

# WEEKLY WISDOM

## *Topic 2:* CONGRATS, YOU'RE IN KETOSIS!

What is Ketosis? Simply stated, ketosis is burning fat for fuel. Ketosis is a metabolic process that occurs when the body doesn't have enough glucose (sugar) for energy and instead breaks down stored fats to use for energy.

Our program is designed to fuel your body with foods that protect lean muscles and nourish the body while restricting foods that can stop ketosis, like sugars and refined carbohydrates. After following the program for 4-5 days your body will have burned through all of its store of glycogen (sugar stored in your muscles and liver). Once glycogen stores are depleted, your body will turn to stored fat for energy. The breakdown of fat cells produces ketone bodies, which become your main source of energy.

The good news is that ketone bodies naturally suppress appetite and can give you lots of energy. You may be feeling clear-headed, energetic and be sleeping great; thanks ketosis!

It is critical you follow the protocol to the letter and do not deviate! If you do, it could set you back 4-5 days before you begin burning fat again. Clients will typically see a larger weight change on the scale in the first week due to glycogen and fluid loss. This is diuresis and known as the "water weight" drop.

**KETO TIP:** ShiftSetGo is KETO! We are a nutritional ketosis program using our stored body fat for fuel. Do NOT eat the store bought "Keto Friendly" items while on stage 1 as these typically have higher fat content and you won't burn your body fat while consuming these items. These items will be great for you in maintenance.

*Did you know?* Eating fruit will not make you gain weight, but can keep you from losing weight.

## *Recipe Of The Week!*

### **Chocolate Mug Cake!**

#### **Ingredients:**

- 1 packet ShiftSetGo chocolate drink mix
- 1 egg white
- 1 tsp baking powder
- 1 tsp olive oil
- 1 tsp SweetLeaf Stevia

#### **Directions:**

- Put the drink mix in a big mug and add enough water to bring it to a slightly watery pudding consistency.
- Add the remaining ingredients. Mix with a fork until silky smooth.
- Put in microwave for 30 seconds on top of a plate. Watch as it expands.
- Let cool and enjoy. Counts as 1 Shift Meal.

