



Welcome!

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The Mfinity Boost It Challenge is a comprehensive system promoting an active ketogenic lifestyle, which includes meal replacement products and nutritional supplements along with dietary and exercise guidance. The average weight loss expectation is approximately 1-2 lbs. per week, up to 15 lbs. total. Any weight loss in excess of these amounts, although not uncommon, should not be considered as typical, and would require exceptional circumstances and or efforts. Individual results can and will vary dependent upon many factors.

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WEEK 4: Dinner, Pro Tips, & BONUS VIDEO on Breaking Plateaus & Stalls

- Watched the **Core Video**
- Watched the **Intro Video**
- Listened to **Week 1, Week 2, Week 3**
- Have the ***Make It Keto* cookbook**



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 - Always consult your personal physician or other medical professional prior to starting any diet, exercise, or nutritional supplement program. If pregnant, lactating, diabetic, hypoglycemic, or have a known medical condition or are on a prescribed medication, consult your physician before using the BulaFIT Burn. BulaFIT is a comprehensive system promoting a ketogenic lifestyle which includes dietary and exercise guidance as well as nutritional supplements.
 - This presentation is not designed or intended to give medical advice of any kind. Always consult your personal physician or functional medicine doctor regarding any health or diet concerns you have.
 - Average weight loss is approximately 1-2 lbs. per week, up to 15 lbs. total. Any weight loss in excess of these amounts are considered exceptional, requiring exceptional circumstances and or efforts. No individual results should be considered typical, as individual results can and will vary dependent upon many factors.

WEEK 4: Dinner & Pro Tips

You can find all the prior videos at:

<https://www.ketomadeeasy.com/resources>

OR

<https://livinghealthytoday.podbean.com/>



Keto Fat/Protein Ratios: the **KEY** to **SUCCESS!**

To be in ketosis your food at **EACH** and **EVERY** meal (not a daily total) needs to have a **2:1** minimum fat to protein ratio and preferably a **3:1** ratio ideally.

- This means that for every 10 grams of protein you need to have at least 20 grams of fat. This is a 2:1 ratio.
- A 3:1 ratio would mean you were eating 30 grams of fat for every 10 grams of protein.
- Which ratio you use often depends on your health concerns, sensitivity to insulin/how your blood sugar is doing, and how much weight you have to lose.





Keto Fat/Protein Ratios: the KEY to SUCCESS!

Top Sources of Healthy Fats:

- Grass Fed Butter
- Organic Coconut Oil
- Organic non-Hydrogenated Lard
- High Quality MCT Oil (don't cook with)
- Cream Cheese
- Heavy Whipping Cream
- Coconut Cream (choose lowest carb)
- Full Fat Sour Cream
- Avocado
- Macadamia Nuts

Keto Fat/Protein Ratios: the KEY to SUCCESS!



Here are some handy tips for calculating Protein/Fat in Cheese:

Food	Amount	Fat	Protein
Cheddar	1 OZ.	9.4 g	7.1 g
Mozzarella	1 OZ.	4.5 g	6.9 g
Swiss Cheese	1 OZ.	7.9 g	7.6 g
Cottage Cheese	100 g	4.3 g	13 g
Cream Cheese	1 OZ.	7.9 g	2 g
Parmesan	1 OZ.	7.3 g	10.1 g
Blue Cheese	1 OZ	8.1 g	6.1 g

Key Take Away: Unless your specific cheese label says otherwise, consider cheese to generally be about equal amounts of fat and protein. Cream cheese is the exception to this rule.

Disclaimer: Brands and websites vary. Always consult your personal cheese package's nutritional panel for the most accurate information.

*All nutritional data taken from the Keto Diet App



Keto Fat/Protein Ratios: the KEY to SUCCESS!



