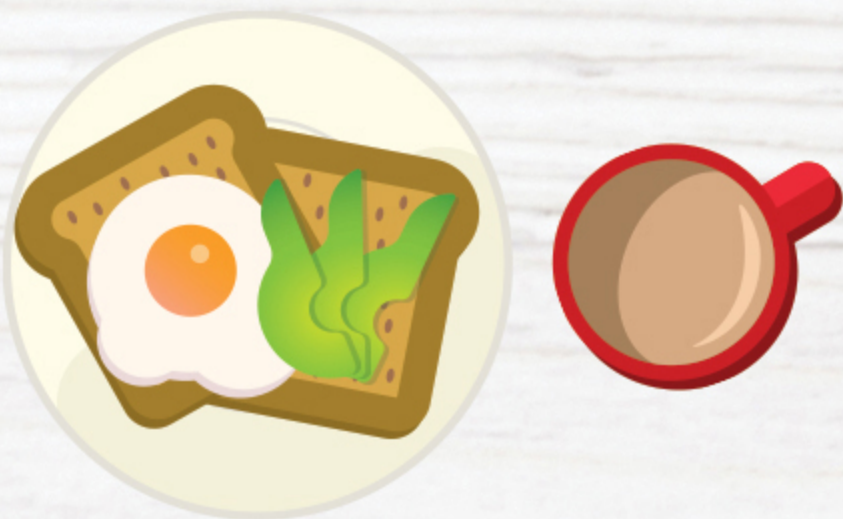




# A DAY IN THE LIFE OF KETO

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## BREAKFAST



- Eggs with avocado on cauliflower toast
- Coffee with MCT oil

## LUNCH



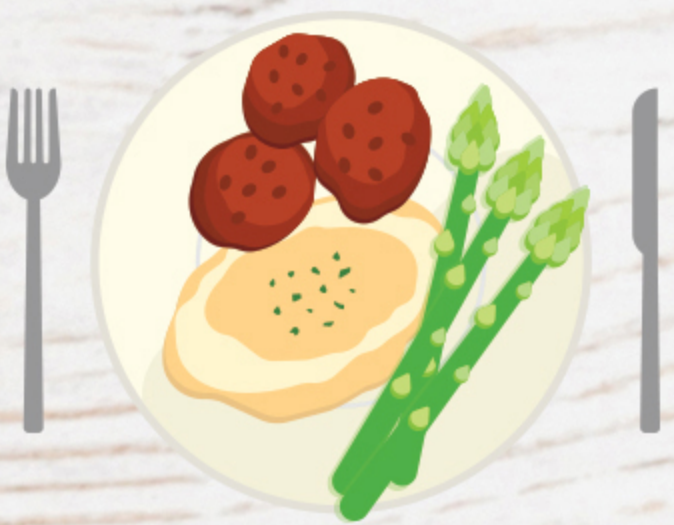
- Baked salmon with olive oil
- Brussels sprouts sprinkled with Parmesan cheese

## SNACKS



- Quest Protein Cookie
- Macadamia nuts
- Cheese stick

## DINNER



- Turkey meatballs
- Cauliflower mash
- Grilled asparagus

## OTHER TIPS



- Be sure to get a good night's sleep when starting the keto diet so aim for at least 7 hours
- Follow the 8 by 8 rule by drinking eight 8 ounce glasses of water throughout the day
- Avoid snacks after 8 p.m.



- Consider lower intensity steady-state cardio, which is great for fat burning and friendly for the keto dieter



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