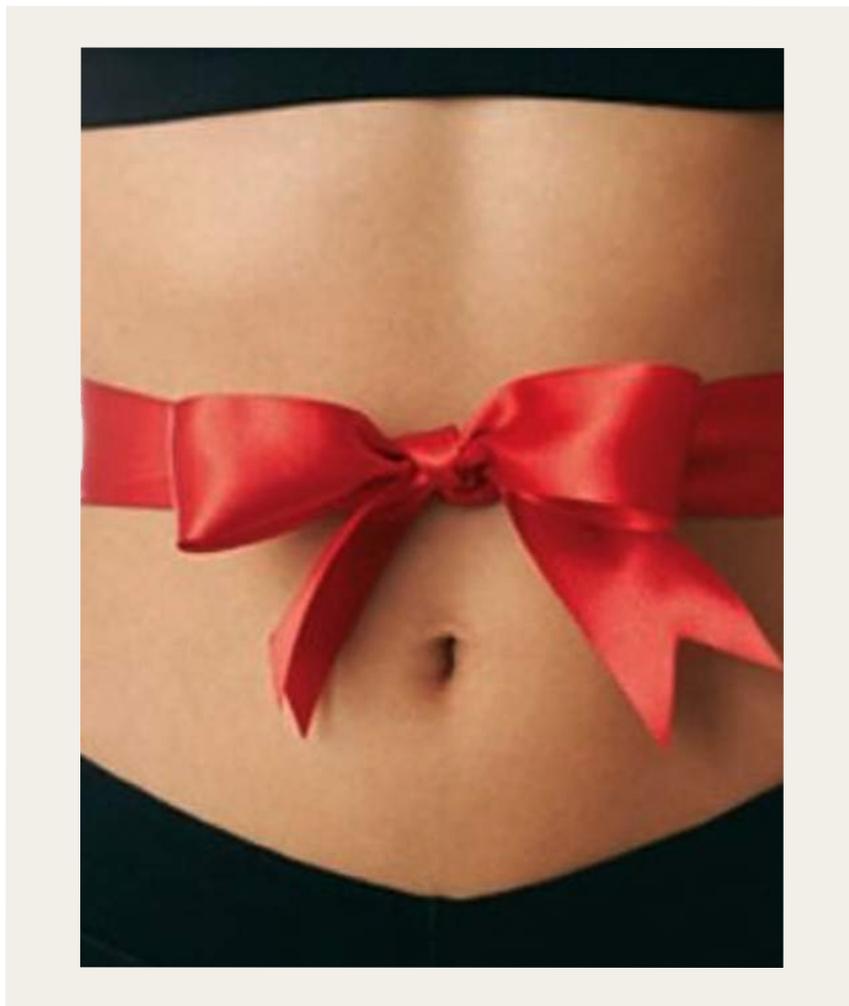


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# THE ULTIMATE HOLIDAY SURVIVAL GUIDE & PROGRAM



Follow this, and you can have  
all the **Jingle** without the **Jiggle**,  
and all the **Fun** without **Feeling**  
**Fluffier** or just so **Run Down** by  
**New Years**

\* \* \* \* \*

# HO-HO-HO!

## HERE WE GO AGAIN

Welcome to December & Welcome to that ridiculously awesome and sometimes just ridiculous lead up to christmas known as the silly season.

It's Time For:  
**Christmas Drinks**



Welcome to December & Welcome to that ridiculously awesome and sometimes just ridiculous lead up to christmas known as the silly season.



and you know it's not just drinks, it's all the fancy christmas deserts who can resist... then there's all the food on christmas



and all the stress shopping & parking and in-law visit stress



All that this is a cortisol cocktail that can easily result in you feeling and looking like this guy in january first.

we don't want you to feel or look like that... follow this guide ... don't get so squishy this chrissy.



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# PART 1



## **DO I HAVE TO FOLLOW A STRICT DIET THIS MONTH TO SUCCEED WITH THIS?**

No... you don't have to go keto, or follow any diet particular... we are going to utilize food timing and nutrition technology combined with smart food during non-party hours to counteract times of "Letting Go" :)

## **WHAT IF I AM ALREADY KETO, CAN I STAY THERE?**

Do your best, but don't beat yourself up if you have some fun with some non keto food and fall out. It's not sustainable if you have to be super strict and the evolution of keto is being metabolically flexible.

## **CAN I STILL DRINK ALCOHOL AND SUCCEED?**

We're going to give you some tricks and tips to use before during and after drinking that will minimize the negative effects of drinking.

## **DO I HAVE TO TAKE KETONES FOR THIS TO WORK?**

No, they are just one of the tools, but they are super effective one... Ketones are our best defense against all the things we do to our body and in the pursuit of keeping weight off this christmas.

But if you don't have them, follow all the instructions without the ketones to the daily regimens.



## **CAN I USE OTHER BRAND OF KETONES?**

Of course, but the other brands aren't the same quality as Prüvit. Btw we are not biased because the creators of this are promoters of Prüvit. we simply have done the research and we know a lot about the ketone production methods used in the industry. You can pay less, but you don't get the same effects, and therefore not the same benefits.

## **WHAT IF I DON'T HAVE ENOUGH KETONES TO LAST ME THROUGH THE MONTH?**

That's ok, if you bought the 10 Day Challenge, you can likely get 22% off more, and your support team will have some way of making sure you get them on time. Just reach out fast :)

## **HOW CAN I GET FREE PRODUCTS?**

Simply refer 2 friends to Prüvit... Ask you promoter...

It is simple, they probably haven't paid for ketones for a long time, and are very passionate about helping their customers be able to say the same.

