



Diet Direct

KETO MEAL PLAN

WELCOME TO DIET DIRECT

Congratulations on taking the first step towards achieving your health and wellness goals!

A balanced diet is crucial to any weight management journey. The Diet Direct Keto Meal Plan is designed with balance and simplicity in mind, making it easy to follow and highly effective. A traditional keto diet plan focuses mainly on weight loss and does not emphasize adding nutrient-dense foods to the diet. Our keto-friendly meal plan is dietitian curated to provide a keto friendly, low-carb and macro balanced menu with more protein-rich selections to promote more feeling of fullness and satiety. You will enjoy a tasty balance of our Diet Direct options along with grocery ingredients at meal time.

Each meal on our plan aims to provide sustained energy and satiety while encouraging the body to burn fat for fuel instead of carbohydrates. Snacks are strategically placed to curb cravings and maintain stable blood sugar levels throughout the day.

Our keto friendly plans follow a 40/40/20 macro balance of 40% fat, 40% protein, and 20% carbohydrates. This provides a sustainable eating method that supports your overall well-being.

Inside this guide, you'll find all of the tools to help you successfully follow your Diet Direct Keto Meal Plan.

What's Inside
FAQ's
Your Meal Plan, 1500|1800
Grocery Food Selection List
Product Selection List
Recipes
Food & Activity Diary

More on What's Inside: Be sure to take some time to review each page of this booklet.

See the **FAQ section** for answers to some common questions as well as some fun **Recipes** to help you thrive and embrace your new healthy lifestyle.

Be sure to locate your specific **Meal Plan** (in 1500 or 1800 calorie options) that you will be following for your selected duration. On your plan you will see references to both Diet Direct products and Grocery servings. Use the **Product Selection List** and the **Grocery Food Selection List** to make your choices each day. We've also included a **Food & Activity Diary** for you to use to keep track of everything you eat, drink, and do each day.

Please don't hesitate to contact our Customer Care Team via email at hello@dietdirect.com. You can also Chat live or call us at 800-567-3438 (9a-5p EST) for any additional questions or support. Should you need any additional copies of the plan materials, printable PDFs are available on our website. We are here to help in any way that we can. You've got this!



Visit [DietDirect.com/Products](https://www.dietdirect.com/products)
For More Great Diet Direct Products

FREQUENTLY ASKED QUESTIONS

Q: What makes this modified keto plan superior to other diets on the market?

A: Our modified keto plan prioritizes balance and simplicity as its core principles. All the meal plans within this program were developed and designed by our registered dietitian, ensuring a healthy well-rounded plan consisting of nutrient-dense ingredients. Our dietitian designed plans are tailored to assist users attain their health and wellness objectives. By offering a strategic blend of Diet Direct products, nutritional elements and personalized features, our program aims to provide a comprehensive and effective path towards achieving health goals. Whether it's weight management, improved energy levels, or overall well-being, our plan is crafted to support and guide you on your journey to optimal health.

Q: Can you elaborate on the benefits of the Diet Direct products?

A: Diet Direct products are packed with protein to promote satiety and support weight loss goals. Each product is perfectly packaged, taking the guesswork out of portion control. Diet Direct products have been thoughtfully placed throughout the meal plan, so knowing what and when to eat is seamless. We know that life can be busy, so all products either come ready to eat or require limited effort and preparation time.

Q: What are the macro percentages of this keto meal plan?

A: We consider our keto plan a modified keto. The meal plan is 40% fat, 40% protein, and 20% carbohydrates. We have focused this updated plan on increased protein intake to spare muscle during the weight loss phase.

Q: What is the benefit of this plan over the traditional keto model?

A: While the traditional keto plans focus mainly on weight loss, our plan is less stringent in terms of its macros and represents a more balanced eating method by incorporating increased lean protein and fiber-rich fruits and vegetables. By providing 40% protein and 40% fat, satiety can be achieved, which could promote critical behavioral change components, such as portion control and more nutrient-dense dietary selection. At 40% protein, less muscle is lost while embarking on a weight loss journey.

Q: Will I get keto-adapted on this plan?

A: It varies. It can typically take up to a few weeks for your body to completely acclimate to using fat as fuel. Since our modified keto plan is 40% fat, you may not become fully fat-adapted.

Q: How will I feel when I start to become keto-adapted?

