

Apr 4th - Managing keto: exercise

The weekly theme | ****Managing keto: exercise****

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Associated Day | *---*

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Tune-up Tuesday | *where to start with exercise*

Thoughtful Thursday Question | *does keto affect how you exercise?*

Saturdays Staple | *workout recipes*

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- Tune-up Tuesday: where to start with exercise
 - Thoughtful Thursday: does keto affect how you exercise?
 - Staple Saturday: workout recipes

Apr 11th - Special: Easter gatherings (Easter Sunday 17th April)

The weekly theme | ****Special: Easter gatherings****

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Associated Day | *Easter Sunday 17th April*

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Tune-up Tuesday | *tips for social occasions*

Thoughtful Thursday Question | *how do you deal with seasonal temptations?*

Saturdays Staple | *chocolate recipes*

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- Tune-up Tuesday: tips for social occasion
 - Thoughtful Thursday: how do you deal with seasonal temptations
 - Staple Saturday: chocolate recipes

Apr 18th - Managing keto: Getting back on track

The weekly theme | ****Managing keto: getting back on track****

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Associated Day | *---*

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Tune-up Tuesday | *tips for getting back on track*

Thoughtful Thursday Question | *how do you feel about cheat days?*

Saturdays Staple | *vegetable-based recipes*

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- Tune-up Tuesday: tips for getting back on track
 - Thoughtful Thursday: how do you feel about cheat days?
 - Staple Saturday: cheat-day meals

Apr 25th - Special: food allergy awareness week (26th -30th April)

The weekly theme | ****Special: food allergy awareness week****

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Associated Day | *26 to 30 April*

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Tune-up Tuesday | *tips for doing keto when you have allergies*

Thoughtful Thursday Question | *have your allergies affected how you do keto?*

Saturdays Staple | *allergy-aware recipes*

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- Tune-up Tuesday: tips for doing keto when you have allergies
 - Thoughtful Thursday: have your allergies affected how you do keto?
 - Staple Saturday: allergy-aware recipes

May 2nd - Managing keto: protein

The weekly theme | ****Managing keto: protein****

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Associated Day | *--*

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Tune-up Tuesday | *tips on including protein*

Thoughtful Thursday Question | *how do you manage eating protein and fat?*

Saturdays Staple | *high-protein recipes*

- Tune-up Tuesday: tips on including protein
- Thoughtful Thursday: how do you manage eating protein and fat?
- Staple Saturday: high-protein recipes

May 9th - Special: mental health awareness week (UK) (9th to 15th May)

The weekly theme | ****Special: mental health awareness week (UK)****

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Associated Day | *9 to 15 May*

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Tune-up Tuesday | *tips for dealing with daily stressors*

Thoughtful Thursday Question | *how do you deal with the mental stresses of weight loss?*

Saturdays Staple | *low-cal comfort food*

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- Tune-up Tuesday: tips for dealing with daily stressors
 - Thoughtful Thursday: how do you deal with the mental stresses of weight loss?
 - Staple Saturday: low-cal comfort food

May 16th - Managing keto: overcoming hurdles

The weekly theme | ****Managing keto: overcoming hurdles****

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Associated Day | *---*

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Tune-up Tuesday | *tips for getting over hurdles*

Thoughtful Thursday Question | *how have you dealt with hurdles on your journey?*

Saturdays Staple | *easy recipes*

- Tune-up Tuesday: tips for getting over hurdles
- Thoughtful Thursday: how have you dealt with hurdles on your journey?
- Staple Saturday: easy recipes

May 23rd - Managing keto: dinner ideas

The weekly theme | ****Managing keto: dinner ideas****

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Associated Day | *---*

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Tune-up Tuesday | *tips for cooking big meals*

Thoughtful Thursday Question | *is dinner your largest meal?*

Saturdays Staple | *dinner recipes*

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- Tune-up Tuesday: tips for cooking big meals
 - Thoughtful Thursday: is dinner your largest meal?
 - Staple Saturday: dinner recipes?