## **HOW DO I USE THIS GUIDE**

This guide contains daily regimens to follow when you're not going out or exposed to Christmas fun, and when you are.. follow those as strictly as you can. The rest is just extra info that can teach you lots about what to eat and what to drink to optimize your health as well as keep you fit over the holidays.

# PART 2: DAILY REGIMEN IF YOU'RE DOING THE 10 DRINK KETONE CHALLENGE



## UPON WAKING

Drink 500 ml Water, Have 1/8 teaspoon Himalayan Crystal Salt shot in small amount of water (optional)



## WHEN HUNGRY

Drink 1 Keto//OS Nat with 1 Mito//Plex



## MID MORNING

Optional Coffee - black or with tbsp heavy cream or 1/3 to 1/2 Keto Kreme



## LUNCH

Aim for a light low carb snack. Listen to your body. Only eat as much as you need.



## MID AFTERNOON

Drink 1 Keto/OS NAT caffeine free\*



## DINNER

Simplicity is best... follow our perfect plate guide (in this guide), or a low carb recipe.

\*If you like you can have 1/2 a sachet of caffeine free in the afternoon and a 1/2 in the evening after dinner. See what works best for you.

# PART 3: DAILY REGIMEN IF YOU'RE TAKING KETONES DAILY



## UPON WAKING

Drink 500 ml Water, Have 1/8 teaspoon Himalayan Crystal Salt shot in small amount of water (optional)



## WHEN HUNGRY

Drink 1 Keto//OS Nat with Optional 1 Mito//Plex



## MID MORNING

Optional Coffee - black or with tbsp heavy cream or 1/3 to 1/2 Keto Kreme



## LUNCH

Aim for a light low carb snack. Listen to your body. Only eat as much as you need.



## MID AFTERNOON

Optional - Drink 1 Keto/OS NAT\* caffeine free



## DINNER

Simplicity is best. .. follow our perfect plate guide (in this guide) or a low carb recipe.

\*If you like you can have 1/2 a sachet of caffeine free in the afternoon and a 1/2 in the evening after dinner. See what works best for you.

# PART 4: DAY OF A PARTY REGIMEN



## UPON WAKING

Drink 500 ml Water, Have 1/8 teaspoon Himalayan Crystal Salt shot in small amount of water (optional)



## WHEN HUNGRY

Drink 1 Keto//OS Nat with Optional 1 Mito//Plex



## MID MORNING

500 ml to 1 liter water. Optional Coffee - black or with tbsp heavy cream or 1/3 to 1/2 Keto Kreme



## LUNCH

Aim for a super low carb to no carb snack or meal. You are really aiming for next to no carbs today and keeping calories low.



## MID AFTERNOON

Optional- Drink 1 Keto/OS NAT\* caffeine free



## DINNER

If your eating before you go out go ultra low carb follow our perfect plate guide (in this guide) If your eating out follow our eating out guide (In this guide) , or a low carb recipe you find on line



## AT THE PARTY

See Our Party Survival Guide

\*If you like you can have 1/2 a sachet of caffeine free in the afternoon and a 1/2 in the evening after dinner. See what works best for you

# PART 5: AT THE PARTY SURVIVAL GUIDE



Survival Tip 1: Hydrate [water glass] like you have never hydrated before! Before during and after flood your body with hydration. go 1 glass of water for every glass of booze while at the party

Good news is ... look at all these 0 carb alcohols

Keto Alcohols To Enjoy:

Gin  
Rum  
Vodka  
Whiskey  
Martini  
Tequila



For mixes.. keep it simple...

Diet Sodas - no they're not great for you, but they are better than full sugar.

Substitute Soda water or water as a best option... feel free to squeeze lemon or lime in.

Lots of skinny mixes out there you can use.  
Check out our Keto Cocktail guid.

Ultimate Hack: Drink Ketones as amix ... sachet of ketones, 500 ml water, some low carb electrolytes and lemon... You have a great combo of taste and hangover counteraction :)

## WINE:



More Good News. Stick to Dry Reds & Whites & Champaign and you are typically looking at 2 - 5 net carbs per glass.

Stick to:

### WHITES:

Sauvignon Blanc

Pinot Grigio

Pinot Blanc

Champagnes - yup... That's right bubble fans

### RED

Cabernet Sauvignon

Pinot Noir

Merlot

If you are only having a couple you could actually stay in keto... that's why we keep you super low carb on drinking days. We also keep you super low carb and low calorie so that you don't end up storing any extra calories as fat.. Your body gets very good at getting you fat when you overburden the liver with processing alcohol.

## BEER:



Beer is basically liquid bread... :( However... there are some great low carb ones out there. Michelob Ultra if you are in the States. Sleeman Clear in Canada, Marston's Resolution in the UK and Big Head Beer from Burleig Brewing Co in Aussie. Just google keto beers and you'll find some good locals in your area.

# EATING AT THE PARTY



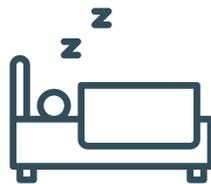
This can be the tricky bit... be cause oh boy do you want pizza... If you cheat don't worry... the post party day plan will fix you up. If you want to be really smart, plan some a pres-party snacks in advance. Keto Pizza or Natcho recipes are delish!!

Alcohol, although the authors of this book have never experienced this can skew your judgement and can contribute to making bad choices of many varieties. For the purpose of this guide we will stick to food choices... Of course we want crap food when we drink... it makes it even more delicious.

Here's some easy to and equally delicious tips and tricks you can use when at the food table.

- If you can bring your own keto recipes do that. You'll find some in this guide and heaps online. then stick to that.
- If you're having a pot luck party ask people to bring keto choices... make it fun
- At the non Keto Party avoid stuff with sugary sauces like meatballs, ribs etc. Stick to ranch or aioli dips, guacamole and cheese dips or and dip un-sauced meats, Prawns or veggies in them.