A: While transitioning to a higher-fat diet, you might experience what is known as the "keto flu." You may experience fatigue, lightheadedness, irritability, fogginess, and weakness during the transition. These symptoms should subside within 7 to 10 days of starting the diet. You can reduce these side effects by staying on top of your hydration. Consider consuming sugar-free electrolyte sports drinks and additional salt to counterbalance side effects such as fatigue, muscle cramps, or body weakness.

Q: Is this plan safe for someone with medical conditions such as Diabetes or Kidney Disease?

A: We recommend you consult your doctor to determine if this diet is safe and suitable for your needs.

Q: Can I follow this plan while pregnant?

A: Since there is inadequate research about following a keto diet during pregnancy, it is not advised. Consuming a balanced diet for your health and your baby's is best. Always consult with your doctor before starting any diet, especially while pregnant.

Q: Some Premium category choices are either higher or lower than others. Will this affect my weight loss goals?

A: The minor differences between Premium ingredients should not affect your goals.

Achieving a balanced diet involves considering the entirety of your nutritional intake rather than focusing solely on individual meals or specific food items. It is crucial to view your dietary habits holistically, recognizing that the overall composition of your nutritional choices plays a key role in promoting health and well-being. By adopting this comprehensive approach, you can ensure that your eating patterns contribute to a well-rounded and nourishing lifestyle.

Q: How much weight will I lose?

A: Weight loss outcomes vary on an individual basis, as factors such as metabolism and body composition play a significant role. Our program recognizes this diversity by offering different calorie levels, allowing for customization based on personal needs. Should you find yourself losing weight too rapidly or encountering a plateau, feel free to make adjustments to your calorie intake. This flexibility ensures that the program is adaptable to your unique circumstances, fostering a sustainable and personalized approach to achieving your weight loss goals.

Q: Can I exercise on this plan?

A: Yes, incorporating exercise into your health journey is encouraged, but you might find that you need to tailor the intensity of your workouts to your personal ability and needs. Given that our plan consists of a protein-rich diet (comprising 40% of the overall intake), it is particularly well-suited for low-impact exercises and can effectively complement a strength training program. However, before embarking on any new exercise regimen, it's crucial to consult with your physician to ensure that the chosen activities align with your individual health needs and conditions. This precautionary step helps guarantee a safe and effective integration of physical activity into your overall wellness journey.

Q: If I follow the plan as recommended, will I get into ketosis?

A: Typically, ketosis occurs when the fat content of the diet is 70-80% of total calories. Our modified keto plan contains at least 40% fat while maintaining low carbohydrates at approximately 20%. The best way to determine ketosis is by testing with ketone test strips.

Q: How are your products different from other Keto items?

A: Our product line is crafted to align seamlessly with our modified keto plan. In contrast to many keto products that predominantly feature fats, our approach involves incorporating more protein-rich products. This strategic balance not only enhances the overall appeal of our diet plan but also contributes to increased satiety and the preservation of muscle mass. By prioritizing protein, we ensure a well-rounded nutritional profile that supports both the principles of keto and the broader goals of satiety and muscle maintenance.

Q: Can you explain how to use the grocery list?

A: The grocery list offers an expansive array of supplementary items, including lean protein choices, dietary fat options, an assortment of fruits, vegetables, and approved packaged goods. This comprehensive selection ensures that your nutritional needs are not only met but also catered to with a diverse range of options, allowing for a personalized and satisfying approach to achieving your health and wellness goals. You can be secure in knowing that all the products on the grocery list align with your meal plan. Your meal plan further breaks down the recommended portion size of all supplemental grocery items.

Q: How does the Diet Direct Keto diet work?

A: Our Premium Package provides you with the flexibility to select seven Diet Direct products of your preference, each crafted to align seamlessly with the specified macro and caloric levels of your meal plans. Additionally, the Premium package grocery list offers an expansive array of supplementary items, including lean protein choices, dietary fat options, an assortment of fruits, vegetables, and approved packaged goods.

Q: How will I know what to eat and when?

A: Our meal plans were thoughtfully developed with macros and calorie requirements at the forefront. To enhance simplicity, we've organized your daily meals into an easy-to-follow meal plan. In addition, our convenient grocery list offers a user-friendly compilation of exchange options, providing you with the flexibility to make substitutions at any meal. This not only simplifies your meal preparation but also empowers you to customize your eating experience based on your preferences and dietary needs. We provide an easy-to-use list of exchanges that can be swapped at any meal.

