea	Leftover Roasted Chicken	Beef & Broccoli
<i>Day 6</i>	Chocolate Keto Shake	Turkey Egg Bake	Leftover Beef & Broccoli
<i>Day 7</i>	Creamy Coffee/Tea	Leftover Turkey Egg Bake	Roasted Veggies & Shrimp

Prep Step #2

Shopping List

PROTEIN (HIGHEST QUALITY)

- 6 eggs
- 2 bacon slices
- 5 boneless chicken thighs
- 6 oz. ground turkey
- 24 oz. flank steak
- 6 oz. salmon fillet
- 6 oz. raw shrimp
- 6 oz. scallops
- 1 can tuna packed in water

VEGETABLES (ORGANIC)

- 1 bag of spinach (need at least 8 cups)
- 1 package cherry tomatoes (need 12)
- 1 package of white button mushrooms
- 1 small cucumber
- 1 zucchini
- 1 broccoli crown
- 1 cauliflower head
- 1 red onion
- 6 asparagus spears
- 12 oz. Brussels sprouts
- 2 radishes

FRUIT (ORGANIC)

- 3 lemons
- 1 avocado
- 1/4 cup pitted Kalamata olives

PANTRY STAPLES (CHECK INGREDIENTS!)

- coconut aminos (substitute for soy sauce)
- Dijon mustard
- balsamic vinegar (no added sugar)
- red wine vinegar
- apple cider vinegar
- collagen powder (Vital Proteins)
- coffee or tea bags (to make 4 cups)
- cacao powder
- stevia (from the leaf not Truvia)

HEALTHY FATS (ORGANIC)

- ghee/grass-fed butter
- coconut oil
- MCT oil
- avocado oil
- extra-virgin olive oil
- 2 cans full fat coconut milk (need 3 cups)

SPICES (ORGANIC)

- pink Himalayan salt
- ground black pepper
- dried chili powder
- dried paprika
- dried red pepper flakes
- 3 garlic bulbs (need 15 cloves)
- 1-2" ginger root
- 1 bundle fresh rosemary
- prepared horseradish (optional)

Notes:

- Any item or category with an asterisk (*) can be purchased for a discount @ [Thrive Market](#)
- If you are having trouble sourcing quality protein check out this [guide](#) on where to buy.

Prep Step #3

Get Organized

Prep Day (ONE DAY PRIOR TO STARTING THE PLAN)

PREPARE VEGETABLES AND STORE IN SEALED CONTAINERS IN THE FRIDGE

- Wash and slice the mushrooms, red onion, cucumbers, radishes, and zucchini
- Wash broccoli and cauliflower and chop into florets

COOK AHEAD

- Preheat oven to 375°F. Coat 1 chicken thigh with avocado oil and season with salt and pepper. Roast the chicken thigh for 25-35 minutes until it is cooked fully. Store in the fridge for use in the CKL Salad tomorrow.
- Hard boil 2 eggs, let cool and store in the fridge.
- Add 2 slices of bacon to a skillet on medium-high heat. Cook until crispy, then remove from the skillet, let cool, and chop. Store in the fridge for use in the Bacon Spinach Salad.
- Make the dressing for the Bacon Spinach Salad and store in the fridge.

DAY 1:

- After dinner, make the Mediterranean Tuna Salad if you are taking to work the next day. (Don't add the avocado until ready to serve.)
- Before bed, marinate your steak for the Marinated Steak.

DAY 3:

- After dinner, assemble the Bacon Spinach Salad if you are taking to work the next day. (Don't add the salad dressing until ready to serve.)

Tips & Tricks

Servings Guidance

- Except where noted, breakfast & lunch meals are 1 serving.
- Except where noted, dinner is 1 serving unless it is meant for leftovers - then it is 2 servings.
- Adjust recipe measurements accordingly if cooking for more people.

Be CREATIVE with leftovers! To some people, leftovers can be boring. Feel free to liven your leftover meal up by doing the following:

- Add some toppings (nuts, seeds, a drizzle of oil, or fresh herbs).
- Serve in a different manner (cold vs. warm, in a bowl vs. a plate) - these little changes can trick your brain into thinking it is a new dish.
- When in doubt - add **HOT SAUCE!** Hot sauce livens up any dish it touches and is so versatile! Frank's Red Hot is a good one to use.

Some recipes only call for 1 cup of coconut milk (most cans have 2.5 cups). If a recipe calls for less than 1 can of coconut milk, follow these steps:

- Shake the can vigorously before opening the can to blend the solids/water completely.
- Open can and measure out the amount needed.
- Cover the can with plastic wrap and a rubber band and store in the fridge for up to 5 days.
- **BONUS TIP:** Store 1-2 cans of coconut milk in the fridge at all times so they are cold when adding to smoothies.

