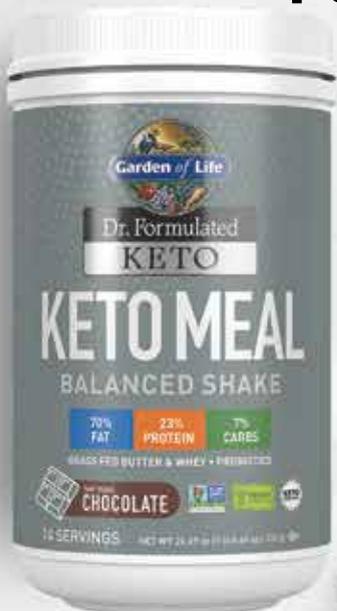




Garden of Life

Dr. Formulated
KETO

The Clean & Simple Guide TO EVERYTHING KETO



Contributors

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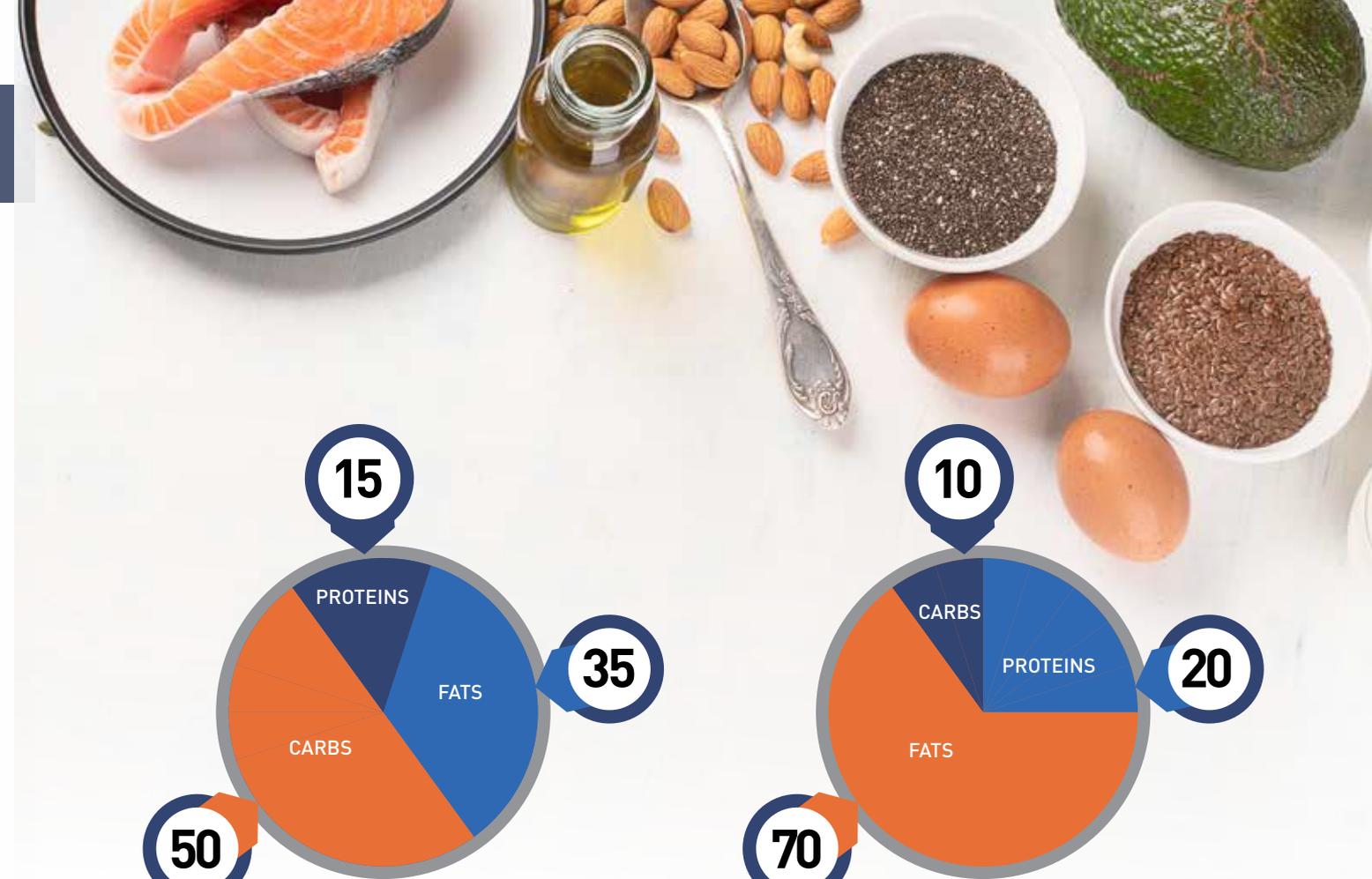
Robb Wolf

Robb Wolf, a former research biochemist is the two-time *New York Times/WSJ* best-selling author of *The Paleo Solution* and *Wired To Eat*. Robb has transformed the lives of hundreds of thousands of people around the world via his top ranked iTunes podcast, books and seminars.



Pete Evans

Pete Evans is a best-selling author of healthy cooking and lifestyle books, co-host of Australia's number one television show, *My Kitchen Rules*, and award-winning host of the PBS series *Moveable Feast, Pete Evans*. His award-winning documentary film *The Magic Pill* is now streaming on Netflix. He is also a health coach, with qualifications gained from New York's internationally recognized Institute of Integrative Nutrition.



Ketogenic Diet 101

by David Perlmutter, M.D., F.A.C.N

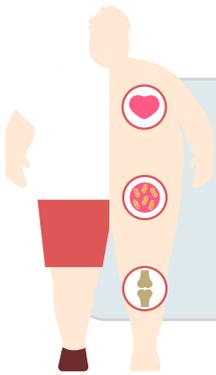
Simply put, a ketogenic diet typically derives about 70-to-80% of total calories from healthful fats. The remaining 20-to-30% of calories are derived from carbohydrates and proteins. Eating like this puts your body in a state of ketosis in which it primarily burns fat for energy.

To get into and stay in ketosis, you must restrict carbs and sugar—less than 50 grams per day. This initiates your body to burn the remaining carbohydrates present, after which it moves on to stored glucose (glycogen), and finally it taps into ketones. Ketones are produced by the liver and readily used by the body for potent energy production and critical brain-related functions.