Q: What happens if I am not happy with my calorie level? Are there others to select from?

A: Feel free to adjust between calorie levels based on your individual needs and preferences within our Diet Direct keto plan. Currently, we provide comprehensive plans tailored to both 1500 and 1800 calorie levels, offering you the flexibility to choose the approach that aligns best with your specific health and wellness goals. This adaptability ensures that our program caters to a range of dietary requirements, allowing you to personalize your journey for optimal satisfaction and effectiveness.

Q: Do the Diet Direct products still contain MCT oil?

A: Some of our current products do include MCT oil. However, we have minimized their presence in our packages. This adjustment is part of our commitment to delivering a keto plan that places a greater emphasis on protein. The revised composition ensures that your dietary focus aligns with a protein-rich approach, promoting satiety and muscle support. This enhancement reflects our dedication to refining and optimizing our plans based on evolving nutritional insights for a more well-rounded and effective weight loss experience.

Q: What is the reason for the limited inclusion of supplementary protein sources in the diet?

A: We've dedicated effort to ensure that every meal plan aligns with targeted macronutrient percentages, removing any uncertainty about balancing your macros. Our Diet Direct selections are packed with protein, guaranteeing daily fulfillment of protein requirements.

Meals	Menu Items								
BREAKFAST	1 DD Breakfast 1 DD Shake or Drink 1 Dairy serving; 2 Fat servings								
AM SNACK	1 DD Shake or Drink								
LUNCH	1 DD Lunch or Soup 2 Protein servings; 2 ½ Fat servings; ½ Vegetable serving								
PM SNACK	1 DD Bar or Snack 1 DD Shake or Drink								
DINNER	3 Protein servings; 3 Fat servings; 1 Vegetable serving								
EVENING SNACK	1 DD Dessert 1 Fruit serving								
TYPICAL DAILY TOTALS	<table border="1"> <thead> <tr> <th>Calories</th> <th>Protein (40%)</th> <th>Carbs (21%)</th> <th>Fat (39%)</th> </tr> </thead> <tbody> <tr> <td>1500</td> <td>154g</td> <td>80g</td> <td>67g</td> </tr> </tbody> </table>	Calories	Protein (40%)	Carbs (21%)	Fat (39%)	1500	154g	80g	67g
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1500	154g	80g	67g						

Important Notes: If you have a medical condition, please consult with your doctor before following this meal plan.

Meal Plan Instructions

- Do not skip meals! Be sure to eat ALL of the Diet Direct Meals and Grocery Foods listed on your plan. This ensures that you get a robust nutritional intake to support lean muscle mass and curb your hunger.
- Use the Product Selection List to organize and plan your Diet Direct meals.
- Use the Grocery Food Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
- Hydrate! Drink at least 8 cups of water a day.
- Expect to NOT be perfect. Unplanned eating, lapses, real life - it happens to everyone.
- **DD = Diet Direct**

Example Day - 1500 Calories

1 DD BLUEBERRY PANCAKE WITH 1 TSP BUTTER, ¼c WHIPPED CREAM, 1 DD MOCHA KETO SHAKE W/ 1c WHOLE MILK	BREAKFAST
1 DD BERRY KETO SMOOTHIE	SNACK
1 DD TORTILLA KETO SOUP, 2oz CHICKEN THIGHS WITH 2 TSP OLIVE OIL, ¼c COOKED SPINACH WITH 1 TSP OLIVE OIL, LEMON JUICE & DRIED SPICES	LUNCH
1 DD VANILLA MEAL REPLACEMENT BAR, 1 DD KETO COFFEE ORIGINAL WITH CREAM	SNACK
2oz IMPOSSIBLE BURGER WITH MUSTARD, 1 SLICE OF BACON, 1oz CHEDDAR CHEESE, 2 TBSP AVOCADO, ½c COOKED MUSHROOMS IN 1 TSP BUTTER	DINNER
1 DD DARK CHOCOLATE PUDDING, 1 ¼c STRAWBERRIES	DESSERT

1800 CALORIE KETO PLAN

Meals	Menu Items			
BREAKFAST	1 DD Breakfast 1 DD Shake or Drink 1 Dairy serving; 2 Fat servings			
AM SNACK	1 DD Shake or Drink ½ Fat serving; 1 Fruit serving			
LUNCH	1 DD Lunch or Soup 4 Protein servings; 2½ Fat servings; 1 Vegetable serving			
PM SNACK	1 DD Bar or Snack 1 DD Shake or Drink			
DINNER	5 Protein servings; 3 Fat servings; 1 Vegetable serving			
EVENING SNACK	1 DD Dessert ½ Fruit serving			
TYPICAL DAILY TOTALS	Calories	Protein (40%)	Carbs (20%)	Fat (40%)
	1800	184g	90g	82g

Important Notes: If you have a medical condition, please consult with your doctor before following this meal plan.

