



**Low-Carb Lifestyle Plan & Food Guide**

**Just 14 days to a lighter you!**

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When is a meal replacement shake NOT just another Protein Shake?

... When it's an **Extreme Shake™**

**Extreme Shake™** is a creamy and delicious, natural flavored, advanced low-carb, keto-friendly, probiotic protein shake with the added benefits of patented Sensoril® Ashwagandha. Sensoril® is a patented Ashwagandha **supported by 11 clinical studies** and is **8x** the strength of standard Ashwagandha. This special extract is derived from specially-grown Ashwagandha leaves and roots through a patented, water-based process to arrive at the perfect compound. Feelings of reduced stress, more restful sleep along with energy and mental acuity are common. **Each shake contains a therapeutic serving of Sensoril®**

## Experiential benefits of our Extreme Shake™



Additional support products recommended for our optimal health and low-carb lifestyle program:

### 10xPure™ Ultimate Multi-Vitamin & Mineral Supplement

CTFO's breakthrough, doctor formulated "10xPURE™ patented delivery technology" plus 23 exceptional life enhancing nutrients help you live a more active and healthier life. Each exceptional ingredient is in a compatible form that your body can easily recognize.

### Keto Creamer

Start your first cup of the day with a great tasting metabolism booster designed to burn fat and curb your appetite.





# The Powerful Adaptogen, Ashwagandha, for a Balanced Body and Mind

Sensoril® is a patented Ashwagandha supported by 11 clinical studies designed to enhance adaptogenic health benefits.



Sensoril® is made from the unique blend of the leaves and roots of

**Ashwagandha (*Withania somnifera*)**

## Why Sensoril®

-  Contains the highest level of bioactive on the market;  $\geq 10\%$  withanolide glycosides
-  Lower dose (beginning at 125mg of Sensoril® / day)
-  Patented Ashwagandha root and leaf composition
-  Aqueous extraction process
-  90% water soluble
-  11 clinical studies, US & International
-  US & International patents
-  Organic
-  Low cost in use
-  Vegan
-  Adaptogen
-  Nootropic
-  Experiential
-  GRAS Affirmed

## Sensoril® adaptogenic properties help support

Focus



Improves psychomotor performance in healthy subjects

Energy



Increases ATP

Recovery



Reduces hsCRP and improves WOMAC scores

Stress



Reduces Cortisol levels

Sleep



Reduces Cortisol levels

Mood



Reduces Cortisol levels

## Welcome

Congratulations on your decision to make a lifestyle shift that can **change your future outcome**. This **Low-carb Lifestyle Plan & Food Guide** is a safe, doctor-formulated, science-based shift to a lower-carb lifestyle with support products and education for fast and long-lasting sustainable success. You're gonna love the way you feel!

## The plan is simple... Just 14 days to a lighter you!

### Breakfast

Have a low-carb breakfast - eggs, bacon, omelet, etc. / or have an **Extreme Shake™**.

Energize your morning with a hot beverage adding our **Keto Creamer**.

Support your healthy lifestyle with our **10xPure™ Ultimate Multi-Vitamin & Mineral**.

2-3 hours later, have a low-carb a snack.

### Lunch

2-3 hours later, have lunch.

Have a low-carb lunch - salad, "garden style" burger, etc. / or have an **Extreme Shake™**.

### Dinner

4-5 hours after lunch, have a low-carb, sensible dinner.

Protein, fresh vegetables, healthy fats (Use the attached food list as a guide)

Support your healthy lifestyle with our **10xPure™ Ultimate Multi-Vitamin & Mineral**.

### All Day

- Drink plenty of water. You should drink half your body weight in ounces each day.
- If you find you are getting hungry between meals you can add a handful or two of unsalted nuts or seeds.
- It's best not to eat anything after 8pm.

In the first few days your body may adjust to your new lower-carb lifestyle. Any lack of energy or discomfort is normal and will pass in a few days. Once your body has adjusted you may notice a clarity of mind and more energy than you have had in years. Use this extra energy to take a walk after lunch or dinner. **Enjoy the shift....** then repeat until you reach your goals!

This is not intended as medical advice. This material is intended to be of general informational use and is not intended to constitute medical advice, probable diagnosis, or recommended treatments, nor should any information in this document be construed as such. EverydayKetoGourmet is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or methods described in this material. Healthy diet and regular exercise are recommended with any program.

