

5 Day KETOVEGAN Cleanse

Welcome to the newest metabolic boost from DAMYHealth.com

Welcome to our Ketovegan ebook. We are grateful you have decided to join us on the journey to a healthy weight and thrilled you are interested in trying a restrictive diet like this one. This ebook is another DAMY tool to use on your holistic path toward lifelong freedom from weight gain. It is a rapid weight loss program meant to get you started on the DAMY Lean.

This 5 day therapeutic diet was built for DAMY Lean Members to jumpstart weight loss and facilitate the transition to a low carbohydrate lifestyle. The transition isn't always easy and often a strict zero-carb week can help.

This is your zero-carb week!

Achieving nutritional ketosis through this type of vegan diet also has applications medically that Dr. Duizer implements with his patients including in cancer therapy, type 2 diabetes and epilepsy. For now, expect weight loss.

This diet is meant to be done for a maximum of 5 days. It can be repeated every three months at most.

The Ketovegan Cleanse has side effects, contraindications and a long list of benefits. This document covers the basics of getting the body into ketosis and sets the program details for a successful 5 days of eating, living and moving.

If you are someone who has historically had difficulty losing weight, have not found an imbalance to correct in the holistic approach section or are looking to rapidly lose weight to accomplish a goal, a short trial of this cleanse could be extremely beneficial.

Let's jump in to the details:

What is nutritional ketosis?

The nutrients we consume on a daily basis can be divided into three categories; protein, fat and carbohydrate. Most foods have a combination of all three and we need all three to function optimally.

Our body is used to running its energy processes on glucose (sugar) from carbohydrate sources. Whenever we consume more than 30-40g of total carbohydrate this process is easy and efficient. You consume carbs and the pancreas secretes insulin to pull the glucose into cells for energy - everything works!

Historically we haven't always had access to an abundance of food. Sometimes no available carbohydrate rich sources. We have had to go without. When this happens the cells respond by using fats in the form of ketones for fuel. Everything still works, brain function is heightened (presumably to help us find more food) and now we cut through our fat sources for sufficient daily energy.

This is nutritional ketosis - *running on fats for fuel instead of carbs*.

This state can be achieved in as quickly as 24 hours and can be maintained long term, although it isn't recommended.

Disclaimer:

Before providing the details for how to eat to achieve this state it is important for us to review the nature of this ebook. This ebook is for informational purposes only and shouldn't be taken as medical advice. This does not constitute the formation of a doctor-patient relationship (unless you are working with Dr. Duizer personally at his clinic) and your personal care provider should be the one to give you the go-ahead before beginning a diet like this. Consult with them.

Side Effects:

This is a very restrictive diet. With restrictive diets come a series of incredible benefits including weight loss, blood sugar and insulin balancing, inflammation reduction and so on.

They also can cause a person to feel very different, both mentally and physically. Here are a few of the potential side effects that can occur during nutritional ketosis:

- Anxiety
- Insomnia
- Weight loss
- Headaches
- Hunger
- Orthostatic hypotension
- Cramping
- Dehydration
- Thirst
- Constipation

Risks:

Therapeutic diets are very important to us. This diet can be incredible in reversing insulin resistance and solving obesity but nutritional ketosis is not always a good fit for every individual. Here are a few examples where this diet should be avoided:

- Very thin
- Eating disorders
- Kidney stones
- Kidney disease
- Gallbladder stones
- Gallbladder removal
- Generalized anxiety disorder
- Severe Insomnia
- Elderly
- Oral herpes
- History of heart attack or stroke
- Current use of blood thinning agents

With that being said, your doctor may give you the go-ahead for 5 days. If so please have them review all pros, cons and alternatives.

Let's continue.

The 5 Day KETOVEGAN Cleanse Diet

Now, we get to the meal plan. This is short and sweet. It is a simple diet that is inexpensive, easy to follow with meals that are not significantly time consuming to prepare.