Meal Plan Instructions

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- Use the Product Selection List to organize and plan your Diet Direct meals.
- Use the Grocery Food Selection List as a guide for all other meals on your plan. Bring it with you on shopping trips!
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Example Day - 1800 Calories

1 DD COCOA CEREAL WITH 1c WHOLE MILK, 1 DD KETO COFFEE ORIGINAL WITH CREAM WITH STEVIA DROPS, 2 SLICES OF BACON	BREAKFAST
1 DD VANILLA KETO SHAKE, ½ TBSP FLAX SEEDS, ¾c BLUEBERRIES	SNACK
2 SLICES OF DD PROTEIN GRAIN & BROWN BREAD, 4 TBSP AVOCADO WITH PINK HIMALAYAN SEA SALT, 2 HARD BOILED EGGS, 2oz TURKEY, ½c COOKED ASPARAGUS W/ 1 TSP OLIVE OIL	LUNCH
1 DD BBQ KETO TORTILLA CHIPS, 1 DD BANANA CRÈME KETO SMOOTHIE	SNACK
5oz CHICKEN LEG COOKED IN 2 TSP OLIVE OIL & SPICES, ½c COOKED SPAGHETTI SQUASH WITH 1 TSP OLIVE OIL & SPICES	DINNER
1 DD CHOCOLATE MUG CAKE, 1 SMALL APPLE	DESSERT

GROCERY FOOD SELECTION LIST

Each option = 1 Serving

PROTEIN Serving | 1 Serving = 1 oz or specified measurement

- | | | | |
|--|---|---|--|
| <input type="checkbox"/> Chicken Thigh - 1 oz | <input type="checkbox"/> Herring - 1 oz | <input type="checkbox"/> 4% Cottage Cheese - ¼ cup | <input type="checkbox"/> Cheese, full fat - 1 oz |
| <input type="checkbox"/> Chicken Leg - 1 oz | <input type="checkbox"/> Mackerel - 1 oz | <input type="checkbox"/> 2% Cottage Cheese - ¼ cup | <input type="checkbox"/> Soy-based Bacon Strips - 3 strips |
| <input type="checkbox"/> Turkey, dark meat - 1 oz | <input type="checkbox"/> Swordfish - 1 oz | <input type="checkbox"/> Kefir, full fat - 1 cup | <input type="checkbox"/> Bacon - 1 strip |
| <input type="checkbox"/> Poultry with skin - 1 oz | <input type="checkbox"/> Rainbow Trout - 1 oz | <input type="checkbox"/> Full Fat & 2% Milkfat Greek or Skyr Yogurt - ¼ cup | <input type="checkbox"/> Moon Cheese - 1 oz |
| <input type="checkbox"/> Whole Eggs - 1 each | <input type="checkbox"/> Bluefish - 1 oz | <input type="checkbox"/> Hot Dogs, full fat - 1 each | |
| <input type="checkbox"/> Tuna Canned in Olive Oil - 1 oz | <input type="checkbox"/> Catfish - 1 oz | <input type="checkbox"/> Sausage, full fat - 1 each | |
| <input type="checkbox"/> Salmon - 1 oz | <input type="checkbox"/> Lamb - 1 oz | <input type="checkbox"/> Impossible Brand Meatless Burgers & Sausage - 1 each | |
| | <input type="checkbox"/> Veal Cutlet - 1 oz | | |

FRUIT Serving

- | | |
|---|---|
| <input type="checkbox"/> Blueberries - ¾ cup | <input type="checkbox"/> Grapefruit - ½ cup |
| <input type="checkbox"/> Raspberries - 1 cup | <input type="checkbox"/> Melon - 1 cup |
| <input type="checkbox"/> Strawberries - 1 ¼ cup | <input type="checkbox"/> Peach, medium - 1 |
| <input type="checkbox"/> Blackberries - ¾ cup | <input type="checkbox"/> Nectarine, small - 1 |
| <input type="checkbox"/> Orange, small - 1 | <input type="checkbox"/> Pear - ½ cup |
| <input type="checkbox"/> Apple, small - 1 | <input type="checkbox"/> Tangerine, small - 2 |

