



Ketosis in

24
HOURS

Dr. Harlan Kilstein

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Introduction

If you're interested in losing some unwanted pounds by embracing a ketogenic diet but want to skip the part with the nasty keto flu; you've come to the right place. I've designed a 24-hour program to kick-start your keto journey. There are only 4 rules to follow:

1. Drastically restrict daily carbohydrate intake
2. Practice Intermittent Fasting (IF)
3. Do some exercise
4. Stay well hydrated

By using these 4 strategies you will get yourself into ketosis and burning ketones in 24 hours. I've included all the information you need for success:

- a detailed plan of what to do and when to do it
- ketogenic meal plan
- easy and delicious recipes
- Shopping list

While some of you will want to understand the theories and science behind this Ketosis in 24 Hours program and why it works, many of you will be ready to begin right away. Feel free to skip all the background information contained in Part I and just dive right in with the practical information in Part II & Part III.



Part I: The Background



Part I

The Background

Carbohydrates: A Macronutrient You Need to Limit

The regular American diet relies on carbohydrates as the main fuel source for the body. First let's look at what happens in the body when carbohydrates are consumed.

Carbohydrates are a macronutrient (macro) the body uses to create energy. Once ingested, all carbohydrates are broken down during the digestion process into smaller sugar units which are then absorbed through the intestinal wall into the bloodstream. When they reach the liver, they are converted into glucose and carried to all parts of the body (by insulin). Glucose is then used as an energy source for carrying out basic bodily functions like breathing and muscle power during physical activity.

If glucose isn't used right away it can be converted into glycogen which is then stored in the liver and skeletal muscles. However, there's a limit to how much glycogen can be stored at one time. If a large amount of carbohydrates has been consumed, the extra glucose produced will be stored as body fat.

Carbohydrates come in two forms:

- *Simple carbohydrates (like sugar)*: contain less than three molecules and take less time to digest so they are absorbed quickly and lead to a quick burst of energy (a sugar “high”).
- *Complex carbohydrates*: contain three or more molecules and take longer to digest. Vegetables, whole grains, and foods we sometimes call starches, like potatoes, all contain complex carbohydrates.






It's easy to over-consume carbs even if you abstain from sugar. What may seem like healthy choices, whole grains, breads (even when made using whole wheat and other whole grains), rice, and fruits are all full of carbohydrates. Once you eat these foods, they are broken down during the digestion process and made into glucose ready for use or storage. If not burned off, they are converted and stored as body fat for later use. Complex carbs are just longer chains of glucose molecules ... once ingested and digested they become sugar in the blood and insulin levels rise accordingly.

Is This Really Healthy?

The USDA pyramid recommends that whole grains should comprise 60% of our daily diet. That's over half of the daily caloric intake coming from grains. Is this really healthy? Many think NO ... and we agree.

Foods that include large amounts of wheat and/or other high-carbohydrate grains rapidly raise blood sugar. The sudden increase of blood sugar causes the body to release insulin which, as we know, is the fat-storing hormone. So even the complex carbohydrates we've been taught are healthy, are causing weight-gain.





Many people are having much better success at controlling their blood sugar levels, losing weight, and keeping the lost weight off by switching to a ketogenic eating plan.

So How Does a Ketogenic Diet Work?

As we just outlined above, when you consume a typical American diet your body is fueled by glucose which is derived from carbohydrates in the foods you eat. However, your body can only store small amounts of glucose (in the form of glycogen) at a time, just enough to last up to a few days. So ... if carbohydrates aren't available what happens in the body then?

Well it seems many bodily functions are designed with a back-up system and in keeping with this, we have more than one metabolic pathway for producing usable energy. Your body is equipped to deal with food scarcity by storing glycogen and that gives you a fuel source for at least a little time when the food supply diminishes. But what happens when the glycogen runs out?

The process of evolution has allowed human beings to develop other pathways for producing energy in response to times of famine when easy carbs are not available in the environment. Once the body's store of glycogen is used up, it will start to burn stored body fat for energy. When this is happening, the liver is breaking down stored fat into a source of energy the body can easily use called ketone bodies. As ketone levels become higher, the body moves into a state we call ketosis where stored body fat is converted and burned as the main source of fuel.