## BEFORE BED



If at all possible, have another half to a full caffeine free ketone sachet before you go to bed...

It is full of electrolytes and the ketones will help your body deal with everything you did that night. Also consider some more low carb electrolytes and heaps of H2O!! I mean gallons of it...

Alcohol is a massive diuretic and you will have to work very hard to counteract the dehydration.

# PART 6: AFTER THE PARTY SURVIVAL GUIDE

Follow this regimen for 1 to 2 days post party to counteract what was done. One day is great, 2 is better and will get you ready for the next one. Of course you want to nourish your body a little extra on these days, just like you may want to nurture your head :)

The following regimen will get you back on track:



## UPON WAKING

Drink 500-1000 ml Water, Have 1/8 teaspoon Himalayan Crystal Salt shot in small amount of water (optional) or some zero calorie electrolytes.



## WHEN HUNGRY

Drink 1 Keto//OS Nat with Optional 1 Mito//Plex. this is going to help with your electrolyte balance as well.



## MID MORNING

500 ml to 1 liter water. Optional Coffee - black or with tbsp heavy cream or 1/3 to 1/2 Keto Kreme. Feel free to have coffee first if you like.



## LUNCH

Aim for a super low carb to no carb snack or meal A great idea for this breakfast is bacon, eggs, avocado and our super keto bread recipe.



## MID AFTERNOON

Optional-Drink 1 Keto/OS NAT\* caffeine free



## DINNER

again think super low carb for this one. Maybe look up keto comfort foods if you are still feeling dusty or follow our perfect plate guide (in this guide).

\*If you like you can have 1/2 a sachet of caffeine free in the afternoon and a 1/2 in the evening after dinner. See what works best for you.

# PART 7: THE REALLY FUN PART FOODS & DRINKS

Be a hit at the parties this year when you mix up a few of these beauties.

Keto Cocktail Ideas: Add booze as you like:)

## *KETO MOJITOS*

Ingredients:

- 1/2 packet - KETO//OS® NAT™ Lime Time
- 1 cup club soda
- 4 slices of fresh lime
- 4 leaves of fresh mint

Instructions:

1. Muddle mint and lime together in bottom of glass.
2. Fill with ice cubes\*.
3. Mix KETO//OS® NAT™ Lime Time with club soda and pour over ice.
4. Garnish with mint and lime.



\*Optional - Mint ice cubes: Roughly chop fresh mint leaves and sprinkle into each cell of an ice cube tray. Fill with water, and freeze into cubes

## *PINA COLADA*

Ingredients:

- 1 packet KETO//OS® Unleashed Blue Ocean
- 1/2 cup sparkling pineapple flavored water
- 1/2 cup sparkling flavored coconut water
- 1 cup crushed ice



Instructions:

1. Mix together KETO//OS® Unleashed Blue Ocean and sparkling waters.
2. Pour over crushed ice

## ***KETO PUNCH***

### **Ingredients:**

- 1 packet of KETO//OS® NAT Key Limeade
- 1 packet of KETO//OS® NAT Harvest Sunrise or Maui Punch, or Mai Tai
- 24 oz. sugar free lemon - lime soda
- Cranberry Ice Cubes



### **Instructions:**

1. Place 2 - 3 cranberries in each compartment of an ice cube tray. Fill the tray with water and freeze.
2. Combine first 3 ingredients in to a punch bowl. Top with cranberry ice cubes and enjoy with friends and family!

## ***THE ULTIMATE KETO COCKTAIL RECIPE***

### **Ingredients:**

- ½ packet of KETO//OS NAT
- Whatever flavour you like
- 1 tsp 0 carb electrolytes of your choice - optional
- 500 ml water or soda water or half and half Ice cubes

### **Instructions:**

Mix and serve ... simple!



# CHRISTMAS KETO RECIPES



Wow them with your culinary wizardry as you magically make these recipes fat burning machines.

1. Bacon - Wrapped Bell Pepper Bites with Horseadish Cream Cheese
2. Warm Feta, Spinach, Olive and Cream Cheese Dip
3. Savory Chestnut Bacon Spread
4. Tricolor Marinated Peppers
5. Antipasto Platter
6. Horseadish, Bacon and Pimiento Devilled Eggs
7. Creamy Crab and Water Chestnut Dip
8. Shrimp Scampi Spaghetti Squash Bake
9. Succulent Roast Beef
10. Herbed Rosemary Pork
11. Parmesan Broccoli
12. Prosciutto - and Swiss - Rolled Asparagus Tips
13. Coconut Snowball

## ***Bacon - Wrapped Bell Pepper Bites with Horseradish Cream Cheese***

This recipe riffs on the cream cheese and bacon jalapeno bites appetizer that's become so popular with the low - carb dieting crowd. This version is slightly less spicy, subbing in bell pepper for jalapenos, and kicking it up with some tangy, zesty horseradish. If you do serve these alongside of the regular, spicy jalapeno version, just be sure to choose a different color of bell pepper so it's clear which is hot and which is not.

### **Ingredients:**

10 slices bacon  
20 strips of red bell pepper, about an inch thick and 2.5 inches long  
1 package full - fat cream cheese  
1/2 cup full - fat sour cream  
1 teaspoon Worcestershire sauce  
1/4 cup jarred, prepared horseradish  
1 shallot, minced  
salt and pepper to taste



### **Instructions:**

Let cream cheese sit out at room temperature until it's soft enough to work with. Preheat the oven to 400 degrees. Combine the cream cheese with sour cream, shallots, Worcestershire sauce and prepared horseradish. Mix well. Scoop about 2 teaspoons of the cream cheese mixture into each strip of red pepper. Wrap with half a slice of bacon and secure with a toothpick. Place all on a baking tray. Bake for about 20 minutes or until bacon is crisped to your liking. Set on a layer of paper towels to cool. Serve warm.