DAIRY Serving

- | | |
|---|---|
| <input type="checkbox"/> Coconut Milk, full fat - 1 cup | <input type="checkbox"/> Pea Protein Milk, unsweetened - 1 cup |
| <input type="checkbox"/> Whole Milk - 1 cup | <input type="checkbox"/> So Delicious Dairy Free Simply - 150 g |
| <input type="checkbox"/> 2% Milk - 1 cup | |
| <input type="checkbox"/> Soy Milk, full fat - 1 cup | |

FAT Serving

- | | |
|--|--|
| <input type="checkbox"/> Half & Half - 2 tbsp | <input type="checkbox"/> Brazil Nuts - 2 |
| <input type="checkbox"/> Heavy Cream - 1 tbsp | <input type="checkbox"/> Hazelnuts - 5 |
| <input type="checkbox"/> Whipped Cream - ¼ cup | <input type="checkbox"/> Walnuts - 4 halves |
| <input type="checkbox"/> Olive Oil - 1 tsp | <input type="checkbox"/> Pecans - 4 halves |
| <input type="checkbox"/> MCT Oil - 1 tsp | <input type="checkbox"/> Pistachios - 16 |
| <input type="checkbox"/> Coconut Oil - 1 tsp | <input type="checkbox"/> Pine Nuts - 1 tbsp |
| <input type="checkbox"/> Butter, full fat - 1 tsp | <input type="checkbox"/> Chia Seeds - 1 tbsp |
| <input type="checkbox"/> Butter, reduced fat - 1 tbsp | <input type="checkbox"/> Flaxseeds - 1 tbsp |
| <input type="checkbox"/> Ghee - 1 tsp | <input type="checkbox"/> Sesame Seeds - 1 tbsp |
| <input type="checkbox"/> Bacon - 1 slice | <input type="checkbox"/> Tahini Sauce - 2 tsp |
| <input type="checkbox"/> Cream Cheese - 1 tbsp | <input type="checkbox"/> Black Olives - 8 large |
| <input type="checkbox"/> Mayonnaise, full fat - 1 tsp | <input type="checkbox"/> Green Olives with Pimento - 10 large |
| <input type="checkbox"/> Salad Dressing, full fat - 1 tbsp | <input type="checkbox"/> Prosciutto - 1 oz |
| <input type="checkbox"/> Avocado - 2 tbsp | <input type="checkbox"/> Hemp Seeds - 1 tbsp |
| <input type="checkbox"/> Nut Butters - 1 ½ tsp | <input type="checkbox"/> Coconut - 2 tbsp |
| <input type="checkbox"/> Almonds - 6 | <input type="checkbox"/> Sour Cream, full fat - 2 tbsp |
| <input type="checkbox"/> Peanuts - 10 | <input type="checkbox"/> Primal Kitchen Dressings & Marinades - 1 tbsp |
| <input type="checkbox"/> Pumpkin Seeds - 1 tbsp | |
| <input type="checkbox"/> Macademia Nuts - 3 | |
| <input type="checkbox"/> Cashew Nuts - 6 | |

VEGETABLE Serving | 1 cup raw OR 1/2 cup cooked

- | | |
|--|---|
| <input type="checkbox"/> Spinach | <input type="checkbox"/> Tomato |
| <input type="checkbox"/> Kale | <input type="checkbox"/> Eggplant |
| <input type="checkbox"/> Leafy Greens | <input type="checkbox"/> Bell Peppers |
| <input type="checkbox"/> Romaine | <input type="checkbox"/> Asparagus |
| <input type="checkbox"/> Cucumbers | <input type="checkbox"/> Tomato Sauce, no added sugar |
| <input type="checkbox"/> Mushrooms | <input type="checkbox"/> Green Beans |
| <input type="checkbox"/> Cauliflower Florets | <input type="checkbox"/> Brussel Sprouts |
| <input type="checkbox"/> Riced Cauliflower | <input type="checkbox"/> Spaghetti Squash |
| <input type="checkbox"/> Broccoli | <input type="checkbox"/> Celery |
| <input type="checkbox"/> Zucchini | <input type="checkbox"/> Palmini Noodles - 75 g |
| <input type="checkbox"/> Summer Squash | |

