

# KETO 90 PROGRAM

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# KETO 90 PROGRAM

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## **Keto 90 Overview**

The Keto 90 Program is a nutritional program that focuses on using fat (versus carbs) as the primary energy source for the body. This metabolic process is known as ketosis. While in ketosis, the body breaks down fat for fuel, prompting your body to use fat stores, and supporting weight loss.

The Keto 90 Program combines Youngevity's Keto products, including the Healthy Body Start Pak 2.0 w/ Tablets, with keto-friendly recipes to support your Better Health Now journey. This program is a great option for individuals who can follow a high fat and carbohydrate restricted diet. While it allows flexibility with fat and protein options, individuals must track their daily consumption of fat, protein, and carbohydrates in order to experience the Keto 90 benefits.

## **Keto 90 Getting Started**

Daily macronutrient intake should be as follows: 100g fat, 60g protein, 15g net carbohydrates.

Stay within 15-30g range of net carbohydrates; 20g or less as a goal for best results.

Do not overeat protein – stay around 60 grams.

Use any of the Keto 90 Beverage and Shake options for your breakfast and lunch.

You can alternate lunch and dinner or substitute any recipe so long as you are meeting your daily macronutrients.

Use Slender FX™ Power Up when energy levels are low. Take in the morning after your Keto 90 Beverage.

Take Ultimate Minerals Caps along with your Healthy Body Start Pak 2.0 to ensure nutrient requirements.

## MEAL PLAN OVERVIEW

	BREAKFAST	SNACK #1	LUNCH	SNACK #2	DINNER	TOTAL MACROS
DAY 1	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	½ Hass Avocado 14 g fat 2 g net carbs 1 g protein	Lettuce Wrapped Pepperjack Burger 29.5 g fat 3.5 g net carbs 33 g protein	101.5 g fat 15.5 g net carbs 60 g protein
DAY 2	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	Romain Tuna Wraps 5 g fat 1 g net carbs 15 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	Vanilla Ricotta Mousse 13.5 g fat 2.5 g net carbs 8 g protein	Creamy Lemon Chicken & Asparagus 25.5 g fat 4 g net carbs 16 g protein	97 g fat 14.5 g net carbs 60 g protein
DAY 3	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	Lime Avo Shrimp Cup 14 g fat 4 g net carbs 16 g protein	Tacoles Taco Salad 25 g fat 4.5 net carbs 32 g protein	100 g fat 16.5 g net carbs 64 g protein
DAY 4	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	Cucumber/ Tomato Cottage Cheese Salad 2 g fat 2 g net carbs 5 g protein	Creamy Lemon Pepper Parmesan Salmon 35.5 g fat 6.5 g net carbs 33 g protein	98 g fat 17 net carbs 60 g protein
DAY 5	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	Romain Turkey Sandwich 5 g fat 1 g net carbs 15 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Surf & Turf Salad 34 g fat 4.5 g net carbs 42 g protein	98 g fat 12 net carbs 60 g protein
DAY 6	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	Red Pepper & Egg Salad 7.5 g fat 3 g net carbs 7 g protein	Beef Stroganoff w/ Mushrooms 36 g fat 2.5 g net carbs 26 g protein	105.5 g fat 16 g net carbs 66 g protein
DAY 7	Keto 90 Beverage 23 g fat 1-2 g net carbs 1 g protein	Lemon Ricotta Mousse 13.5 g fat 2.5 g net carbs 8 g protein	Keto 90 Strawberry Cream Shake 30 g fat 8 g net carbs 21 g protein	½ Slender FX Keto Caramel Bar + 1 Tbsp. Cream Cheese 9 g fat 1 g net carbs 10 g protein	Quick & Spicy Shrimp Sauté 27 g fat 9 g net carbs 22 g protein	102.5 g fat 21.5 g net carbs 62 g protein

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# KETO 90 RECIPES

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## BREAKFAST BEVERAGES

Each breakfast beverage below delivers approximately 23g fat, 1-2g net carbs total, 1 g protein. These drinks are “carrier/vessels” to your satiating fat needs and to getting your day started. You may also consume other protein or fat meals, such as eggs, in place of a breakfast beverage. If you do, simply deduct that from what you are consuming the remainder of the day, so you keep your macros spot on.