# Making Health A Habit

As you become carb-conscious, This guide makes it easier for you to make better food choices that support your health and weight goals. This lifestyle is low in starchy, insulin-reactive carbs, but packed full of disease-fighting vitamins and flavonoids. It is rich in olive oil, meat, fish, nuts, fruit and vegetables, but also contains lots of rich and satisfying things that over the years we have been told to avoid, such as bacon and eggs.

## How many carbs should you eat daily to lose weight?

Studies show that a low-carb lifestyle can reduce your appetite so you'll eat fewer calories. As long as you burn more calories than you take in, you can lose weight pretty much effortlessly, as long as you manage to keep the carbs down and get a little regular exercise.

Low-carb lifestyles have benefits that go way beyond weight management, and they can improve health way beyond the calorie-restricted low-fat diets still recommended by the mainstream and promoted by the food industries.

An individual's optimal carb intake depends on age, gender, body composition, activity levels, personal preference, food culture and current metabolic health. People who are physically active and have more muscle mass can tolerate a lot more carbs than people who are sedentary. Metabolic health is also a very important factor (carb/insulin sensitivity).

## Guidelines that work for most people most of the time.

### 100 - 125 net grams per day

This is more of a "moderate" carbohydrate intake. It is very appropriate for people who are lean, physically active and simply trying to stay healthy and maintain their weight. It's possible to lose weight at this carb intake, but it may require counting calories and/or portion control.

### 40 - 100 net grams per day

This range is great, along with regular exercise, if you want to lose weight over time while allowing for a bit more flexibility of your carb intake. It is also a great maintenance range for people who are carb-sensitive.

### 20 - 40 net grams per day

**This is where the metabolic benefits really start to kick in.** When eating **less than 40 net grams per day**, your body will shift into **ketosis**, a state at which your body begins to use fat for fuel and energy rather than carbohydrates. This shift enables your body to access your stored extra body fat for energy and fuel. Your appetite will no longer be driven by daily spikes and crashes in your blood sugar and you will not crave carbs like you used to, enabling you to make better food choices. Your appetite will be diminished, so you'll take in fewer calories, which will help turbocharge your weight control efforts. This shift in lifestyle is sustainable for long-term success and results in an upward spiral towards better health and longevity. Reaching true ketosis for most, can take 7-14 days of uninterrupted, consistent low-carb intake.

## Helpful Tips

### Becoming carb-conscious

Fiber in foods helps to slow down the absorption of carbohydrates so they are less insulin-reactive. When looking at a label, count “net carbs” (**net carbs = total carbs - fiber**). A great free app to use is **Daily Carb** to help you become carb-conscious. (In the App store) In the Google Play store you can find **Cronometer** - which is also free.

### Avoid snacking

If you are in a state of ketosis, your body is burning mostly fat for energy. During the 3 - 4 hours between meals, even if you are sitting at your desk, your body is still burning energy. If you are not “grazing” throughout the day, your body will use your stored body fat for energy. If you find you are hungry between meals, find a snack low in carbs, like seeds or nuts. Hard-boiled eggs, cheese, and jerky (lower-carb) are also good snack choices.

### Movement

80% of weight control comes from what you put in your mouth, and 20% comes from regular exercise. If you sit at your desk all day long, your body’s energy requirements will be low, and your weight loss results will be slower, even if you’re in ketosis. Maximize your body’s fat burning potential and move more every day for faster results.

#### FAVORITE CARBOHYDRATE

Rice / Risotto  
Mashed Potatoes  
Croutons  
Crackers  
Pasta  
Bananas/Pineapple/Dried Fruit

#### LOW-CARB ALTERNATIVE

Riced Cauliflower  
Mashed Cauliflower  
Pork Rinds  
Parmesan Crisps  
Spaghetti Squash  
Fresh or Frozen Berries



## GREEN LIST

The Green List is the all-you-can-eat list - you can choose anything you like without worrying about the carbohydrate content, as all of the foods will have only 0 to 5 grams of carbs per 100 grams of food. It will be almost impossible to overdo your carbohydrate intake by sticking to this group of foods. Overeating protein is not recommended, so eat a moderate amount of animal or plant protein at each meal. Include healthy fats such as those found in nuts and seeds, bearing in mind that when shifting to a lower-carb lifestyle for a consistent period of time, fat will become your body's preferred fuel source. Caution: even though these are all you-can-eat foods, only eat when hungry, stop when full and do not overeat. The size and thickness of your palm without fingers is a good measure for a serving of animal protein.

