

"WHY DIDN'T I DO THIS BEFORE?" -TOM CRUISE

THE 7 DAY PROGRAMMING EXPERIENCE
THAT MAKES SUCCESSFUL EATING AUTOMATIC



CKD

CYCLICAL KETOBOLIC DIET

CREATED FOR YOU BY: TRAINER STEVE

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Special thanks to my training family. You guys give me purpose for living. I love you.

-Trainer Steve



YOU ARE WHAT YOU EAT ATE

- THE QUALITY OF YOUR FOOD DETERMINES THE QUALITY OF YOUR LIFE.
- WHAT YOU EAT TELLS YOUR BODY WHAT TO DO. THE COMPOUNDS IN WHAT YOU CONSUME ARE MADE OF LITTLE CHEMICAL COMMANDS THAT DICTATE WHAT YOU BECOME.
- IF YOU EAT SHITTY YOU ARE COMMANDING YOUR BODY TO BE SHITTY.
- GRADE YOURSELF LIKE YOU'RE BACK IN SCHOOL. IF YOU EAT HEALTHY 60% OF THE TIME THAT IS STILL A "D-GRADE". IF YOU EAT HEALTHY 90% OF THE TIME, YOU GET AN "A"

THE 80/20 PRINCIPLE OF CKD - (20% OF YOUR ACTIONS GIVE YOU 80% OF YOUR RESULTS)

YOUR VITAL 20%

- Pick a designated day once a week for planning your next 7 days and how you are going to best **stick-to-it**. What is a good day to plan?
- DO A MASSIVE MEAL PREP ONCE A WEEK - put in on your calendar. What's a good day?
- Have a day for reflecting that you hold as sacred. What can you learn from last week? What do you want to focus on for the next 7 days?
- Build a community into your healthy eating plan. Who can you do this with?
- Don't stress if you mess up, focus on the theme you are supposed to focus on.

"LET'S KEEP IT REAL"

#1 RULE OF CKD: EAT REAL FOOD

- **WHOLE FOODS - FOODS THAT ARE UNPROCESSED OR MINIMALLY PROCESSED. ENSURE THAT YOUR FOODS ORIGIN IS CLOSE TO THE WAY IT WAS BEFORE COMMERCIALIZATION.**
- **PALEO - EATING THE DIETS OF OUR ANCESTORS: THINK STEAKS, VEGETABLES, ROOTS, NUTS, SEEDS, FRUIT.**
- **SAY GOODBYE TO: SUGAR, NON-SPROUTED BREAD, CEREAL, GRAINS, DAIRY, PROCESSED FOODS, PROCESSED VEGETABLE OILS, PASTRIES, MUFFINS, ICE CREAM AND CANDY**
- **DON'T WORRY. WE HAVE HEALTHY SUBSTITUTES FOR ALL YOUR FAVORITES, AND IF YOU ABSOLUTELY WANT IT, YOU CAN HAVE YOUR FAVORITE TREAT ON DAY 6**



THE 3 PHASES OF YOUR 7 DAYS

PHASE 1: ENTERING KETO

Day 1-2 Fasting/Intermittent Fasting

- * Kills Your Cravings
- * Takes You out of fat storage mode
- * Adapts you back to burning fat as your primary fuel source
- * Clears your body of crap it doesn't need (the kinds of things that cause cancer and metabolic disease)
- * Reduce inflammation to keep you cool



PHASE 2: FAT BURNING TIME

Day 3-5 Well Rounded Low Carb

- * Takes advantage of your current enhanced metabolic state to rapidly burn additional fat
- * Makes your gut function better for digestion, absorption, and other biological processes
- * Builds further resilience against cravings

PHASE 3: SMART INDULGING

Day 5-7 Intelligent Indulgence

- * Prevents fat storage during carb-refeedings
- * replenishes your willpower and enthusiasm for eating well
- * Shows you how you can have your cake and eat it too

REPEAT THE CYCLE!

THE 5 NUTRITIONAL FEEDING PERIODS

- You will have approximately 5 nutritional feeding periods throughout each day
- Each period is a 3 hour window
- Attempt to fit your nutrition in each window, if you can't ingest food in the surrounding NFP's
- Even fasting days have NFP's.