MORE TIPS!

- Some recipes only call for ½ a lemon/lime, store remaining half face down on a small plate in the fridge to save for the next use.
- Store fresh herbs in a glass jar filled halfway with water in the fridge.
- Always feel free to add a side salad to any meal with fresh greens and a simple dressing of olive oil & vinegar of your choice.

Recipes



Breakfast

Creamy Coffee or Tea

INGREDIENTS (1 SERVING)

- 1 cup of hot brewed coffee or tea
- 1 scoop collagen powder
- 1 tbsp. MCT oil or coconut oil
- 1 tbsp. ghee or grass-fed butter

DIRECTIONS

1. In a high-powered blender add all the ingredients.
2. Blend on high until smooth.
3. Pour into a glass and serve immediately.



Keto Chocolate Shake

INGREDIENTS (1 SERVING)

- 1 cup of coconut milk (store in fridge overnight so it is cold!)
- 1 scoop collagen powder
- 1 tsp. MCT oil or coconut oil
- 1 tsp. cacao powder
- 1 tsp. stevia*
- Ice if desired

DIRECTIONS

1. In a high-powered blender add all the ingredients.
2. Blend on high until smooth.
3. Pour into a glass and serve immediately.

* Look for pure and organic



Turkey & Egg Casserole

INGREDIENTS (2 SERVINGS)

- 6 oz. ground turkey
- 4 large eggs
- 1 cup fresh baby spinach
- 1/2 tbsp. avocado oil + more for coating
- 1/2 tsp. chili powder
- 4 cherry tomatoes, halved
- 1 cup mushrooms

DIRECTIONS

1. Preheat the oven to 375°F. Grease a small baking dish with the avocado oil.
2. Heat 1/2 tbsp. avocado oil in a skillet on medium-high heat. Add in the mushrooms and sauté a few minutes.
3. Next, add in the turkey and season with the chili powder, salt and pepper.
4. Continue to cook the turkey until it begins to brown. Then line the bottom of the greased baking dish with the turkey mixture.
5. In a bowl, beat the eggs and then pour the eggs over the turkey mixture. Layer the spinach and tomatoes on top of the eggs.
6. Place the baking dish in the oven and cook for 20 minutes or until the edges of the egg begin to brown and the casserole is firm throughout.
7. Eat 1 serving and store the rest in the fridge to reheat and eat the next day.



Lunch

CK Salad

INGREDIENTS (1 SERVING)

- 2 cups fresh baby spinach
- 1 boneless chicken thigh, cooked and diced
- 1/2 cup sliced cucumbers
- 4 cherry tomatoes, halved
- 1/2 avocado, peeled and sliced
- 1 tbsp. extra-virgin olive oil
- 1/2 tbsp. balsamic vinegar

DIRECTIONS

1. Place greens, chicken, cucumbers, tomatoes, and avocado on a plate.
2. Top with the oil and vinegar and toss thoroughly to coat.
3. Season with salt and pepper to taste.



Spinach Bacon Salad

INGREDIENTS (1 SERVING)

- 2 cups fresh baby spinach
- 1/4 cup sliced red onion
- 1/4 cup sliced mushrooms
- 1 hard boiled egg, quartered
- 2 slices bacon, cooked crispy, cooled, and crumbled
- 1 garlic clove, minced
- 1/4 tsp. pink Himalayan salt
- 1 tbsp. apple cider vinegar
- 1 tsp. Dijon mustard
- 1 tbsp. extra-virgin olive oil

DIRECTIONS

1. First make the salad dressing. Combine the garlic, salt, vinegar, mustard, and oil into a bowl and whisk to combine.
2. Next, add the spinach, red onion, mushrooms, eggs, and bacon to a salad bowl.
3. Pour the dressing into the salad bowl and toss to fully coat.



Mediterranean Tuna Salad

INGREDIENTS (1 SERVING)

- 1/2 avocado, peeled and chopped
- 1 cup fresh baby spinach
- 4 cherry tomatoes, halved
- 2 radishes, sliced
- 1/4 cup pitted Kalamata olives
- 1 can tuna, drained
- 1 hard boiled egg, quartered
- 1/2 lemon, juiced
- 1 tbsp. extra-virgin olive oil

DIRECTIONS

1. Mix all the ingredients into a bowl.
2. Season with salt and pepper to taste.





Roasted Salmon

Serves 1
in 20 minutes

Ingredients

- 6 oz. salmon fillet
- 6 asparagus spears, woody ends removed
- 2 tbsp. avocado oil, divided
- 3 gloves garlic, finely minced
- 1/2 lemon, juiced
- 1/2 lemon, sliced

Directions

1. Preheat oven to 400°F.
2. Combine 1 tbsp. avocado oil, garlic, and lemon juice together. Season with salt and pepper to taste. Stir to combine well.
3. Place salmon on baking sheet lined with parchment paper.
4. Spoon the garlic lemon mixture onto the salmon, coat well on the top and sides of the salmon.
5. Arrange the asparagus around the salmon in a single layer.
6. Drizzle the spears with the remaining avocado oil, and place the lemon slices over them.
7. Roast for 12 to 15 minutes until the salmon is cooked to your liking.