FREE Serving | Unlimited unless otherwise noted

- | | |
|---|--|
| <input type="checkbox"/> Pink Himalayan Sea Salt | <input type="checkbox"/> Coconut Aminos |
| <input type="checkbox"/> Dry Herbs, no added sugar | <input type="checkbox"/> Cocoa Powder - 1 tbsp |
| <input type="checkbox"/> Dry Spices, no added sugar | <input type="checkbox"/> Soy Sauce |
| <input type="checkbox"/> Spice Mixes, no added sugar | <input type="checkbox"/> Stevia Drops |
| <input type="checkbox"/> Herb Mixes, no added sugar | <input type="checkbox"/> Erythritol |
| <input type="checkbox"/> Black Pepper | <input type="checkbox"/> Truvia |
| <input type="checkbox"/> Jalapeno | <input type="checkbox"/> Monk Fruit |
| <input type="checkbox"/> Hot Peppers | <input type="checkbox"/> Xylitol |
| <input type="checkbox"/> Mustard | <input type="checkbox"/> Walden Farm Syrup, sugar free |
| <input type="checkbox"/> Dijon Mustard | <input type="checkbox"/> Unsweetened Coffee |
| <input type="checkbox"/> All Vinegar, except balsamic | <input type="checkbox"/> Unsweetened Tea |
| <input type="checkbox"/> Lemon Juice | <input type="checkbox"/> Shirataki Noodles - 3 oz |
| <input type="checkbox"/> Lime Juice | <input type="checkbox"/> Miracle Noodles - 3 oz |
| <input type="checkbox"/> Hot Sauce, no added sugar | <input type="checkbox"/> Seaweed Snack - 5 g |
| <input type="checkbox"/> Capers | |

Diet Direct Shakes & Drinks

Protein Fruit Drink, Wildberry
Protein Cappuccino Mix, Original
Protein Fruit Drink, Variety Pack
Keto Meal Shake, Chocolate
Keto Meal Shake, Mocha
Keto Meal Shake, Vanilla
Keto Meal Shake, Variety Pack
Keto Smoothie, Banana Crème

Keto Smoothie, Berry
Keto Smoothie, Strawberry Yogurt
Keto Smoothie, Variety Pack
Keto Coffee, Original with Cream
Keto Hot Chocolate, Creamy Cocoa
Protein Coffee, Original
Protein Coffee, Original with Cream

Diet Direct Protein Breakfast

Protein Oatmeal, Maple & Brown Sugar
Protein Diet Cereal, Cinnamon
Protein Diet Cereal, Honey Nut
Protein Diet Cereal, Cocoa

Protein Diet Cereal, PB Chocolate
Protein Diet Cereal, Fruity
Protein Pancake & Waffle Mix, Blueberry
Protein Pancake & Waffle Mix, Original

Diet Direct Lunch & Soup

Protein Soup Mix, Chicken Bouillon
Protein Soup Mix, Chicken Noodle
Protein Soup Mix, Cream of Broccoli
Protein Soup Mix, Cream of Chicken

Protein Soup Mix, Cream of Mushroom
Keto Soup, Tortilla
Protein Grain & Seed Brown Bread

Diet Direct Bars & Snacks

Protein & Fiber Bar, Fluffy S'more Crisp
Meal Replacement Bar, Berry
Meal Replacement Bar, Vanilla
KETO Tortilla Chips, BBQ
KETO Tortilla Chips, Creamy Ranch

KETO Tortilla Chips, Spicy Nacho
Protein & Fiber Bar, Fluffy Nutter
Protein & Fiber Bar, Fluffy Vanilla Crisp
Protein & Fiber Bar, Fluffy Salted Toffee Pretzel

Diet Direct Desserts

Protein Pudding Mix, Banana Delight
Protein Cake Mix, Double Chocolate
Protein Mug Cake, Blueberry
Protein Mug Cake, Chocolate

Protein Pudding Mix, Chocolate Chip with Marshmallows
Protein Pudding Mix, Dark Chocolate
Protein Pudding Mix, Toffee Creme
Protein Cookie, Chocolate Chip