May 30th - Managing keto: how to get your 5 a day

The weekly theme | ****Managing keto: how to get your 5 a day****

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Associated Day | *---*

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Tune-up Tuesday | *tips for adding more vegetables*

Thoughtful Thursday Question | *do you take multivitamins?*

Saturdays Staple | *vegetables side dishes*

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- Tune-up Tuesday: tips for adding more vegetables
 - Thoughtful Thursday: do you take multivitamins?
 - Staple Saturday: vegetables side dishes

Jun 6th - Managing keto: making a fresh start

The weekly theme | ****Managing keto: Making a fresh start****

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Associated Day | *---*

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Tune-up Tuesday | *tips for making a fresh start*
Thoughtful Thursday Question | *how do you stop the restart cycle?*Saturdays Staple | *simple recipes*

- Tune-up Tuesday: tips for making a fresh start
- Thoughtful Thursday: how do you stop the restart cycle?
- Staple Saturday: simple recipes

Jun 13th - Managing keto: snacking

The weekly theme | **Managing keto: snacking**

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Associated Day | *---*

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Tune-up Tuesday | *tips about snacking*
Thoughtful Thursday Question | *do you think snacks help or not?*Saturdays Staple | *snack ideas*

- Tune-up Tuesday: tips about snacking
- Thoughtful Thursday: do you think snacks help or not?
- Staple Saturday: snack ideas

Jun 20th - Meal support: BBQs

The weekly theme | **Meal support: BBQs**

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Associated Day | *---*

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Tune-up Tuesday | ***Using marinades***
Thoughtful Thursday Question | *do you worry about eating so much protein?*Saturdays Staple | *bbq and marinade recipes*

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- Tune-up Tuesday: Tips for a good keto barbecue
 - Thoughtful Thursday: do you worry about eating so much protein?
 - Staple Saturday: bbq and marinade recipes

Jun 27th - Special: Canada Day (1st July)

The weekly theme | ****Meal support: BBQs****

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Associated Day | *---*

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Tune-up Tuesday | *tips for stock-cupboard essentials*

Thoughtful Thursday Question | *how to you deal with people who confront you about keto*

Saturdays Staple | *maple and bacon recipes*

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- Tune-up Tuesday: tips for stock-cupboard essentials
 - Thoughtful Thursday: how to you deal with people who confront you about keto
 - Staple Saturday: maple and bacon recipes

Jul 4th - Special: American Independence Day July 4th

The weekly theme | *Special: American keto*

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Associated Day | *American Independence Day July 4th*

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Tune-up Tuesday | *tips for dealing with large portions*

Thoughtful Thursday Question | *how do you deal with cultural expectations*

Saturdays Staple | *burger and bun recipes*

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- Tune-up Tuesday: tips for dealing with large portions
 - Thoughtful Thursday: how do you deal with cultural expectations
 - Staple Saturday: burger and bun recipes

Jul 11th - Special: French cooking (Bastille day 14th)

The weekly theme | ****Special: French cooking****

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Associated Day | *Bastille Day 14th*

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Tune-up Tuesday | *tips for French cooking*

Thoughtful Thursday Question | *do you drink wine on keto?*

Saturdays Staple | *French-inspired recipes*

- Tune-up Tuesday: French tips for approaching eating
- Thoughtful Thursday: do you drink wine on keto?
- Staple Saturday: French-inspired recipes

Jul 18th - Managing keto: Substituting Foods

The weekly theme | **Managing keto: Substituting Foods**

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Associated Day | *---*

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Tune-up Tuesday | *tips for using food substitutes*

Thoughtful Thursday Question | *do you find substituting foods helps your journey?*

Saturdays Staple | *substitute recipes*

- Tune-up Tuesday: tips for using food substitutes
- Thoughtful Thursday: do you find substituting foods helps your journey?
- Staple Saturday: substitute recipes

