

REDUCE YOUR BODY FAT & FOOD CRAVINGS
WHILE INCREASING YOUR ENERGY...



ENERGETICALLY
EFFICIENT

Your Energetically Efficient Meal Plan

BY KRISTIN ROWELL

Do you want more energy?

Do you feel like eating healthfully takes too much time?

Do you find yourself reverting to "lazy" or "dirty" keto?

Are you frustrated because you have tried a number of approaches to weight loss but you still feel stuck?



Good news! Kristin's straightforward Energetically Efficient Introductory Meal Plan will teach you shortcuts, tips and tricks so that you can finally look and feel better . . . all in just a few weeks.

Let's Get Started!



ENERGETICALLY EFFICIENT MEAL PLAN

6 DAYS PER WEEK



MORNING

- 1 T coconut vinegar + $\frac{1}{4}$ tsp himalyan or celtic sea salt mixed in 25 oz. water (do this right after waking)
- 16 ounces coffee + $\frac{1}{2}$ T organic coconut oil + $\frac{1}{2}$ T MCT oil + 1-2 tsp lion's mane, chaga and/or cordyceps mushroom powders (i.e., Om, Four Sigmatic)
- *OPTIONAL* = your favorite brand of exogenous ketones
(1 scoop mixed with 25 ounces water)

(Tip: I sip the latter two all morning, and I go in and out of taking exogenous ketones. I don't take them every day. Also, a YETI or other similar mug is great for keeping your coffee warm for hours.)



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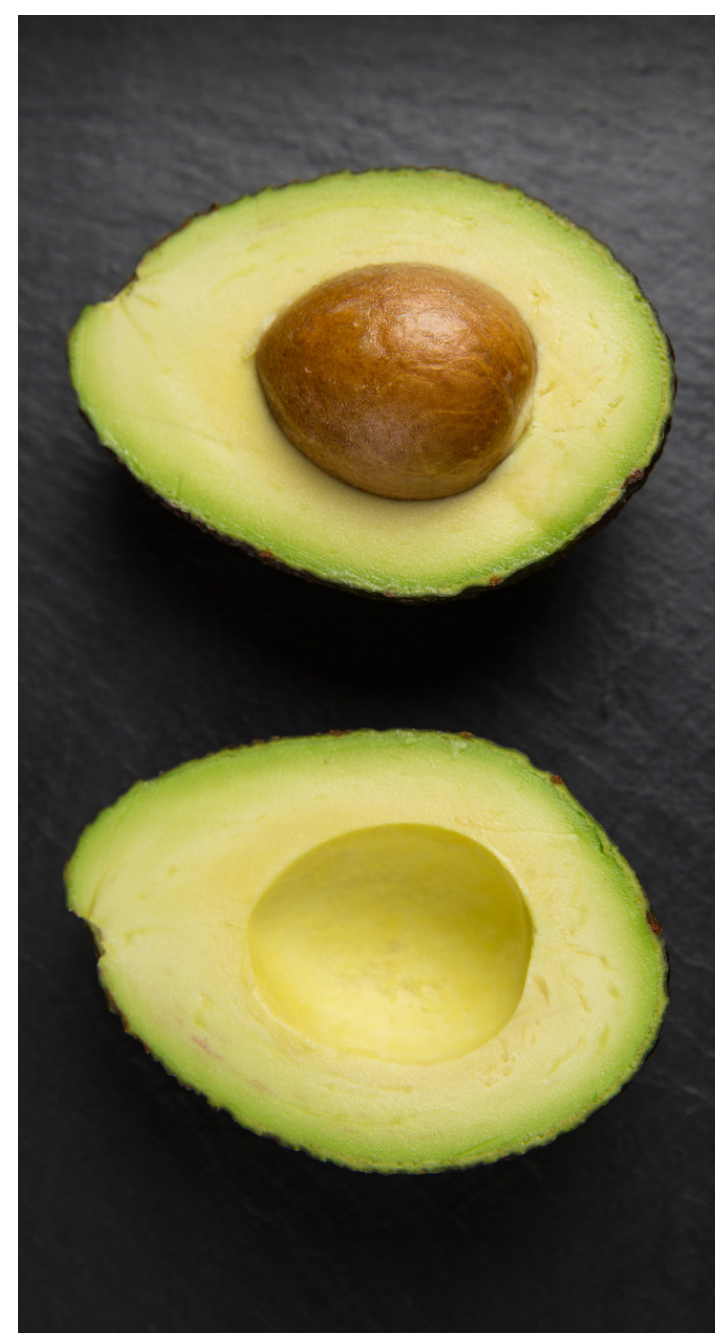
6 DAYS PER WEEK



