

Welcome to the 20 Day Super-Kickstart Meal Plan!

I'm going to keep this short and sweet, so you can get started ASAP.

Below is the meal plan for the next 20 days. What you'll do is follow Days 1-3, then repeat for the final 17 days. It's that simple.

Day #1 consists of breakfast, lunch and dinner.

Day #2 you'll fast in the morning, followed by lunch and dinner.

And **Day #3** is back to breakfast, lunch and dinner.

There is no snacking.

And there is no counting calories, simply eat until you're satisfied but not stuffed. A lot of this comes down to trial and error, so after a few days, you'll know how much to eat in order to hold you over until the next meal.

If you're not hungry, don't force yourself to eat.

If you're hungry between meals, that does not mean you're starving. Most of us have anywhere from 100,000 to 200,000 calories of fat on our body.

Your stored fat is simply energy waiting to be used. It's filled with nutrients and vitamins. Which means, as you go through this program, your body will start dipping into that stored fat to burn it for energy. That's how fat loss happens.

I'm not saying you should be starving between meals, but a little hunger isn't a bad thing. Plus, it'll make your next meal that much more enjoyable.

As for the meals below, everyone is different, so don't feel like you have to eat all the food. Again, just eat until you're satisfied but not stuffed.

And if you're still hungry after a meal, wait 20 minutes. If the hunger is still there, then eat a little more.

Day #1

Breakfast:

- 2-4 eggs (any style)
- 2 slices bacon
- ½ avocado

If you want to turn this into an omelet, you can also add in:

- Chopped peppers
- Spinach
- Chopped broccoli
- 1 oz. cheese
- Onions
- Diced tomato

Lunch: Giant Cobb Salad

- Greens (spring salad mix, spinach or romaine lettuce)
- 2 hard-boiled eggs (chopped)
- 4-8 oz. chicken (thighs or breast)
- ½ avocado (*optional*)
- 1 ounce blue cheese crumbles (*or other hard cheese of your choice*)
- Salad dressing options:
 - 2 tbsp. avocado oil mixed w/ ½ tsp. sea salt
 - Or any from this page: <https://www.healthline.com/nutrition/keto-salad-dressing#section6>

Dinner: Bunless burgers

- 1-4 burger patties
- Optional toppings
 - Cheese
 - Mustard
 - Fried egg
 - Bacon
 - Tomato

- Lettuce
- Sauerkraut
- Mushrooms
- Onion
- 2 cups cooked cauliflower (*you can cook in butter or coconut oil*)
 - You can obviously eat more than 2 cups if you'd like :)

Day #2

Breakfast:

- Coffee or green tea
- 1 tsp. heavy whipping cream or coconut oil (choose one or the other, not both)

Lunch: Taco Salad

- 4-8 ounces ground beef (*90/10 is best*)
- ½ avocado
- Shredded cheddar cheese (*if possible, buy a brick of cheese and shred it*)
- ¼ cup black olives (chopped)
- Other options:
 - Grilled peppers
 - 1-3 tbsp. sour cream
 - 1-3 tbsp. plain Greek yogurt (if you don't like sour cream)
 - Sugar-free salsa
 - Cauliflower rice

Dinner:

- 4-8 oz steak, salmon or chicken
- 1-2 cups cooked broccoli (*you can cook in 1 tbsp. butter or coconut oil if you like*)
- 5-10 spears of asparagus (*cooked in butter or coconut oil if you like*)

Day #3:

Breakfast

- 2-4 eggs (any style)
- Bacon, Canadian bacon or sausage (2-4 strips/links)
- Coffee or green tea

Lunch: Stir Fry

- Choose chicken or ground beef
- Chop up any veggies below and add them in:
 - Celery
 - Peppers
 - Mushrooms
 - Broccoli
 - Brussel sprouts
- Eat on a bed of cauliflower rice
- Season to taste

Note: An easy way to cook up a bunch of chicken is by using a slow cooker. Add in 2-8 chicken breasts or thighs, along with 1 cup chicken broth, and salt/pepper to taste.

Let it cook on low for 8-10 hours, then shred it with fork. That'll last you the entire week, if not longer.

Dinner:

- Choose steak, beef, pork or fish (cooked any way you'd like)
- Green beans cooked in butter or coconut oil (*don't get canned green beans*)
- You can add in any other veggies as well:
 - Peppers
 - Broccoli
 - Cauliflower
 - Brussels Sprouts

Other Notes:

20 Minutes Before Each Meal, Have Your ACV Drink:

- 1 tbsp. apple cider vinegar
- 8-12 ounces of lukewarm water
- Drink through a straw (ACV is acidic and can damage the enamel on your teeth over time)

This drink helps with digestion and helps regulate your insulin levels.

Acceptable Drinks on the 20-Day Plan

- Water
- Sparkling water
- Lemon water
- Coffee (unsweetened)
- Tea from a teabag
- Unsweetened iced tea

Best Supplements to Take:

- Fish oil
- Magnesium
- Vitamin D
- Daily Multivitamin

If you don't eat a lot of fish (like me), it's really important to take a quality fish oil to balance the Omega 3 and Omega 6 fatty acids in your body. This will help improve your brain health, and it helps with fat loss as well.

Here's the fish oil I personally use:

<https://tinyurl.com/vrmmzs2>

Magnesium and Vitamin D are two other vitamins that most people are deficient in.

Magnesium is one of the most important nutrients for maintaining good health. It's a co-factor in over 350 enzymatic reactions in the body, and is necessary for

muscular activity, heart function, temperature regulation, formation of healthy bones, and it also helps you sleep.

Vitamin D, also known as the sunshine vitamin, is essential for good health. It helps regulate your body's absorption of calcium, and it can even help with fat loss, while improving bone health.

So unless you're getting out in the sun every day, it's a good idea to take Vitamin D.

Here's what I personally use for my daily multi-vitamin, magnesium, and vitamin D:

<https://purevitaminclub.com/>

I don't get any financial compensation for recommending them, it's just what I've personally been using for over 2 years now.

Other Food Options:

I like to keep things simple, and so I don't mind eating the same meals over and over again.

However, if you get bored with the 3-day plan above, or just want some more variety, here's a list of acceptable foods. Mix and match them however you'd like:

- Ground beef
- Steak
- Pork
- Fish
- Shrimp
- Chicken
- Lamb
- Broccoli
- Cauliflower
- Brussel sprouts

- Spinach
- Romaine lettuce
- Spring greens salad mix
- Green beans
- Peppers
- Tomato
- Cheese (hard cheeses are better, don't get the processed cheese like Kraft singles)
- Olives
- Plain Greek yogurt
- Cottage cheese
- Seafood
- Heavy whipping cream
- Butter
- Coconut oil
- Avocado
- Avocado oil
- Raw nuts (not seasoned or roasted)
- Eggs
- Bacon
- Sausage
- Cream cheese
- Zucchini
- Canadian bacon
- Ground turkey
- Asparagus
- Pepperoni
- Raspberries
- Blackberries
- Strawberries
- Blueberries