Marinated Steak

Serves 2
in 30 minutes

Ingredients

- 2 tbsp. avocado oil
- 2 garlic cloves, minced
- 2 tbsp. red wine vinegar
- 1 tbsp. Dijon mustard
- 1/2 tsp. pink Himalayan salt
- 1 tsp. fresh rosemary, chopped
- 12 oz. flank steak
- 2/3 lb. Brussels sprouts, trimmed and halved
- 1 tbsp. ghee/grass-fed butter, melted

Directions

1. Preheat oven to 400°F.
2. In a large Ziploc bag, combine the avocado oil, garlic, vinegar, aminos, salt and rosemary. Add the steak and seal.
3. Squish everything around until the steak is well coated.
4. Marinate in the refrigerator overnight.
5. Remove the bag from the refrigerator and allow the steak to sit in the marinade.
6. In the meantime, trim and halve your Brussels sprouts, then add them to a roasting pan and toss with melted ghee/butter.
7. Season with salt and pepper and roast for 25 minutes, stirring once halfway through.
8. In the meantime, preheat a skillet over medium-high heat.
9. Pan fry the steak for 3-4 minutes per side for medium-rare.
10. Remove steak from the pan and allow to rest on a cutting board for 10 minutes.
11. After 10 minutes, slice the steak across the grain into thin slices.
12. Garnish the steak with fresh rosemary and serve with the Brussels sprouts.
13. Save leftovers for the next day.



Roasted Chicken

Serves 2
in 40 minutes

Ingredients

- 4 boneless chicken thighs
- 1/2 zucchini, sliced
- 2 tbsp. avocado oil, divided
- 1/2 lemon, juiced
- 2 garlic cloves, minced

Directions

1. Preheat oven to 375°F.
2. Line a baking sheet with parchment paper.
3. Add the chicken, 1 tbsp. avocado oil, and lemon juice in a mixing bowl toss to combine.
4. Place chicken on the baking sheet, season with salt and pepper, and roast for 25-35 minutes until cooked through.
5. Meanwhile, slice the zucchini and mince the garlic.
6. Add the remaining avocado oil to a skillet over medium heat.
7. Place the garlic into the skillet and let brown slightly for 1-2 minutes.
8. Next, add the zucchini to the skillet and sauté for an additional 5-7 minutes, flipping at least once.
9. Reduce heat to low and keep warm until the chicken is ready.
10. Serve together and save the leftovers for next day.



Seared Scallops

Serves 1
in 25 minutes

Ingredients

- 1/2 cauliflower, cut into florets
- 1/2 tsp. minced horseradish (optional)
- 2 cups fresh baby spinach
- 1 garlic clove, minced
- 6 oz. scallops, rinsed with cold water and patted dry with paper towel
- 1 tbsp. avocado oil, divided
- 1 tbsp. ghee/grass-fed butter, divided

Directions

1. Place cauliflower in a pot and cover with water. Bring to a boil, cover, reduce heat, and simmer 6 minutes or until cauliflower is tender.
2. Remove from heat. Let stand uncovered for 10 minutes then drain the water.
3. Meanwhile, add 1/2 tbsp. avocado oil and garlic to a skillet on medium heat. Let cook until garlic starts to brown.
4. Next, add in spinach, cook until wilted, and keep warm on the stove.
5. Add the drained cauliflower, 1/2 tbsp. of ghee, and horseradish (if using) to a blender. Season with salt and pepper.
6. Place a clean towel over the blender lid to avoid splatters and blend until smooth and set aside.
7. Add the remaining ghee/butter and avocado oil to a skillet over high heat.
8. Generously salt and pepper the scallops.
9. Once the ghee/oil combo begins to smoke, gently add the scallops to the skillet making sure they are not touching.
10. Sear scallops for 90 seconds on each side. The scallops should have a nice golden crust and be translucent in the center.
11. Serve immediately with cauliflower mash and spinach.