There are a few things to note about these meals and their macronutrient content:

1. The following recommendations are for a 170lb person looking to lose 10lbs. If you weigh more than this you will want to consume more calories from fat and protein sources. If you weigh less you may need to consume less to achieve the same weight loss results.
2. The grams of protein per day are too low for an athlete exercising daily during these 5 days. If you are competing in a physical event or need to do more than 2 workouts in the 5 days protein consumption will need to be higher. This population will need 1g/protein per kg of body weight per day. This diet does not hit that mark.
3. The grams of fat per day included will be different than you are used to. Even if it seems like a lot do not worry. Switch up fat sources with each meal but stick to the serving sizes appropriate for your caloric needs.
4. The grams of carbohydrates per day need to equal to or less than 35g. This is possible through the meal plan below. A common breakdown would be 8g for breakfast, 12g for lunch and 15g for dinner. Some people choose to consume two meals and one snack per day which can work just fine. There are options below to facilitate this.
5. Total macronutrient breakdown for each day should be approximately 75% fat, 12.5% protein and 12.5% carbohydrate. This will vary but on average if you follow the meal plan below you will achieve this ratio.
6. Total daily calories following the meal plan below will equal to 1100 to 1300. This can help a 170lb person lose weight. If you weight more you will need more. If you weight less you will need less to achieve weight loss.

Key Goal: equal to or **less than 35g of carbohydrate per day** for 5 days (regardless of calorie consumption).

***Please consume each day:** one breakfast or snack, one lunch or snack, one dinner for 5 days.

How to track:

The easiest way to track your macronutrients is to sign up for a free account at MyFitnessPal. They have an app and website. Log all of your food and scroll to the "Nutrition" tab to see your daily grams of each macronutrient. This can be achieved with a free account.

*There are many tutorials on YouTube to learn how to do this if needed.

What should I eat?

Each day you should consume three meals or two meals and one snack. We still recommend 13 hour fasting at night during these 5 days. Choose from the meals below or create your own if you are familiar with tracking macronutrients already.

Just remember to stay vegan. And that it is only 5 days.

Breakfast Options:

1) KETOVEGAN SMOOTHIE

8g carbs - 28g fat - 8g protein

- Pumpkin Seeds - 1 tsp
- Sunflower Seeds - 1 tsp
- Hemp Seeds - 1 tbsp
- Flax Seeds - .5 tsp
- Blueberries - 1 tbsp
- Spinach - 1 cup
- Coconut Cream - .5 cup
- Water - 2 cups
- Vanilla extract - .5 tsp (if needed)
- Stevia liquid - 2 drops (if needed)

Directions: blend.

2) KETOVEGAN YOGURT

8g carbs - 27g fat - 6g protein

- Walnuts - 1 tbsp
- Almonds - 1 tsp
- Hemp Seeds - 1 tbsp
- Sunflower Seeds - .5 tbsp
- Blueberries - 1 tbsp
- Unsweetened Coconut Yogurt by SILK - .25 cup
- Coconut Oil - 1 tbsp

Directions: mix.

3) KETOVEGAN TOFU SCRAMBLE

8g carbs - 22g fat - 17g protein

- Organic Tofu - 170g
- Onions - 1 tbsp
- Mushrooms - .5 cup
- Garlic - 1 clove
- Nutritional Yeast - 2 tsp
- Turmeric Powder - 1 tsp
- Olive oil - 1 tbsp
- Spinach - .5 cup

Directions: sautee on medium heat.

Lunch Options:

1) KETOVEGAN BROCCOLI SALAD

12g carbs - 27g fat - 6g protein

- Broccoli - ½ cup
- Brussels Sprouts - 2 sprouts
- Mushrooms - ¼ cup
- Leafy Greens - ½ cup
- Spinach - ½ cup
- Avocado - ¼ of 1
- Olive oil - 1.5 tbsp
- Sunflower seeds - ½ tsp

Directions: mix. You can add 1 tsp of sriracha as needed.

2) KETOVEGAN CAULIFLOWER SALAD

12g carbs - 27g fat - 5g protein

- Cauliflower - ½ cup
- Mushrooms - ¼ cup
- Leafy Greens - ½ cup
- Spinach - ½ cup
- Avocado - ¼ of 1
- Olive oil - 1.5 tbsp
- Sunflower seeds - 1 tsp
- Cucumber - ½ cup

Directions: mix. You can add 1 tsp of sriracha as needed.