MID-DAY

- 5 oz. grass-fed ground beef (85/15 or 90/10) OR 5 oz. ground lean turkey or ground lean chicken
- 1 cup spinach or baby kale
- Mix in 1/2 - 1 whole avocado depending on your level of hunger
- Add Himalayan or Celtic sea salt, black pepper and whatever other spices you like

(Tip: I cook 1-2 pounds of ground beef, chicken or turkey at once -- usually on a Sunday -- and then refrigerate it and portion it out with 1 cup green vegetable each in separate containers for the week. At the office, I heat up the meat and vegetable in the microwave for 2 minutes in a glass or microwave-safe bowl (NOT PLASTIC!) and then add the avocado. The avocado acts like a paste and the meal is so filling!)



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MID-AFTERNOON

Choose from / rotate between:

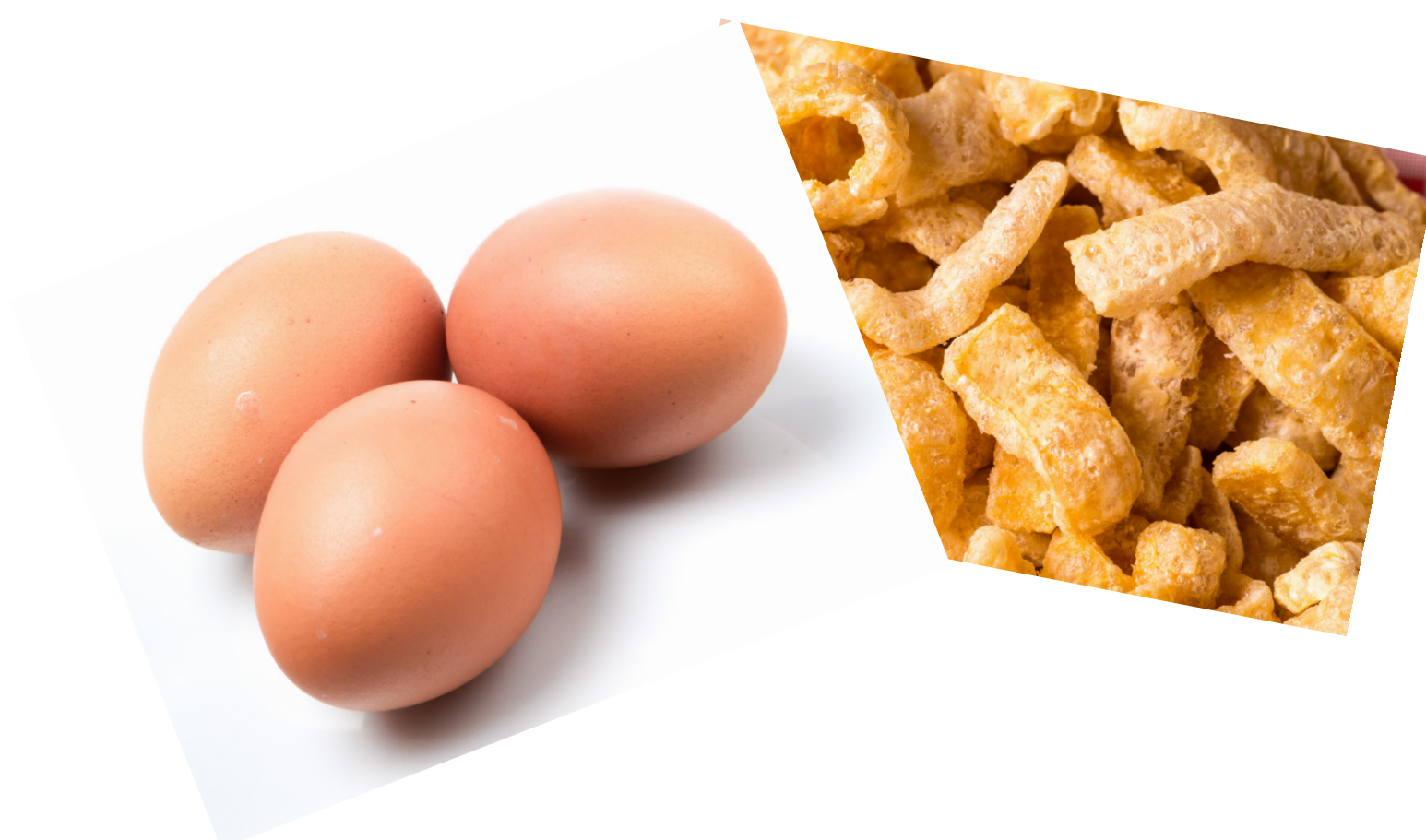
- 1 scoop whey isolate protein powder + 1 scoop collagen protein + 1 tsp L-glutamine mixed in 25 ounces water
- 1 packet nut butter OR 1/4 cup raw macadamia nuts, walnuts, pumpkin seeds or almonds