Ketones are a cellular “superfuel,” and one in particular—beta-hydroxybutyrate (BHB)—drives powerful, beneficial processes. Beta-hydroxybutyrate is important for the regulation of the expression of important genes, inflammation regulation, immune system activity, and even antioxidant function. This important ketone is one of the fundamental reasons the keto diet is so beneficial.

Prior to any dietary change, you should consult your healthcare provider. With that in mind, a ketogenic diet may be a good fit for you.

Key Health Benefits of a Ketogenic Diet



1. SUPPORTS WEIGHT LOSS

Studies demonstrate that people who follow a ketogenic diet, with exercise, lose weight. In fact, one long term study of people who followed a ketogenic diet for a 24-week period found significant reductions in overall weight as well as BMI (Body Mass Index). These results were achieved by following a ketogenic (high fat, low carbohydrate) eating plan.



2. SUPPORTS CARDIOVASCULAR HEALTH

If there's one health myth worth dispelling, it's the long standing falsehood that fat clogs the arteries resulting in coronary heart disease. The underlying cause of heart disease is inflammation, which triggers the buildup of plaque. Eating a ketogenic diet supports the body's healthy response to inflammation.



3. HELPS MAINTAIN BLOOD SUGAR LEVELS

Due to the beneficial effects of the ketogenic diet on glycemic control, it's not surprising that studies continue to find that this low carbohydrate diet (ketogenic) helps your body maintain healthy blood glucose levels.



4. PROMOTES BRAIN HEALTH

One major benefit of following a ketogenic diet is that it effectively produces and releases ketones. Ketones stimulate synthesis of new neuronal networks in the brain and support of overall brain function.



5. INCREASES ENERGY LEVELS

Keeping energy levels up, especially during a workout or as your busy day goes on, is difficult if you rely on carbohydrates. When your body is in ketosis, it uses fat as fuel and feeds the brain with ketones to keep energy levels high.

Taking Your First Steps How To Get Started

1

Start with fasting for one-to-two days. Be sure to drink plenty of water during this time. This will force the body to burn through all of its available carbohydrates—an excellent way to kick-start your body into ketosis. Also, check with your healthcare practitioner before starting your fast.

2

Now it's time to stock your pantry with plenty of keto foods so you're prepared to start your journey once your fast is completed. See the next page of this guide for foods you can enjoy on your keto diet.

3

Pick up the Garden of Life Dr. Formulated Keto line of products. They're a great way to make your ketogenic diet more convenient. These easy-to-mix powders take the guesswork out of counting fats, protein and carbs. Use as a meal replacement or add to shakes, smoothies and use in cooking or baking. The options are endless.

4

Plan your first week of menus so you're prepared. Check out our sample menus beginning on page 6 to help guide you through the process. Once you get the hang of it, you'll develop your own combinations of keto-acceptable foods and ratios that are pleasing to your palate.

5

Be sure to get your body in motion. Whether you are trying to lose weight or achieve optimum health with your ketogenic lifestyle, exercise is an extremely important piece of the puzzle. If you don't already have a fitness routine, do something you enjoy. Just walking briskly for 30 minutes, three-to-four times per week is a great way to get moving. Go skating, biking, hiking—have fun! Exercise and movement will also help with digestion—very important when adopting a ketogenic lifestyle.





Keto Shopping Guide

Foods You Can Eat

Here's a guide to items you'll want to have in your Keto pantry. Always look for Certified Organic or Non-GMO Verified fresh foods along with wild-caught, grass-fed, pasture-raised, antibiotic- and hormone-free proteins.

CARBOHYDRATES

- Arugula
- Artichoke
- Asparagus
- Bell Peppers
- Bok Choy
- Broccoli
- Brussels Sprouts
- Cabbage
- Cauliflower
- Celery
- Chayote
- Cucumber
- Garlic
- Green Beans
- Greens (*Beet, Mustard, Leafy Greens*)
- Kale
- Leeks
- Lettuce
- Mushrooms
- Okra
- Radish
- Sauerkraut
- Sprouts (*All Types*)

- Summer Squash (*Delicata, Yellow, Spaghetti, Patty Pan*)
- Swiss Chard
- Tomatoes
- Turnip
- Watercress
- Zucchini



HEALTHY FATS

- Avocado
- Avocado Oil
- Bone Broth
- Butter/Butter Powder (*Grass Fed*)
- Coconut Butter



- Coconut Oil
- Coconut Milk (*Canned*)
- Cheese (*Hard Cheeses, Check Carbohydrate Content*)
- Dark Chocolate/Cacao
- Organic Full-Fat Cream
- Ghee
- Mayonnaise (*Avocado, no canola oil*)

PROTEINS

- Seafood: Wild Caught & Sustainable
- Meat: Grass Fed (*Beef, Buffalo, Lamb, Elk, Venison, etc.*)
- Poultry: Pastured & Organic (*Eggs, Chicken, Turkey, Duck, Pheasant, etc.*)
- Dairy: Organic & Grass fed (*Cheese, Cream, Whole Milk, Kefir & Yogurt-Plain, Check Carbohydrate Content*)
- Organic MCT Oil and Powder

- Nuts (*Almond, Brazil, Coconut, Hazelnuts, Macadamia, Pecans, Pine Nuts, Pistachios, Walnuts; Cashews in moderation- Carbohydrate Content*)
- Nut Butters
- Extra Virgin Olive Oil
- Olives
- Seeds (*Chia, Flax, Hemp, Pumpkin, Sesame, Sunflower, Tahini*)

CONDIMENTS, HERBS, & SPICES

- Cacao
- Garlic
- Ginger
- All Fresh Herbs (*Dill, Basil, Cilantro, Mint, Oregano, Rosemary, Sage, Thyme, etc.*)



- Horseradish
- Hot Sauce (*Check Sugar Content*)
- Lemon
- Lime
- Liquid Aminos
- Mustard
- Salsa (*No Sugar Added*)
- Tamari
- Turmeric
- Spices (*Chili Powder, Cardamom, Cinnamon, Cumin, Curry, Garlic, Ginger, Onion, Paprika, Pepper, etc.*)
- Tomato Sauce (*No Sugar Added*)
- Vinegars (*No Sugar Added-Apple Cider Vinegar, Balsamic, Red Wine, White Wine*)

