

3-Day Kick-Start Guide

Here is your Spirit-filled food list for your three-day kickstart. It consists of three days of consuming fewer than 50 grams of net carbohydrates. Remember, net carbs are the total carbohydrate content in the food minus the fiber content.

<i>Drinks</i>	<i>Protein</i>
1 cup of black coffee per day	At least 3 servings of each the following daily
Unsweetened green, black or herbal tea (unlimited)	Chicken 4-6 oz
Min. 64oz of water (or 1/2 body weight in oz)	3 Eggs (up to 7 per week total)
sodium-free sparkling water or club soda	Seafood/Shellfish 4-6 oz
unsweetened almond milk	Pork 4-6 oz
	Tofu 4-6 oz
	Turkey 4-6 oz
	Legumes 1/2 c/ 4 oz
	Deli meats (in moderation- Avoid fillers, added sugar, MSG, sulfites, nitrates when possible)

<i>Vegetables Unlimited</i>	<i>Fruit</i>
Arugula	Lemon or lime for cooking
Artichoke	
Asparagus	
Avocado (1/2 max daily)	
Bell pepper, green, chopped (raw)	
Bok Choy	
Broccoli	
Brussels	
Cabbage	
Carrots	
Cauliflower	
Celery	
Cherry tomatoes (10)	
Cucumbers	
Garlic	
Green Beans	
Jicama/radish	
Kale	
Lettuce	
Leeks	
Mushrooms	
Onions	
Olives (10 sm)	
Peas	
Pumpkin 1/2C	
Salsa	
Snow Peas	
Spinach	
Squash 1/2 cup (Spaghetti or Summer)	
Sprouts	
String beans	
Tomato 1/2C	
Water Chestnuts	
Zucchini	

<i>Nuts/Seeds</i>	<i>Oils/Fat</i>
<p>5 g net carbs twice daily:</p> <p>Almonds- 1/2c Cashews- 2 T Coconut- 1C unsweetened Chia seeds 3T Flaxseeds 3T Hazelnuts 1/2C Hemp seeds Macadamia nuts- 1/2 Pecans 1C Pine nuts 1/2C Pistachios 3T Walnuts 3/4C</p> <p>Seeds 1 oz Pumpkin 1/2C Sunflower 1/2C</p> <p>Nut/seed butters 1T</p>	<p>3 servings per day</p> <p>Cooking oils Coconut oil 1 T Avocado oil 1T Olive oil 1 T Sesame oil 1T Butter 1 T Ghee 1T</p>

<i>Condiments</i>	<i>Other</i>
<p>Vinegar: Apple cider Balsamic Red wine</p> <p>Mustard</p> <p>Soy sauce</p>	<p>Unlimited herbs & spices including: Allspice Cinnamon Cloves Ginger Marjoram Rosemary Sage Tarragon Turmeric</p>

21-Day Spirit-Filled Eating Guide

Here is your Spirit-filled Eating Guide. Use this to plan your balanced meals consisting of 100 grams or less of net carbohydrates. Remember, net carbs are the total carbohydrate content in the food minus the fiber content.

<i>Drinks</i>	<i>Protein*</i>
Coffee 2 cups	<p>At least 3 servings of each the following daily</p> <p>Chicken 4-6 oz</p> <p>3 Eggs (up to 7 per week total)</p> <p>Seafood/Shellfish 4-6 oz</p> <p>Pork 4-6 oz</p> <p>Tofu 4-6 oz</p> <p>Turkey 4-6 oz</p> <p>Legumes 1/2 c/ 4 oz</p> <p>5-10 net carbs per serving</p> <p>Deli meats (in moderation- Avoid fillers, added sugar, MSG, sulfites, nitrates when possible)</p> <p>Protein powder</p>