Here are some handy tips for calculating Protein/Fat in Meats:

Food	Amount	Fat	Protein
Ground Beef 80/20	3 oz.	17 g	14.6 g
Beef Loin Steak	1 steak	12 g	47.7 g
Ground Pork 84/16	1 oz	6.1 g	7.7 g
Pork Chops	4 oz	10.2 g	23.2 g
Bacon Cooked	1 slice	3.5 g	2.9 g
Sausage gluten free, sugar free	1 medium sausage	8.9 g	8.3 g
Chicken Breast Skinless	3.5 oz.	0.8 g	7 g

Key Take Away: Unless your specific label says otherwise, consider hamburger, bacon, and sausage to generally be about equal amounts of fat and protein. Steak, Pork Chops, & Skinless Chicken are much higher in protein than fat. Ground pork is about 1:1.

Disclaimer: Brands and websites vary. Always consult your personal cheese package's nutritional panel for the most accurate information.

*All nutritional data taken from the Keto Diet App



#1 Dinner Mistake on Keto: **TOO MUCH PROTEIN**

- The Ketogenic Lifestyle should be MODERATE protein, not high protein. Diet Plans such as the Atkins Diet are high protein & Keto should be high FAT with moderate protein. Follow Keto Expert Dr. Randy Lundell's simple formula for calculating your protein needs.
- Remember, as your weight decreases, so does the amount of protein you need!
- Consider this formula a guide, not an absolute. Your results are the best indicator.
- Most dinner recipes on www.ketomadeez.com/dinner include serving suggestions to balance them

CALCULATING YOUR PROTEIN INTAKE

1 gram of protein a day per Kg of body weight:



Your Weight ÷ 2.2kg/lbs = Protein Intake

188 lbs ÷ 2.2kg/lbs = 85 Kg


So in this example, you would eat approximately 85 grams of protein if you weighed 188 lbs

Nutrition Facts

Top sirloin steak, broiled ▾

Amount Per 3 oz (85 g) ▾

Calories 207

	% Daily Value*
 Total Fat 12 g	18%
Saturated fat 4.8 g	24%
Polyunsaturated fat 0.5 g	
Monounsaturated fat 5 g	

Cholesterol 78 mg 26%

Sodium 48 mg 2%

Potassium 286 mg 8%

Total Carbohydrate 0 g 0%

Dietary fiber 0 g 0%

 Sugar 0 g


Protein 23 g 46%

Nutrition Facts

Rib eye steak, grilled ▾

Amount Per 1 steak (291 g) ▾ **10.3 OZ**

Calories 847

	% Daily Value*
 Total Fat 63 g	96%
Saturated fat 28 g	140%
Polyunsaturated fat 3 g	
Monounsaturated fat 31 g	
Trans fat 4.3 g	

Cholesterol 233 mg 77%

Sodium 157 mg 6%

Potassium 757 mg 21%

Total Carbohydrate 0 g 0%

Dietary fiber 0 g 0%

 Sugar 0 g

Protein 69 g 138%

Steak Tips

- Go for higher fat lower protein steaks (Choose Ribeye vs Sirloin)
- Have BUTTER or Cowboy Butter or Chick-Fil-A Dipping Sauce with every bite!
- Avoid suspect seasonings and any type flour (ASK!)
- Have with 100% fat ice cream, fat bomb, a salad with avocado and very high fat dressing



Nutrition Facts

Ribs ▾

Amount Per 3 oz (85 g) ▾

Calories 299

	% Daily Value*
Total Fat 24 g	36%
Saturated fat 10 g	50%
Polyunsaturated fat 0.9 g	
Monounsaturated fat 10 g	
Cholesterol 71 mg	23%
Sodium 54 mg	2%
Potassium 259 mg	7%
Total Carbohydrate 0 g	0%
Dietary fiber 0 g	0%
Protein 19 g	38%

Rib Tips

- Be very careful with BBQ sauce (full of sugar unless using a Keto Version)
- Have with 100% fat ice cream, fat bomb, a salad with avocado and very high fat dressing, or dessert



Clean Keto vs Dirty Keto: Don't trade one disease causing toxin for another!



- Butter vs. Margarine

Margarine is made from vegetable oils which contain trans fats.

Trans fats are highly toxic and are associated with an increased risk of various diseases, like heart disease, cancer, diabetes and obesity (10, 11, 12). Aug 12, 2013

www.healthline.com

Clean Keto vs Dirty Keto: Don't trade one disease causing toxin for another!