The 5 NFP's - Sample Daily Timeline

NFP #1	NFP #2	NFP #3	NFP #4	NFP #5
6am-9am	9am-12pm	12p-3pm	3pm-6pm	6pm-9pm
7am-10am	10am-1pm	1pm-4pm	4pm-7pm	7pm-10pm
(ex. Night Shift) 7:30pm-10:30pm	10:30pm-1:30am	1:30am-4:30am	4:30am-7:30am	7:30am-10:30am

The 5 NFP's - Sample Day 2 IMF Timeline

NFP #1	NFP #2	NFP #3	NFP #4	NFP #5
6am-9am	9am-12pm	12p-3pm	3pm-6pm	6pm-9pm
'Better Broth' Electrolytes Green Superfood L-Glutamine	'Super Coffee' BCAA's MCT Oil	Better Broth Herbal Tea w Coconut Oil	Seared Salmon w/ Asparagus	Mongolian Beef Stir Fry w Cauliflower Rice

DAY 1 FASTING

ALLOWED ANYTIME AS OFTEN AS YOU WANT:

- Water
- Coffee/Tea
- Coconut Oil
- Grass-Fed Butter
- BCAA
- MCT Oil
- Nutrient Rich Broth



TIPS FOR FASTING:

Try making 'Super Coffee' or Tea by adding 1-2tbsp of Butter, coconut oil, and/or MCT



How to make 'Better Broth':

For enhanced energy & cravings, add 2 pinches salt and 1 tbsp butter to bone broth.



Alternate NFP's with:

1. Super Coffee/Tea
2. Butter-Broth
3. BCAA's w/ MCT



DAY 2

INTERMITTENT FASTING



- **18 Hours Fasted**
6 Hour Feeding Window

NFP #1 - NFP #4 (Smart Fast)

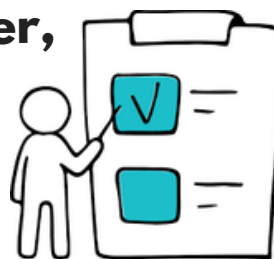
- **Consume Day 1 Foods & Supplements**

NFP #5-NFP #6

- **Consume Low-Carb Paleo, high in Saturated Fat**

TIPS FOR INTERMITTENT FASTING DAY

● **Have an idea of what you will ingest at each NFP before the day starts. Remember, the more you plan the better off you are.**



- **Drink 16-32oz of water throughout each NFP and stick-to Day 1 procedures for NFP #1-4**

- **Take Electrolytes with NFP # 1 or #2**



DAY 3

PALEO VERY LOW CARB



- Eat whole meals at 4 or 5 NFP's
- Keep carbs very low (<20-30 grams) and minimize protein intake at NFP #1 & NFP #2 to stay in keto
- If you did everything right today you will enter ketosis and feel amazing
- Meals should consist of foods that came from the ground or animals that ate foods from the ground

TIPS FOR PALEO LOW CARB DAY

- Eat 2 Closed-Fist Fulls Size of Veggies and 2-3 thumbs worth of fat at each NFP. At NFP# 3-5 have a palm sized portion of protein.
- If time doesn't permit eating at all 5 NFP's, be sure to get in at least 3 whole meals and increase your serving sizes.
- Do a massive meal prep with variety to make Day 3 and the rest of the week easier.



DAY 4

PALEO - LOWISH CARBS



- Eat Whole Meals at all of your NFP's
- During NFP #1 and NFP #2 it is advised to consume minimal Carbs or fruit
- The rest of your meals can have fruit or low glycemic carbs, but remember the two fist-full veggies rule 🍊🍊

TIPS FOR DAY 4

- Keep to 75-100g of carbs (all from whole foods) Track your carbs on paper or with an app. Carbs are optional if you are used to a higher fat diet.



- Veggies before fruit.

- A green smoothie with berries can be a good replacement option for a Nutritional Feeding Period.



DAY 5

PALEO FLEXIBLE MODERATE CARB



- Day 5 is more relaxed
- Approximately 80% of what you eat must be Paleo, 20% can be more Relaxed Eating
- Its ok to have an alcoholic drink
- A Moderate Carb day means staying under 120 grams of carbs

TIPS FOR DAY 5

- If you plan on going out to eat, minimize carbs earlier in the day.

- If you are going to indulge in starchy foods its a good idea to do a quick total body workout first.



- If you google "Sugar is a drug" you get 60.5 million results. Treat it like one.