(Tip: I use F-Bomb Macadamia Nut Butters or Perfect Keto Nut Butter. Skip brands like Rx which have sugar.)

OR

- 3 pasture-raised hard boiled eggs
- 1 oz pork rinds

(Tip: pork rinds are typically 0.5 oz for a serving but I double it for ~160 - 180 calorie snack.)



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DINNER

Choose from / rotate between:

- 6 oz. wild salmon (cooked or sushi-grade raw)
- 1 cup cooked broccoli or asparagus or other green vegetable like spinach or baby kale
- Drizzle 1 T olive oil or butter over meal
- Drizzle juice of 1 lemon over meal
- Add 2-3 T organic hemp seeds
- Add himalyan or celtic sea salt, black pepper and whatever other spices you like

OR

- 1 T coconut oil or avocado oil
- 3 pasture raised eggs
- 1 cup cooked broccoli or asparagus or a raw easily cooked green vegetable like spinach or baby kale
- Add 2 T organic ground flaxseed
- Add himalyan or celtic sea salt, black pepper and whatever other spices you like

(Tip: I heat the oil and then add everything to a skillet. This meal takes 5 - 6 minutes at most.)



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ENERGETICALLY EFFICIENT MEAL PLAN

1 DAY PER WEEK

**Below, you will integrate into your meal plan 1 day in the week.*



MORNING

- 1 T coconut vinegar + $\frac{1}{4}$ tsp Himalayan or Celtic sea salt mixed in 25 oz. water (again, do this right after waking)
- $\frac{1}{3}$ cup organic buckwheat
- 1 scoop whey isolate protein powder
- $\frac{1}{2}$ cup raspberries, blueberries or blackberries
- Optional: cinnamon to taste

(Tip: There are a lot of great flavored whey protein powders on the market, so look for a flavor you really like. I buy frozen berries and heat them up in the microwave for 1 minute and then pour the warm berries in the bowl with the cooked buckwheat and protein powder. This breakfast tastes like dessert!)



ENERGETICALLY EFFICIENT MEAL PLAN

1 DAY PER WEEK

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MID-MORNING

- 16 ounces coffee + 1/2 T organic coconut oil + 1/2 T MCT oil + 1-2 tsp lion's mane, chaga and/or cordyceps mushroom powders (i.e., Om, Four Sigmatic)



MID-DAY

- 5 oz. lean grass-fed ground beef (90/10 or 93/7) OR 5 oz. ground lean turkey or ground lean chicken
- 6 oz. sweet potato
- Pour 1/4 cup coconut milk over meal
- Add cinnamon, Himalayan or Celtic sea salt, black pepper or whatever other spices you like



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MID-AFTERNOON

- 1 glass jar Kombucha (I like GTS brand)
- Chia seed pudding with 1 scoop whey isolate protein powder



(Tip: Chia seed pudding takes less than 1 minute to make. I put 3T organic chia seeds in a glass mason jar, add $\frac{3}{4}$ cup unsweetened almond, coconut or macadamia nut milk, add $\frac{1}{2}$ tsp cinnamon, put lid on jar, shake and let sit for 1 hour or overnight. When you are ready to eat it, pour in a bowl and then stir in 1 scoop flavored whey isolate protein powder. This also tastes like dessert!)