- Bacon, Sausage, Pepperoni, Ham, Summer Sausage, Hot Dogs, Deli Meats, Canadian Bacon

Get NITRITE and NITRATE free versions (uncured)

- Meat: Look for hormone free, no antibiotics, & grass-fed or organic

- **Nitrates and nitrites contribute to severe kidney damage, promote the growth of certain types of cancer, & are recognized by the World Health Organization as carcinogenic**





Calcium Bentonite Clay to the Rescue!

Pure calcium bentonite clay
can absorb up to
39 times its weight
in toxins



Qele available at
www.wellnessspringsinc.com

dinner

CHEESE SPINACH STUFFED CHICKEN BREAST	44
COCONUT LIME CHICKEN	46
CHICKEN ALFREDO	47
CHICKEN MADEIRA	48
CHICKEN CORDON BLEU	50
CHICKEN FRITTERS WITH GARLIC AIOLI	51
CHICKEN BRYAN	52
BACON-WRAPPED CHICKEN	54
CHICKEN WITH LEMON SAGE CREAM SAUCE	55
ROSEMARY GARLIC BUTTER CHICKEN	56
CHEESY MEXICAN CHICKEN SKILLET	57
GENERAL TSO SWEET AND SPICY MEATBALLS	58
MEATLOAF	60
GRILLED STEAK	61
TACOS WITH CHEESE SHELLS	62
PIZZA	64
TACO PIZZA	65
BACON CHICKEN PIZZA	66
CHEESY SPINACH AND MUSHROOM STEAK ROLLS	68
ZUCCHINI FRITTERS	69
SALMON	70
CARMELIZED BACON-ONION PORK CHOPS	71
PULLED PORK	72
GARLIC SHRIMP ZOODLES	74
TURKEY BURGERS	74
MEATBALLS WITH MUSHROOM CREAM SAUCE	75
SPAGHETTI SQUASH W/BACON, SPINACH & CREAM	76
FLAXSEED CRUST PESTO PIZZA	77

Sides and breads

"MACARONI" AND CHEESE	80
LOADED CAULIFLOWER MASH	81
ROASTED PARMESAN VEGGIES	82
SAUTÉED SEASONED ZOODLES	84
GARLIC BUTTER BROCCOLI	84
CAULIFLOWER RICE	86
SAUSAGE-STUFFED MUSHROOMS	86
SPAGHETTI SQUASH	87
ROASTED GARLIC CAULIFLOWER MASH	88
"POTATO" SALAD	90
PORK RIND TORTILLAS	91
BROCCOLI CAULIFLOWER SALAD	92
ALLSPICE MUFFIN WITH CRUMB TOPPING	94
SPINACH SALAD	95
SOFT PRETZELS, BREADSTICKS, AND ROLLS	96
FAT HEAD DOUGH	98
CLOUD BREAD	99
COLESLAW	100

desserts

PUMPKIN ROLL	104
ALMOND POUND CAKE	106
KETO SPONGE CAKE	107
POKE CUPCAKES	108
LEMON POUND CAKE	110
CHOCOLATE ALMOND STRAWBERRY ROLL	111
PINK FIJIAN GINGER LEMON BARS	112
CHOCOLATE SILK PIE	114
VOLCANO CAKE	115
GERMAN CHOCOLATE COOKIES	116
CHOCOLATE CUPCAKES W/MINT CREAM FROSTING	118
LUSCIOUS LEMON ROLL	119
BROWNIE CHEESECAKE	120
PEANUT BUTTER COOKIES OR BON BONS	122
CINNAMON TWISTS OR CINNAMON PIZZA	123
BASIC VANILLA ICE CREAM	124
COCONUT PINEAPPLE ICE CREAM	124
KETOFUEL™ CARAMEL MACADAMIA NUT ICE CREAM	125
CHOCOLATE MOUSSE CUPS	125



extras

MAYONNAISE.....	150
TERIYAKI SAUCE.....	150
KETCHUP.....	151
BARBECUE SAUCE.....	152
HOLLANDAISE SAUCE.....	153
BUTTERMILK SYRUP.....	154
CRANBERRY SAUCE.....	155
STRAWBERRY JAM.....	155
SWEETENED CONDENSED MILK.....	156
COCONUT CONDENSED MILK.....	156
SWEETENED WHIPPED CREAM.....	157