A ketogenic eating plan purposefully limits the amount of carbohydrates consumed while allowing for the consumption of moderate amounts of protein and a higher consumption of fats. On a ketogenic diet designed for weight loss, the typical daily allotment of carbohydrates is 20 g/day. It usually takes between 7 days and 4 to 5 weeks to get into ketosis and it's during this time that the symptoms of keto flu can be acute. This special report will show you how to get into ketosis in 24 hours — if you follow the plan exactly.

The Keto Flu

As the body switches over from using glucose as its main source of fuel or energy to using ketones, there is often discomfort during the transition period while the body adjusts to the new regime. It's called the keto flu because the symptoms mimic the symptoms you feel when coming down with a flu virus. These keto flu symptoms usually show up early on, in the first few days of switching to a ketogenic eating plan.

Keto flu symptoms can be mild and barely noticed, or severe enough to make you think you are actually coming down with a real flu virus. These symptoms can include:

- Feeling nauseated
- Stomach discomfort and sometimes pain
- Constipation
- Loose stools and/or diarrhea
- Headache
- Foggy thinking and inability to concentrate
- Being irritable
- Feeling weak and sometimes dizzy
- Muscle soreness and cramps
- Difficulty sleeping
- Hard to resist sugar cravings





Over time, through my own personal experience with a ketogenic lifestyle, I've discovered there's no need to suffer through this period to get to the good part when the pounds start melting away. It's possible to skip the keto flu stage and be in ketosis within 24 hours by following my four rules. I've helped thousands lose weight on a keto diet plan and know you can make the transition into being a fat-burning, ketone-producing furnace with ease.

On the Ketosis in 24 Hours Program you will be limiting yourself to one enjoyable meal in the evening. This means you will be doing a form of intermittent fasting known as OMAD.

What is OMAD?

OMAD is an acronym for “one meal a day”. It describes a form of intermittent fasting that embraces a menu plan based on twenty-three hours of fasting with a one hour window for taking in food hence; one meal a day. When employed at the beginning of a ketogenic diet, OMAD provides your body the opportunity to use up its stored glycogen reserve and will help you get into ketosis faster. You will have a 60-minute window during the evening in which to consume this meal.





Keep it Interesting!

When eating one meal a day, you will want to make sure the one meal you do eat:

- satisfies your hunger
- is nutritious
- has eye-appeal
- is low in carbs
- is high in fats
- and tastes great

An easy to follow plan for the Ketosis in 24 Hours Program follows at the end of this report. A shopping list is also included for your convenience. The higher fat content in your one keto meal, along with moderate protein, will satiate your hunger. The plan outlines when to eat, what should be eaten, and provides delicious, nutritious recipes.

Because you will be having that one meal only, it's important to be prepared and have all the necessary ingredients on hand. We've supplied recipes and a plan for the day that features a well-balanced OMAD meal with eye-appeal and great taste. This one meal will require a willingness on your part to make meal prep an important part of this day. You want every bite of your OMAD meal to be delicious and satisfying.



Be Active with Moderate Exercise ... Walk!

You will be doing one brisk 15-minute walk and two longer, 30-minute walks on both Day #1 and Day #2 of the program. This moderate form of exercise is essential for burning off the glycogen you have stored in your liver and large muscles.

Your body uses the glycogen stored in your liver to keep your blood glucose levels steady while the glycogen stored in the larger muscle groups is used exclusively for activities. This is why walking is important. Muscles will not share their glycogen reserves with the liver so by walking you will be depleting this source of stored glycogen directly.

Once the muscle glycogen has been depleted, the muscles will then pull glucose directly from the blood stream which causes blood glucose levels to go down. This lower blood glucose level in turn signals the liver to convert its stored glycogen into glucose. When this glucose gets dumped into the blood stream, blood glucose levels come back up to normal.

