



28-Day Anti-Inflammatory Kickstart

The purpose of this guide is to teach you the basics of anti-inflammatory nutrition, and to shift your body's primary energy source from carbs and sugars (glucose), to fats (ketones).

If you follow this guide FAITHFULLY for just 4 weeks, the drastic improvement in the way you feel will be all the motivation you need to continue on this path and change your health, and your life, for the better!

I have created a progression over the 4 weeks that should ease the transition from the Standard American Diet to a more ancestrally appropriate Anti-Inflammatory Diet.

Taking your body entirely off carbs and sugars as a fuel source, and replacing it with fat based ketones, is a drastic change. But an immeasurably healthy one.

Should you be so bold, you can skip directly to Week 4 (including all the changes outlined in the first 3 Weeks). And if you pay careful attention to the [3 Common Keto Problems I outlined in this post](#), you should be able to make the transition without much issue.

What to Expect

- Increased energy
- No blood sugar crashes (Sleepiness after eating)
- Satiation when eating (Feeling satisfied instead of uncomfortably full)
- Decreased hunger
- Increased mental sharpness
- Lose 5-7 lbs of water weight (inflammation) in a week

CONTACT ME if you have problems, questions, or aren't seeing the results you're expecting: skylar@scalingfitness.com or <https://www.facebook.com/ScalingFitness/>

For more helpful information and detailed articles, visit <https://scalingfitness.com>



General Tips

These guidelines should be used throughout the 4 weeks. The progression will eliminate groups of foods each week, but the fundamental goal of increasing fat intake should start immediately.

Rule of Thumb: When choosing cuts of meat, try to choose cuts where the fat per serving is greater than the protein per serving. (Ribeye, for instance, has 17g of Fat to 15g of Protein. Sirloin has 12g of Fat to 23g of Protein, which is much leaner.)

What to Eat

- Meat (Avoid LEAN Cuts)
 - Chicken (Thighs and Legs)
 - Beef (Ribeye, NY Strip, High Fat Ground Beef)
 - Pork (Bacon, Country Style Ribs, Butt)
 - Hot Dogs, Sausage (Check for no Added Sugar, Low Carb content)
- Eggs
- Butter (NOT Margarine!)
- Olive Oil
- Full Fat Dairy (Cheese, heavy cream, NOT Milk!)
- Green Veggies (Cooked in Butter and/or Olive Oil! Yum!)

Anti-Inflammatory Snacks

- Olives
- Almonds, Macadamia Nuts, Pistachios, Walnuts, Pecans
- Deli Meats, Pepperoni, Ham, Chicken Thighs and Legs

What to Avoid

- Carbohydrates (**We want less than 50g TOTAL per DAY by Week 3**)
- Inflammatory Oils (Canola, Vegetable, Soybean, Safflower, Sunflower)
- Sweeteners (Stevia is ok, in moderation)
- Flavored drinks

After each week, we will be answering the following questions:

- 1) What foods did you miss most?
- 2) What foods did you enjoy most?
- 3) What differences do you notice in how you feel?

Personal Data (Before)

Progress is always better when you can see and document it.

We're going to capture some data up front, not because we are aiming for any specific change, but so we can compare what actual DIFFERENCES an anti-inflammatory diet makes for us individually.

- 1) What is your current weight?

- 2) How do you feel about your eating habits currently?

- 3) What would you like to change about your eating habits?

- 4) What are you hoping to achieve by completing this Kickstart?

- 5) Do you promise yourself that you will give this your full dedication for just 4 weeks?

I recommend taking photos of yourself before you start for comparison, just for yourself. You'll want to document the change in how you look, as well as how you feel!

Week 1

REMOVE the Following Foods from your Diet:

Grains

- Bread / Buns
- Cereal
- Pasta
- Chips / Crackers
- *Basically any food with Wheat, Corn, or Oats as an ingredient*

Flavored Beverages

- Soda
- Juice
- Milk
- Gatorade
- Flavored Water
- *Basically stick with Water, Unsweetened Tea, and Coffee. You can add butter, ghee, coconut oil, or a little heavy whipping cream (NOT half and half, milk, or creamer)*

Inflammatory Oils

- Canola Oil (Throw this away if you have any! It's THAT bad for you!)
- Vegetable Oil
- Soybean Oil
- Safflower Oil
- Sunflower Oil
- *These are used in nearly ALL fast food, so it's best to cook your own food*

Week 1 Calendar

	What Food You Ate (Type, Not Quantity)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

End of Week 1:

- 1) What foods did you miss most?
- 2) What foods did you enjoy most?
- 3) What differences do you notice in how you feel?

Week 2

Add more healthy fat to your diet, replacing lean food:

Add to Your Existing Food

- Butter (NOT margarine)
- Olive Oil
- Coconut Oil

Fatty Foods

- Eggs
- Bacon
- Sausage (without added sugar)
- Replace Chicken Breasts with Thighs or Legs (w/ skin)
- Replace Lean Beef with Fatty Beef (High fat content ground beef, ribeye or NY strip instead of Sirloin)
- Replace Pork Chops with Country Style Ribs or Pork Butt

Week 2 Calendar

	What Food You Ate (Type, Not Quantity)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

End of Week 2:

- 1) What foods did you miss most?
- 2) What foods did you enjoy most?
- 3) What differences do you notice in how you feel?

Week 3

Eliminate additional sources of carbohydrates:

- Potatoes
- Rice
- Quinoa
- Fruit
- Beans
- Limit Nuts as Snacks
- Limit Heavy Whipping Cream in Drinks
- Avoid boxed and packaged food and “snacks” as much as possible. Convenient foods are typically not good for you. Healthy food is messy.

Week 3 Calendar

	What Food You Ate (Type, Not Quantity)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

End of Week 3:

- 1) What foods did you miss most?
- 2) What foods did you enjoy most?
- 3) What differences do you notice in how you feel?

Week 4

Eliminate as many carbs as possible. Including limiting vegetable intake:

- Eat lots of fatty meat and eggs
- Cook vegetables in butter, olive oil, coconut oil, or a combination thereof
- Put more fat in your food than you think you should, then add a little more
- Add salt to taste
- Eat until your body tells you you've had enough

Week 4 Calendar

	What Food You Ate (Type, Not Quantity)
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

End of Week 4:

- 1) What foods did you miss most?
- 2) What foods did you enjoy most?
- 3) What differences do you notice in how you feel?

Personal Data (After)

Time to take a look at how we've changed in just 4 short weeks!

- 1) What is your current weight?

- 2) How do you feel about your eating habits currently?

- 3) What would you like to change about your eating habits?

- 4) What positive changes have you noticed from completing this Kickstart?

- 5) What negative changes have you noticed from completing this Kickstart?

I recommend taking photos of yourself again for comparison. What has changed?