EAT SPARINGLY: STARCHY VEGETABLES & LEGUMES

- Beets
- Beans (*Black, Black-Eyed, Cannellini, Edamame, Garbanzo, Kidney, Lima, Mung, Navy, Pinto, etc.*)
- Butternut Squash
- Carrots
- Eggplant
- Hummus
- Lentils (*Brown, Green, Red, Yellow, French*)
- Parsnips
- Peas
- Pumpkin



EAT SPARINGLY: FRUITS

- Berries (*Blackberries, Blueberries, Cranberries, Raspberries, Strawberries*)
- Granny Smith Apple
- Grapefruit
- Lemon/Lime (*Can Use Liberally*)
- Kiwi



7-Day Meal Plan Shopping List

SUPPLEMENTS:

- Dr. Formulated Keto Fit
- Dr. Formulated Keto Meal
- Dr. Formulated MCT Powder
- Dr. Formulated Grass Fed Powder

VEGGIES & FRUIT:

- Spinach and/or Kale (several bags)
- Avocados (4-6)
- Broccoli (several heads)
- Cauliflower
- Celery
- Cucumbers
- Raisins
- Goji berries
- Red onion
- Garlic
- Romaine lettuce
- Lime
- Portobello mushroom
- Tomatoes (Cherry & regular)
- Olives
- Blueberries

PROTEIN/DAIRY:

- Eggs
- Wild caught salmon (1 can, 1 fillet)
- Chicken (1 whole, 2-4 breasts or legs)
- NY Strip Steak
- Nuts (Macadamia, almonds, walnuts, pine)
- Garden of Life Chia Seed
- Unsweetened Almond Milk or Coconut Milk
- Nut Butters
- Greek Yogurt Plain
- Full Fat Coconut Milk or Cream
- Cheese (Goat, Cheddar, Cream & Mozzarella Balls)

OTHER:

- Herbs de Provence
- Cilantro & Parsley
- Coconut Liquid Aminos
- Apple Cider Vinegar
- Extra Virgin Olive Oil
- Garden of Life Extra Virgin Coconut Oil
- Avocado Mayonnaise
- Basil Pesto
- Mustard
- Stevia
- Cinnamon, Pumpkin Pie Spice
- Seasonings of Choice
- Cocoa Powder
- Coconut Flour
- Coffee or Tea



Day 1



Breakfast: Use Organic Ingredients

AVOCADO SPINACH OMELET

- 2-3 pastured eggs
- 1-3 cups spinach
- 1 avocado
- Garden of Life Coconut Oil (1 tsp. – 1 Tbsp.)



DIRECTIONS: Heat coconut oil in pan and add spinach until wilted. Add eggs, cover pan and turn heat to low. Cook eggs until yolks are firm. Add sliced avocado and drizzle with olive oil (if desired).

Lunch: Use Organic Ingredients

EASY KETO FIT

- 2 scoops Garden of Life Keto Fit
- 10 oz. water, unsweetened almond milk or coconut milk

DIRECTIONS: Add ingredients to blender and enjoy!
No counting or fussing—a perfect meal replacement.



Dinner: Use Organic Ingredients

HONEY MUSTARD SALMON

- 3-5 oz. wild caught salmon
- 1 cup broccoli
- Garden of Life Grass Fed Butter Powder (1 tsp. – 1 Tbsp.)
- 1-2 teaspoons mustard
- Ginger powder
- Coconut liquid aminos
- Stevia
- Sea salt & black pepper



DIRECTIONS:

Cook salmon in coconut oil or butter on low heat. Cover pan and allow to cook thoroughly. Once done, spread mustard on top, sprinkle ginger powder, coconut liquid aminos and stevia to add a “honey” finish. Steam broccoli and add grass fed butter, salt and pepper.



Snack or Dessert: Use Organic Ingredients

CELERY & ALMOND BUTTER



4 OZ. GREEK YOGURT WITH ALMONDS (6-8)



Let's Eat!

KETOGENIC SAMPLE MEAL PLANS & RECIPES

Recipes courtesy of: Ryan Cornett, Garden of Life Project Coordinator of Nutrition Science & Educational Content

Following a ketogenic meal plan means that much of your diet will consist of healthy oils, fats, nuts and seeds, along with some clean protein. Kick start your body into ketosis by using Dr. Formulated Keto Fit every day for the first week. Fiber is very important when following a keto diet, so be sure to include non-starchy vegetables and Dr. Formulated Keto Meal and Organic MCT Powder. Use the following sample menus as a guide and be sure to use organic ingredients.

NOTE: If you have a sensitivity to caffeine, only use KETO Fit in the morning for breakfast.

Day 2

Breakfast: Use Organic Ingredients

CHIA KETO PUDDING (SERVES 2)

- 2 Tablespoons Garden of Life Chia Seed
- 2 scoops Garden of Life Keto Fit
- 13.5 oz. full-fat coconut cream or milk
- 5-10 nuts (Macadamia, pecans, walnuts or almonds)
- 1 Tablespoon goji berries, coconut flakes & raw cacao nibs
- Dash cinnamon

DIRECTIONS:

Stir chia seed, Keto Fit and coconut milk in Mason jar and place with lid in refrigerator for next morning. Spoon into bowl and top with remaining ingredients.



Lunch: Use Organic Ingredients

KETO CHICKEN SALAD

- 3-5 oz. shredded chicken
- 2 Tablespoons avocado oil mayonnaise
- 1 stick diced celery
- ½ diced cucumber
- 2 Tablespoons chopped walnuts
- 1 Tablespoon unsweetened raisins

DIRECTIONS:

Mix chicken, avocado mayonnaise, celery and cucumber in a bowl. Top with walnuts and raisins.