CREAMY WHITE CHILI

- 1 tbsp. Wakaya Perfeccion Organic Virgin Coconut Oil
- 1 lb. shredded rotisserie chicken
- 1 medium onion, chopped
- 1½ tsp. garlic powder
- 14 oz. can of chicken broth
- 24 oz. cans chopped green chilies, not drained
- 1 tsp. ground cumin
- ½ tsp. Wakaya Perfeccion Fijian Sea Salt
- ½ tsp. pepper
- 1 tsp. oregano
- ¼ tsp. cayenne pepper
- ½ cup whipping cream
- 8 oz. cream cheese

OPTIONAL

cilantro, avocado, mozzarella cheese, etc.

Place coconut oil in large pot and heat to medium high until melted. Sauté onion, garlic powder and chicken for 2 minutes. Add broth, chilies, and all seasonings. Bring to a boil. Add whipping cream and cream cheese and stir until cream cheese is melted. Simmer 30 minutes. Serve with optional toppings (not included in macros). *SERVES 6*



310.5

CALORIES

24.6g

FAT (71%)

22.2g

PROTEIN (29%)

.2g

NET CARBS (0%)

RESOURCES:

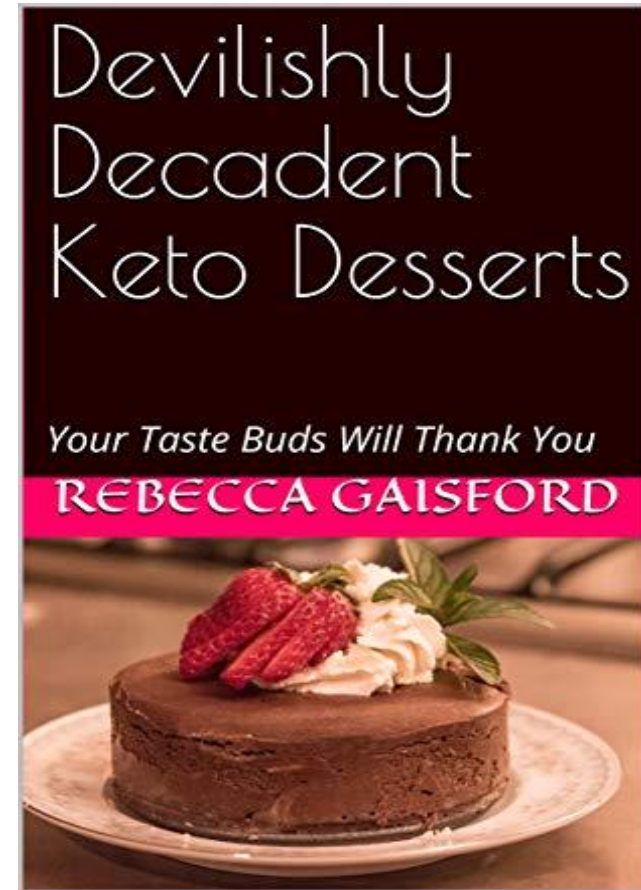
- *Make It Keto Cookbook*
- <https://www.ketomadeasy.com/dinner>
- <https://www.ketomadeasy.com/snacks-fat-bombs>
- <https://www.ketomadeasy.com/desserts>
- <https://www.ketomadeasy.com/icecream>
- <https://www.ketomadeasy.com/faqs> (FAQ #12 Keto on the Go)
- This video





RESOURCES:

*Devilishly Decadent Keto Desserts:
Your Taste Buds Will Thank You*
(amazon.com)



Tools For Success: Core Nutrition

Core Pack

- Inflammation
- Detox
- Digestion
- Energy & Stress
- Superfoods & Antioxidants
- Immune Support
- Thyroid & Kidney Support
- Cardiovascular & Circulation Support
- Support Healthy Blood Sugar Levels



Tools For Success: Keto Products

Boost It Keto Products

- **KetoFuel** – meal replacement shake or used in cooking
- **Burn** – will-power in a bottle
- **Kofi** – breakfast replacement or intermittent fasting
- **Mfinity Oil** – fat blocker
- **Kick** (if desired) – exogenous ketones





Bonus Pro Tips

- **Craving salt but want to eat something high in healthy salt?**

Try these: Pickles, Salted Sunflower Seeds (read the label to avoid oils, sugar!), Organic Veggie or Mushroom Broths (get full salt versions)

- **Needing more electrolytes? Try these:**

Bone Broth Protein (loaded with sodium and potassium!), Kick (full of calcium, magnesium, potassium, and salt!)

