



This revolutionary IKDiet™ has been in development for the past 5 years. It is the culmination of massive amounts of diet information that I have collected from several different protocols. This is a no-gimmick, effective plan that, when followed closely, will result in impressive weight loss. Most consumers have reported losing up to 2 pounds per day on this plan. The more diligently you follow it—and also incorporate the workout program outlined below—the greater your results will be.

Our simple two-phase plan consists of Phase 1 (8 weeks) in which you consume only protein, vegetables and [InstaKetones®](#). That's it! No fruit, no grains, no starch, no legumes and as little fat as possible—just simple protein (from any source that is complete protein) and vegetables (broccoli) is best. Phase 2 is a Paleo or Vegan, low carb, moderate fat diet that makes it easy to maintain your results. While the keto diet relies on eating lots of fat, we've found that it's way too easy to overdo it on the calories (unused calories will be stored as fat) with a plan like this, which is why phase two of this diet keeps fat to a moderate amount. The plan below is the fastest and healthiest way to lose weight *and keep it off for good*.

This is the IKDiet simplified; however if you'd like a more thorough explanation of the reasoning and science behind it, check out the article, "IKDiet & Workout Plan" by clicking [here](#).

Let's get started.

### **Phase 1 - Weight Loss Accelerated**

The following is a step-by-step plan for you to follow for up to 8 weeks. The length of time depends on how much weight you want to lose. But before I explain this, here are some helpful hints that can enhance your overall experience:

\* The recommended InstaKetones serving is one scoop mixed with 16 ounces of water. If you have a sensitive stomach, experience bloating an upset stomach or other similar discomfort, cut the servings to ½ scoop or ¼ scoop 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 naturally occurring sugar.

\* Aim to consume 2 ounces of wheatgrass per day (found at most health food stores or juice bars). Wheatgrass (always get freshly pressed) is an excellent source of vitamins and minerals and is often considered by many to improve digestion. It also contains amino acids, which are the building blocks of protein and muscle.



Wheatgrass also helps stimulate the thyroid gland, which in turn helps you shed unwanted weight. Not to mention it significantly improves oxygenation of the blood.

- \* Daily ginger shots with lemon can flood the body with beneficial nutrients; help with digestion; and reduce nausea, pain and inflammation; and best of all, act as a natural anti-estrogen. Look for ginger & apple cider vinegar drink in your local stores sweetened with [stevia](#) (no sugar & no carbs).
- \* Curb your sweet tooth by consuming or making items with [monk fruit](#) or [stevia](#).
- \* 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 & Protein Bars Here \(Organic Plant Proteins, Egg White, Grass-Fed Beef & More\)](#). We've also recently released IKDiet-friendly [ProGranola®](#) and [Paleo Wraps®](#), which are great carb-free solutions to satisfy carb cravings.
- \* If you'd like to keep an eye on your ketone levels, you can purchase the [Precision Blood Glucose Monitoring System](#) from Amazon.

Ok, here is your daily meal and supplementation protocol. Remember that this plan should last *no longer than 8 weeks*. If you do not achieve your desired weight during this timeframe, switch to Phase 2 for 4 weeks and then return to Phase 1 for up to another 8 weeks (this is almost never necessary unless you have a significant amount of weight to lose). Also focus on getting at least 1g to 1.5g of protein per lbs you weigh to ensure your body preserves your muscle and burns stored fat.

### **Monday through Sunday**

#### **Morning Protocol**

- \* Consume 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) ([uptake your protein better with bromelain](#))
- \* Consume a [probiotic](#) (helps with digestion and gut health) For severe issues with digestion we recommend: 1 Cap of each of these with each meal [Digest](#), [HCL Activator](#) and [HCL Betaine](#)



\* Caffeine lovers can get their fix with our [espresso](#) egg white protein or consume organic coffee, [green coffee extract pills](#), or [InstaKetones w/Organic Caffeine](#) or yerba mate.

### **45 Minutes Before Workout**

\* Take 1 scoop of InstaKetones and [Now Foods MCT Oil Caps](#). MCT, derived from coconut, stands for medium chain triglyceride. Some have reported getting an upset stomach after taking MCT. If that happens, take one cap of MCT to start and then eventually work your way up to three.

*Note:* Avoid carbs, starch and sugar at this point 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)**

Options:

Steak, fish, chicken or egg white on salad (with red wine vinegar/Braggs Amino Acids as dressing) or with low-carb vegetables like broccoli.

*Note: Protein and vegetable options are flexible; however you should choose very lean proteins and low-carb vegetables. This is what each lunch and dinner option will look like during the slim-down phase.*

\* Drink More Water.

\* After lunch, consume a second serving Of InstaKetones (45 Cal).

*Note:* After your second serving of InstaKetones, you will notice a significant reduction in hunger and cravings.

\* Drink more water with organic lemon.

### **Dinner (Limit 400 to 600 Calories)**

Organic chicken, steak or fish and broccoli.

*Note:* The Organic Broccoli Pack at Costco is easy to make.