## ***Warm Feta, Spinach, Olive and Cream Cheese Dip***

Spinach dip goes Greek while keeping it low - carb. This tangy and savory party food makes the perfect heat and eat take along to carry in with you to holiday parties. It's easy enough to serve chips and crackers for the non low - carb eaters while keeping it keto thanks to some tasty, sliced veggies or pork rinds for dipping.

### **Ingredients:**

2 8-oz. packages of full-fat cream cheese  
1/2 cup full - fat mayonnaise  
1 package feta cheese  
1/4 cup grated Parmesan  
1 cup frozen spinach  
1 small can pitted olives  
1/4 cup fresh, finely chopped flat-leaf parsley  
salt and pepper to taste



### **Instructions:**

Remove cream cheese from the package and place in a Pyrex dish to soften. Bring feta to room temperature as well. Thaw the frozen spinach in the microwave. Press through a strainer to remove water. Use a fork to smooth out the cream cheese. Add the mayo, feta, Parmesan, salt and pepper and mix well.

Drain and chop the olives. Add to the mixture and season with salt and pepper. Bake in a 350 -until warm and bubbly. Remove from oven and stir in fresh chopped parsley. Serve with pork rinds, keto crackers, or veggie sticks.

## ***Savory Chestnut Bacon Spread***

Here's a delicious use of chestnuts that's sure to become your next holiday party go to appetizer. If you've never roasted chestnuts before, it's a lot less complicated than it sounds. Just slit a criss cross cut into the top of each chestnut and bake in the oven for about 20 minutes. Chestnuts are an amazing source of both protein and healthy fat. And bacon makes everything better.

### **Ingredients:**

24 chestnuts, roasted  
1 Tbs. toasted sesame oil  
3 packages cream cheese  
1/2 cup mayonnaise  
3 pieces bacon, cooked and crumbled  
1/2 teaspoon garlic salt  
1/2 teaspoon onion powder  
1/4 cup fresh chopped scallions salt and pepper to taste



### **Instructions:**

Remove cream cheese from package and place in a Pyrex dish. In a separate bowl, mash chestnuts. Drizzle in sesame oil, using fork to combine until it forms a smooth paste. To the cream cheese, add seasonings and a sprinkle of salt and pepper. Mix in chestnut spread and blend well. Stir in mayonnaise. Fold in scallions and bacon. Serve with cucumber slices.

## ***Tricolor Marinated Peppers***

Add some festive red, green and gold to your serving table with this zesty batch of home roasted, marinated bell peppers. Peppers are an excellent source of vitamin C and these will make the perfect accompaniment to any antipasto meat and cheese platter.

### **Ingredients:**

2 red, 2 yellow and 2 orange bell peppers  
2 cloves garlic  
4 Tbs. olive oil  
3 Tbs. wine vinegar  
1/4 tsp. salt  
1/4 teaspoon pepper



### **Instructions:**

Preheat the oven to 425 degrees. Slice each pepper in half long ways and remove the seeds and stem. Place peppers face down on an oven tray and roast in the oven until the skin begins to blister and blacken. Then turn the peppers to the other side and repeat. Remove peppers from oven and let cool for about 15 minutes. Place peppers into a wide mouth Mason jar with lid. Peel and crush the garlic clove and remove from jar. Add salt and pepper, then pour oil and vinegar over the top. Screw on lid and gently shake to mix. Let marinate for at least 1 hour before serving. Store in refrigerator until ready to serve.

## ***Antipasto Platter***

Who doesn't love antipasto? A colorful array of cured meats and cheeses, served alongside of tangy, marinated vegetables, fresh tomatoes, greens and other delights. It's easy to keep it low - carb during the holidays ... just replace your intake of bread and crackers with cucumbers, fresh greens and other healthy vegetables.

### **Ingredients:**

- 1 package prosciutto
- 1 fresh mozzarella, sliced
- 1 jar marinated vegetables such as peppers, eggplant, mushrooms or any similar combo
- 1/2 pound aged provolone, sliced thin
- 1 hard salami, sliced
- 3 cups romaine lettuce
- 1 cucumber, peeled and sliced
- 1 ripe tomato, sliced
- 2 cups calamata olives
- 1 cup homemade vinaigrette



### **Instructions:**

Arrange a bed of romaine lettuce leaves on a large serving platter. Peel prosciutto away from wrapper and form rosettes or rolls. Prepare salami and cheese rolls. Slice the mozzarella. Peel and slice cucumber and tomato. Place all on plate. Spoon the marinated vegetables into a small serving bowl and present on the tray along with other ingredients.

## ***Homemade Vinaigrette***

Add some festive red, green and gold to your serving table with this zesty batch of home roasted, marinated bell peppers. Peppers are an excellent source of vitamin C and these will make the perfect accompaniment to any antipasto meat and cheese platter.

### **Ingredients:**

- 1/3 cup red wine vinegar
- 2/3 cup extra virgin olive oil
- 1/4 teaspoon salt
- 1/4 teaspoon pepper
- 1/4 teaspoon fresh thyme leaves
- 1/8 teaspoon coriander seeds
- 1 clove garlic, peeled and smashed



### **Instructions:**

Mix all ingredients and pour into a recycled salad dressing bottle with squirt cap. Screw on lid and shake gently to mix. Let marinate for at least 30 minutes before serving

## ***Horseadish, Bacon and Pimiento Deviled Eggs***

Deviled eggs just got a bit more devilish. This low-carb favorite incorporates tangy horseradish and cheerful pimiento peppers for a festive twist on a keto-friendly appetizer. Serve this together with some fresh salads. Perfect for everyone, not just low-carb eaters.