DAY 6

EARNED INDULGENCE DAY



An Indulgence is defined by the actions of your past 6 days. If you made a plan and decided to **stick-to-it** then you can indulge more freely.

Day 6 is about eating clean while allowing smart indulgences. You shouldn't feel guilty.

Surround your indulgence period with exercise, plenty of veggies, and amazing friends.

DIRECTION FOR DAY 6

- Attempt to do as little damage as possible while still feeling rewarded and not depriving yourself of fun. Pick foods you know you won't binge on.
- Getting too relaxed will carry over into the week. Its important to remember how good it feels to take care of yourself.



**"your diet is a bank account.
Good food choices are good
investments."**

**-BETHENNY FRANKEL
SKINNY GIRL COCKTAILS**

DAY 7

LOW CARB ANTI-INFLAMMATORY



- Consume plenty of anti-inflammatory foods high in fiber. Keep up your protein intake and hydration levels to avoid monkey hunger
- NFP #1 & NFP #2 require very low carb & high protein. Ingest l-glutamine and omega 3's
- Its ok to have some fruit at NFP #3 & NFP #4
- NFP #5 consume low carb, high protein, high fat

DAY 7

Its important to reset yourself on Day 7 by avoiding carbs early in the day. Depending how much you indulged on day 6, cravings may or may not arise.

If cravings occur, get out for some quick exercise and come back to a healthy meal filled with nutrient-rich, fibrous veggies and a palm sized portion of protein.

Day 7 is a great day to review your past week and make a plan for the next week. What did you like about how you did last week? What do you need to do more of? What do you need to do less of?

Plan your next week out - its best to get stuff down on paper or in a calendar. The more reminders that you physically place that can see everyday, the more likely you'll [stick-to-it](https://sticktoitfit.com).

- Diabetes
- Cancer
- Alzheimers
- Arthritis

**INFLAMMATION
LEADS TO:**

- Autoimmune Disease
- Nuerological Disease
- Cardiovascular Disease
- Pulmonary Disease

**DON'T
EAT
THESE:**



Artificial
Sweeteners, Sugar,
Dairy/Grains

DAY 7 - EAT THESE!
ANTI-INFLAMMATORY FOODS



Broccoli



Green tea



Ginger



Dark chocolate



Nuts & Almonds



Salmon



Avocado



Berry



Walnut



Cruciferous
vegetables



Extra virgin
olive oil



Broth



Tomato



Chia seed



Salmon as
food



Turmeric



Blueberry



Spinach



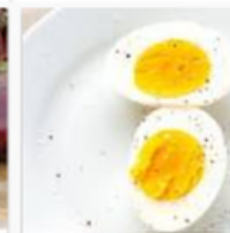
Oily fish



Pineapples



Beetroot



Eggs

www.sticktfit.com

Keto-Friendly Recipes



KETO TALLOW FRIED CHICKEN

Fried in a skillet and coated with a gluten-free, Southern-spiced batter, this chicken has the crunch you've been craving. It's definitely Keto and taste tester approved!

INGREDIENTS:

- 1 cup almond flour
- ½ tablespoon cayenne pepper
- ½ tablespoon garlic powder
- ½ tablespoon dried oregano
- 1 teaspoon salt
- 1 teaspoon black pepper
- 1 egg
- 2 chicken thighs (skin on)
- 2 chicken drumsticks (skin on)
- 2 ounces tallow



KETO BRUSSELS SPROUTS GRATIN

These creamy, cheesy, and crunchy shredded Brussels sprouts are topped with a pine nut crust, which make them the perfect alternative to traditional holiday "anti-keto" comfort foods— like mashed potatoes and gravy. Using pine nuts and finely grated parmesan cheese creates a crunchy enough crust without having to add other common ingredients, such as pork rinds or almond flour.

INGREDIENTS:

- 2 tablespoons olive oil
- 1 large shallot minced
- 2 garlic cloves minced
- ½ pound Brussels sprouts finely shredded or quartered
- 1 cup Kettle & Fire Mushroom Chicken Bone Broth
- 1 cup organic heavy cream
- 1 cup organic mozzarella cheese shredded
- Kosher salt
- 1 pinch nutmeg
- ¼ cup pine nuts finely chopped
- 4 sprigs thyme leaves finely chopped
- 2 tablespoons grated parmesan cheese



KETO TALLOW FRIED CHICKEN

Prep Time: 5 min | Cook Time: 40 min | Servings : 2

INSTRUCTIONS:

1. In a medium bowl, add the flour, cayenne pepper, garlic powder, dried oregano, salt and pepper. Mix with a fork until fully blended.
2. Spread the mixture on a large flat plate.
3. In another small bowl, crack the egg and beat with a fork.
4. One by one, dip the chicken in the bowl with the egg until fully coated.
5. Dredge each chicken piece in the flour and spice mixture on the plate until all sides are fully coated. Repeat with all the chicken.
6. In a large saucepan over medium heat, warm the tallow until melted. Once the tallow is melted and bubbling, add the chicken. (You should hear a sizzle as soon as it hits the pan.)
7. Fry the chicken, flipping once, until golden brown, about 10 minutes on either side.
8. Cover the pan with a lid, lower the heat, and cook until the chicken is no longer pink in the middle, about 20 minutes. (Fully cooked chicken should be 165° Find the thickest part.)
9. Transfer the chicken to a paper towel-lined plate to let the grease drip off.
10. Enjoy with a side salad or sauteed vegetables.



KETO BRUSSELS SPROUTS GRATIN

Prep Time: 10 min | Cook Time: 25 min | Servings : 4

INSTRUCTIONS:

1. In a large sauce pot over medium heat, warm the olive oil. Add the shallots and garlic and cook, stirring, until just soft, 2 to 3 minutes. Add the Brussels sprouts and stir to combine.
2. Add the bone broth to the pot and stir to combine. Cook until the Brussels sprouts are just soft, 3 to 5 minutes. Then stir in the heavy cream and cheese. Add the nutmeg and a couple generous pinches of salt. Cook until cheese is completely melted, 1 to 2 minutes.
3. Meanwhile, in a small bowl, combine the pine nuts, thyme and parmesan cheese. Add a pinch of salt and toss gently to combine.
4. Carefully divide the Brussels sprouts and cream mixture evenly between the four ramekins and top with the pine nut mixture.
5. Place ramekins on a sheet pan and transfer to the oven. Cook until the gratin is bubbly and the pine nut crust is golden brown, 10 to 12 minutes. Remove from the oven, let cool slightly and serve.



THE BEST KETO MEATLOAF

You either loved it or hated as a kid, but we can almost guarantee this keto meatloaf recipe will become a favourite in your keto cooking repertoire. The top of this meatloaf is layered with a slightly sweet and tart tomato sauce, while a savory beef flavored with garlic, onion, and mushrooms makes up the base.

INGREDIENTS for Meatloaf:

- 1 ½ pounds ground beef
- 2 cage-free eggs
- 1 small onion, diced
- 2 garlic cloves, minced
- 2 cups mushrooms, finely chopped
- 1 teaspoon coconut aminos
- 1 tablespoon tomato paste
- ¼ cup unsweetened almond milk
- ¼ cup almond flour
- 1 tablespoon dried oregano
- 1 teaspoon Himalayan pink salt
- 1 teaspoon ground black pepper



THE BEST KETO MEATLOAF

Traditional meatloaf recipes usually call for breadcrumbs, which makes them a no go for low carb and gluten free diets. Instead, we've perfected this meatloaf with almond flour, which makes it entirely low carb, gluten free, and (best of all) keto friendly.

INGREDIENTS for Tomato Sauce:

- 1 cup tomatoes, diced
- ½ teaspoon Himalayan pink salt
- ½ teaspoon ground black pepper
- ½ teaspoon dried oregano
- ½ teaspoon dried parsley
- 1 heirloom tomato, sliced, (optional)



THE BEST KETO MEATLOAF

Prep Time: 10 min | Cook Time: 50 min | Servings : 6

INSTRUCTIONS:

1. Heat oven to 350°F.
2. In a large bowl, combine all the meatloaf ingredients and knead the mixture with your hands until fully combined.
3. In a non-stick, 9x5-inch loaf pan, add the meatloaf mixture and press down to fill all the edges of the pan. Set aside.
4. In a small pot over low heat, add the tomato sauce ingredients and bring to a simmer. Cook for 2 minutes, stirring occasionally. Remove from the heat.
5. Pour the tomato sauce over the meatloaf. (If using, add slices of heirloom tomato to garnish). Place in the oven and cook until the meatloaf is cooked through and no longer pink in the middle, about 50 minutes.
6. Remove from the oven and let rest until warm, about 10 minutes. Serve.