<i>Dairy</i>	<i>Vegetables</i>
Cheese 1 oz	Arugula
Laughing cow 1 wedge	Asparagus
Cottage Cheese 1/2 cup	Bok Choy
Cream cheese 5T	Broccoli
Milk 1/2 C/ 4 oz	Brussels
whole 3/4	Cabbage
butter 3/4	Carrots
2% 1C	Cauliflower
Parmesan 1 T	Celery
Sour cream 3/4C	Cucumbers
Unsweetened Greek or full fat yogurt 1/2C	Garlic
	Jicama/radish
	Kale
	Lettuce
	Mushrooms
	Onions
	Peas
	Peppers
	Salsa
	Snow Peas
	Spinach
	Squash 1/2 cup (Spaghetti or Summer)
	Sprouts
	String beans
	Tomatoes
	Water Chestnuts
	Zucchini

Fruits	Nuts/Seeds
5-10 net carbs per serving	5 g net carbs
Apple 1 med	Twice daily:
Berries 1C	Almonds- 1/2c
Banana 1/4 sm	Cashews- 2 T
Blackberries	Coconut- 1C unsweetened
Blueberries 1/4C	Chia seeds 3T
Raspberries	Flaxseeds 3T
Cantaloupe 3/4C	Hazelnuts 1/2C
Grapefruit 1/2	Hemp seeds
Cherries 1/2 cup or 10	Macadamia nuts- 1/2
Clementines- 2	Pecans 1C
Grapes 1/2 cup	Pine nuts 1/2C
Nectarine 1	Pistachios 3T
Orange 1 med	Walnuts 3/4C
Peach 1	
Strawberries 1/2C	Seeds 1 oz
Watermelon 1/2C	Pumpkin 1/2C Sunflower 1/2C
	Nut/seed butters 1T

Carbs/Starch	Other
10 g net carbs per serving	Unlimited herbs & spices including:
Breads	Allspice
Whole grain, multi-grain, rye- 1 slice	Cinnamon
	Cloves
	Ginger
Barley 1/4 c	Marjoram
Brown rice 1/4 c	Rosemary
Buckwheat	Sage
Couscous 1/3c	Tarragon
Corn 1/2 ear or 1/2 c niblets	Turmeric

Crackers, 6 whole grain, high-fiber (Mary's Gone)	Condiments
Millet 1/4 c	Vinegar:
Oatmeal 1/4 c	Apple cider Balsamic
Popcorn	Red wine
2 cups	Mustard
Quinoa 1/3 c	Soy sauce
Sweet potato (yam) or summer squash 1 small	Alcohol
Grits 1/3 c	Red Wine
	5 oz glass 3x a week
	Dark Chocolate
	1 oz daily (at least 65% cacao)
follow nutritional labels for other carbs not listed here	Use Sparingly
	Monk fruit
	erythritol
	stevia

Sample Meal Plan for Spirit-filled eating

The majority of your carbohydrates will come from vegetables, fruits, and starches, with a little also coming from dairy products.

Here are some suggestions for breaking down your meals:

Meal 1:

4-6 oz. plain non-fat yogurt or another dairy or breakfast protein

1 egg or another breakfast protein

1 oz. oatmeal or other starch

1 small/medium sized fruit

Meal 2:

1 grilled chicken breast or 4-6 oz. protein

6-8 oz. salad

1 cup fried cauliflower rice or 6-8 oz. or another low-carbohydrate vegetable, cooked or raw

1 tablespoon olive oil or another fat

Meal 3:

4 oz. of beef or another 4-6 oz. protein

1/2 cup brown rice or another 4 oz. starch

6-8 oz. salad

1 cup of broccoli or another low-carbohydrate vegetables, cooked or raw

1-2 tablespoon olive oil or another fat

Snack 1

1/4 cup almonds or other 1 serving nuts or seeds

Snack 2 (optional)

Greek yogurt with 1/2 cup blueberries and 1/2 tsp monk fruit or 1 serving dairy with 1 serving fruit

Notes about the food list:

If it's not on the list, do your research. If in doubt, leave it out.