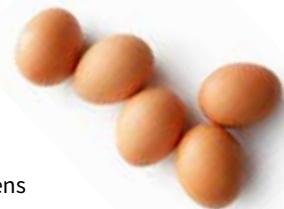
Dinner: Use Organic Ingredients

KETO PROTEIN PIE

- 3-4 pastured eggs
- ¼ inch slice red onion
- 2-3 cloves garlic
- 1-3 cups spinach or other leafy greens
- 1-3 Tablespoons almond flour or coconut flour
- 1 Tablespoon Garden of Life MCT Powder
- 2 oz. goat cheese
- 5-10 nuts (walnuts, pecans or Macadamia)

DIRECTIONS:

In saute pan, cook diced garlic and onion in coconut oil. Add spinach and cook until wilted. Add eggs and stir. Stir in 1 Tablespoon. of flour at a time until a cake-like batter is achieved. Cover and cook on low heat until eggs are firm. Add goat cheese and cover until melted. Place on serving plate and top with nuts.



Snack or Dessert: Use Organic Ingredients

CUCUMBER WITH NUT BUTTER



CREAM CHEESE WITH 6-8 WALNUTS



Day 3



Breakfast: Use Organic Ingredients

KETO FIT SHAKE

- 2 scoops Garden of Life Keto Fit
- 10 oz. water, almond milk or coconut milk

DIRECTIONS:

Add ingredients to blender and enjoy!
No counting or measuring necessary.



Lunch: Use Organic Ingredients

TUNA WRAP

- 1 can wild caught tuna (Wild Planet)
- 2 Tablespoons avocado oil mayonnaise
- 1-2 Tablespoons pine nuts or sunflower seeds
- 2-3 large romaine lettuce leaves
- 1 Tablespoon Garden of Life MCT Powder
- Sea salt & black pepper

DIRECTIONS:

Mix tuna, avocado mayonnaise, black pepper and sea salt in bowl. Scoop tuna salad into romaine lettuce wraps. Top with nuts or sunflower seeds.



Dinner: Use Organic Ingredients

GUILT-FREE CHOCOLATE MOUSSE DINNER

- 2 scoops Garden of Life Keto Meal Chocolate
- 10 oz. unsweetened vanilla almond or coconut milk
- ½ avocado
- 1 teaspoon to 1 Tablespoon cacao powder
- Dash of cinnamon & sea salt
- 5 drops vanilla extract
- 5-10 drops of stevia

DIRECTIONS:

Place all ingredients into a blender and blend until smooth. Spatula finished mix into serving bowl and top with raspberries, coconut flakes and crumbled cashews (if desired).



Snack or Dessert: Use Organic Ingredients

GUACAMOLE WITH CUCUMBER CHIPS

DIRECTIONS: Mix diced avocado, red onion, garlic and cilantro. Top with squeeze of lime and dash of salt. Cut cucumber into ¼-inch "chips."

KETO MEAL SHAKE

DIRECTIONS: Blend 2 scoops Keto Meal with 10 oz. water or unsweetened coconut milk



Day 4

Breakfast: Use Organic Ingredients

BRAIN FUEL COFFEE OR TEA

- 8-12 oz. black coffee or tea
- 1 scoop Garden of Life MCT Powder
- 1 scoop Garden of Life Grass Fed Butter Powder

DIRECTIONS:

Brew coffee or tea and let cool slightly. Carefully pour into a top-loaded blender. Add MCT Powder and Butter Powder and blend. You can add several drops of vanilla extract, cinnamon and stevia if desired.



Lunch: Use Organic Ingredients



GUILTLESS LUNCH ICE CREAM

- 2 scoops Garden of Life Keto Meal
- 10 oz. unsweetened vanilla nut milk
- 1 scoop Garden of Life MCT Powder
- Stevia & cinnamon

TOPPINGS OF CHOICE: 1 Tablespoon of blueberries, cacao nibs, coconut flakes, chia seed and/or macadamia nuts.

DIRECTIONS:

In a blender, mix Keto Meal, nut milk and MCT Powder until smooth. Pour into serving cup and finish with your choice of toppings and a dusting of cinnamon and stevia. (For thicker consistency, add ½ scoop of Keto Meal at a time until desired consistency.)

Dinner: Use Organic Ingredients

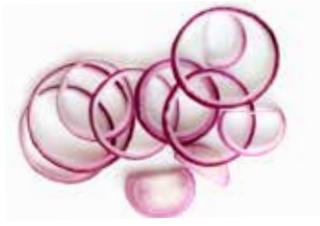
PLANT-BASED KETO BURGER

- 1 large Portobello mushroom, diced
- ¼-inch slice red onion, diced
- 2-3 cloves garlic, diced
- ½ to 1 whole avocado
- ½ cup pine nuts
- 4 Tablespoons extra virgin olive oil
- 2-4 large lettuce leaves
- Sea salt



DIRECTIONS:

In a pan, saute diced Portobello mushroom, red onion and garlic in coconut oil. In a food processor, mince pine nuts, olive oil and a pinch of salt. Arrange lettuce leaves on plate, layer Portobello burger mix and add scoops of pine nut mixture. Finish with diced avocado, a pinch of sea salt and drizzle of olive oil.



Snack or Dessert: Use Organic Ingredients

KETO FIT ALMOND BLISS

DIRECTIONS: Blend 2 scoops Keto Fit, 3 teaspoons almond butter and 10 oz. water



TOMATO & OLIVE SNACK

DIRECTIONS: Combine cut tomatoes with olives of choice, add extra virgin olive oil and black pepper



Day 5



Breakfast: Use Organic Ingredients

HANGRY ELIMINATOR

- 2 scoops Garden of Life Keto Fit
- 10-12 oz. unsweetened almond milk
- 1 Tablespoon almond butter
- ½ cup spinach
- ¼ cup blueberries

DIRECTIONS:

Place all ingredients into a blender and enjoy! Top with dash of cinnamon if desired.



Lunch: Use Organic Ingredients

GREEN MACHINE PROTEIN BOWL

- 1 cup leafy greens
- ½ cup veggies of choice
- 1 avocado
- 5-10 nuts
- 3-5 oz. clean protein of choice
- 2 Tablespoons olive oil
- Seasonings of choice



DIRECTIONS:

Arrange all ingredients in a bowl and drizzle with olive oil and seasonings. May top with 1 oz. goat cheese or ¼ cup blueberries or strawberries.

