

KETO 90 PROGRAM

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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

	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	Chicken in Creamy Spinach, Tomato & Lemon Sauce 18 g fat 5 g net carbs 23 g protein	89.5 g fat 17.5 g net carbs 68 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

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**

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

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

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

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.

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.

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.