Jul 25th - Managing keto: maintenance

The weekly theme | **Managing keto: Maintenance**

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Associated Day | *---*

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Tune-up Tuesday | *tips for maintaining*

Thoughtful Thursday Question | *how do you find maintaining?*

Saturdays Staple | *slow or pressure-cooker recipes*

- Tune-up Tuesday: tips for maintaining
- Thoughtful Thursday: how do you find maintaining?
- Staple Saturday: slow or pressure-cooker recipes

Aug 1st - Managing keto: dining out

The weekly theme | ****Managing keto: dining out****

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Associated Day | *---*

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Tune-up Tuesday | *tips for having social dinners*

Thoughtful Thursday Question | *do you eat at restaurants less?*

Saturdays Staple | *common restaurant options*

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- Tune-up Tuesday: tips for having social dinners
 - Thoughtful Thursday: do you eat at restaurants less?
 - Staple Saturday: common restaurant options

Aug 8th - Managing keto: cravings - cupcake day (Aug 15th)

The weekly theme | ****Managing keto: cravings****

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Associated Day | *cupcake day (13th)*

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Tune-up Tuesday | *tips for avoiding cravings*

Thoughtful Thursday Question | *how do you deal with temptation?*

Saturdays Staple | *craving fixes (and cupcake recipes)*

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- Tune-up Tuesday: tips for improving your willpower (and avoiding cravings)
 - Thoughtful Thursday: how do you deal with temptation?
 - Staple Saturday: craving fixes (and cupcake recipes)

Aug 15th - Special: Indian Independence day (August 15th)

The weekly theme | ****Special: Indian keto****

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Associated Day | *Indian Independence day (August 15)*

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Tune-up Tuesday | *tips for finding and using unusual ingredients*
Thoughtful Thursday Question | *how do you feel about spice and satiety?*

Saturdays Staple | *Indian-inspired recipes*

- Tune-up Tuesday: tips for finding and using unusual ingredients
- Thoughtful Thursday: how do you feel about spice and satiety?
- Staple Saturday: Indian-inspired recipes

Aug 22nd - Meal support: external recipes and chefs

The weekly theme | **external recipes and chefs**

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Associated Day | *--*

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Tune-up Tuesday | *what are your best chef tips*

Thoughtful Thursday Question | *what sites and channels do you go to?*

Saturdays Staple | *chef and external recipes*

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- Tune-up Tuesday: what are your best chef tips
 - Thoughtful Thursday: what sites and channels do you go to?
 - Staple Saturday: chef and external recipes

Aug 29th - Meal support: coffee

The weekly theme | **Meal support: coffee**

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Associated Day | *--*

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Tune-up Tuesday | *tips for coffee-houses*

Thoughtful Thursday Question | *do you use bullet-proof coffee?*

Saturdays Staple | *pumpkin-spice recipes*

- Tune-up Tuesday: tips for coffee-houses
- Thoughtful Thursday: do you use bullet-proof coffee?
- Staple Saturday: pumpkin-spice recipes

Sep 5th - Managing keto: egg fasts

The weekly theme | ****Managing keto: Egg Fasts****

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Associated Day | *---*

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Tune-up Tuesday | *tips for approaching egg-fasts*

Thoughtful Thursday Question | *do you think egg-fasts are needed?*

Saturdays Staple | *egg-based recipes*

- Tune-up Tuesday: tips for approaching egg-fasts
- Thoughtful Thursday: do you think egg-fasts are needed?
- Staple Saturday: egg-based recipes

Sep 12th - Managing keto: autumn is coming

The weekly theme | ****Managing keto: autumn is coming****

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Associated Day | *---*

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Tune-up Tuesday | *tips for staying motivated in winter*