### **Ingredients:**

2 dozen eggs  
1 package bacon, cooked and crumbled  
2 cups mayonnaise  
1/2 cup jarred, prepared horseradish  
1 small jar pimiento peppers  
4 Tablespoons spicy brown prepared mustard  
1/4 cup fresh chives  
Salt and pepper to taste  
Paprika



### **Instructions:**

Gently place eggs in a large pot. Cover with water and bring to a full, rolling boil. Shut off heat and place lid on the pot. Let sit for 12 minutes. Remove pot from stove top. Run eggs under cold water to stop them from cooking. When eggs are cool, carefully peel each one. Slice each egg in half long ways. Scoop out the yolks and place them into one large mixing bowl. Set the halved egg whites on a separate tray. When all yolks have been removed from the egg whites, mix them with crumbled bacon, mayonnaise, mustard, horseradish, chives, and pimientos. Season lightly with salt and pepper. Scoop about a Tablespoon of the egg mixture into each halved egg white. Sprinkle with paprika. Cover with a dome lid and chill in the refrigerator until time to serve.

## ***Creamy Crab and Water Chestnut Dip***

You may remember the famous spinach dip with water chestnuts. This recipe is a homemade, souped-up crab version that does not include packaged soup mix which usually contains dextrose, a form of sugar. Lump crabmeat makes this dip extra hearty and healthy, and the water chestnuts deliver a hearty burst of crunch.

### **Ingredients:**

1 large can lump crabmeat  
2 cans water chestnuts, drained and chopped  
1 cup sour cream  
1/2 cup mayo  
1 Tbs. onion powder  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 Tbs. fresh dill  
5 scallions, chopped  
2 Tbs. hot sauce



### **Instructions:**

Combine all ingredients in a large bowl. Mix well. Serve with keto crackers, pork rinds or low-carb veggie sticks such as broccoli stalks, cucumbers, halved tomatoes, radishes and celery.

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Salt and pepper to taste  
Paprika



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2 cans water chestnuts, drained and chopped  
1 cup sour cream  
1/2 cup mayo  
1 Tbs. onion powder  
1/2 teaspoon salt  
1/2 teaspoon pepper  
1 Tbs. fresh dill  
5 scallions, chopped  
2 Tbs. hot sauce



### **Instructions:**

Combine all ingredients in a large bowl. Mix well. Serve with keto crackers, pork rinds or low-carb veggie sticks such as broccoli stalks, cucumbers, halved tomatoes, radishes and celery.

## *Shrimp Scampi Spaghetti Squash Bake*

Low-carb eaters will definitely appreciate this chance to sop up all the goodness of shrimp scampi yet still keep things keto-friendly. An exciting new way to enjoy healthy, low-carb spaghetti squash. Makes a great main course for Christmas dinner.

### **Ingredients:**

- 1 spaghetti squash
- 1 bag frozen uncooked shrimp
- 4 eggs
- 2 Tbs.butter
- 4 cloves garlic, minced
- 1/2 cup light cream zest of one lemon
- 1/4 cup dry white wine
- 1/2 cup finely chopped flat-leaf parsley



### **Instructions:**

Preheat oven to 350 degrees. Use a cleaver or chef's knife to slice the spaghetti squash in half short ways. Cook for about 45 minutes or until the squash's skin can be pierced with a fork. Remove from oven and let cool for about 15 minutes.

Thaw the shrimp by submerging in cool water for about half an hour. Drain using a colander. Remove shells from the shrimp and place these in a small sauce pan. Place shrimp in a bowl in the refrigerator to chill. Cover shrimp shells with water and bring to a boil, then reduce to medium-low heat and let simmer for about 15 minutes. Let cool. Discard shells and save the shrimp stock for use in this recipe.

Remove seeds from the squash and discard. Use a fork to fluff up the spaghetti-like strands of squash, and place in a Pyrex baking dish. Mix the minced garlic into the spaghetti squash. Beat eggs together with salt, pepper, lemon zest, parsley, and light cream. Preheat oven. Remove shrimp from the fridge and arrange over top of the spaghetti squash. Pour the egg mixture over the shrimp. Add a splash of dry white wine. Cover with foil and bake for about 30 minutes or until egg sets

## Succulent Roast Beef

Succulent Roast Beef Thinking about roasting some delicious meats to serve at your holiday table this year? Even better if you can get beef from grass-fed animals, for superior nutrition and exceptional flavor. Easiest method of making a tender roast beef is to choose eye round and oven-roast at 350 degrees, 20 minutes per pound. Let your roast rest for at least 10 minutes before slicing thin and serving.

### Ingredients:

3-lb. eye round beef roast  
2 Tbs. olive oil  
1 teaspoon garlic powder  
teaspoon onion powder  
1 teaspoon dried rosemary  
1 teaspoon salt  
1 teaspoon black pepper



### Instructions:

Preheat oven to 350 degrees. Mix the salt, pepper and herbs in a mortar and pestle and then combine with olive oil. Cut slits into the roast on all sides and place into a roasting pan. Insert the garlic pieces into the slits. Rub the entire roast with the oil and herb mixture. Pour wine over the roast. Bake in the oven for 1 hour or until internal temperature reaches 150 degrees. Remove from oven and let rest, tented with foil, for about 10 minutes. Slice and serve.

## Parmesan Broccoli

Broccoli gets a savory makeover thanks to keto-friendly ingredients such as Parmesan cheese and eggs. Low-carb or not, this recipe will quickly become a family favorite at holiday time. Makes a terrific, hearty and healthy side to accompany roasted meats.