The walking recommended in our program is an essential activity for getting into ketosis quickly. Plus, staying active will curb your appetite and will also keep you occupied making your OMAD day easier. *Exercise is not optional on this plan! We need to deplete your bodies' glycogen stores.*

Stay Hydrated!

We encourage you to drink if you're thirsty. We recommend numerous ways to stay hydrated but number one on our list is always water. Did you know that most of your blood volume is made up of water? Drinking plenty of water is important for the elimination of toxins. And since toxins accumulate in body fat, when you start to use fat as an energy source these toxins are released into your bloodstream and need to be eliminated efficiently.





Water also helps the liver to metabolize fats. When you don't drink enough water kidney function is affected. Remember we talked about how the body has back-up systems? Well, when the body becomes dehydrated and kidney function is low the liver provides the required back-up. However, when the liver is busy fulfilling some kidney functions it slows down on its work in metabolizing body fat and guess what happens? You burn less body fat thus producing less ketones.

Staying properly hydrated is really important on a ketogenic diet so employing strategies that encourage drinking fluids are important:

- Keep water flavoured with lemon, lime or even cucumber slices handy and by your side for easy access during the day
- Stock up on a variety of herbal teas and drink them often
- Decaffeinated coffee and tea can also be consumed freely
- Regular tea and coffee are also allowed in moderation

Last but not least make sure to include keto approved electrolyte drinks in your daily routine. PLEASE NOTE that sports drinks — even sugar free ones — may stop you from getting into ketosis

Drinking diet soda does not count as water and may prevent you from getting into ketosis.





Electrolytes

During the Ketosis in 24 Hours program you will be drinking a lot of water. As well, once your body switches over to ketosis it will begin to eliminate any excess retained water. Your kidneys will flush out electrolytes along with this excess water. This includes salt, potassium, calcium and magnesium. It's possible to become depleted in electrolytes and to experience the following symptoms:

- feeling tired (even exhausted)
- leg cramps and twitching muscles
- foggy thinking & mood swings
- lower back pain (around the kidney area)

You can see many of these symptoms are similar to the ones listed for keto flu! Supplementing with sugar-free electrolyte drinks will help replenish the lost electrolytes. A recipe for a [Homemade Electrolyte Drink](#) is included in the recipes section. Since commercially available brands typically include added sugars, you can enjoy Completely Keto electrolytes with no sugars added [here](#).



Part II:

Shopping List & Ketosis in 24 Hours Program





Part II

Shopping List & Ketosis in 24 Hours Program

Getting Ready

You may need to prepare ahead of time by ordering MCT oil online, especially if you live outside of a larger urban center. Throughout the Ketosis in 24 Hours program you will be drinking plenty of fluids so make sure to stock up on organic teas, coffees, and sugar free electrolyte drinks. Staying hydrated is important. If you decide to make your own homemade electrolyte drinks you may also need to purchase the calcium/magnesium powder from an online source.

Please Note: The amounts of each item you purchase will depend on how many people you are feeding at each meal. The recipes provided can be doubled or tripled as necessary. Conversely, you can also cut them in half if you are only cooking for yourself. For this reason, I haven't included amounts for some items listed. When amounts do appear, they reflect the actual amounts used in the recipes for the weekly menu.



Shopping List

- Calcium/magnesium powder (purchase only if making Homemade Electrolyte Drink)
- MCT oil
- Salted butter
- Coconut oil
- Fresh herbs; rosemary, thyme and flat leaf parsley
- 2-4 oz rib eye steaks (look for a pastured*, raised-without-antibiotics meat that is well marbled with fat)
- Spring greens salad mix
- 1 garlic clove
- 1 lemon
- 1 ripe hass avocado
- Full fat mayonnaise (with no sugar or soybean oil)
- Dijon mustard
- Cocoa powder
- Liquid stevia
- Pure vanilla extract
- Ground cinnamon

**When I say “pastured” I mean meat from animals, like beef cattle, that have been allowed a more natural diet. They eat grass from a pasture instead of grains and are considered a much healthier meat source.*



Day #1

- Eat your three regular meals today.
- Go for two 30-minute walks, one in the morning and one in the afternoon.
- Make sure to finish your evening meal by 8 p.m.
- Go for a brisk 15-minute walk after dinner.
- After 8 p.m. the Ketosis in 24 Hours program begins. You may only drink water, electrolytes, herbal tea, and coffee (BPC optional) until tomorrow morning.

