TABLE OF CONTENTS

What is the How quick	to? the benefits of this way of eating? e difference between keto and protein diets? dy will my body adjust? notice that my body is fat-adapted?	P. 8 P. 10 P. 10 P. 12 P. 16
How do I get started? Step 1: eat real food Step 2: choose your carbs wisely Step 3: eat more healthy fats Step 4: choose the best protein Step 5: support your gut flora Step 6: manage your stress levels		P. 17 P. 18 P. 18 P. 23 P. 24 P. 26 P. 28
	vegetables / Higher carb vegetables st to get you started	P. 29 P. 31 P. 32 P. 35
0	FAST Chia pudding with berries and coconut milk Gingerbread granola Fat burner smoothie bowl Breakfast scramble Three drinks for intermittent fasting	P. 42 P. 43 P. 46 P. 49 P. 52 P. 55
0 0	LL APPETITE BLT salad with tempeh bacon Sweet potato bruschetta with broccoli pesto Vegetable soup with coconut cream Stir-fried kale Greek pasta salad	P. 62 P. 63 P. 66 P. 69 P. 72 P. 75

0	Spanish tortilla with onion and zucchini	P. 78
0	Vietnamese Pho noodle soup	P. 81
0	Baked green asparagus with oyster mushrooms	P. 84
0	Grilled vegetable salad with pesto	P. 87
BIG A	APPETITE	P. 90
0	Mexican burrito bowl	P. 91
0	Coconut curry in a hurry	P. 94
0	Popeye power salad	P. 97
0	Paella with cauliflower rice	P. 100
0	Skinny cauliflower pizza	P. 103
0	Moussaka with cauliflower béchamel	P. 106
0	Pad Thai with zucchini noodles	P. 109
0	Moroccan veggie stew with harissa	P. 112
SNACKS		P. 115
0	Coconut macaroons, baked or raw	P. 116
0	Berry soft serve ice cream	P. 119
0	Rosemary chia seed crackers	P. 122
0	Chocolate almond butter energy balls	P. 125
0	Almond crumble with blackberries	P. 128
Want more	e?	P. 131
About Julie		P. 132