### Ingredients:

2 Tbs. olive oil  
1 Tbs. butter  
1 large head fresh broccoli  
3 cloves garlic, minced  
1 cup grated Parmesan cheese  
1 Tbs. oregano  
1/2 cup chicken broth Salt and pepper to taste



### Instructions:

Separate broccoli florets from the main head. Strip away any extra stalky fibers. Heat oil and butter in a large skillet. Add garlic and broccoli together. Stir-fry for about 2 minutes, moving broccoli constantly around the pan. Lower heat and add chicken broth, Parmesan cheese, oregano, salt and pepper. Continue to cook on low, lidded, for about 3 more minutes or until broccoli becomes fork-tender. Remove from heat before broccoli turns from bright to yellowy green

## *Prosciutto and Swiss Rolled Asparagus Tips*

Here's a fun and tasty way to serve asparagus. Wrap in prosciutto and Swiss cheese slices, then top with a tangy, fresh herb vinaigrette. Perfect for low-carb eaters, and your non-low-carb family members will enjoy this just as much!

### **Ingredients:**

2 Tbs. olive oil  
1 bunch asparagus  
1 package prosciutto Swiss cheese  
2 Tbs. capers  
1/2 cup fresh chopped, flat-leaf parsley juice of one lemon



### **Instructions:**

Preheat oven to 350 degrees. Rinse asparagus and snap off woody ends. Add 1 Tb. of olive oil to the bottom of a Pyrex baking dish. Place asparagus in the dish and roll in the olive oil to coat. Next, wrap each asparagus spear in swiss and prosciutto. You can layer the slices of cheese and prosciutto and then fold around the asparagus. Or, mix and match and do some with just cheese and some with just prosciutto. Line up all of your asparagus rolls in the pan with the olive oil. Bake at 350 degrees for about 15 minutes or until asparagus is lightly charred on the outside but still retains its bright green color. Remove from oven and let sit for about 10 minutes. Combine olive oil with lemon juice, chopped parsley and capers. Plate the asparagus and top with the oil, lemon, parsley and caper mixture.

## *Coconut Snowballs*

It's sure to be a white Christmas with these keto-compliant snowball snacks. You control the sweetness thanks to Swerve xylitol sweetener. Variation: add a teaspoon of peppermint extract for an extra cool treat.

### **Ingredients:**

3 cups shredded coconut  
2 cups almond meal (can make in a blender)  
1/4 cup coconut oil  
3 Tbs. Swerve xylitol sweetener



### **Instructions:**

Combine all ingredients to form bite-sized balls. Chill in refrigerator until ready to serve.

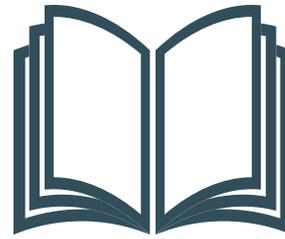
# EATING OUT ON KETO GUIDE (SIT-DOWN + FAST FOOD)

Eating out on Keto doesn't have to be hard. It's pretty simple really. In other words, you can go to sit-down restaurants or fast food - **YES!**

You really can! To clarify, it's all about modifying what they have. On the other hand, these days you really don't have to do any modifications since a lot of food places have transitioned to accommodating a low carb diet.

# THE **ULTIMATE** Eating Out **ON KETO** GUIDE

# EATING OUT ON KETO GUIDE



This is a simple guide to eating out on keto at sit-down restaurants. Moreover, different types of food mean more complications, but it can be done.

In other words, there is pretty much always something you can eat. Even if it means asking the waiter/waitress to modify your meal for you. Ask nicely!

Our eating out on keto guide includes the following:

- Chinese Food
- Indian Food
- Thai Food
- Mexican Food
- Burger Food
- Italian Food
- Breakfast Food
- Sandwich Food
- Japanese Food
- Vietnamese Food
- Medierranean Food
- Steakhouse
- Seafood Restaurant
- German
- Fast Food Guide

For more info on any of these types of food, before going out to eat, simply call up the restaurant you plan on visiting and ask them about your options. In addition, you could go on line to see if they have a menu.

Meanwhile, this eating out on keto guide is meant as a simple guide that includes menu items that are generally at these types of restaurants or food places

# KETO - FRIENDLY CHINESE FOOD

## Notes:

1. Avoid rice (super high carb)
2. Similarly, skip the noodles, of course.
3. A lot of the sauces will have sugar most likely, or some kind of cornstarch or thickening agents. In conclusion, be aware of these in any sauces on the dishes you eat.

## GOOD DISH OPTIONS:

- Egg-drop soup
- Hot and Sour Soup
- Pork spare ribs without any sauce
- Roasted duck



*Keto friendly Chinese dish – roasted duck*

# KETO - FRIENDLY INDIAN FOOD

## GOOD DISH OPTIONS:

- Korma has coconut base, so this is a good high fat choice (ask your server what it's made from to be sure but usually it's coconut milk and heavy cream). For example, eat it as a thick soup!
- Tandoori chicken
- Saag paneer or any kind of meat (for instance, saag is a spinach based sauce)
- Chicken vindaloo

## Notes:

1. Avoid Dahl or any lentil dishes.
2. No rice.
3. Similarly, skip any "breads": naan, paratha, chapatis, etc.
4. Pakoras are made with chickpea flour - skip them.
5. No samosas.
6. Above all, use your best judgment on what something is made with or includes, or as the waiter/chef to be sure.
7. Vegetarian dishes can be heavy in potato or beans/legumes.