3) KETOVEGAN TOFU SALAD

12g carbs - 26g fat - 21g protein

- Mushrooms - ½ cup
- Hemp Seeds - 1 tbsp
- Broccoli - ¼ cup
- Spinach - ½ cup
- Cabbage - ½ cup
- Lettuce - 1 cup
- Olive oil - 1 tbsp
- Tofu - 170g

Directions: mix.

4) KETOVEGAN “TUNA” SALAD WRAPS

12g carbs - 18g fat - 9g protein

- Sunflower Seeds - ¼ cup
- Celery - 1 stalk
- Scallions - ¼ cup
- Dulse Flakes - ½ tbsp
- Dill - ¼ cup
- Lettuce Leaf (large) - 2 pieces

Directions: grind sunflower seeds in your food processor. Mix everything except lettuce leaves in a bowl. Add to lettuce leaves.

Dinner Options:

1) KETOVEGAN EGGPLANT DINNER

15g carbs - 33g fat - 22g protein

- Eggplant - 1 cup
- Tofu - 170g
- Spinach - 1.5 cups
- Nutritional Yeast - 1 tbsp
- Avocado oil - 1 tbsp
- Pecans - 1 tbsp
- Walnuts - 1 tbsp
- Almonds - 1 tbsp

Directions: sautee everything in the oil except nuts. Add nuts.

2) KETOVEGAN ZUCCHINI DINNER

15g carbs - 34g fat - 11g protein

- Zucchini - ½ cup
- Cucumber - ¼ of 1
- Leafy Greens - ½ cup
- Spinach - 1 cup
- Avocado - ¼ of 1
- Olive oil - 1 tbsp
- Walnuts - 1 tbsp
- Pecans - 1 tbsp
- Almonds - 1 tbsp
- Hemp Seeds - 1 tbsp

Directions: sautee the zucchini in the oil. Mix everything into a salad.

3) KETOVEGAN MEDITERRANEAN DINNER

15g carbs - 29g fat - 19g protein

- Tofu - 170g
- Olives - 5 pieces
- Olive oil - 1 tbsp
- Sundried Tomatoes - 1 tbsp
- Onions - 1 tbsp
- Spinach - 1 cup
- Kale - ½ cup
- Sunflower seeds - 1 tbsp

Directions: sautee tofu in oil. Mix everything into a salad.

4) KETOVEGAN MEXICAN DINNER

15g carbs - 28g fat - 12g protein

- Black Beans - 2 tbsp
- Cherry Tomatoes - 5 pieces
- Avocado - ¼ of 1
- Hemp Seeds - 2 tbsp
- Lime Juice - 1 tsp
- Spinach - 1 cup
- Lettuce - ½ cup
- Avocado oil - 1 tbsp

Directions: mix.

5) KETOVEGAN WALNUT BURGER DINNER

15g carbs - 35g fat - 15g protein

- Walnuts - $\frac{3}{4}$ cup
- Cumin - $\frac{1}{2}$ tsp
- Coriander - $\frac{1}{4}$ tsp
- Bragg's Liquid Aminos - 1 tsp
- Hemp Seeds - 1 tbsp
- Lettuce Leaf (large) - 2 pieces
- Spinach - 1 cup
- Mushrooms - 4 pieces
- Onions - 1 tbsp

Directions: grind walnuts in your food processor. Mix everything except the lettuce wraps in a bowl. Place in lettuce wraps.

Snack Options:

1) KETOVEGAN NUTBUTTER SNACK

8g carbs - 18g fat - 7g protein

- Cucumber - $\frac{1}{2}$ cup
- Almond butter - 2 tbsp

Directions: apply almond butter to cucumber slices.

2) KETOVEGAN MACADAMIA SNACK

5g carbs - 25g fat - 3g protein

- Macadamia nuts - $\frac{1}{4}$ cup

Directions: eat.

3) KETOVEGAN COFFEE

4g carbs - 11g fat - 1g protein

- Coffee - 1 cup
- Coconut Cream - $\frac{1}{4}$ cup
- Optional combos: Cocoa or cinnamon powder - 1 tsp, stevia - 2 drops, vanilla $\frac{1}{2}$ tsp

Directions: brew coffee. Add extras. Mix.

