

IKDiet® Guide

The revolutionary two-phase IKDiet® is the culmination of 5 years of research and development. It's a no-gimmick, effective plan that, along with a workout program, can result in impressive weight loss.

PHASE 1: Weight Loss Accelerated (8 weeks)

Consume only lean protein, vegetables and InstaKetones®. That's it! No fruit, no grains, no starch, no legumes and as little fat as possible. Here are some helpful hints that can enhance your overall experience:

- Start with ½ scoop of InstaKetones mixed with 16 ounces of water for the first 3 days and then increase to a full scoop.
- All meals should have no more than 5g fat, 7 net carbs, and 2g of sugar.
- Have 2 ounces of freshly pressed wheat grass per day - an excellent source of vitamins, minerals and amino acids.
- Take daily ginger & lemon shots to aid digestion; and reduce nausea, pain and inflammation.
- Curb your sweet tooth by using monk fruit or stevia sweeteners.
- Preserve and grow muscle with BCAA supplements.
- Vegans can take advantage of vegan protein powders and foods like organic sprouted tofu patties to boost protein intake.
- Choose from our vast array of Protein Powders and Bars (Organic Plant, Egg White and Grass-Fed Beef Whey Proteins). Our grain-free ProGranola® and Paleo Wraps® are also great low carb solutions to curb cravings.
- Warm the Protein Bar for up to 10 seconds to make it soft, gooey and even more flavorful.
- Monitor your ketone levels with a Precision Blood Glucose Monitoring System.

Each Day:

- Drink 16 ounces of water immediately upon waking.
- Consume protein powder (1 scoop for women, 2 scoops for men) or egg whites with salsa (100-200 calories/25g to 50g protein). Improve protein uptake with bromelain.
- Use a probiotic to improve digestion and gut health. To further aid digestion take 1 capsule of Digest, HCL Activator and HCL Betaine with each meal.
- Caffeine lovers can still enjoy Organic Coffee or Yerba Mate. Or try our Paleo Thin Espresso egg white protein, or InstaKetones Orange Burst with Organic Caffeine.

45 Minutes Before Workout:

- Take 1 scoop of InstaKetones and 1 Tbsp of KetoThin C8Fuel (C8 Oil - Caprylic Triglycerides derived from coconut and palm oil).
- Avoid carbs, starch and sugar to maximize the effects of InstaKetones and the body's ability to burn fat stores. See "Lean Body Workout Plan" section below for program details.

Lunch (300 to 500 Calories Max)

- Steak, fish, chicken or egg whites on a salad (with red wine vinegar/Braggs Amino Acids as dressing) or with low-carb vegetables like broccoli.
- Protein and vegetable options are flexible; however you should choose very lean proteins and low-carb vegetables.
- After lunch, consume a second serving of InstaKetones (45 Cal) for a significant reduction in hunger and cravings.
- Drink more water with organic lemon.

Dinner (Limit 400 to 600 Calories)

- Organic chicken, steak or fish with low-carb vegetables like broccoli.
- Paleo Thin Egg White Protein, Pegan Thin Organic Seed Protein or Primal Thin Grass Fed Whey Protein
- Paleo Thin, Pegan Thin or Primal Thin Protein Bar of your choice. Warm the Protein Bar for up to 10 seconds to make it soft, gooey and even more flavorful.
- Dessert (Optional) 8oz Organic Fat Free Greek Yogurt with Monk Fruit or Organic Stevia Leaf.

Before Bed

- 1 scoop of InstaKetones (use the caffeine-free version). They also aid in fat loss overnight and help improve sleep.
- ½ to 1 tsp of Glucomannan Powder. For those with extreme fat in your midsection, we recommend Sculpt & Cleanse (1 capsule) for no more than 4 weeks. This supplement helps eliminate toxins. If you select this options it's imperative to take a probiotic each morning.

Note: Sleep is critical to this process. If you have difficulty falling asleep, we recommend taking up to 2 mg of Melatonin before bed. If you wake up groggy go down to 1mg. If 2mg wasn't enough, take a hot shower or bath before you go to bed to relax your body.

IKDiet® Guide PHASE 2: Maintenance

The first 2 weeks of the maintenance plan are a transition phase in which you gradually move to the year-round diet. The macro nutrient breakdown during this time is 70% protein, 15% fats and 15% carbs (from vegetables and fiber). Once the 2 weeks are finished, then shift to 60% protein, 20% fat and 20% carbs (from vegetables and fiber only).

Calorie count recommendations:

Women: 1,200 to 1,400 calories per day. Men: 1,400 to 2,000 calories per day.

Morning Vitamins *(Optional But Recommended):*

- Methyl B-12 • Omega Fish Oil • Huperzine • Alpha GPC • Vitamins A&D • BCAA
- MSM • Probiotics • Tong Kat Ali • Berberine

First Meal:

- Protein: Daily protein intake should be 1g per lbs you weigh. Paleo Thin egg white protein, Pegan Thin seed protein or Primal Thin grass fed whey protein are delicious easy sources of protein.
- Caffeine lovers can still enjoy Organic Coffee or Yerba Mate. Or try our Paleo Thin Espresso egg white protein, or InstaKetones Orange Burst with Organic Caffeine, 45 minutes before workout.

Lunch:

- Salad topped w steak, chicken or fish. Dress lightly with red wine vinegar and Braggs Amino Acids
- Snack on a handful of organic pumpkin seeds

Dinner:

- Organic chicken, steak or fish. Use low-fat steak such as filet mignon or ground top sirloin.
- Steamed Vegetables (Preferably broccoli, which acts as a great anti-estrogen)
- Dessert options include Paleo Thin sugar-free dark chocolate, Paleo Thin Protein Bars or Protein Powders.

Evening Vitamins and Supplements

- Now Foods ZMA • Ginger capsules • Now Foods Men's Virility capsules (Men only)
- Glucomannan Fiber • Digest (Vitamins)

LEAN BODY Workout Program

(Always consult your doctor or physician before engaging any workout plan)

Here are some tips to make the most of your workout:

- Use a fitness tracker to track calorie expenditure.
- Take one serving of InstaKetones 45 minutes pre-workout.
- Immediately after workout take protein powder or a Paleo Protein Bar as well as a serving of BCAA.
- Prior to each cardio workout, stretch the legs to increase circulation, blood flow and mobility.
- Once the cardio component is finished, stretch that will be the focus of the strength segment.
- Each workout will end with some sort of finisher which will enhance the fat-loss process.
- Amend this program to best fit your needs - but work out at least 3-5 days per week for best results.

Mondays	Tuesdays	Wednesdays	Thursdays	Fridays	Saturdays & Sundays
<ul style="list-style-type: none"> • Cardio: 30-minute of stair steps, running and elliptical • Strength: Weight Training • Finisher: Muscle burn focus. 	<ul style="list-style-type: none"> • Cardio: 30-minute of stair steps, running and elliptical • Strength: Weight Training • Finisher: Muscle burn focus. 	<ul style="list-style-type: none"> No training. Day off 	<ul style="list-style-type: none"> • Cardio: 30-minute of stair steps, running and elliptical • Strength: Weight Training • Finisher: Muscle burn focus. 	<ul style="list-style-type: none"> • Cardio: 30-minute of stair steps, running and elliptical • Strength: Weight Training • Finisher: Muscle burn focus. 	<ul style="list-style-type: none"> No Training. Days off

For details on the IKDiet Plan and the Lean Body Workout Program including the complete list of exercises for your workouts, visit IKDiet.com