### ANIMAL PROTEIN

- All eggs
- All meats, poultry and game
- All natural and cured meats (pancetta, prosciutto, coppa, etc)
- All natural and cured sausages (salami, chorizo, etc)
- All seafood
- Broths

### DAIRY

- Cottage cheese
- Cream
- Cream cheese
- whole (full-fat) Greek yoghurt (choose lowest carb)
- whole milk
- Hard cheeses
- Soft cheeses

### NUTS AND SEEDS

- Almonds
- Flax seeds (watch out for pre-ground flaxseeds, they go rancid quickly and become toxic)
- Macadamia nuts
- Pecan nuts
- Pine nuts
- Pumpkin seeds
- Sunflower seeds

### SNACKS

- Jerky (lower-carb)
- String Cheese
- Nuts
- Nut Butters
- Hard-boiled Eggs
- Celery
- Cucumbers
- Peppers

### SWEETENERS

- Erythritol granules
- Stevia powder
- Xylitol granules
- Monkfruit



## VEGETABLES

- All green leafy vegetables (spinach, cabbage, lettuces, etc)
- Any other vegetables grown above the ground
- Artichoke hearts
- Asparagus
- Avocados
- Broccoli
- Brussels sprouts
- Cabbage
- Cauliflower
- Celery
- Eggplant
- Leek
- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Sauerkraut
- Snow Peas
- Spring onions
- Tomatoes
- Zucchini

## FATS

- Any rendered animal fat
- Avocado oil
- Butter
- Cheese - firm, natural, full-fat, aged cheeses (not processed)
- Coconut oil
- Duck fat
- Ghee
- Lard
- Macadamia oil
- Mayonnaise - organic, full fat only (not from seed oils)
- Olive oil
- Hard and Soft cheeses

## FLAVORINGS AND CONDIMENTS

- All flavorings and condiments are okay, provided they do not contain sugars and or non-organic vegetable oils.



## BLUE LIST

Blue is made up of foods containing between 6g and 25g of carbs per 100g. Chart your carbohydrates without getting obsessive and still obtain an excellent outcome. If you are in ketosis, this list will assist you to stay under a total of 40g carbs for the day so you remain there. If you are post-menopausal, no more than 30g carbs for the day should be your target. Ingredients are all fresh unless otherwise indicated. As a general rule, limit these items if you are trying to stay in ketosis and lose weight.

### FRUITS

- Apples
- Blackberries
- Blueberries
- Oranges
- Peaches
- Pomegranate
- Plums
- Kiwi fruits
- Raspberries
- Strawberries
- Watermelon
- Grapefruit

### TIPS FOR EATING OUT

Keep things simple and stick to low-carb options. A steak or fish with an extra side of vegetables and butter are a good example. Swapping out mashed potatoes for mashed cauliflower and asking for any sauces on the side are also a good idea. A number of places offer protein-style or “green-style” hamburgers, which means the burger is wrapped in lettuce instead of a bun.

### VEGETABLES

- Butternut
- Carrots
- Sweet potato
- Beets

### SWEETENERS

- Honey (1tsp)

### NUTS

- Cashews
- Pistachios
- Nut butters



## BLACK LIST

The Black List contains all the foods to avoid, such as potatoes and rice. We strongly suggest you avoid all the items on this list, or, at best, eat them very occasionally and restrict the amount when you do. They will do nothing to help you in your attempt to reach your health and weight goals.

### BAKED GOODS

- All flours from grains - wheat flour, corn flour, rye flour, barley flour, pea flour, rice flour etc
- All forms of bread
- All grains - wheat, oats, barley, rye, amaranth, quinoa, teff etc
- Beans (dried)
- "Breaded" or battered foods
- Brans
- Breakfast cereals, muesli, granola of any kind
- Buckwheat
- Cakes, biscuits, confectionery
- Corn products - popcorn, polenta, corn cakes, maize
- Couscous
- Crackers, cracker breads
- Millet
- Pastas, noodles
- Rice
- Rice cakes
- Sorghum
- Spelt
- Thickening agents such as gravy powder, maize starch or stock cubes

### GENERAL

- All fast food
- All processed food
- Any food with added sugar such as glucose, dextrose etc.