Dinner: Use Organic Ingredients

CROCK POT COLLAGEN BUILDER SOUP

- 1 whole chicken
- 3-4 stalks celery, diced
- 1 red onion, diced
- 3-5 garlic cloves, diced
- 1 bunch parsley, chopped
- 1 Tablespoon of Garden of Life Butter Powder
- Herbs de Provence seasoning
- 1 Tablespoon raw apple cider vinegar

DIRECTIONS:

Bake whole chicken and strip all meat off. Place all bones, cartilage, fatty cuts and skin into crock pot. Top with remaining ingredients and add water to full line. Slow roast for 8-12 hours. Ladle soup through strainer to remove bones. Add shredded chicken back into soup and salt to taste.



Snack or Dessert: Use Organic Ingredients



COCONUT CHOCOLATE KETO MEAL

DIRECTIONS: Blend 2 scoops Chocolate Keto Meal with 10 oz. unsweetened coconut milk

SLICED AVOCADO
with cilantro and lime juice



Day 6

Breakfast: Use Organic Ingredients

COCO CHOCOLATE SHAKE

- 2 scoops Garden of Life Keto Fit Chocolate
- 1 cup spinach
- 10 oz. coconut milk

DIRECTIONS:

Blend all ingredients and enjoy.



Lunch: Use Organic Ingredients

STUFFED AVOCADO

- 1 avocado cut in half
- Handful of cherry tomatoes
- 4 baby mozzarella balls
- 1 Tablespoon basil pesto
- 2 Tablespoons extra virgin olive oil



DIRECTIONS:

Cut avocado in half and remove pit and skin. In a bowl, combine remaining ingredients. Spoon mixture into hole of each avocado half. Top with fresh basil.



Dinner: Use Organic Ingredients

CHICKEN WITH ROASTED VEGGIES

- 3-5 oz. cooked chicken (grilled, broiled, sautéed)
- 1-3 cups broccoli florets
- 1-3 cups cauliflower florets
- 4 Tablespoons extra virgin olive oil
- 1 scoop Garden of Life MCT Powder
- 1 scoop Garden of Life Butter Powder
- Seasonings of choice



DIRECTIONS:

Coat vegetables with olive oil and spread on roasting pan. Combine MCT Powder, Butter Powder and seasonings and sprinkle on veggies. Roast at 350° for 30 minutes.

Snack or Dessert: Use Organic Ingredients

SPINACH DIP WITH CELERY STICKS

DIRECTIONS: Combine ½ package sautéed spinach with 4 Tablespoons full-fat plain yogurt and dip in with celery sticks.



PUMPKIN KETO MEAL

Directions: Blend 2 scoops Vanilla Keto Meal and 1 Tablespoon pumpkin pie spice with 10 oz. water.

Day 7



Breakfast: Use Organic Ingredients

CHEESY BROCCOLI OMELET

- 2-3 pastured eggs, whisked
- 1 cup broccoli florets
- 1 scoop Garden of Life Grass Fed Butter Powder
- 1 oz. cheddar cheese
- 2 Tablespoons extra virgin olive oil
- Salt & black pepper

DIRECTIONS:

Sauté broccoli in olive oil until tender. Add whisked eggs, salt and pepper and cook on low until eggs set. Top with cheese and Butter Powder. Place under broiler until cheese melts.



Lunch: Use Organic Ingredients

AVO-KETO FIT

- 1 ½ cups full-fat coconut milk
- 1 scoop Garden of Life Keto Fit Vanilla
- ¼ cup ripe avocado, mashed
- 1 handful of spinach
- 2 Tablespoons Garden of Life MCT Powder
- ½ teaspoon cinnamon

DIRECTIONS:

Blend ingredients plus 5-6 ice cubes in a blender.



Dinner: Use Organic Ingredients

GARLIC BUTTER STEAK

- 14-16 oz. NY Strip Steak
- 1 Tablespoon olive oil or avocado oil
- Salt and pepper to taste
- 1 garlic clove, smashed
- 1 Tablespoon Garden of Life Grass Fed Butter Powder

DIRECTIONS:

Rub oil on both sides of steak and add salt, pepper and Butter Powder. Place steak on baking sheet and place in 400° oven for 17 minutes. Heat a cast iron pan to medium high and cook steak for 2 more minutes each side. Add a little more oil plus garlic and cook one more minute. (May sprinkle more Butter Powder on top.)



Snack or Dessert: Use Organic Ingredients

4 OZ. FULL-FAT YOGURT WITH ½ CUP BERRIES



VEGGIE STICKS WITH 1 TABLESPOON NUT BUTTER





One thing that many people initially find hard is to add “healthy” fats to their ketogenic diet. We have made it easy by offering the Dr. Formulated Keto line of products, including MCT Powder and Grass Fed Butter Powder. Here are some great ideas on how to use these products and conveniently add the healthy fat you need to get your body in ketosis. See our Meal Plan section (pages 6-13) and below for several full recipes using these items. **Enjoy!**

GRASS FED BUTTER POWDER

- Mix into keto dessert recipes
 - Great for use in baking wherever butter is called for—or not!
- Sprinkle over eggs and omelettes
- Sprinkle on cooked fish, poultry or steak

MIX INTO:

- Coffee
- Teas
- Bone Broth
- Sprinkle on raw or roasted veggies
- Along with your other favorite spices, add Butter Powder for a rich flavor
- Mix into salad dressings
- Add to sauces



MCT POWDER

- Mix into Keto smoothies

MIX INTO:

- Coffee
- Teas
- Bone Broth
- Hot Chocolate
- Mix into soups, dressings, sauces
- Mix into nut butters
- Mix into Keto dessert recipes
- Mix into Keto sport drinks and pre-workout fuel



					
Naturally Occurring Vitamins & Minerals	Medium Chain Triglycerides (MCT)	Conjugated Linoleic Acid (CLA)	Sustainably Grown Coconuts	No Palm Oil or Other Fillers	No Hexane

PB FAT BOMBS

Makes: 36 Bombs

USE ORGANIC:

- 1 ½ cups fresh ground peanut butter (no salt or sugar)
- ¼ cup coconut butter
- 2 Tablespoons Garden of Life Coconut Oil
- 1 Tablespoon Garden of Life MCT Powder
- 1 scoop Garden of Life Keto Fit Vanilla
- 1 teaspoon vanilla
- ½ teaspoon cinnamon
- 6 drops of liquid stevia or sweetener of your choice (optional)
- ¼ teaspoon sea salt
- ½ cup coconut flakes

DIRECTIONS:

Place all ingredients except for the coconut flakes into a food processor using the “s” blade and process until well combined. Remove batter and refrigerate for about 40 minutes. Once batter has hardened, roll tablespoon-sized balls (“bombs”) and then coat in coconut flakes. Store in refrigerator or freezer.