RECIPES

Keto Banana Coconut Cream Pie Smoothie

Coconut Milk, unsweetened	1 cup	Place ingredients in a blender and process until smooth. Makes one serving.
Coconut, flakes, unsweetened	2 tbsp	
DD Keto Smoothie, Banana Crème	1 packet	
Greek Yogurt, whole milk, plain	½ cup	

Calories 325 **Fat** 25g **Carbs** 11g **Protein** 17g

Keto Chia Berry Smoothie

Almond Milk, unsweetened	1 cup	Place ingredients in a blender and process until smooth. Makes one serving.
Chia Seeds	6 tsp	
DD Keto Smoothie, Berry	1 packet	
Greek Yogurt, whole milk, plain	¼ cup	

Calories 265 **Fat** 17.75g **Carbs** 12.25g **Protein** 18g

Keto Mocha Almond Shake

Almond Butter, natural, no sugar or salt added	1 tbsp	Place ingredients in a blender and process until smooth. Makes one serving.
Almond Milk, unsweetened	1 cup	
DD Keto Meal Shake, Mocha	1 packet	
Greek Yogurt, whole milk, plain	¼ cup	
Cinnamon	¼ tsp	
Hemp Seeds	2 tbsp	

Calories 410.5 **Fat** 29.13g **Carbs** 12.93g **Protein** 25.74g

Keto Vanilla Cacao PB Swirl Shake

Almond Milk, unsweetened	1 cup	Place ingredients in a blender and process until smooth. Makes one serving.
Chia Seeds	2 tsp	
Peanut Butter, all natural smooth style	1 ½ tbsp	
DD Keto Meal Shake, Vanilla	1 packet	
Cacao Powder, raw	1 tbsp	
Vanilla Extract	¼ tsp	

Calories 335 **Fat** 22.5g **Carbs** 14.08g **Protein** 21g

Keto Chocolate Coconut Shake

Coconut Milk, unsweetened	1 cup	Place ingredients in a blender and process until smooth. Makes one serving.
Coconut flakes, unsweetened	1 tbsp	
DD Keto Meal Shake, Chocolate	1 packet	
Hass Avocado	¼ cup	

Calories 213 **Fat** 16.35g **Carbs** 8.25g **Protein** 11.84g

RECIPES

Keto Chicken Enchilada Bake

Almond Flour	5 ¾ tsp
Cheese, Mexican Blend, reduced fat	8 oz
Cilantro, fresh	½ cup
Sour Cream, cultured	¾ cup
Garlic Clove	2 each
Green Chilies, chopped	2 oz
Julian Bakery Keto Thin Traditional Wraps	2 each
Onion, small, raw	1 each
Spices, pepper, black	1 tsp
DD Keto Soup	1 packet
Cooked Chicken Breast	1 cup

Preheat the oven to 350°F. Prepare the soup per package directions. Mince the garlic cloves and dice the onion. In a medium pot over medium heat, combine the onion, prepared soup, garlic, and pepper, and bring to a boil. Reduce to simmer, cover, and cook for about 3 minutes or until onions are tender. Remove from the heat and set aside. In a small bowl, mix the sour cream and almond flour until smooth. Shred chicken and stir into sour cream mix. Add ½ of the cheese and ¼ of the soup mixture to the chicken and stir well to combine. Cut tortillas into 1-inch-long strips. Spray a 2-quart casserole dish with non-stick cooking spray. Top with a layer of the chicken filling, followed by green chilies and tortilla strips. Bake for 15 minutes. Top with the remaining cheese and bake for another 10 minutes or until the cheese has melted. Let sit for 10 minutes before cutting. Top with fresh cilantro.

Makes 4 servings.

Calories 382.61 **Fat** 26g **Carbs** 11g **Protein** 29g

Keto Chicken Tortilla Soup

Avocado, raw	½ each
Black Pepper, ground	¼ tsp
Chicken thigh, skinless, raw	4 oz
Chili Powder	⅛ tsp
Salt	⅛ tsp
Garlic Powder	½ tsp
Olive Oil	1 tsp
DD Keto Soup	1 packet
Tomato, chopped	¼ cup

Heat oil in a nonstick skillet over medium-high heat. Cut chicken into bite-sized pieces. Season with salt, pepper, chili powder, and garlic powder. Place chicken and tomatoes into skillet and saute until cooked through and chicken beginning to brown, approximately 7 to 10 minutes. Prepare soup per package directions. Place soup in a small saucepan. Add chicken and tomatoes to soup and simmer for 5 to 10 minutes or until heated through. Cut avocado into cubes. Top soup with avocado.