### FRUITS AND VEGETABLES

- Fruit juice of any kind
- Vegetable juices (other than home-made with Green list vegetables)

### STARCHY VEGETABLES

- Beetroots
- Legumes
- Parsnips
- Peanuts
- Peas
- Potatoes (regular)

### MEAT

- Meats cured with excessive sugar  
Vienna sausages, luncheon meats



### DAIRY / DAIRY-RELATED

- Cheese spreads, commercial spreads
- Sweetened coffee creamers
- Sweetened almond milk
- Condensed milk
- Fat-free anything
- Ice cream
- Puddings
- Reduced-fat cow's milk
- Rice milk
- Soy milk

### BEVERAGES

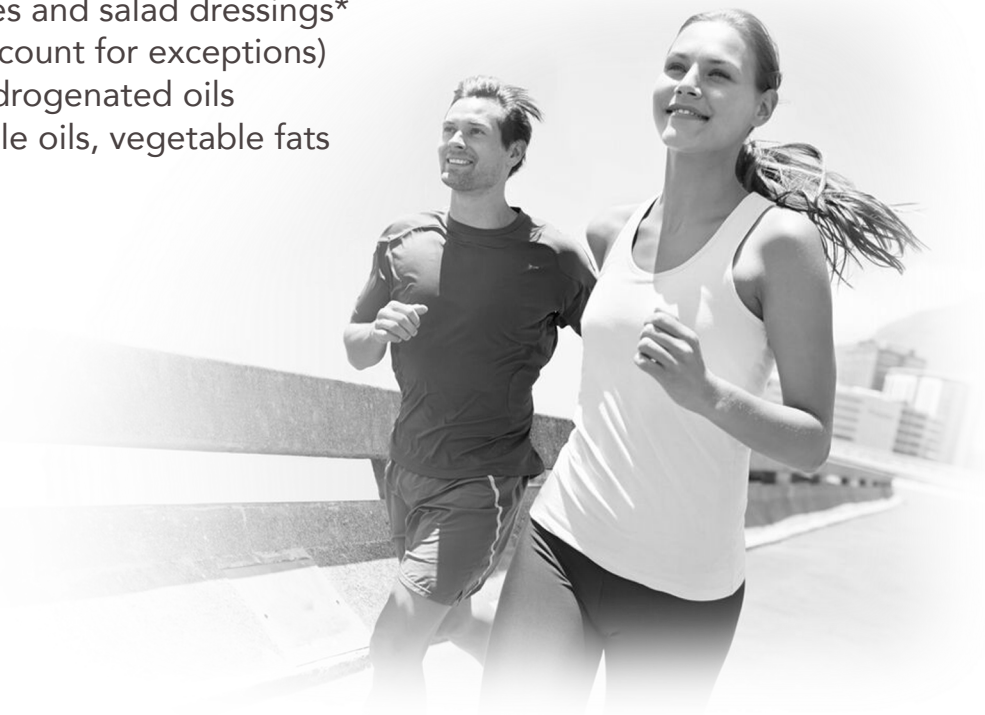
- Beer, cider
- Fizzy drinks (sodas) of any description other than carbonated water (seltzer or club soda, unflavored or flavored without sweeteners)
- Lite, zero, diet drinks of any description

### FATS

- All non-organic seed oils (safflower, sunflower, canola, grapeseed, cottonseed, corn)
- Sweetened chocolate
- Commercial sauces, marinades and salad dressings\*  
\*(Check ingredients and carb count for exceptions)
- Hydrogenated or partially hydrogenated oils including margarine, vegetable oils, vegetable fats

### SWEETENERS

- Agave anything
- Artificial sweeteners (aspartame, acesulfame K, saccharin, sucralose, splenda)
- Cordials
- Dried fruit
- Honey
- Malt
- Sugar
- Sugared or commercially pickled foods with sugar
- Sweets
- Syrups of any kind



## Extreme Shake™ Recipes

Just add 8oz. of cold water (or preferred unsweetened milk) and shake or blend. Simple!  
Or.... Get creative or try some of our delicious recipes below.

### Vanilla Chai Smoothie

- 1 tsp fresh ginger or 1/2 tsp. powdered
- 1/2 cup Spinach or Kale
- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 1/4 tsp cinnamon
- 1/8 tsp nutmeg - or a pinch of fresh grated
- 1/8 tsp ground clove
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 144 / fat 5.5g / protein 16g / carbs 14g / fiber 10g**

### Cafe Mocha Shake

- 6oz. strong brewed cold coffee or a double shot of espresso
- 1/2 cup Unsweetened Almond milk
- 1/8 - 1/4 cup of cold water (1/4 cup if you are using espresso)
- 1/2 tbsp. Dutch Process Cocoa Powder
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 143 / fat 6.5g / protein 16g / carbs 14g / fiber 10g**

### Mixed Berry Smoothie

- 1/3 cup fresh or frozen blueberries / strawberries
- 1/2 cup Unsweetened Almond milk
- 1/3 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 177 / fat 5.5g / protein 16g / carbs 19g / fiber 10g**

