

More Keto resources on www.MunsonMischief.com.

Simply put, the Ketogenic Diet is a nutritional protocol in which the majority of your calories come from fat (65-75%), then protein (25-30%) and minimal carbohydrates (5% or 25-50g per day). This protocol maximizes your metabolism's use of dietary fat and stored bodyfat, as well as the Ketone bodies from fatty acid break down, as fuel sources for your body.

This is a very basic outline or example of a daily ketogenic diet.

Remember that on a Ketogenic diet, you are shooting for macronutrient breakdown of about 65-75% fat, 25-30% protein, and carbohydrates limited to 30g per day (perhaps 50g per day after many months).

To dial in the macronutrient ratios, we suggest tracking your food for a few days each week during the first few weeks. The handiest app we found to do so is the MyFitnessPal app.

That being said. Here is the general plan we recommend for folks (women eat less, men eat more).

Coffee

If you drink coffee, coffee is a great way to get in a lot of fats. We have 1-2 cups of coffee each morning, as follows:

1 cup coffee

1 tbsp grass fed butter ([KerryGold](#)) which you can find at any grocery store

2 tsp [MCT Oil](#)

1-2 tbsp heavy whipping cream

Breakfast

2-5 eggs

onions, bell peppers, mushrooms, etc (in the eggs scramble)

scramble above in 2 tbsp coconut oil (the kind that is waxy solid at room temp)

2-3 pieces bacon or 1-2 pieces sausage or ham

1-2 tbsp quacamole

1/2 cup fresh berries (strawberries, blueberries, raspberries, blackberries, etc.)

Lunch

4-8oz meat (steak, chicken, pork etc.) or fish

2 cups vegetables

2 tbsp healthy fat oil (coconut, avocado, olive, etc), or 1 avocado, or ¼ cup nuts

Dinner

5-10oz meat (steak, chicken, pork etc.) or fish

plate full of mixed salad greens, plus salad additions (cucumber, bell pepper, olives, mushrooms, etc.)

1/2 avocado (sliced), 2-3 tbsp healthy fat oil (coconut, avocado, olive, etc)

If you break down the above, you've got good protein at each meal. At breakfast you've got a plentiful amount of good healthy fats (yolks, coconut oil, avocado) which provide numerous benefits and functions in the body as well as calories. The berries add some fruit providing vitamins and antioxidants, but with little sugar.

Lunch and dinner are your big protein meals, lots of vegetables or salad and plenty of healthy fats.

Snacks

If you are snacky during the day...snack on a variety of nuts and seeds but make sure they are raw and unsalted. Not roasted or coated in stuff. Just raw. Go for a variety, not the same type every single day, day after day. And don't over do it on nuts. A small amount adds lots of calories. Another favorite snack of ours is 2 tbsp natural peanut butter or natural almond butter and 2 celery sticks cut into small pieces for dipping.

Shakes

We're also fans of a daily power shake made with the following:

12oz water

2 scoops protein (vanilla [Muscle Gain](#) from AdvoCare)

1 scoop [AdvoGreens](#)

1 packet [fiber drink](#)

2 tbsp avocado oil

1/3 cup fresh or frozen mixed berries

Ice

Blend on high for 30 seconds and enjoy!

Supplements

We are huge fan of nutritional supplementation. Always have been. Always will be. Always take the basics first. The basics are a multivitamin/mineral and fish oil. Those before anything else.

Personally, we take lots of fish oil. It really helps with inflammation and joints.

[AdvoCare](#) is what we use. Of all the supplement manufacturers out there (hundreds) there are only about 2-3 brands that we actually trust and would spend our money on and put in our bodies. [AdvoCare](#) is one of them. They aren't the only good brand out there, but they are one of the best.

What we recommend:

[MNS 3](#) - All your core nutrition. Multivitamin, multimineral, fish oil, probiotic and more.

...or....

[CORE](#) - Much like MNS 3, minus appetite control and metabolism support items, but with added items to address joint health and system anti-inflammation.

[OmegaPlex](#) - Take 4-6 extra OmegaPlex per day (in addition to whats in [MNS 3](#) or [CORE](#)).

[ProBiotic Restore Ultra](#) - For healthy gut flora. (This is included in MNS 3, but not CORE).

[Spark](#) - Energy and mental focus drink. 1-2 per day.

There are lots of other things you can take, but those are the basics and what we start everyone on. After a few months on the above, we can fine tune the supplement routine to match current goals and needs.

You can follow us further on the following social media platforms:

[MunsonMischief.com](#) - Our personal blog. You can also contact us through that site.

[Matt's Instagram](#)

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