Thoughtful Thursday Question | *are your eating habits seasonal?*

Saturdays Staple | *hearty stew recipes*

- Tune-up Tuesday: tips for staying motivated in winter
- Thoughtful Thursday: are your eating habits seasonal?
- Staple Saturday: hearty stew recipes

Sep 19th - Managing keto: mindful approaches

The weekly theme | ****Managing keto: mindful approaches****

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Associated Day | *---*

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Tune-up Tuesday | *tips for avoiding mindless eating*
Thoughtful Thursday Question | *how does eating affect your concentration?*Saturdays Staple | *mindful recipes*

- Tune-up Tuesday: tips for avoiding mindless eating
- Thoughtful Thursday: how does eating affect your concentration?
- Staple Saturday: mindful recipes

Sep 26th - Managing keto: fruits and berries

The weekly theme	**Fruits and berries**
Associated Day	*---*
Tune-up Tuesday | *tips for eating berries*
Thoughtful Thursday Question | *do you find berries worth the carbs?*Saturdays Staple | *fruit, berries and meringue recipes*

- Tune-up Tuesday: tips for eating berries
- Thoughtful Thursday: do you find berries worth the carbs?
- Staple Saturday: fruit, berries and meringue recipes

Oct 3rd - Special: world Vegetarian day (1st Oct)

The weekly theme	**Vegetarian keto**
Associated Day	*1st October*
Tune-up Tuesday | *tips for vegetarian keto*
Thoughtful Thursday Question | *how do you feel about the ethics of eating?*Saturdays Staple | *vegetarian recipes*

- Tune-up Tuesday: tips for vegetarian keto
- Thoughtful Thursday: how do you feel about the ethics of eating?
- Staple Saturday: vegetarian recipes

Oct 10th - Special: Mental Health Awareness Week (world mental health day - 10th October)

The weekly theme | ****Special: Mental Health Awareness****

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Associated Day | *World mental health day - 10 October*

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Tune-up Tuesday | *tips for dealing with long-term mental hardships*

Thoughtful Thursday Question | *questions and advice about mental issues*

Saturdays Staple | *alternatives to comfort food*

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- Tune-up Tuesday: tips for dealing with long-term mental hardships
 - Thoughtful Thursday: questions and advice about mental issues
 - Staple Saturday: alternatives to comfort food

Oct 17th - Meal support: dairy free

The weekly theme | ****Meal support: dairy free****

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Associated Day | *---*

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Tune-up Tuesday | *tips for doing dairy-free keto*

Thoughtful Thursday Question | *what are the benefits of dairy-free?*

Saturdays Staple | *dairy-free recipes*

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- Tune-up Tuesday: tips for doing dairy-free keto
 - Thoughtful Thursday: what are the benefits of dairy-free?
 - Staple Saturday: dairy-free recipes

Oct 24th - Managing keto: parties

The weekly theme | ****Managing keto: parties****

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Associated Day | *---*

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Tune-up Tuesday | *tips for staying keto at parties*

Thoughtful Thursday Question | *do you tell people you're on keto?*

Saturdays Staple | *chicken and quorn recipes*

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- Tune-up Tuesday: tips for staying keto at parties
 - Thoughtful Thursday: do you tell people you're on keto?
 - Staple Saturday: chicken and quorn recipes

Oct 31st - Special: World Vegan Day (1st Nov)

The weekly theme | ****Vegan keto****

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Associated Day | *World Vegan Day 1st October*

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Tune-up Tuesday | *tips for vegan keto*

Thoughtful Thursday Question | *how do you transition from vegetarian to vegan keto?*

Saturdays Staple | *vegan recipes*

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- Tune-up Tuesday: tips for vegan keto
 - Thoughtful Thursday: how do you transition from vegetarian to vegan keto?
 - Staple Saturday: vegan recipes

Nov 7th - Special: Mexican (Day of the Dead 2nd November)

The weekly theme | ****Special: Mexican keto****

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Associated Day | *Day of the Dead 2 November*

