

My New Approach

BREATHE · NOURISH · MOVE

KETOSIS LAYER

Enhancement Add-On · Food Guide

Eating for *Fat Burning*

WHAT IS KETOSIS?

When you reduce sugar and starchy carbohydrates, your body shifts from burning glucose to burning **fat as its primary fuel**. This state — ketosis — accelerates fat loss, sharpens mental clarity, and stabilizes energy throughout the day. Same clean food principles. **Lower sugar. Higher fat.**

EAT FREELY Animal Protein

- Beef, bison, lamb, venison
- Pork — especially fattier cuts
- Chicken, turkey, duck
- Salmon, sardines, mackerel, tuna
- Cod, halibut, trout
- Shrimp, crab, lobster, scallops
- Oysters, clams
- Eggs — one of the best keto foods
- Bacon — no sugar added
- Liver and organ meats

ABOVE GROUND · LOW CARB Vegetables

- Spinach, kale, arugula, romaine
- Swiss chard, collard greens
- Broccoli, cauliflower, Brussels sprouts
- Zucchini, cucumber, celery, asparagus
- Bell peppers, jalapeños
- Cabbage, bok choy
- Mushrooms, tomatoes, avocado
- Garlic, leeks, shallots — in moderation
- ‡ Carrots — limit, higher sugar
- ‡ Onions — limit, use sparingly

LOW SUGAR ONLY · SMALL PORTIONS Fruit

- Blueberries — small portions
- Strawberries — one of the best
- Raspberries — very low carb
- Blackberries — ideal keto fruit
- Lemons and limes — freely
- Avocado — technically a fruit
- Olives — excellent keto food
- ‡ Peaches, plums, cherries — limit
- ‡ Apples, pears — occasional only
- ‡ Grapefruit — small amounts only

YOUR PRIMARY FUEL

Healthy Fats

- Olive oil — extra virgin
- Avocado oil
- Coconut oil
- Butter and ghee
- Beef tallow, lard
- Full fat dairy — cheese, cream
- Nuts — macadamia, pecans, walnuts
- Nut butters — no added sugar
- Seeds — chia, flax, hemp, pumpkin
- Heavy cream — coffee addition

BEVERAGES — SAME AS CORE PLAN

What to Drink

- Water — still or sparkling
- Black coffee — supports ketosis
- Tea — green, black, herbal, white

↓ Items marked with ↓ are higher in natural sugars or carbohydrates. They are not off limits, but keep portions small. The goal is to keep total daily carbohydrates low enough for your body to shift into fat-burning mode — typically under 20–50g of net carbs per day.

AVOID TO REACH KETOSIS

x Bananas	x Mangoes	x Grapes	x Pineapple	x Dates & Figs	x Sweet Potato	x Butternut Squash	x Beets
x Corn	x Bread & Grains	x Rice & Pasta	x Sugary Drinks	x Processed Foods	x Artificial Sweeteners		

Fat is not the enemy — sugar is.

Eat clean, eat fat, cut the sugar. Your body will do the rest.

This is an enhancement layer — the core My New Approach principles always apply.

Marc & Andy · My New Approach