Bonus Pro Tips

- **A HEALTHY ketogenic lifestyle includes lots of VEGGIES**

Enjoy your veggies loaded with sauces such as high fat ranch dips, healthy mayo versions, butter, cowboy butter, heavy cream sauces, white sauces, creamy salad dressings, and almond butter or no sugar peanut butter



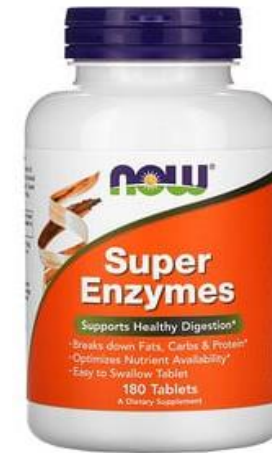
Bonus Pro Tips

Does the KetoFuel fill heavy in your stomach?

Try more cooked veggies and/or digestive enzymes

Trouble digesting fat or no gallbladder?

Use digestive enzymes every time you eat and make sure you are working on digestion—
especially try extra Ginger & Qele.



Qele available at
www.wellnessspringsinc.com



Bonus Pro Tips

- **Read Labels – carbs vary a lot by brands**
- **Organic products tend to be lower in both carbs and toxins**

Use Full Fat Sour Cream (Daisy is a favorite)

Use Full Fat Cream Cheese with the fewest carbs (Philadelphia)

Check labels on Coconut Cream (Kara or Thai Kitchen)

Cocoa Powder – read labels!

Carbs vs. Net Carbs

- This is a Swerve product – Erythritol is a sugar alcohol. When calculating carbs vs net carbs we can subtract both fiber and sugar alcohols (for most people).
- When you subtract the Erythritol (sugar alcohol) you get 0 net carbs per tsp.
- <https://www.ketomadeasy.com/faqs>