### **Dessert (Optional)**

8oz Organic Fat Free Greek Yogurt w/[Monk Fruit or Organic Stevia Leaf \(No Additives\) added to taste](#)

or

[Egg White/Grass-Fed Beef or Organic Seed Protein \(Primal Protein\)](#)



or

[Paleo Protein Bar®](#) of your choice

*Note:* Try warming the Paleo Protein Bar for up to 10 seconds to make it soft, gooey and even more flavorful.

### **Before Bed**

**Optional: (InstaKetones Caffeine Free) Yes, they also help improve sleep!**

\* 1 scoop of InstaKetones (make sure you've got the original, caffeine-free version) but they also aid in fat loss overnight.

\* 1/2 to 1 Teaspoon Of Glucomannan Powder ([Click Here](#)). Or, for those with extreme fat in your midsection we recommend [Sculpt & Cleanse](#) (1 Cap) for no more than 4 weeks. (Up To 4 Weeks). This supplement helps with the elimination of toxins. If you select this option 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.

### **Phase 2 - Maintenance**

Once you've completed the first phase it's time to transition to the maintenance phase in which the goal is to keep off the weight you lost. There's more wiggle room with this plan, but you'll still want to keep an eye on your calorie counts to make sure that you're never consuming more than you need.

The first 2 weeks of the maintenance plan should be considered a transition phase in which you gradually move to the year-round diet. The macronutrient 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).

The calorie counts will also be adjusted:

\* **Women:** should aim to take in 1,200 to 1,800 calories per day during Phase 2. Fat consumption in phase 2 can be adjusted based on your ideal weight.

\* **Men:** can take in 1,400 to 2,000 calories per day, adjusting fat consumption based on ideal weight. Focus on the macro ratios above to tailor your food intake accordingly.

\* **Athletes:** If you are in an endurance sport or an athlete that expends high amounts of calories adjust the this plan to consume 1g to 1.5g protein but also



increase fat consumption to match your output. This will enable your body to operate at peak performance but still allow you to achieve that lean defined muscle look. Your body will be deriving its energy from fat and repairing, preserving and building muscle with the protein your feeding it.

*Note:* These calorie ranges are basic recommendations. The best way to understand how many calories you should eat is to calculate your daily average calorie expenditure by using a fitness tracker or online calculator. In a weight maintenance phase, you'll want to keep ingested calories still slightly less than daily calories burned. To drop weight, you'll want to reduce calorie intake so that you are in a significant deficit.

## **The Plan**

### **Here is a sample protocol to follow for Upon waking:**

Morning Vitamins: (Optional But Recommended)

- \* [Methyl B-12](#) (highly recommended)\*\*
- \* [Omega Fish Oils](#) (Anti-inflammatory)
- \* [Huperzine](#)
- \* [Alpha GPC](#)
- \* Vitamin A&D
- \* [BCAA](#) (Aids in building lean, defined muscle)
- \* [MSM \(Joint Health\)](#)
- \* [Probiotics](#)
- \* [Tong Kat Ali](#) (Source Naturals) (Helps with libido and muscle growth/maintenance)
- \* [Berberine](#)

### **First Meal**

- \* Protein: Daily protein intake should be 1g per lbs you weigh
- Paleo/Primal/Pegan Protein: (Egg/Beef/Whey/Seed Protein) (1 to 2 Scoops) (Protein: 25g to 50g)
- \* Caffeine (if needed): espresso, organic coffee or Yerba Mate (Unflavored)
- Sweeten with ([Pure Monk](#)) monk fruit

### **45 minutes Before Workout** (Workouts can happen at any time during the day)

Consume [InstaKetones](#)

*Important note: Do NOT consume any sugar or protein at this time otherwise this will prevent your body from using fat stores for energy.*

### **Lunch**

- \* Salad: (Topped w steak, chicken or fish)
- Don't overdo your preferred dressing. Use red wine vinegar/Braggs Amino Acids



### **Snack**

- \* Pumpkin seeds (Organic). Go Raw brand is great
- Serving size: No more than one handful

### **Dinner**

- \* Chicken, steak or fish. Always buy organic and low-fat steak such as filet mignon or ground top sirloin.
- \* Steamed Vegetables (Preferably broccoli, which acts as a great anti-estrogen)

### **Dessert options:**

- \* Sugar-free dark chocolate. Serving size: No more than half a bar
- Dessert:
- \* [Paleo Protein Bar®](#) (Warm for up to 10 seconds for a soft, gooey treat!)
  - \* [Paleo Protein Powders \(All Flavors\)](#)

### **PM Vitamins and Supplements**

- \* ZMA (Now Foods)
- \* [Glucomannan Fiber Powder](#) (Use One Tablespoon) (\*\*Only use if you're not having at least two BM's a day as this is critical to flush fat/waste). You can also add [Paleo Noodles / Rice / Fettuccini](#) as it's made from Glucomannan if you don't want to take this the powder form. This is a great way to increase fiber and curb appetite.
- \* Now Foods Men's Virility Capsules (Men only)
- \* Ginger capsules for improved digestion and anti-estrogen
- \* [Digest \(Vitamins\)](#)

### **Lean Body Workout Program (Always consult your doctor or physician before engaging any workout plan)**

The following workout program should be followed weekly. Aim to work out at least 3 days per week; however 4 to 5 days per week is best to maximize results. Working out *is* optional—you can still lose weight by following the diet plan only—but it will significantly accelerate your results.