### Toasted Almond Shake

- 4oz. strong brewed cold coffee or a shot of espresso
- 1/2 cup Unsweetened Toasted Coconut Almond milk
- 1/3 cup of cold water
- 1/2 tsp cinnamon
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 139 / fat 5.5g / protein 16g / carbs 13g / fiber 10g**



## Extreme Shake™ Recipes

### Peanut Butter Smoothie

- 2 tsp. unsweetened peanut butter
- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 198 / fat 11.5g / protein 18g / carbs 15g / fiber 10g**

### Super Greens Smoothie

- 1/2 a ripe avocado
- 1 cup of kale
- 1 cup of spinach
- 1/4 of a kiwi
- 1 tsp fresh mint
- 1/2 cup Unsweetened Almond milk
- 1 tsp lemon juice
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 349 / fat 21.5g / protein 21g / carbs 32g / fiber 19g**

### Cherry Vanilla Shake

- 1/4 cup pitted sweet cherries (fresh or frozen)
- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 159 / fat 5.5g / protein 16g / carbs 18g / fiber 10g**

### Key Lime Pie Smoothie

- 1 tbs Lime juice - key limes are best)
- 1/2 cup full-fat cottage cheese
- 1/4 ripe avocado
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 301 / fat 14.5g / protein 29g / carbs 21g / fiber 12g**



## Extreme Shake™ Recipes

### Creamy Peach Shake

- 1/2 ripe peach or 1/2 cup frozen peach slices
- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 164 / fat 5.5g / protein 16g / carbs 18g / fiber 10g**

### Apple Pie Smoothie

- 1/2 cup sliced apple
- 1/2 cup Unsweetened Almond milk
- 1/2 tsp cinnamon
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 171 / fat 5.5g / protein 16g / carbs 22g / fiber 11g**

### Chocolate Avocado Smoothie

- 1/2 ripe avocado
- 1/2 tbsp. Dutch Process Cocoa Powder
- 1/4 cup cucumber
- 1/2 cup spinach
- 1/2 cup Unsweetened Almond milk
- 1/3 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 309 / fat 20.5g / protein 19g / carbs 24g / fiber 17g**

### Toasted Macadamia Nut Shake

- 6 dry roasted, unsalted macadamia nuts
- 1 tsp almond butter
- 1/2 cup Unsweetened Toasted Coconut Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 275 / fat 20.5g / protein 18g / carbs 15g / fiber 11g**



## Extreme Shake™ Recipes

### Mint Chip Protein Shake

- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1/2 ripe avocado
- 6 drops peppermint oil or 1/8 teaspoon peppermint extract
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

Top with dark chocolate (at least 85% cocoa),  
finely chopped or 2 tablespoons raw cacao nibs

**calories 296 / fat 20.5g / protein 18g / carbs 21g / fiber 16g**

### Raspberry Chocolate Avocado Smoothie

- 1/3 cup raspberries, fresh or frozen
- 1/2 ripe avocado
- 1/2 cup Unsweetened Almond milk
- 1/2 tbsp. Dutch Process Cocoa Powder
- 1/8 tsp raspberry extract
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 325 / fat 21.5g / protein 19g / carbs 27g / fiber 20g**

### Blackberry Cheesecake Smoothie

- 1/3 cup blackberries, fresh or frozen
- 2 tbsp. full-fat cream cheese
- 1/8 cup heavy whipping cream or coconut milk
- 1/4 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 350 / fat 26.5g / protein 18g / carbs 19g / fiber 12g**

[Check Out Product Here](#)



## Extreme Shake™ Recipes

### Strawberry Cream Shake

- 3 ripe strawberries
- 1/2 cup Unsweetened Almond milk
- 1/2 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 6-7 ice cubes

Blend together well with a bullet blender

**calories 147 / fat 36g / protein 16g / carbs 15g / fiber 9g**

### Orange Dreamsicle

- 2/3 cup Unsweetened Almond milk
- 1/8 navel orange (2 segments)
- 1/2 tsp orange zest
- 1 scoop Vanilla **Extreme Shake™**
- 8 ice cubes

Blend together well with a bullet blender

**calories 149 / fat 37g / protein 16g / carbs 15g / fiber 9g**

### Dark Chocolate Shake

- 2/3 cup Unsweetened Almond milk
- 1/4 cup of cold water
- 1 scoop Vanilla **Extreme Shake™**
- 2 tbsp Unsweetened Cocoa powder (Ghirardelli)
- 8 ice cubes

Blend together well with a bullet blender

**calories 165 / fat 38g / protein 18g / carbs 19g / fiber 13g**

