

KETO FIX



butter strong

eat fat • get lean • enjoy life

Are you interested in trying the Keto lifestyle but finding it daunting? Macro nutrient calculators, food scales, diet apps and the pressure of figuring out what to eat and when making your head spin?

OR

Are you used to the 21-Day Fix way of eating and would like to have a 'KETO-IZED FIX PLAN' that allows you to still use your containers?

Then **KETO FIX** is for you. Here's how to use it:

1. Calculate your daily caloric intake level of A, B or C from the 21 Day Fix Guide or the Portion Fix Guide that came with your color coded containers. If you do not HAVE either of these guides and the containers that go with them, purchase them here (link:

<https://teambeachbody.com/shop/-/shopping/BBPortionFix?referringRepId=83013>)

2. Then, simply follow your level (A, B, C) as found on the Keto Fix chart. The number of each color coded container portions you are allowed each day are clearly marked for you. Easy peasy!

3. And, that's it! Now, you can get going with your chosen workout, eat your containers every day and watch the changes in your health and body begin!

KETO FIX



PLAN A ~ 1450 CAL.

4 green

3 red

1-2 blue

4 orange

2 T. coconut or MCT oil

SHAKEOLOGY:

add: 1 T nut butter OR
1/2 cup coconut fat + real
extracts of lemon, vanilla
almond, etc.

PLAN B ~ CONT.

SHAKEOLOGY:

add: 1 T nut butter AND
1 cup unsweetened coconut
milk + extracts of lemon,
vanilla, almond, etc.

PLAN C ~ 1950 CAL.

6 green

4 red

1-2 blue

5 orange

3 T. coconut or *MCT

SHAKEOLOGY:

add: 1 T nut butter AND
1 cup unsweetened coconut
milk + natural extracts; ie,
coconut, almond, vanilla, etc.

PLAN B ~ 1650 CAL.

5 green

3 red

1-2 blue

5 orange

2 T. coconut or *MCT oil

NOTE: blue containers and orange are basically interchangeable. Eat quality fats like non-Omega 6 nut oils, saturated fats and ESPECIALLY avocado. Green containers: eat from the top of 21-Day Fix list to middle. NO starchy carbs (yellows) even sweet potatoes or yams! *MCT= medium chain triglycerides. Buy local /on Amazon. EACH PLAN is approximately: 66% fat, 9% carbs, 25% protein