Recipe Courtesy of Gwen Eager Garden of Life Certified Raw Vegan Chef

Being in a state of ketosis involves keeping your intake of carbohydrates and sugars very low. You need to check labels carefully on items you may think are keto-friendly. **HERE ARE SOME TO LOOK OUT FOR:**



SALAD DRESSINGS

Many bottled dressings have hidden sugar. It’s always best to make your own with extra virgin olive oil, avocado oil or coconut oil with no-sugar-added vinegar and your choice of spices.



SALSA

It is possible to find premade salsa that is low in sugar—just be sure to read the labels. Most likely, if it’s not Certified Organic, the sugar content may be higher than you want. Make homemade salsa whenever possible.



HOT SAUCE

Again, hidden sugars are notorious in bottled anything. You can always opt for fresh, organic hot peppers to liven your dishes.



ANYTHING JARRED OR BOTTLED

Pretty much anything you are buying that comes in a jar or bottle needs to be looked at closely for the sugar content. (tomato sauce, ketchup, salsa, vinegar, etc.)



UNSWEETENED NUT MILKS

Some varieties of these milks do have hidden sugars. Don’t be fooled by “all natural” on the package. Check the label for carbohydrate content.



ANYTHING SUGAR-FREE OR NO ADDED SUGAR

You may be surprised at the amount of naturally-occurring sugar in certain foods, especially fruit juices. Also be careful with sweeteners.



Dr. Formulated Keto Meal—Convenience On-The-Go



Now that you've kick-started your ketogenic diet by using Dr. Formulated Keto Fit for the first week, you can now incorporate Keto Meal into your daily routine. Keto Meal is perfect for those on a ketogenic diet and is expertly crafted with organic grass-fed butter—clean fuel for the brain.

It's formulated as a meal replacement shake with a perfect ketogenic ratio of 70% fat, 23% protein and 7% carbohydrates. We've made it simple and convenient—no math—just mix! Blend with 10 ounces of unsweetened almond milk or water and you have a clean, delicious keto meal on-the-run.



KETO MEAL BALANCED SHAKE

- 70% Fat from Organic Grass Fed Butter with CLA & MCT
- 23% Protein from Truly Grass Fed Whey Protein—no rBST, rBGH & antibiotic free
- 1.5 Billion CFU Probiotics & prebiotic fiber for easy digestion
- Two delicious flavors—chocolate & vanilla



Dr. Formulated KETO



NO MATH. JUST MIX.

David Perlmutter, M.D. makes following a Keto Diet easy and delicious with this new line of products from Garden of Life. The Dr. Formulated Keto line is specifically crafted to help those who are seeking to enter into ketosis or stick to a low-carbohydrate diet for weight loss and health purposes.

This new Keto line of products is fully transparent, compliant to the keto guidelines and designed to be convenient for anyone who lives a busy lifestyle. All products in the Dr. Formulated Keto line are Keto Certified, Certified Paleo Friendly, and clean: Non-GMO Project Verified and Truly Grass Fed. We also have taken the math out of the equation for you by providing the correct mix of fat, protein and carbohydrates so you can follow your Keto diet more easily.

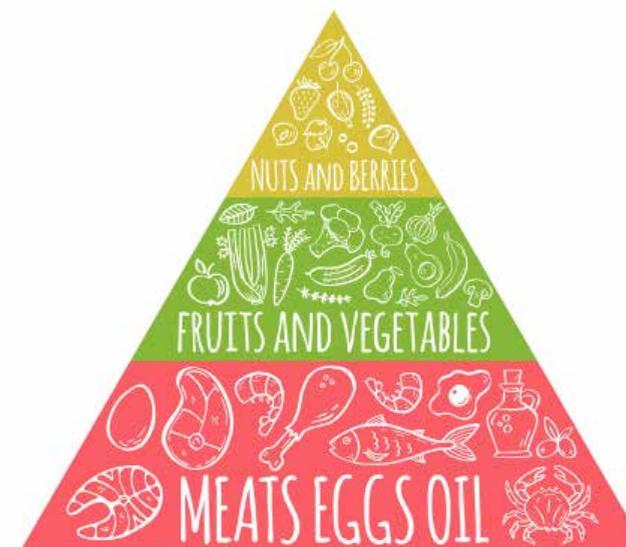




Robb Wolf

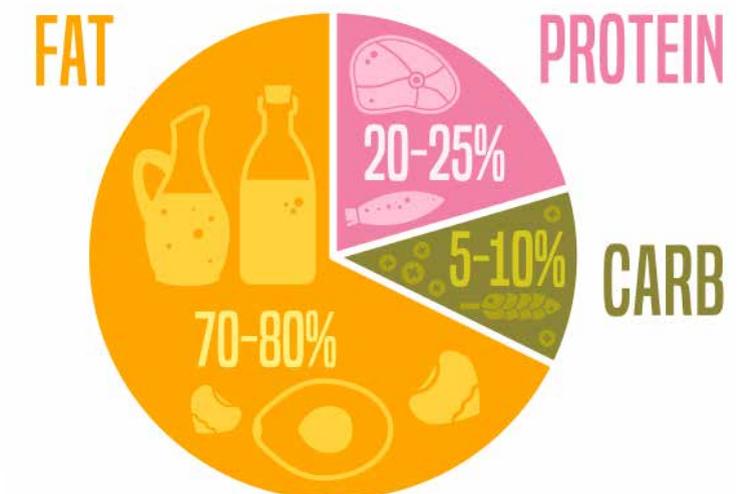
The Road From **PALEO TO KETO**

by Robb Wolf



PALEO FOOD PYRAMID

KETOGENIC DIET



The most common question I get is, “What is the difference between Paleo and Keto?” I think this is the simplest way I’ve found to explain the differences:

Paleo is primarily concerned with food quality. Specifically, a way of eating that largely excludes grains, legumes and sugars. I say largely as none of this is written in stone. For example, many people find they do very well with plant-based proteins which are often derived from legumes, and while they may not tolerate gluten-containing grains particularly well, they do just fine with occasional rice or corn.