Grocery List:

You can add the food you will love and know how to include into the chart below. These are simply the ones we used.

FATS: OILS	FATS: NUTS	FATS: SEEDS	VEGGIES	LEAFY GREENS
Olive oil	Walnuts	Sunflower Seeds	Avocado	Mixed
Avocado oil	Pecans	Pumpkin Seeds	Mushroom	Lettuce
Coconut oil	Almonds	Hemp Seeds	Zucchini	Spinach
	Macadamias	Flax Seeds	Eggplant	Kale
	Almond butter		Brussels Sprouts	Dill
EXTRAS:			Cucumber	Cabbage
SILK Unsweetened Coconut Yogurt	Braggs Liquid Aminos	Dulse flakes	Onion	
Organic Firm Tofu	Spices (coriander, cumin, turmeric)	Garlic	Cherry tomatoes	
Nutritional Yeast	Spices (cocoa powder, cinnamon)	Blueberries	Olives	
Sriracha	Liquid Stevia	Vanilla Extract	Celery	
Black Beans	Lime juice		Scallions	
Coffee	Sun-dried tomatoes		Broccoli	
			Cauliflower	

EXTRA NOTES:

Please keep these in mind if you are going to follow this cleanse for 5 days. If you have further questions please contact us for a relatively quick response at: drduizer@damyhealth.com.

Exercise - During this type of program if you do not supplement vegan protein powder you may not be able to reach protein requirements for your current weight (.8g protein/kg body weight/day). This requirement is necessary to maintain lean muscle mass if you are exercising. If you take it light there will not be an issue. 2-3 workouts during the 5 days maximum is recommended. With extra vegan protein exercising each day is fine.

Sleep - It is possible that this diet will affect your sleeping patterns. You could be more sensitive to caffeine and you might have difficulty falling asleep initially. This can occur because of hunger but also because of increased total energy. You may also need more sleep in the first few days especially if you are dealing with any “ketoflu” type symptoms. These can include the following:

- Headache
- Fatigue
- Joint pain
- Difficulty falling or staying asleep

Mood - It is very important to practice patience during your cleanse. If you are prone to anxiety symptoms could flare. If you notice high adrenaline type responses to stress they could be exacerbated. This diet is not for those with generalized anxiety disorder or a history of panic attacks.

Water - Dehydration is very common when making diet changes like the ones presented here. Make sure to drink lots of water and consider adding salt to meals and water if needed.

Food Reintroduction:

Reintroducing carbohydrates at levels above 35g per day must be done slowly and cautiously. The recommended schedule is as follows. Please remember not eat extra calories or food groups than what are recommended on the following days.

- Day 6 - increase protein (choose between):
 - One serving of vegan protein powder, more tofu, fish or eggs in one meal
- Day 7 - increase protein and carbohydrates:
 - One serving of vegan protein powder, more tofu, fish or eggs in two different meals
- Day 8 - increase protein and carbohydrates:
 - One serving of vegan protein powder, more tofu, fish or eggs in two different meals
 - One serving of complex carbohydrates in either breakfast or lunch (½ cup cooked B foods or 1 slice B foods).
- Day 9 - increase protein and carbohydrates:
 - One serving of vegan protein powder, more tofu, fish or eggs in two different meals
 - One serving of complex carbohydrates in either breakfast or lunch (½ cup cooked B foods or 1 slice B foods).
- Day 10 - continue on DAMY Lean meal plan.

Enjoy the process.

Again, this is only a 5 day cleanse. It is a total system reset. It will throw you into a fat burning mode that will make achieving your goals easy. We look forward to seeing your results.

Please make sure to track your weight and waist to hip ratio on this cleanse (just measure both of them at the start and finish). We have seen dramatic results and we want to make sure you document yours.

Enjoy the process and stay in tune with your body on this cleanse. You will notice changes and it will further highlight the impact that high carbohydrate meals have on us. You will notice a difference in how you feel versus after a heavy pasta meal.

Keep in touch and ensure you follow the guidelines for carbohydrate reintroduction above.

Have a great cleanse!

- DAMY Team