KETO OVERNIGHT “OATS” WITH COCONUT AND BLUEBERRIES

Who knew you could still have oatmeal on the keto diet? Well, now you can with this oatless keto “oatmeal.” This keto oatmeal recipe is our spin on traditional overnight oats, and is so full of healthy fats, fiber, and flavor, you won’t even notice the oats are missing.

Ideally made the night before, this is the perfect recipe for the keto dieter who’s tight on time, or needs a new grab’n’go snack to stay in fat-burning mode (but don’t we all?).

INGREDIENTS:

- 3 tablespoons hemp hearts
- 1 tablespoon walnuts, roughly chopped
- 1 teaspoon chia seeds
- ½ teaspoon cinnamon, ground
- 3 tablespoons full-fat coconut milk
- ½ tablespoon sugar-free maple syrup
- 10 blueberries, for garnish



KETO OVERNIGHT “OATS” WITH COCONUT AND BLUEBERRIES

Not only will the fats from the hemp hearts, walnuts, chia, and coconut milk turn you into a fat-burning machine, they’ll keep your energy levels high, your tastebuds satisfied, and your stomach full. Best of all, it only takes 5 minutes to put together, and ‘cooks’ while you’re asleep.

Prep Time: 5 min | Cook Time: 4 Hrs | Servings : 1

INSTRUCTIONS:

1. In a 12 ounce mason jar, mix in all the ingredients (minus the blueberries) with a spoon until thoroughly combined.
2. Place in the refrigerator overnight, or for a minimum of 4 hours.
3. Garnish with blueberries and enjoy.



KETO PANCAKES

Say hello to your newest favorite breakfast dish! Keto pancakes are a surprise everyone will want in the morning. With a crepe like batter these Keto Pancakes will give you the ultimate surprise of fluffy pancakes once it hits the warm pan. Enjoy with a warm cup of bone broth is suggested.

INGREDIENTS:

- 4 large eggs
- 4 ounces cream cheese
- 2 tablespoons butter
- ½ teaspoon vanilla extract
- 2 tablespoons Whey Protein Powder
- Coconut oil spray
- Sugar-Free Maple Syrup



KETO PANCAKES

Prep Time: 3 min | Cook Time: 10 min | Servings : 1

INSTRUCTIONS:

1. Place eggs, cream cheese, butter and Vanilla in a food processor or a blender, then blend until mixture is a liquid consistency.
2. Blend in whey protein powder.
3. Spray a nonstick flat-bottom pan with coconut oil and let the pan get warm over medium heat.
4. Pour about ⅓ cup of batter into the pan and let it cook, untouched, for 2 minutes or until batter starts to bubble.
5. Flip the pancake and let it cook for 1 minute.
6. Repeat step 4 and 5 to finish all the batter.
7. On a serving plate, stack up all the pancakes, add a slice of butter if preferred, drizzle with some sugar-free maple syrup.



KETO ENERGY BITES WITH 2 DELICIOUS FLAVORS

KETO ENERGY BITES WITH 2 DELICIOUS FLAVORS

Matcha Green Tea + Cacao Nibs

INGREDIENTS:

- ½ cup coconut butter
- ½ cup coconut shreds
- ⅓ cup monk fruit sweetener
- 1 ½ tablespoons ghee
- 1 tablespoon matcha green tea powder
- 1 tablespoon cacao nibs (add more for garnish)

Side Note: This recipe uses monk fruit sweetener, which is an all-natural, zero-calorie, zero-carb sweetener made from monk fruit extract. You can find monk fruit sweetener at most natural health food stores or online.

Cinnamon + Coconut INGREDIENTS:

- ½ cup coconut butter
- 1 cup coconut shreds
- ⅓ cup monk fruit sweetener
- 1 ½ tablespoons ghee
- 1 teaspoon cinnamon powder



KETO ENERGY BITES WITH 2 DELICIOUS FLAVORS

Prep Time: 5 min | Cook Time: 1 hr | Servings :3

INSTRUCTIONS:

1. Place all ingredients in a food processor and blend on high for 1 minute, or until fully blended.
2. For garnish, place cinnamon or cacao nibs at the bottom of the silicone mold.
3. Spoon mixture into the silicone molds and refrigerate for 1 hour, or until completely solid.
4. Recipe yields 3 two-ounce keto energy bites that can be cut in half for 6 servings.

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