

The background of the image shows a kitchen setting. In the upper left, there is a white bowl with a red apple and green leaf pattern. To its right is a silver metal cup with a large pink heart on it. In the lower left, a yellow bowl contains shredded orange cheese and green vegetables. In the lower right, a plate holds two pieces of golden-brown, pan-fried food, possibly chicken or fish, with a serrated knife resting on top of them. A green, cloud-shaped overlay is centered in the image, containing the title and author's name in white text.

# 10 DAYS TO A BETTER YOU

by paula behrens

**DISCLAIMER:** By purchasing these products and participating in the program, you agree that Paula Behrens is not liable for any potential damages incurred. She is not a doctor or nutrition expert. This wellness program is simply meant to guide you to eat well. Any statements made have not been evaluated by the FDA and are not meant to treat, diagnose or cure any disease.

\*If you have Kidney Disease, Diabetes, Thyroid issues, or a condition that requires you to have more carbs, make sure you eat extra vegetables to get more carbs, not a lot more, but more than I share in this meal plan.

**Water** – Divide your body weight in half, then drink that in oz. of water today, no exceptions. (Not doing this can stall weight loss, but more importantly, NOT flush toxins)

**Some good Low-carb Vegetable choices:** Bell Peppers, Broccoli, Asparagus, Mushrooms, Zucchini, Spinach, Avocados, Cauliflower, Green Beans, Lettuce, Garlic, Kale, Cucumbers, Brussel Sprouts, Celery, Tomatoes, Radishes, Onions, Eggplant, Cabbage, Artichokes.

PLEASE WATCH **THE DAILY VIDEOS...**  
They will play a big part in your success!



Tip: Kitchen clean out. If possible, get rid of foods and snacks that you will no longer be eating. If there are others in your family that will not be joining in this healthier way of eating, at least have a special area of the kitchen designated for your healthy food alternatives.

Download the KetoDiet App to your phone from your App Store

Here's your schedule for today. TTL Antioxidant Drink = 12 oz + 1 Natural Energy Shot. **Watch today's VIDEO.**



- Wake up – Drink 4 oz/Antioxidant Drink + a Natural Energy Shot if you want (the Natural Energy Shot, unlike gas station energy drinks, is a healthy energy boost)
- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Bacon Cheeseburger Cups (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Nitro for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Bbq Prawn Skewers with Avocado Dip (KetoDiet App recipe) + 1 low-carb vegetable
- 6pm - 4 oz/Antioxidant Drink
- 8pm Meal 3 – 2oz/Antioxidant Drink + 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

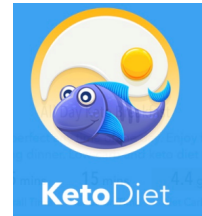
If you're making a low-carb keto dessert, make sure you only eat 1 serving a day (I find that the Antioxidant Drink curbs my appetite for sweets). If you are really, hungry reach for another serving of Antioxidant Drink, instead, and consider taking the cortisol reducing supplement (for stress eating).

If you are not able to get the KetoDiet App on your phone/device, search the internet for recipes w/ less than 5 net Carbs or find a Low-Carb recipe book at your local bookstore or library. Here are a few that I found. >>> [Meals Under 5 net Carbs](#) <<< Or, I enjoy a good ribeye steak, chopped sirloin, baked chicken, broiled fish or shrimp with my favorite essential oil flavored sauce (1 oz Worcestershire + 1 drop Black Pepper & 3 drops Lemon – drizzled on after cooking) with one of my favorite Low-carb Vegetables. In fact, that is what I have most days, 'cause I am not a gourmet cook. Or I buy a roasted chicken from the store, have it warm for my first meal and then make a wonderful salad with what is left over.

**Paula's So Simple Cobb Salad Recipe:** Chopped chicken breast (with a little steak seasoning), celery, bacon, walnuts, cheese & avocado slices, served over a bed of lettuce with Ranch Dressing and Cheddar cheese. YUM 😊



Tip: Remember to drink your daily requirement of water. While the NingXia Red will break those toxins loose that have been stored in your fat cells for so long, the water is necessary to flush them out of your system! You do not want those toxins floating around in your body and then attaching somewhere else.



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1 Natural Energy Shot. **Watch today's VIDEO.**

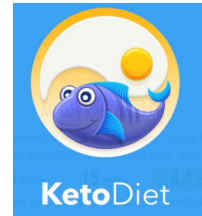
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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Broiled Salmon w/ my fav EO butter drizzled on after cooking + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Nitro for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Roasted Chicken (store bought) + 1 low-carb vegetable
- 6pm - 4 oz/Antioxidant Drink
- 8pm Meal 3 – 2oz/Antioxidant Drink + 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

If you're making a low-carb keto dessert, make sure you only eat 1 serving a day (I find that the Antioxidant Drink curbs my appetite for sweets). If you are really, hungry reach for another serving of Antioxidant Drink, instead, and consider taking the cortisol reducing supplement (for stress eating).

NOTES:



Tip: The best way to eat healthy is to combine Paleo (whole foods) with Keto (low-carb). Plus 30 minutes of daily exercise may help you reach your weight loss goals quicker.