Day #2

Last night you began OMAD at 8:00 p.m.

Morning

Today you can start your day with:

- 1 cup of Bullet Proof Coffee (includes 1 tsp MCT oil & 2 tsp butter — no sweeteners today)
- Stay hydrated throughout the morning by drinking plenty of water, electrolytes, herbal tea, regular tea, decaffeinated coffee, or regular coffee.
- Mid-morning go for a 30-minute walk.





Afternoon

- At mid-day drink another cup of Bullet Proof Coffee (includes 1 tsp MCT oil & 2 tsp butter)
- Stay hydrated throughout the afternoon by drinking plenty of water, electrolytes, herbal tea, regular tea, decaffeinated coffee, or regular coffee.
- Mid-afternoon go for another 30-minute walk.

Evening

- At 7:00 p.m. you can begin your evening meal:
- Herbed Butter Rib Eye Steak with Easy Keto Style Salad and a Chocolate Avocado Fat Bomb for dessert
- Go for a brisk 15-minute walk after dinner
- Continue to stay hydrated by drinking water, electrolytes, herbal tea, decaffeinated coffee, or regular coffee until tomorrow morning.



Part III:

The Recipes

- Homemade Electrolyte Drink - 1 g carb/glass
- Bullet Proof Coffee – 1 g carb/cup
- Herbed Butter Rib Eye Steak - 0 g carb/serving
- Easy Keto Style Salad - 2 g carbs/serving
- Chocolate Avocado Fat Bomb - 2 g carbs/fat bomb





Part III

Homemade Electrolyte Drink

There's the delicious Completely Keto brand of electrolyte drink available [here](#) with no sugars added, but homemade is also a convenient and economical option. You can pick up powdered calcium/magnesium mixtures at most pharmacies, health food/supplement stores, or you can also easily order it from online sources.

I use a fruit flavored herbal tea as a base for my homemade electrolyte brew and steep it with an added stevia leaf for sweetener. I know fresh stevia leaves aren't available to everyone so this recipe includes the option of sweetening to taste with the liquid version.



Ingredients

- 1 quart base liquid (green tea, unsweetened herbal tea, or plain water)
- 1/8 - 1/4 tsp pink Himalayan salt
- 1 tsp calcium/magnesium powder
- A few drops of liquid stevia, if desired

Preparation

1. Brew tea if using, or slightly warm the base liquid.
2. Add Himalayan salt and calcium/magnesium powder. Mix well until the additions have dissolved into the base liquid.
3. Cool and store in refrigerator for up to four days.

BONUS: There's also a tasty homemade Lemon Lime Electrolyte recipe [here](#).



Bonus Recipe





Bullet Proof Coffee (BPC)

There are many different versions of bullet proof coffee out there on the internet. Our Ketosis in 24 Hours version is simple:

- 1 cup of coffee with 1 tsp Brain Octane (MCT oil) and 2 tsp butter

That's it!

The usual time of day to drink this coffee is first thing in the morning because it immediately introduces an energy source for your body in the form of ketones. It's just a great way to start the day. On the Ketosis in 24 Hours program we also want you to have another cup at lunchtime to help keep your energy up all afternoon.

Note: Some people react with loose stools when first adding MCT oil to their diet. You will most likely be okay with just one teaspoon (twice a day) but if you continue on with the keto diet and notice a problem, cut back to ½ tsp and slowly build up to 1 teaspoon in your bullet proof morning coffee.