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

- \* Use a FitBit® or Apple Watch® or other fitness tracker to track calorie expenditure.
- \* Take one serving of InstaKetones 45 minutes pre-workout. Do not consume any carbs, starch or sugar at this point.
- \* Immediately post-workout take [protein powder or a Paleo Protein Bar](#) as well as a [serving of BCAA](#).



\* Prior to each cardio workout, **stretch** the legs and/or perform some sort of foam rolling to increase circulation, blood flow and mobility. Once the cardio component is finished, stretch/foam roll the area of the body that will be the focus of the strength segment.

\* Each workout will end with some sort of **finisher** which is designed to enhance muscle burn, elevate the heart rate and strengthen the core/abs. Finishers enhance the fat-loss process.

## **Mondays**

**Cardio.** Complete the following 30-minute sequence:

- 10 minutes stair step, increasing the intensity every 2 minutes.
- 10 minutes jogging/running
- 10 minutes elliptical

*Note:* If cardio machine options are limited, use those that are available to you.

**Strength:** Pull (back/biceps). Perform three sets of 10 repetitions (choose a weight that is heavy, but does not cause you to strain at any point) unless otherwise stated, resting after each set, of each of the following:

- Horizontal pulls using the seated row machine
- Front pull-downs using the lat pull-down machine
- One-arm dumbbell bent-over rows using dumbbell (right and left arm)
- Low-back hyper extensions using hyperextension machine. Start with no weight and increase resistance as tolerated
- Finisher. This is a muscle burn/cardio/abdominal focus. Complete as follows:
- Elliptical machine for 10 minutes at a high enough level to cause muscle burn, followed by a few minutes of rest
- Three sets of 15 repetitions suspended crunches/knee tucks using the TRX (if available). Substitute with a medicine ball, gliding disks or other similar tool. If possible, perform five push-ups prior to each set of crunches/tucks.
- Three sets of 15 repetitions of rollouts using the ab wheel or other similar movement

## **Tuesdays**

**Cardio:** Complete the following 30-minute sequence:

- 10 minutes stair step, increasing the intensity every 2 minutes.
- 10 minutes jogging/running
- 10 minutes elliptical

*Note:* If cardio machine options are limited, use those that are available to you.

**Strength:** Push, Press (chest/triceps). Perform three sets of 10 repetitions of the following unless otherwise stated:



- Chest dips using the dip bar
- three sets of 20 push-ups
- Cable flyes using cable crossover machine. Substitute with a bench flye if a cable machine is not available

**Finisher:** Complete each of the following as directed:

- Treadmill. Set to level two incline. Walk for 2 minutes, jog/run for 6-7 minutes and then walk again for the remaining time.
- TRX. Three sets of 15 repetitions suspended crunches/knee tucks. If possible, complete five push-ups prior to the crunches/tucks. Substitute a stability ball, gliding disks or other similar tool when necessary.

**Wednesdays. No training—Day off**

**Thursdays**

**Cardio:** Complete the following 30-minute sequence:

- 10 minutes stair step, increasing the intensity every 2 minutes.
- 10 minutes jogging/running
- 10 minutes elliptical

**Strength:** Lower-Body. Perform three sets of 10 repetitions of the following unless otherwise stated:

- Leg extensions, leg extension machine
- Leg press, leg press machine
- Calf raises, calf raise machine

**Finisher:** Complete each of the following as directed:

- Treadmill. Set to level two incline. Walk for 2 minutes, jog/run for 6-7 minutes and then walk again for the remaining time.

**Fridays**

**Conditioning:** Complete each of the following as directed:

- 10 minutes stair step, increasing the intensity every 2 minutes.
- 10 minutes jogging/running
- 10 minutes elliptical
- Rest a few minutes
- Elliptical machine for 10 minutes at a high enough level to cause muscle burn
- Treadmill. Set to level two incline. Walk for 2 minutes, jog/run for 6-7 minutes and then walk again for the remaining time
- TRX. Three sets of 15 repetitions suspended crunches/knee tucks. If possible, complete five push-ups prior to the crunches/tucks. Substitute a stability ball, gliding disks or other similar tool when necessary





- Rest a few minutes
- Using a pull-up bar or similar tool, three sets of 10 reps hanging leg raises, attempting to bring toes to the bar  
Upon arriving at the gym – Stretch legs for cardio
- Three sets of 15 repetitions of rollouts using the ab wheel or other similar movement

**Saturdays and Sundays. No Training—Days off**

*Note:* The training schedule does not have to match the one described. For example, your schedule might require that you work out on Sunday instead of Friday. Amend this program to best fit your needs.

[Julian Bakery Online Store Link \(Click Here\)](#)