Makes one serving.

Calories 530.29 **Fat** 39.24g **Carbs** 13.73g **Protein** 35.91g

Simple Oven-fried Keto Nacho Chicken

Chicken thigh, skinless, raw	3 ounces
Egg whole with yolk	1 each
Olive Oil	1 tsp
DD Tortilla Chips, Spicy Nacho	1 bag
Italian Seasoning	⅛ tsp

Preheat oven to 425°F. Coat a baking sheet with nonstick cooking spray. Place the chips and Italian seasoning in a food processor and blend until the consistency of a powder. Place on a plate and set aside. Beat the egg with 1 teaspoon of water. Soak the chicken in the egg. Remove and dredge in the nacho chips. Place the chicken on the baking sheet. Drizzle with the olive oil. Place chicken in the oven and roast for 20 to 25 minutes to until internal temperature of 165°F.

Makes one serving.

Calories 487 **Fat** 35.10g **Carbs** 5.30g **Protein** 36.90g

RECIPES

Nacho Keto Meatballs

Black Pepper, ground	¼ tsp
Egg whole with yolk	1 each
Italian seasoning mix	1 tsp
DD Tortilla Chips, Spicy Nacho	1 bag
Ground Beef, lean, raw	3 ounces
Salt	½ tsp
Garlic Powder	1 tsp
Tomato Sauce, cup	¼ cup
Zoodles	1 cup

Preheat oven to 375°F. Coat a baking sheet with non-stick cooking spray. Place chips in a food processor. Blend the chips until the consistency of a powder. Place the beef in a bowl. Add the chip powder, egg and seasoning. Mix gently just until combined. Roll the beef into balls and place on the baking sheet. Place in oven and cook for 15 to 20 minutes or until the meatballs are cooked through. Serve over zoodles. Top with tomato sauce.

Makes one serving.

Calories 430.41 **Fat** 25.93g **Carbs** 15.19g **Protein** 35.64g

One Pot Creamy Turkey and Rice

Cauliflower Rice, raw	1 ½ cup
Chicken Broth, reduced sodium	½ cup
Black Pepper	⅛ tsp
Garlic Clove	2 each
Milk, caned, evaporated, without added vitamin A and vitamin D	4 oz
Mushrooms, fresh	1 ½ cup
Olive Oil	2 tbsp
Onion, chopped	¼ cup
Sage, ground	¼ tsp
Soy Sauce, low sodium	1 tsp
Turkey Bacon	4 oz
Turkey, ground, 85% lean, 15% fat, raw	12 oz
Diet Direct Keto Soup	1 packet
French Cut Green Beans, frozen	1 cup
Non Fat Evaporated Milk	½ cup

Heat the oil in a large non-stick skillet over medium high heat. Chop the bacon and set aside. Add the mushrooms cook for 3 to 4 minutes or until mushrooms are softened. Add the onion and bacon; cook for 2 to 3 minutes. Add garlic and cook for 30 seconds; stirring frequently. Add turkey to the mushroom, onion and garlic mixture. Season with the black pepper and sage. Cook for 3 to 4 minutes or until browned. Stir frequently. Deglaze the pan with the broth, stirring it into the meat, mushrooms, onion and garlic. Add the Diet Direct soup, evaporated milk, soy sauce and 1 cup water to the skillet. Stir to blend. Stir in the rice and bring to a boil. Cover, reduce heat to medium low, and cook for 5 minutes. Uncover, add the green beans, and continue to simmer for 6 to 8 minutes or until the rice is tender.

Makes 4 servings.

Calories 410 **Fat** 27g **Carbs** 15g **Protein** 28g

FOOD & ACTIVITY DIARY

Keep track of everything you eat, drink and do every day.

Day 1

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 2

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 3

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 4

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

When recording your food intake, be specific regarding portion size.

*Minimum of 8 cups per day.

FOOD & ACTIVITY DIARY

Keep track of everything you eat, drink and do every day.

Day 5

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 6

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

Day 7

	BREAKFAST
	SNACK
	LUNCH
	SNACK
	DINNER
	DESSERT
	WATER*
	EXERCISE

When recording your food intake, be specific regarding portion size.

*Minimum of 8 cups per day.