Keto is primarily concerned with carbohydrate restriction to a degree that an individual begins burning either body fat, dietary fat or a combination, in such a way that significant ketone levels may be detected in the blood. It’s less about the specific rules of what is or is not “allowed” and more about the math—ensuring

your diet has less than 10% carbohydrate, and around 70% fat content, with the remainder being protein.

I started to explore these dietary approaches almost 20 years ago to address my own health issues. If you know my personal story, then you know that I suffered terribly with ulcerative colitis and a host of food sensitivities. What I have found works best for me is eating a macronutrient ratio (protein, carbs and fat) that emulates what keto recommends, but from foods that are generally “paleo” sources. Personally, my diet consists of limited amounts of seafood, meats, and poultry, accompanied by huge amounts of veggies, avocados, and nuts with a small amount of low glycemic load berries and melons. I still advocate for a paleo diet. However, I’ve seen in my own life and the lives of many others, real benefit from following the keto-approach to macronutrients.

Master Plan

PETE EVANS

is Leading the Way to Better Health

Meet Australia's best-selling author of healthy cooking and lifestyle books, co-host of Australia's number one television show, *My Kitchen Rules*, and award-winning host of the PBS series *Moveable Feast*, *Pete Evans*. His award-winning documentary film *The Magic Pill*, now streaming on Netflix, demonstrates the impact of food on health. Evans is also host and producer of two seasons of *The Paleo Way* in which he crafts non-inflammatory dishes with fascinating guests from around the world. Through his full body of work, this dedicated and active family man passionately declares what health experts have long believed: food is medicine and we should all be working toward that reality.

"We can see that with the change in the way supermarkets are stocking more and more organic ingredients and shifting with the times to include gut beneficial drinks like kefir and kombucha while stocking coconut yogurts and sauerkraut," he said. "Also, the rise in popularity of health cookbooks like my own that promote low carb/paleo/keto lifestyles are our biggest sellers, which would indicate that the desire for health information and products is increasing."

Despite the rising interest, Evans believes he has the answer to why people fail when trying to make more healthful eating choices. "There are so many conflicting messages that it can be confusing and overwhelming," said Evans.

Evans says the issue that most often remains unaddressed, no matter what diet-related information someone latches onto, is self-love, or as he calls it, "self-nourishment." For Evans, the food we eat reflects how we know and love ourselves. When we learn our body's needs, choose foods with purity and flavor and function for our bodies, we are engaging the very practice of conscious living.

Sure, Evans spends most of his time teaching others how to live healthier lives. But, he has also learned a lot from viewers and readers over the years. Anyone can change their lives, he says, and it all starts with the decision to focus on self-nourishment, respect and love.

"We all intuitively know when a part of our life is out of balance in relationships, work, nutrition, sleep, body functionality and even a connection to nature," said Evans. "Once we can identify and be aware of where we can rebalance, then it is usually a very simple path if we are willing to walk it to achieve the desired outcome."

As he prepares for 2019, Evans is working on his next documentary where his subject is "waking up" as conscious individuals. Evans is also rolling out new opportunities to help

people make healthy food choices and experience newfound success, including his free 10-week program called *The Paleo Way* (thepaleoway.com), and a soon-to-be-released fasting book with Dr. Joseph Mercola.

Evans has some very straight forward advice to anyone ready to begin this new journey toward health. "A cleanse and fast may be very beneficial, particularly as you begin your new journey," Evans says. "And when you do shop and cook, the recipe is pretty simple—remove grains, legumes and all conventional non grass-fed dairy," Evans says.

A simple meal when you are at the start of the journey? "Put some well-sourced meat or seafood, simply prepared, on your plate, add some locally-sourced, seasonal organic vegetables and stick to those as your main foods."

In addition to his other accolades, Evans himself is a highly regarded health coach for the Institute of Integrative Nutrition. That's why Evans believes that, "An integrative doctor is always the right starting point. In addition to the holistic approach to eating, supplementation, exercise and lifestyle, an integrative doctor can also work you through appropriate testing to create the best plan for your body."

A good holistic health approach will look at the three pillars of health:

1. mineral rebalancing (addressed best through testing)
2. microbiome rebalancing (particularly introducing healthy bacteria—probiotics—into the gut)
3. mitochondrial health (improved through sleeping soundly and getting circadian rhythms in balance)

"When we look at our health holistically, it really shows the power that simply changing the food we consume can have on human

health, and from changing to a diet as stated earlier, our bodies can do what they are meant to do and create optimal health for us," said Evans.

Evans, a surfer who spends copious amounts of time outdoors, suggests people remove the word exercise from their vocabulary and focus more on playing.

"Play is something children and animals do intuitively and I don't think exercise brings to mind the same thoughts," said Evans, who sees all his exercise as play, from romping around with the family dog to a game of tag or table tennis, pool time or at the beach or park. "And with my wife, we enjoy dancing, going for walks and going to a class to learn something new like Pilates. So, my intention is to play for the rest of my life."

In staying the course versus giving up, Evans teaches his followers that good health is not a destination, but a lifelong path. Among the stumbling blocks he sees as excuses include leaning on cultural heritage to rationalize eating processed food, worrying too much about what family, friends and colleagues are doing, and not viewing oneself as a human being capable of anything. To people who rely on his wisdom in challenging times, Evans has this motivating advice:

"TAKE THE STEPS NECESSARY TO LIVE THE LIFE YOU DESERVE AND YOU KNOW YOU CAN CREATE. WHO KNOWS, YOU MAY JUST BE THE SPARK THAT LETS OTHERS SEE YOUR BRIGHTNESS THAT CAN LEAD THE WAY FOR OTHERS."