### Hot Keto90 Beverage

1 Tbsp. butter  
2 Tbsp. of heavy cream  
8-12 oz Youngevity Tea, Peach Oolong Tea, or Vanilla Spice Tea  
*Blend and enjoy!*

### Keto 90 Peppermint Tea

1 Tbsp. butter  
2 Tbsp. of heavy cream  
8-12 oz Peppermint tea  
2 Tbsp. unsweetened cocoa powder  
2-3 stevia drops  
*Blend and enjoy!*

### Keto 90 Coffee

1 Tbsp. butter  
2 Tbsp. of heavy cream  
8-12 oz Youngevity Be The Change Coffee  
*Blend and enjoy!*

### Keto Beyond Hot Chocolate

1 Tbsp. butter  
2 Tbsp. of heavy cream  
½ packet of Youngevity Beyond Hot Chocolate  
8-12 oz hot water  
*Blend and enjoy!*

## SNACKS

### **Keto Caramel Bar & Cream Cheese**

½ Slender FX Keto Caramel Bar  
1 Tbsp. Cream Cheese  
*Spread cream cheese on bar and enjoy!*

### **Celery sticks w/ Almond Butter** **9 g fat, 1g net carb, 3 g protein**

3-4 celery sticks  
1 Tbsp. almond butter  
*Spread and enjoy!*

### **Romaine Tuna Wraps** **5 g fat, 1 g net carbs, 15 g protein**

2 romaine leaves  
2 oz. tuna  
2 Tbsp. full fat sour cream  
1 dill pickle, chopped  
*Add all ingredients to romaine leaves, wrap, and enjoy!*

### **Vanilla Ricotta Mousse** **13.5 g fat, 2.5 g net carbs, 8 g protein**

¼ cup ricotta cheese  
1 Tbsp. heavy cream  
Vanilla stevia drops to taste  
*Mix ingredients together and enjoy!*

### **Lime Avocado Shrimp Cup** **14 g fat, 4 g net carbs, 16 g protein**

⅓ cup cooked shrimp  
½ Hass avocado, chopped  
1 oz. lime juice  
Sprig of fresh cilantro, chopped  
*Toss all ingredients together and enjoy!*

### **Cucumber Tomato Cottage Cheese Salad Cup** **2 g fat, 2 g net carbs, 5 g protein**

½ cup cucumber, chopped  
5 grape tomatoes, halved  
2 Tbsp. full fat cottage cheese  
1 tsp. almonds, chopped  
1 Tbsp. red wine vinegar or balsamic  
*Mix all ingredients together and enjoy!*

**Romaine Turkey Sandwich****5 g fat, 1 g net carbs, 15 g protein**

2 romaine leaves  
2 oz. nitrate-free turkey  
2 Tbsp. full fat sour cream  
Mustard to taste

*Add all ingredients to romaine leaves, wrap, and enjoy!*

**Romain Shrimp Wrap****5 g fat, 4 g net carbs, 8 g protein**

2 romaine leaves  
¼ cup cocktail shrimp  
¼ cup full fat cottage cheese  
1 oz. lime juice  
Sprig of fresh cilantro, chopped

*Mix all ingredients, spread on romaine leaves and enjoy!*

**Red Pepper & Egg Salad****7.5 g fat, 3 g net carbs, 7 g protein**

½ red pepper  
1 large soft-boiled egg  
1 Tbsp. sour cream  
1 mini dill pickle, chopped  
Yellow mustard to taste  
Salt & pepper to taste

*Mix all ingredients together except red pepper.*

*Add mixture to red pepper and enjoy!*

**Lemon Ricotta Mousse****13.5 g fat, 2.5 g net carbs, 8 g protein**

¼ cup ricotta cheese  
1 Tbsp. heavy cream  
Lemon stevia drops to taste

*Mix ingredients together and enjoy!*

## SHAKES

### **True Keto Strawberry Cream Shake**

**30 g fat, 8 g net carbs 21 g protein**

1 scoop TrueKeto Shake Mix

2 Tbsp. Heavy Cream

1 cup water

3-5 ice cubes

*Blend and enjoy*

### **Chocolate Covered Strawberry**

**30 g fat, 8 g net carbs 21 g protein**

1 scoop TrueKeto Shake Mix

2 Tbsp. Heavy Cream

1 Tbsp. unsweetened cocoa powder

1 cup water

3-5 ice cubes

*Blend and enjoy*

### **Coconut Peach Shake & Pistachios**

**14g de grasa, 8g de carbohidratos netos**

1 scoop Beyond Tangy Tangerine 2.0

¼ cup coconut milk

1 cup water

*Blend and enjoy with ¼ cup pistachios*

### **Banana Cream Pie**

**1.5 carbs 26 g fat 26.5 protein**

1 Scoop Youngevity FitShake

¼ cup heavy cream

¾ cup water

3-5 ice cubes

*Blend and enjoy*

### **Chocolate Banana Cream Pie**

**1.5 carbs 26 g fat 26.5 protein**

1 scoop Youngevity FitShake

¼ cup heavy cream

1 Tbsp. unsweetened cocoa powder

¾ cup water

3-5 ice cubes

*Blend and enjoy*

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## LUNCH/DINNER

### **Lettuce Wrapped Pepperjack Burger** **29.5 g fat, 3.5 g net carbs, 33 g protein**

3.5 oz beef patty  
1 oz. pepperjack cheese  
¼ cup mushrooms  
1 Tbsp. butter  
Saveur Garlic Mix  
1 slice of tomato  
1 Tbsp. sour cream  
Iceberg lettuce

#### *Instructions*

Season patty with garlic mix and set aside. Heat butter in skillet over medium heat. Add mushrooms to the skillet and cook until done. Set mushrooms aside and in the same skillet, add beef patty and cook for 2-3 min. Flip the patty and place cheese on top, cover, and cook until desired temperature is reached. To serve, top burger off with mushrooms, sour cream, and tomato and wrap in iceberg lettuce.