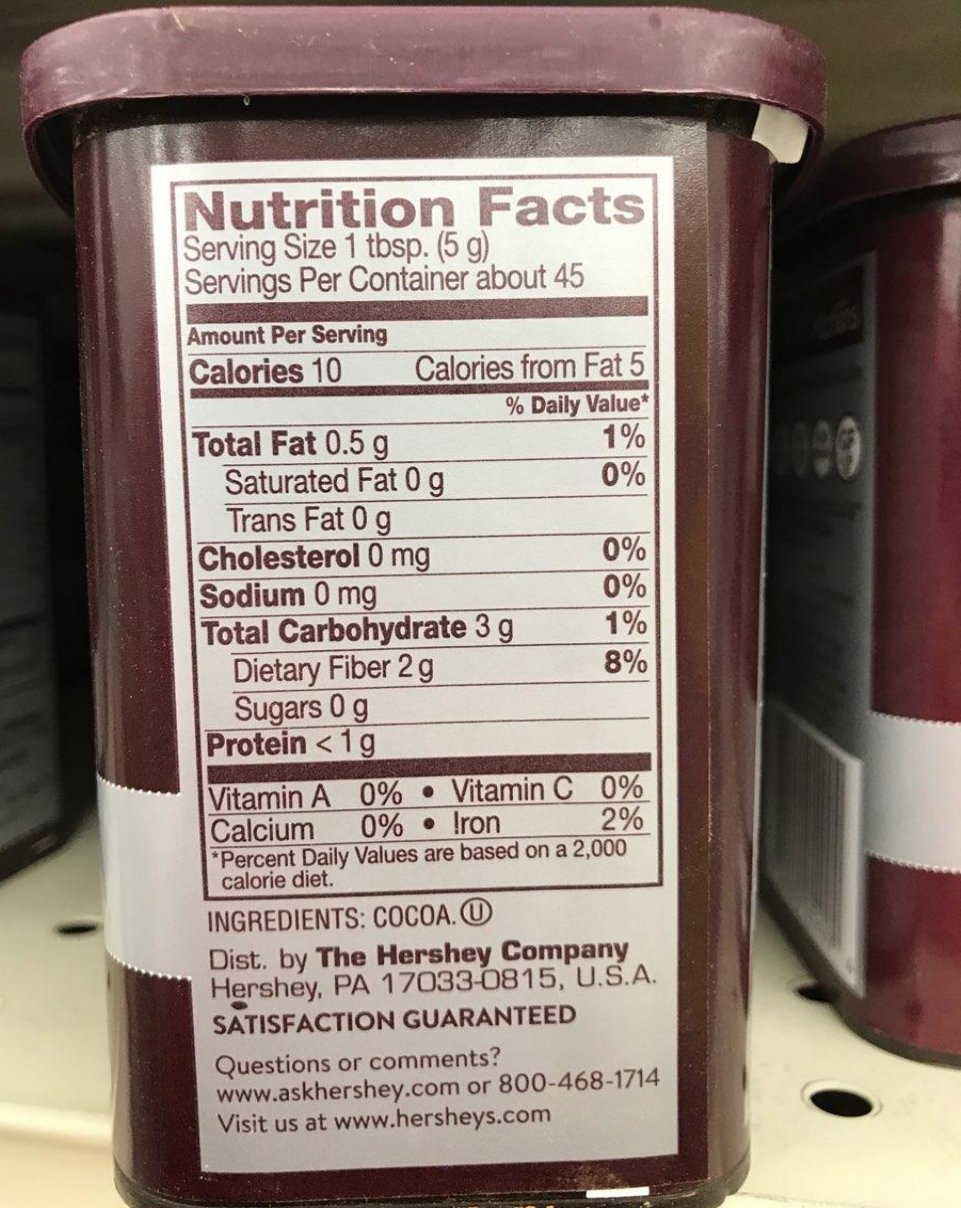
(FAQ 13)

Nutrition Facts	
Serving Size 5g (1 teaspoon)	
Servings Per Container 90	
Amount Per Serving	
Calories 0	
% Daily Value*	
Total Fat 0g	0%
Sodium 0g	0%
Total Carb 5g	2%
Sugars 0g	
Erythritol 5g	
Protein 0g	0%
Not a significant source of Fat Cal., Sat. Fat, Trans Fat, Cholest., Fiber, Vitamin A, Vitamin C, Calcium or Iron.	
*Percent Daily Values are based on a 2,000 calorie diet.	

Carbs vs. Net Carbs

- This unsweetened cocoa has 3 g carbs and 2 g fiber per tbsp.

When you subtract fiber from the carbs, you get **1 net carb per tbsp.**



If You Are a New Listener: Welcome!!

- You can find all of the prior recordings at <https://livinghealthytoday.podbean.com/> You can also download the Podbean app and follow *Living Healthy Today*. Make sure to review the Show Notes and Resources section for links to the videos, news articles, fact sheets, and more that we cover in each episode.
- If you would like to order any of the products discussed in this episode, please reach out to the person who shared our podcast with you. If you found our podcast without being referred, please reach out to Carolee at info@wellnessspringsinc.com or go to www.wellnessspringsinc.com and click on contact.
- If you find any of our episodes helpful, please feel free to share them!! If you would like to submit questions or topics to be covered on future episodes, please go www.wellnessspringsinc.com , click on contact and submit a request. We love to hear from you – and there are NO dumb questions. 😊

Choose YOUR Hard..

Being sick is hard. Being healthy is hard. Choose your hard!
– Marilu Henner

When you choose to be healthy – you change the world for those around you!

4 Weeks to Keto Program Outline



- **Week 1: Breakfast**
- **Week 2: Lunch & Eating Out**
- **Week 3: Snacking & Fat Bombs**
- **Week 4: Dinner, FAQs, & Maximizing Results**
- **Bonus Video: Breaking Plateaus & Stalls**