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Tune-up Tuesday | *tips for using spices*

Thoughtful Thursday Question | *does religion affect how you do keto?*

Saturdays Staple | *Mexican-inspired recipes*

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- Tune-up Tuesday: tips for using spices
 - Thoughtful Thursday: does religion affect how you do keto?
 - Staple Saturday: Mexican-inspired recipes

Nov 14th - Special: World Diabetes Day - 14th

Nov 8 Special: World Diabetes Day - 14th

The weekly theme | **Special: Diabetes**

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Associated Day | *World Diabetes Day - 14 Nov*

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Tune-up Tuesday | *tips for breaking the sugar habit*

Thoughtful Thursday Question | *do you feel stigma and how do you deal with it?*

Saturdays Staple | *everyday favourites*

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- Tune-up Tuesday: tips for breaking the sugar habit
 - Thoughtful Thursday: do you feel stigma and how do you deal with it?
 - Staple Saturday: everyday favourites

Nov 21st - Special: Thanksgiving - 24th Nov

The weekly theme | **Special: Thanksgiving**

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Associated Day | *24 November*

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Tune-up Tuesday | *tips before a big meal*

Thoughtful Thursday Question | *overeating by tradition*

Saturdays Staple | *turkey recipes*

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- Tune-up Tuesday: tips before a big meal
 - Thoughtful Thursday: overeating by tradition
 - Staple Saturday: turkey recipes

Nov 28th - Managing keto: winter is coming

The weekly theme | **Managing keto: winter is coming**

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Associated Day | *---*

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Tune-up Tuesday | *tips for fighting temptation*

Thoughtful Thursday Question | *do you lose motivation in winter?*

Saturdays Staple | *winter comfort food*

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- Tune-up Tuesday: tips for fighting temptation
 - Thoughtful Thursday: do you lose motivation in winter?
 - Staple Saturday: winter comfort food

Dec 5th - Meal support: eating fresh

The weekly theme | ****Meal support: eating fresh****

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Associated Day | *---*

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Tune-up Tuesday | *tips for eating fresh in winter*

Thoughtful Thursday Question | *how do you get your 5 a day?*

Saturdays Staple | *fruit and vegetable recipes*

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- Tune-up Tuesday: tips for eating fresh in winter
 - Thoughtful Thursday: how do you get your 5 a day
 - Staple Saturday: fruit and vegetable recipes

Dec 12th - Managing keto: low calorie Christmas

The weekly theme | ****Managing keto: low calorie Christmas****

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Associated Day | *---*

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Tune-up Tuesday | *tips for keeping calories low*

Thoughtful Thursday Question | *should we go off-diet for the season?*

Saturdays Staple | *party-food recipes*

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- Tune-up Tuesday: tips for keeping calories low
 - Thoughtful Thursday: should we go off-diet for the season
 - Staple Saturday: party-food recipes

Dec 19th - Managing keto: preparing for Christmas

The weekly theme | ****Managing keto: low calorie Christmas****

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Associated Day | *Christmas 25th December*

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Tune-up Tuesday | *tips for dealing with family pressures*

Thoughtful Thursday Question | *do you find one-offs essential or unhelpful?*

Saturdays Staple | *Christmas recipes*

- Tune-up Tuesday: tips for dealing with family pressures
- Thoughtful Thursday: do you find one-offs essential or unhelpful
- Staple Saturday: Christmas recipes

Dec 26th - Managing keto: self-reflection

The weekly theme | **Managing keto: self-reflection**

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Associated Day | *December 31st*

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Tune-up Tuesday | *progress pics this year*

Thoughtful Thursday Question | *what lessons have you learned this year?*

Saturdays Staple | *what are your favourite recipes?*

- Tune-up Tuesday: progress pics this year
- Thoughtful Thursday: what lessons have you learned this year?
- Staple Saturday: what are your favourite recipes?