Beef & Broccoli

Serves 2
in 20 minutes

Ingredients

- 12 oz. flank steak, thinly sliced into 2" pieces
- 1/2 tbsp. of coconut oil
- 4 garlic cloves, minced
- 1 tsp. ginger root, peeled and minced
- 1 broccoli crown, cut in florets
- 1 cup water
- 2/3 cup coconut aminos
- 1 tbsp, apple cider vinegar
- 1/2 lemon, juiced
- 1/4 tsp. red chili flakes (optional)

Directions

1. Melt coconut oil in a skillet over medium-high heat.
2. When oil has melted and the pan is hot, sauté the steak slices, stirring 5-7 minutes.
3. Remove and set aside.
4. Lower the heat to medium and add the garlic and ginger, stirring and cooking until fragrant about 1 minute.
5. Add the broccoli and cook for a few minutes, until lightly browned.
6. Add the water, cover, and reduce the heat to medium-low. Cook for 10 minutes, stirring occasionally, until the broccoli is tender.
7. Add the coconut aminos, apple cider vinegar, lemon juice, salt, and beef slices back to the pan and sauté, tossing to combine, for a minute or two.
8. Serve immediately.
9. Save leftovers for next day.



Shrimp & Veggies

Serves 1
in 25 minutes

Ingredients

- 6 oz. raw shrimp, peeled
- 1/2 zucchini, sliced
- 1/4 red onion, thinly sliced
- 2 garlic cloves, minced
- 2 tbsp ghee/grass-fed butter, melted and divided
- 1 tsp. paprika, divided
- 1/2 lemon, sliced in wedges

Directions

1. Preheat the oven to 425°F.
2. Line a large baking dish with parchment paper.
3. Place veggies in a large bowl then add 1/2 tsp. paprika, 1 tbsp. of melted ghee/butter, and season with salt and pepper.
4. Add veggies to the baking sheet and roast for 15 minutes.
5. While the veggies are roasting, add the shrimp to the same bowl.
6. Add the remaining paprika and ghee/butter to the shrimp. Season with salt and pepper.
7. Combine to fully coat the shrimp.
8. Once 15 minutes is up, add the shrimp to the baking sheet with the veggies and bake for an additional 5 minutes or until pink.
9. Serve in a bowl and garnish with lemon wedges.

Daily Breakdown



Day 1

Upon Waking

Drink a large glass of water

Breakfast

Creamy Coffee/Tea

Lunch

CKL Salad

Dinner

Roasted Salmon



Reflection

DAY 1

I Feel:



I Will:



Challenge List 3 Health Goals You Want to Achieve

1.

2.

3.



Day 2

Upon Waking

Drink a large glass of water

Breakfast

Chocolate Keto Shake

Lunch

Mediterranean Tuna Salad

Dinner

Marinated Steak



Reflection

DAY 2

I Feel:



I Will:



Challenge List 3 Things You Love About Yourself

- 1.
- 2.
- 3.



Day 3

Upon Waking

Drink a large glass of water

Breakfast

Creamy Coffee/Tea

Lunch

Leftover Marinated Steak

Dinner

Seared Scallops



Reflection

DAY 3

I Feel:



I Will:



Challenge List 3 Ways to Get In Your Extra Hour

- 1.
- 2.
- 3.



Day 4

Upon Waking

Drink a large glass of water

Breakfast

Chocolate Keto Shake

Lunch

Spinach Bacon Salad

Dinner

Roasted Chicken



Reflection

DAY 4

I Feel:



I Will:



Challenge List Your Why's (at least 3)

- 1.
- 2.
- 3.



Day 5

Upon Waking

Drink a large glass of water

Breakfast

Creamy Coffee/Tea

Lunch

Leftover Roasted Chicken

Dinner

Beef & Broccoli



Reflection

DAY 5

I Feel:



I Will:



Challenge List 3 Food Items That You Are Tossing

- 1.
- 2.
- 3.



Day 6

Upon Waking

Drink a large glass of water

Breakfast

Chocolate Keto Shake

Lunch

Turkey Egg Bake

Dinner

Leftover Beef & Broccoli



Reflection

DAY 6

I Feel:



I Will:



Challenge

List 3 ways your life change if you achieved your health goals?

- 1.
- 2.
- 3.



Write down what price would you put on living a life of your dreams, where you're happy, healthy, and full of confidence? _____

Day 7

Upon Waking

Drink a large glass of water

Breakfast

Creamy Coffee/Tea

Lunch

Leftover Turkey Egg Bake

Dinner

Roasted Veggies & Shrimp



Reflection

DAY 7

I Feel:



I Will:



Challenge

How are you going to continue a this amazing new way of living?!



Let's Get Social



Join the CKZ Community!

- Keto Inspiration
- Tips & Tricks
- Delicious Recipes
- Go-To Products
- Meal Plans
- Early Access To Events
- Questions Answered
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