Yield: 1 cup serving

Nutritional Information:

- Calories/serving: 106
- Total Carbs: 1g
- Fiber: 0 g
- Total Fats: 12 g
- Protein: 0g





Herbed Butter Rib Eye Steak

We look for well-marbled meat and always choose steaks that are over 1” thick. It’s just easier to avoid over-cooked dry steaks when they start out on the thick side. While our favorite way to cook steaks is outside on the BBQ, we will opt to cook them on the stove-top when the weather isn’t co-operating. A cast iron grilling pan (the kind with ridges) works best in this scenario. You’ll notice these steaks are seasoned with salt and pepper; nothing else! That’s because today we will be adding a tablespoon of beautifully herbed butter right on top of these perfect steaks just before we take them to the table!

Ingredients

- ¼ C butter, softened
- ½ T fresh rosemary leaves, minced
- ½ T fresh thyme leaves, minced
- ½ T fresh flat leaf parsley leaves, minced
- 2 – 4 oz rib eye steaks, well marbled
- Grinding of pink Himalayan salt and black pepper



Preparation

1. Mix the soft butter with the herbs and pile the mixture onto a piece of plastic wrap. Fold the wrap over top and gently roll back and forth until the butter forms into a log shape. Refrigerate, tightly wrapped until the steaks are ready to be served.
2. Sprinkle both sides of each steak with a grinding of salt and pepper.
3. On the BBQ: Pre-heat the BBQ to high. When it's hot, sear the steak on each side (about 2 minutes) keeping the lid of the BBQ up. Once steaks have a nice sear on them lower the heat to medium, close the lid and continue grilling the steaks for 2 - 3 more minutes per side. Use a meat thermometer to check the internal temperature of the steaks for best results; 120 F for rare or 130 F for medium-rare. The steaks should rest off the heat for 3 or 4 minutes before serving, and during this time the internal temp will rise approximately 5 more degrees.
4. On the stove: Heat grill pan over high heat until hot. Melt 2 tsp of ghee in the pan and sear the steaks on each side then turn the temperature down to medium/high. Cook steaks for 2 or 3 minutes per side and follow the above instructions for correct internal temperature and resting period.
5. Serve with a tablespoon of herbed butter melting on top. (You will have some herbed butter left-over for another day.)

Serves: 2

Nutritional Information:

- Calories/serving: 304
- Total Carbs: 0 g
- Fiber: 0 g
- Total Fats: 27 g
- Protein: 14 g



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Easy Keto Style Salad

A salad on the side dresses up a meal nicely and makes a perfect pairing when served with our [Herbed Butter Rib Eye Steak](#).

Ingredients

- 2 C mixed spring greens
- 1 clove garlic, finely minced
- 2 tsp fresh lemon juice
- ½ tsp Dijon mustard
- ¼ C full fat mayonnaise
- Salt & pepper to taste



Preparation

1. Place mixed spring greens into salad bowl.
2. In a separate bowl whisk lemon juice, Dijon mustard, and mayonnaise. Add garlic, salt & pepper to taste. Drizzle salad dressing over the mixed spring greens. Toss and serve.

Yield: Serves 2

Nutritional Information:

- Total Calories/serving: 194
- Total Carbs: 2 g
- Fiber: 1 g
- Total Fat: 20 g
- Protein: 1 g





Chocolate Avocado Fat Bomb

Here's a decadent way to end a meal. This recipe will yield 12, two-inch diameter fat bombs that provide a bite of pure pleasure. Left-over fat bombs will freeze well for another day.

Ingredients

- 1 ripe avocado
- ¼ C virgin coconut oil
- ¼ C cocoa powder
- A few drops of liquid stevia
- ½ tsp pure vanilla extract
- ½ tsp ground cinnamon
- ½ tsp salt



Preparation

1. Cut avocado in half and remove the stone. Scoop the avocado out of its shell and place it all in a bowl with the coconut oil. Use a fork to mash the coconut oil and avocado together until a smooth paste forms.
2. Add 2 T of the cocoa powder, liquid stevia, vanilla, ground cinnamon and salt. Mix well. Refrigerate for 10 minutes or until the mixture begins to harden.
3. Form into 2" balls, by rolling a few tablespoons of the mixture between your palms. Sprinkle the remaining 2 T of cocoa powder on a plate and roll each of the fat bombs around in the powder until completely coated.
4. Store in the refrigerator until ready to serve. Left-over fat bombs freeze well.