ENERGETICALLY EFFICIENT MEAL PLAN

1 DAY PER WEEK

**Below, you will integrate into your meal plan 1 day in the week.*



DINNER

- 5 oz. wild Atlantic cod (baked)
- $\frac{3}{4}$ cup jasmine rice
- $\frac{1}{2}$ cup green vegetable
- Juice of 1 organic lemon
- Add salt-free lemon pepper plus Himalayan or Celtic sea salt, black pepper or whatever other spices you like



(Tip: BUY FROZEN COD. Cooking fresh cod smells terrible, but the freezing process kills off the bacteria, so when you cook frozen cod it doesn't smell as bad. I take cod that I previously baked, mix it in a bowl with the cooked rice and the raw vegetable, heat all of it up in the microwave together and then pour the lemon juice on top and add spices.)

Applicable to all 7 days each week

- Drink your body weight in ounces of water each day. (i.e., if you weigh 150 pounds, drink 150 ounces of water.) All of your water consumption counts toward those ounces, including the protein shakes, coffee, morning vinegar water, etc.



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The following rules apply throughout the duration of the plan:

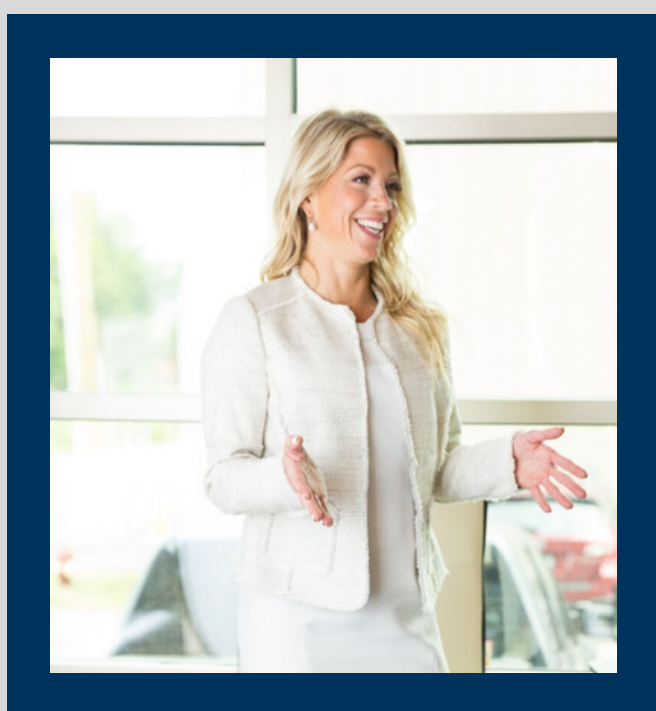
- No sugar
- No dairy
- No alcohol
- No added sweeteners
- No processed foods of any kind (i.e. no bars, etc.)



I'm SO excited for you! I invite you to try this Plan for a minimum of 3 weeks, but ideally 4 - 6 weeks. You will see improvements in your body composition, mood and energy. I'll check in with you to see how you are doing. I'm proud of you for investing in YOU!!

Be Well,

Kristin Rowell



Before launching Energetically Efficient, Kristin spent 17 years building a successful business litigation practice. During the time in which she served her clients as a trial lawyer, Kristin ran 24 marathons and became an International Pro Elite natural professional bodybuilder in the Figure division.

Kristin credits much of her personal and professional success to her dietary and lifestyle choices, which allow her to maximize her energy, productivity and time. She's excited to share her knowledge with YOU!