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- ❖ 1.5 Billion CFU probiotics for enhanced digestion†
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RADIANT SKIN†



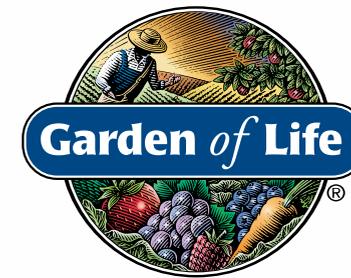
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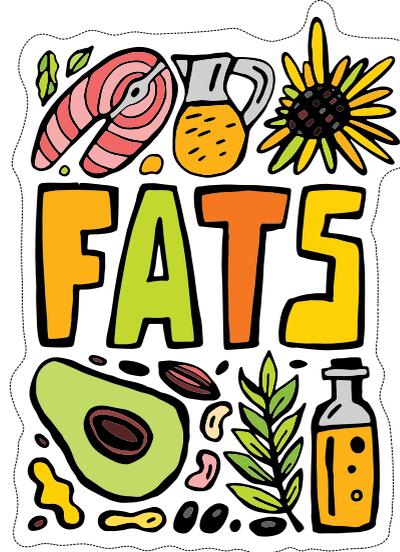
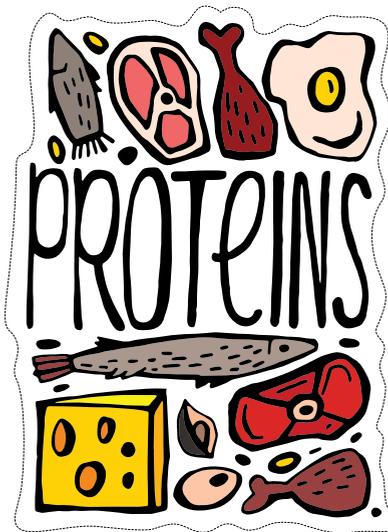
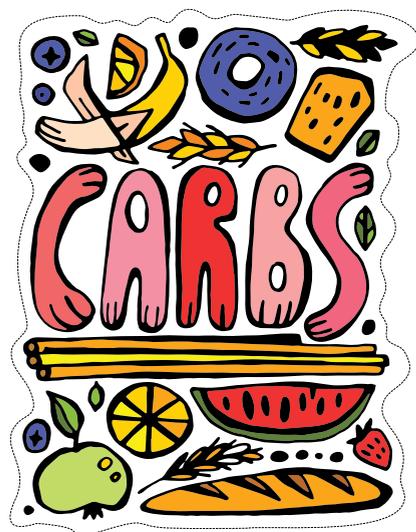
Keto Macros Made Easy



There are some great online tools and apps that will do all the math for you. A great app to try is myfitnesspal.com which takes into consideration your personal information, goals and where your numbers need to be. But here's a quick breakdown of how keto macros work.

HOW TO DO THE MATH

Multiply the grams of carbohydrate, protein and fat in each food you eat by the number of calories/grams appropriate. Then divide that number by the total calories to determine whether your percentage for carbohydrates, proteins and fats are in the right zone. Sounds complicated, but the math is pretty straight forward. Here's a simple formula based on eating a keto-type meal:



SAMPLE: 4 oz. salmon, 2 cups broccoli and 2 Tablespoons of butter contain a total of 362 calories broken down as follows: 14g of carbohydrates, 26g of protein, 23g of fat.

$$14G \times 4$$

(the number of calories in each gram of carbohydrate)

$$= 56$$

CARBOHYDRATE CALORIES

$$26G \times 4$$

(the number of calories in each gram of protein)

$$= 104$$

PROTEIN CALORIES

$$23G \times 9$$

(the number of calories in each gram of fat)

$$= 207$$

FAT CALORIES

NEXT, YOU DIVIDE EACH SUBTOTAL BY THE TOTAL NUMBER OF CALORIES AS FOLLOWS:

$$56/362 = 15\%$$

CARBOHYDRATE

$$104/362 = 28\% \text{ PROTEIN}$$

$$207/362 = 57\% \text{ FAT}$$

While you are on a ketogenic diet, it is imperative that you keep your carbs below the specified number. If you cheat, you won't remain in ketosis and will lose the benefits. Reassess and adjust as your weight goes down and if you modify your exercise program. You can check that you are in ketosis by measuring ketones in your urine, or you can also have a blood test or use a breathe test.

Questions You May Have About



HOW LONG WILL IT TAKE FOR MY BODY TO ADJUST TO CHANGING OVER TO A KETOGENIC DIET?

Arguably, the most challenging period of transitioning to a ketogenic diet is the first few days as your body adjusts to the dramatic decrease in carbohydrate intake and your metabolism begins its shift to fat as its primary fuel source.

WHAT WILL I EXPERIENCE DURING THE EARLY STAGES OF ADHERING TO A KETOGENIC DIET?

It is not uncommon during this period to experience a lack of energy, irritability, ravenous hunger and brain fog—symptoms commonly referred to as the “low-carb flu.”

HOW CAN I AVOID FEELING THIS WAY?

Rest assured, not everyone experiences this side effect of the ketogenic diet and, if you do, it will abate on its own. Furthermore, there are some simple preventative steps you can take to lower your likelihood of “catching” this flu. As you adopt a

ketogenic diet, make sure you replace electrolytes, eat enough fat to meet your total caloric needs, drink plenty of water and exercise as you are able.

HOW LONG CAN I STAY ON A KETOGENIC DIET?

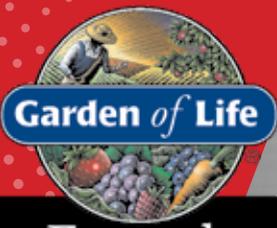
This really depends on your individual goals and overall health. Of course, your healthcare practitioner can guide you in this area.

CAN I USE FROZEN OR PACKAGED FOODS (ON THE ACCEPTABLE ITEMS LIST)?

You should always try to use fresh produce and meats whenever possible. If you must, on occasion, frozen foods may be used, but look for Certified Organic, Non-GMO Verified and grass-fed or pasture-raised on the label.

WHEN SHOULD I START TO SEE AND FEEL A DIFFERENCE?

This varies for everyone, but don't give up! You'll want to give yourself at least 30-to-60 days.



Garden of Life

Dr. Formulated KETO



NO MATH. JUST MIX.

The Dr. Formulated Keto line is Keto Certified, Certified Paleo Friendly, and clean: Non-GMO Project Verified and Truly Grass Fed. We also have taken the math out of the equation for you by providing the correct mix of fat, protein and carbohydrates so you can follow your Keto diet more easily.