*Keto friendly Indian dish – tandoori chicken*

# KETO - FRIENDLY THAI FOOD

## Notes:

1. NO rice.
2. Similarly, because of the high carb content, skip any noodles.



*Keto friendly Thai Food – green curry with chicken*

## GOOD DISH OPTIONS:

- Coconut curries (However, without the side of rice)
- Tom Yum or Tom Kha soups
- Beef/chicken/duck/fish larb
- Stir-fry type dishes (but, be sure to ask if the sauce has been sweetened)
- Some Thai salads (however, ask about the ingredients and dressing)

# KETO - FRIENDLY MEXICAN FOOD

## GOOD DISH OPTIONS:

- Chicken, Steak or Shrimp Fajita Mix served on a bed of lettuce with sour cream and guacamole (or sliced avocado) - However, no tortillas.
- Chipotle salads or bowls (Keep it simple. For example, a good bowl would be: meat, lettuce, cheese, sour cream, green salsa and guac!)
- Ceviche
- Carne Asada
- Chile Verde

## Notes:

1. NO tortillas
2. Similarly, no rice is allowed.
3. Skip the beans.



*Keto friendly Mexican food – Shrimp fajitas*

# KETO - FRIENDLY BURGER JOINTS

## Notes:

1. NO bun
2. Ketchup almost always contains added sugars. Therefore, skip it.
3. Beware of breaded products
4. Instead, have a lettuce wrapped burger. Similarly, you could eat a patty alongside your salad.
5. NO fries. However, most places offer salad as an alternative.



*Keto friendly Burger Joint – salad with patty*

# KETO - FRIENDLY ITALIAN FOOD

## GOOD DISH OPTIONS:

- Antipasto Salad
- Any meat with marsala sauce. For example, veal or chicken.
- Pizza without the crust. For instance, just peel the cheese and toppings off and enjoy yourself.
- Steaks/Lobster



*Keto friendly Italian food – Antipasto salad*

## Notes:

1. NO pasta
2. Similarly, skip the bread
3. Meanwhile, meatballs or sausage might include fillers such as breadcrumbs which include carbs. However, ask your server to be sure. If they do contain these fillers, skip them.

# KETO - FRIENDLY BREAKFAST CAFES

Notes:

1. NO bread products: toast/muffins/biscuits/waffles/pancakes/scones

**GOOD DISH OPTIONS:**

- eggs  
(for instance: omelets, poached eggs, fried eggs, scrambled eggs), bacon and sausage.



# KETO - FRIENDLY SANDWICH SHOP



*Keto-friendly Sandwich shop –  
salad with grilled chicken breast and  
vinaigrette dressing*

Notes:

1. The key is to just have your sandwich as a salad instead. That is to say, most sandwich shops offer their sandwiches as a salad these days.
2. Similarly, they also just sell salads, in general.
3. However, always ask for an oil & vinegar-based dressing.

# KETO - FRIENDLY JAPANESE FOOD

## Notes:

1. NO rice
2. NO noodles



*Keto-Friendly Japanese – Salmon Sashimi*

# KETO - FRIENDLY VIETNAMESE FOOD

## GOOD DISH OPTIONS:

- Pho without the noodles. However, keep in mind, it may still have a little sugar in it, but it might be worth it! Ask for extra sprouts for "noodles".
- Bo Luc Lac - chopped beef steak. But, don't forget to substitute salad for the rice.



*Keto-Friendly Vietnamese food – Pho without noodles*

# KETO - FRIENDLY MEDITERRANEAN FOOD

## GOOD DISH OPTIONS:

- Kebabs - with a salad (Mayo is probably the lowest carb dressing)
- Greek Salad
- Baba Ganoush (However, remember that you can't dip pita in it since you shouldn't have any pita bread).
- Gyro meat with salad (But, NO pita bread)
- Grilled Veggies with salad
- Chicken (grilled) with salad
- Grilled fish with salad
- Lamb (grilled) with salad
- Above all, tahini is a good sauce/dressing



*Keto Friendly Mediterranean food – Kebabs*

## Notes:

1. NO pita bread
2. Similarly, skip the rice
3. Don't have any hummus.

# KETO - FRIENDLY STEAKHOUSE FOOD

## GOOD DISH OPTIONS:

- Steak (Obviously)
- Ribs (However, without sugary sweet sauces)
- Burger without buns (On the other hand, you could have a lettuce wrap or side salad with patty)
- Salad with an oil-based dressing



*Keto friendly steakhouse option – Steak*

# KETO - FRIENDLY SEAFOOD RESTAURANTS

## GOOD DISH OPTIONS:

- All seafood is acceptable, but only without any breading/batter.
- Mussels (however, in moderation, as they are quite high in carbs.)



*Keto Friendly Seafood – Grilled Salmon Steak, side avocado, and oil sauce*

# KETO - FRIENDLY GERMAN FOOD

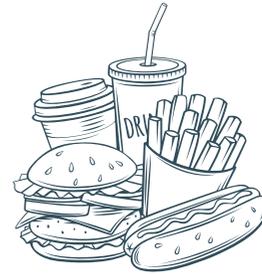
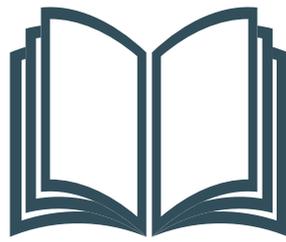


*Keto Friendly German Food – Sauerkraut and Sausages*

## GOOD DISH OPTIONS:

- Steak Tartar
- Sauerkraut with sausages and/or other pork meat

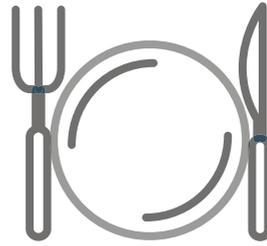
# FAST FOOD GUIDE



In general, when eating out on Keto at fast food restaurants, Follow these tips:

- Stick to meat, cheese, and vegetables.
- NO buns/tortillas/breads.
- Use fatty dressings, toppings, and sauces (avocado, bacon, mayo, etc).
- Choose condiments carefully. For example, making sure to avoid those with added sugar.
- Remove high-carb add-ons (for instance, watch those that are specifically put on salads - always read labels/ingredients)
- Avoid breaded meats.
- Above all, don't be afraid to make special requests.

