

What's a typical day of meals and fats for you?

- Check out [The Lazy Keto Gourmet](#) for a full 7 days, which includes macros
- I fast for 16-18 hours each day, so I usually only eat 2 meals plus snacks
- I start with a [Keto Cold Buster Tea](#) around 10-12
- 20-30 minutes later I heat up leftovers, usually 4 ounces meat and add a spinach salad or cucumbers with ranch
- I end lunch with at least 2 fat bombs, usually more because they are good and add fats my body needs to thrive
- I might have a snack somewhere in between - maybe a handful of nuts or some cheese and include more fat bombs
- Dinner is more meat with high fat sauces included (Check [The Lazy Keto Gourmet](#) for the recipes I use). I also add a vegetable, maybe green beans covered in butter or one of the cauliflower rice recipes I make.
- I end the meal with a few squares of 85% dark chocolate or another fat bomb or two

Get on the waiting list for early bird registration now! [Click to learn more.](#)