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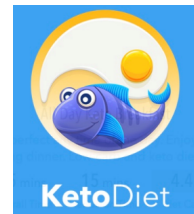
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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Ribeye Steak (with by fav EO butter drizzled on after cooking) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Nitro for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: My So Simple Cobb Salad (using left over Roasted Chicken – page 1) + 1 low-carb vegetable
- 6pm - 4 oz/Antioxidant Drink
- 8pm Meal 3 – 2oz/Antioxidant Drink + 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

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Tip: What about the scales? It's best to not weigh yourself until the 11th day. Sometimes we self-sabotage when we lose a few of those pounds and then decide that it will be okay to splurge on that extra dessert or other high-carb snack. Notice how your clothes are fitting. On this 4th day your body should be adjusting and your hunger pains subsiding.



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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Bacon Wrapped Meatloaf (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Nitro for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: BLT Ranch Lettuce Wrap (KetoDiet App recipe) + 1 low-carb vegetable
- 6pm - 2 oz/Antioxidant Drink
- 8pm Meal 3 – 2oz/Antioxidant Drink + 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

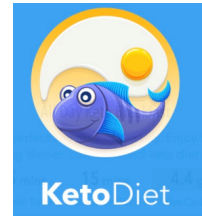
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Tip: There are plenty of low-carb selection at most restaurants. Remember that whole foods are best and check your KetoDiet App for suggestions.

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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Cheese Garlic Pizza (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Chicken Bacon & Spinach Salad (KetoDiet App recipe) + 1 low-carb vegetable
- 6pm - 2 oz/Antioxidant Drink
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

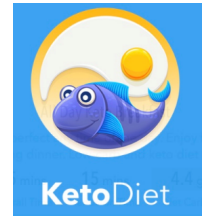
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Tip: Do you have children in your household? There are also plenty of healthy eating choices for them. Google it on the web. Plus, most kiddos love the taste of the Antioxidant Drink. My 6-year old grandson, Eli, enjoys a 2 oz serving of the Antioxidant Drink daily.

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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Chicken Noodle Soup Jar (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Crab Cakes with Lemon Sour Cream Dip (KetoDiet App recipe) + 1 low-carb vegetable
- 6pm - 2 oz/Antioxidant Drink
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

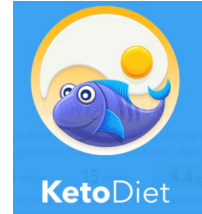
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Tip: Grocery shop like a pro by staying mostly on the outer edges of the store where the healthy foods live.



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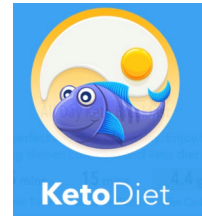
- Wake up – Drink 4 oz/Antioxidant Drink + a Natural Energy Shot if you want (the Natural Energy Shot, unlike gas station energy drinks, is a healthy energy boost).
- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Crab Stuffed Avocado with Lime (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Coconut Prawns (KetoDiet App recipe) + 1 low-carb vegetable
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

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Tip: If you are really missing the desserts, check out all of your low-carb choices on the KetoDiet App, but remember to limit them to no more than one each day.



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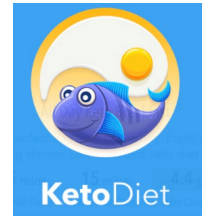
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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Roasted Chicken (Store bought) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Ribeye Steak (with my fav EO sauce for dipping) + 1 low-carb vegetable
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

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Tip: Now that you are learning all about cleaning your system on the inside, don't forget about getting those harmful chemicals and toxins out of your home using the Thieves cleaning and personal care products. It just doesn't make sense to keep putting those toxins back into your body because of what you are breathing and absorbing through your skin.



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- 12pm Meal 1 – Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Crispy Chicken Thighs (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Italian Sub Roll Ups (KetoDiet App recipe) + 1 low-carb vegetable
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

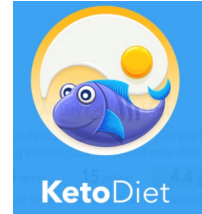
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NOTES:

# 10

Tip: Moving Forward. How about your shampoo, toothpaste, soap, laundry detergent, etc. Have you ditched them and switched to Young Living yet?

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  - Suggestion: Lemon Baked Salmon (KetoDiet App recipe) + 1 low-carb vegetable
- 2pm - 2 oz/Antioxidant Drink (If you like, add another Natural Energy Shot for energy)
- 4pm Meal 2 - Choose any of the Keto meals from your KetoDiet App that are 5g or less in Net Carbs or
  - Suggestion: Grilled Pork Chops + 1 low-carb vegetable
- 8pm Meal 3 – 2 eggs, 2 pieces bacon (If you're not hungry enough for this, adjust accordingly. Don't make yourself eat if you're not hungry. You have had plenty of nutrition for the day).

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\*\*\* Continue w/ the Paleo with a Keto twist meal plan (plus 2-4 oz of the Antioxidant Drink & 1 Natural Energy Shot/daily). If you reach a weight loss plateau, go through the *10 Day Quickstart* plan again \*\*\*