# PART 8: BETTER PLATE



Hey if you want to know the real secret behind a perfect way of eating that can have you enjoying an endless variety of food delights and staying ridiculously healthy... Here is the perfect plate... But it is really no secret.



# THE BETTER PLATE

Use the BETTER Plate as guide for how your plate should look! 50% of your plate should be filled with low carb, low starch, leafy greens. 40% of your plate should be filled with yummy, high-fat, animal protein. 10% you can fill with high-fat dressings, butter, oils, or high dairy (if you tolerate dairy well).

## **When you should you eat?**

Simply consult the daily schedule in this guide for meal timing each day, and let your support team know if you have questions.

## **What plate should you use?**

Envision a standard size paper plate. That should be the size of a plate for an average woman to use. For men, you get about an extra inch larger.\*

## **Show me the FAT!**

Fat is your friend. Drizzle it wherever you can. Melted butter on ribeye steak, MCT//143™ drizzled on your salad, and cooking with coconut oil or ghee are all great ways to up the fat. Be sure to put good, quality food on your plate as these have a higher healthy fat content. Shoot for organic, cage free, and pasture raised items as they have a higher healthy fat content.

## **Where are the snacks?**

Your snacks should be packed with fat. Think KETO//KREME®, fat bombs, or coconut oil. Additionally, small portions of the Better Body snacks can be eaten only when you hit it hard on the Mùvement Guide. Don't worry though, you will be surprised at how satiated and full you feel when you are fueled by real food, healthy fats, and ketones.

## **To pile or not to pile**

How high can you pile your plate? Not high. This is not a competition to see how much food you can fit on one plate. Fill your plate as you normally would STOP EATING WHEN YOU ARE FULL. Mom isn't watching; you don't have to clear your plate.

# FOOD GUIDE

Here's the Nice List of Foods... This month stick to as much of this as possible.



Bonus Points for Grass-Fed, Organic, Hormone & Antibiotic Free, or Free Range.

<b>Bacon</b>	<b>Goat</b>	<b>Pork Chops</b>	<b>Veal</b>
<b>Beef</b>	<b>Ham</b>	<b>Pork Loin</b>	<b>Whole Eggs</b>
<b>Bison</b>	<b>Lamb</b>	<b>Prosciutto</b>	
<b>Chicken</b>	<b>Pheasant</b>	<b>Quail</b>	
<b>Duck</b>	<b>Pork</b>	<b>Sausage</b>	

Remember, high fat is the name of the game.



We like it wild. You should too. Go for wild caught. Farm raised is out.

<b>Catfish</b>	<b>Halibut</b>	<b>Oysters</b>	<b>Snapper</b>
<b>Clams</b>	<b>Lobster</b>	<b>Salmon</b>	<b>Squid</b>
<b>Cod</b>	<b>Mackerel</b>	<b>Sardines</b>	<b>Trout</b>
<b>Crab</b>	<b>Mahi Mahi</b>	(in olive oil is best)	<b>Tuna</b>
<b>Flounder</b>	<b>Mussels</b>	<b>Seashells</b>	



Starchy Veggies aren't our friends. Stick to the leafy greens that treat you right.

- |             |             |           |                 |
|-------------|-------------|-----------|-----------------|
| Asparagus   | Cabbages    | Kale      | Romaine lettuce |
| Beet Greens | Cucumbers   | Kimchi    | Sauerkraut      |
| Cauliflower | Garlic      | Mushrooms | Spinach         |
| Celery      | Green beans | Radishes  | Zucchini Squash |



Organic and Grass Fed fats and oils are encouraged. Limit or avoid dairy when possible as many people have a negative effect from dairy.

- |                |              |           |                  |
|----------------|--------------|-----------|------------------|
| Avocado oil    | Cocoa Butter | Lard      | Paleo Mayonnaise |
| Butter         | Cream Cheese | Macadamia | Sour Cream       |
| Beef Tallow    | Ghee         | MCT//143™ |                  |
| Coconut butter | Goose Fat    | Olive Oil |                  |



At a minimum, you should be drinking of 8-10 8oz glasses of water per day.

### **Water Hack**

Divide your body weight (in lbs) by 2. This number, in ounces, is the minimum amount of water you should drink daily.

### **Great Alone or with KETO//OS®**

- Naturally Flavored Sparkling Water
- Unsweetened Iced Tea

### **Great Alone or Mixed with KETO//KREME**

- Unsweetened Coffee
- Unsweetened Hot Tea
- Unsweetened Kombucha

# FREE KETONES IN 2021 PROGRAM

Once you have been taking ketones for a while you know your food bills go down about as much as Prüvit costs you. But we want everyone to get it for free... It's very simple. No selling... simply sharing something that can help everyone who is looking for better anything in with their Health... You probably already have some people who are asking you about this stuff... Simply refer them to us. If you refer 2 people your products are free the next month.



Its that simple, and we can make it even easier. we'll make sure your mates get access to all the resources you do to help them achieve your goals. And we know that a lot of people are looking for a solution for this next year. If you want to find them, simply join our #nomoredietsever outreach program. Put up a simple post on any social media platform you like. No product pics, nothing salesy, maybe just thanking your promoter for introducing you.



If and when people ask you about it... simply direct them to us... and we'll keep helping you get your products for free.

Thanks! & Merry Christmas

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