KETO 90 PROGRAM

CONTENTS

Program Overview ................................................................. 2
Meal Plan Overview .............................................................. 3
Breakfast Beverages ............................................................... 4
Snacks ................................................................................. 5
Shakes ............................................................................... 7
Lunch/Dinner Recipes ........................................................... 8
KETO 90 PROGRAM

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. Note: You can substitute Youngevity’s liquid supplements, such as Ultimate Tangy Tangerine, based on your preferences.
## MEAL PLAN OVERVIEW

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<th>LUNCH</th>
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KETO 90 RECIPES

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
½ 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**  
26 g fat, 8 g net carbs, 8 g protein  
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  
¼ 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  
¼ cup water  
3-5 ice cubes  
*Blend and enjoy*
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 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.

**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!

**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 saucepan, 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
tbsp. garlic paste
tbsp. 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.

Chicken in Creamy Spinach & Tomato Lemon Sauce
Makes 3 Servings
18 g fat, 5 g net carbs, 23 g protein per serving
3 cups cooked chicken breast, chopped (can use shrimp as well)
2 cups free-range, organic chicken broth
16 oz. full-fat cream cheese, diced
1 cup cheddar cheese, shredded
½ cup full fat sour cream
1 cup diced organic tomatoes, rinsed
1 cup chopped frozen spinach, thawed
8 Tbsp. Youngevity grass-fed butter
1 tsp. garlic powder
Juice of 3 lemons
Black pepper to taste
Miracle Noodles

Instructions
Cook chicken and set aside. In a saucepan over medium heat, combine chicken broth, cream cheese, grass-fed butter, lemon juice, and black pepper. Then, whisk in cheddar cheese, sour cream and garlic powder. Fold in diced tomatoes, frozen spinach, and chicken and allow simmer for a few minutes. Serve over miracle noodles.