Yield: 12, 2" fat bombs (1 fat bomb/serving)

Nutritional Information:

- Calories/serving: 72
- Total Carbs: 2 g
- Fiber: 1 g
- Total Fats: 7 g
- Protein: 1 g



Part IV:

The Next Steps





Part IV

The Next Steps

Important Note About Testing

When people begin ketosis, they often like to test themselves frequently to see if they're "in ketosis." Unfortunately, people think that the strips are designed to tell if they're in ketosis. That's not the purpose of the strips. They're designed for Type 1 diabetics to determine that their body isn't experiencing keto acidosis (which is unique to Type 1 diabetics).

Keto strips are notoriously inaccurate. They tell people that are IN ketosis that they're not in ketosis when they actually are. They tell people that are NOT in ketosis that they are in ketosis when they actually aren't. If you absolutely have to know if you're in ketosis, we recommend the keto mojo that will test your blood for ketones. A regular glucose meter will not work.



What's the Next Step?

Ramp Up Your Results with Speed Ketosis!

Keto is not an ordinary diet. Once you experience the many benefits that ketosis brings your body: The weight loss, the boundless energy, the day-long mental clarity ... That's when you understand why so many people adopt keto as a full-blown lifestyle.

But what if you want even faster results?

Or to break out of a keto stall?

What if an event is coming up and you must reach a certain weight loss goal by a specific date?

What if your doctor orders you to get your blood sugar levels under control?

A solution is at hand.

Speed Keto is a 30-day, quick-action plan specifically designed to burn away those stubborn pounds in record time. It often works at double (even triple) the speed of regular keto.

This is our most in-demand plan for a reason: It's easy to do — and it just plain works.

Users of Speed Keto love the simplicity of the plan. All the hard work is already done for you. There's no counting of macros, calories, or carbs. And you don't need to keep track of anything.





Speed Keto includes delicious recipes for breakfast, lunch, and dinner. Matching day-by-day meal plans. And a handy print-out calendar. We'll tell you what to eat and when to eat it ... you just happily follow and watch the unwanted fat vanish. Faster than you ever imagined possible.

Better yet, Speed Keto has already helped more than 5,000 people reach their goals. No matter how far along you are in your keto journey (even if you're just starting), Speed Keto delivers a blazing-fast body transformation.

[Click Here To Learn More](#)



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speed KETO

Speed Keto is a 30-day plan to double or even triple your weight loss, break through a stall, and burn away those stubborn pounds with just a few simple tweaks to the Keto diet.

Whether you're new to Keto, or have been doing it for a while. Whether you have lots of weight to lose, or are close to your goal. Whether your priority is healing your body or getting your ideal body ... this will totally transform the way you look and eat with a quick blast of action.

In Just 30 Days ...

- You won't recognize yourself in the mirror.
- You'll look years younger.
- You'll have more energy than you've ever had.
- Your blood work will stun your doctors.
- You'll feel a sense of accomplishment and confidence because you did it!

Speed Keto includes a day by day eating plan, simple, delicious recipes, food lists and a complete explanation of how and why this works (when nothing else has).

Take back control and start loving your body and your life again with Speed Keto.

Dr. Harlan Kilstein leads a large online community of people following the Keto way of life, has published the Completely Keto Cookbook, and reversed his own weight gain and pre-diabetes diagnosis by following a Ketogenic diet.

Get a Free Keto Recipe Daily. Just go to CompletelyKeto.com and enter your email address. And while you are there look over the hundreds of delicious recipes including Cheesecakes, Thanksgiving dinners (with all the trimmings), Pies, Brownies, Barbecued Ribs and more. All kitchen tested and delicious. (And don't miss our Bye Bye Rye - you'll think it's real rye bread!)

Connect with Harlan Kilstein



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