### **Creamy Lemon Chicken & Asparagus** **25.5 g fat, 4 g net carbs, 16 g protein**

2 oz. chicken breast  
1 cup asparagus, chopped  
1 Tbsp. melted butter  
1 Tbsp. heavy cream  
1 Tbsp. lemon juice  
1 tsp. dried tarragon

#### *Instructions*

Heat oven to 400F and bake chicken for approx. 25-30 min. While chicken is baking, in a small sauce pan, melt butter over medium heat. Add heavy cream, lemon juice, and tarragon to butter and let cool. Cook asparagus over medium heat with butter. When chicken is done, top with butter sauce and serve with cooked asparagus.

### **Tacoless Taco Salad** **25 g fat, 4.5 net carbs, 32 g protein**

3 oz grass-fed ground beef  
2 cups chopped iceberg lettuce  
1 oz shredded cheddar cheese  
2 oz. fresh salsa  
2 Tbsp. sour cream  
3 olives, sliced  
Savuer Taco Spice to taste

#### *Instructions*

Sprinkle taco spice over beef and cook over medium heat. In a salad bowl, add all ingredients together and enjoy!

### **Creamy Lemon Pepper Parmesan Salmon** **35.5 g fat, 6.5 g net carbs, 33 g protein**

3 oz. salmon filet  
2 Tbsp. butter  
2 Tbsp. sour cream  
1 oz. lemon juice  
¼ tsp. lemon pepper  
1 Tbsp. finely shredded parmesan cheese  
1 cup frozen spinach

#### *Instructions*

In a small mixing bowl, mix sour cream, lemon juice and lemon pepper and set aside. Over medium heat, in a sauté pan, melt 1 Tbsp. of butter and cook salmon until lightly browned. Once cooked, turn off heat, top salmon with sour cream spread and parmesan cheese and cover to allow parmesan to melt. Steam spinach and toss with 1 tsp. of butter. Serve salmon over spinach.



### Surf & Turf Salad

**34 g fat, 4.5 g net carbs, 42 g protein**

2 oz. grass-fed beef strips  
2 oz. cooked shrimp  
2 cups iceberg lettuce  
1 oz. cheddar cheese, shredded  
½ avocado  
1 oz. lime juice  
1 Tbsp. heavy cream  
Cilantro paste  
Salt to taste

#### *Instructions*

Sauté beef and shrimp with butter over medium heat. While meat is cooking, blend avocado, lime juice, heavy cream, cilantro paste and salt. Once meat is done cooking, serve over iceberg lettuce, top with cheddar cheese and avocado dressing.

### Beef Stroganoff w/ Mushrooms

**Makes 3 servings**

**36 g fat, 2.5 g net carbs, 26 g protein**

½ lb. grass-fed ground beef  
2 Tbsp. butter  
2 Tbsp. almond flour  
4 oz. organic beef broth  
1 oz. heavy cream  
1 Tbsp. sour cream  
¼ cup white cheddar cheese, shredded  
½ garlic paste  
Pinch of dried parsley  
Salt & pepper to taste  
Miracle Noodles

#### *Instructions*

Brown grass-fed ground beef and set aside. Sauté mushrooms over medium heat in 1 Tbsp. of butter and set aside. In a sauce pan, melt 1 Tbsp. of butter over medium heat then add almond flour, whisk to blend. Slowly add in organic beef broth continuing to whisk. Then add heavy cream, sour cream, garlic paste, dried parsley and salt and pepper. Whisk in cheddar cheese and fold in the cooked beef and mushrooms. Serve over Miracle Noodles and divide into 3 servings.

### Quick and Spicy Shrimp Sauté

**27 g fat, 9 g net carb, 22 g protein**

¼ cup cooked shrimp  
2 cups romaine lettuce, chopped  
¼ cup diced red pepper  
¼ cup mushrooms  
2 green onions, sliced  
2 tsp. butter  
2-3 Tbsp. water or vegetable broth  
2 Tbsp. lime juice  
2 Tbsp. coconut cream  
½ tsp. Saveur Ceylon Curry  
¼ tsp. chili  
¼ tsp. garlic paste  
¼ tsp. ginger paste  
1 serving of no-carb Miracle Noodles

#### *Instructions*

In a sauté pan, melt butter and sauté red peppers, mushrooms, green onions and romaine lettuce until well cooked. Then mix in lime juice, coconut cream, chili, garlic paste, ginger paste and water/vegetable broth. Then add in shrimp and stir over low heat. Serve over cooked Miracle Noodles.