



your guide to... A SUCCESSFUL KETO DIET & INTERMITTENT fasting

ABOUT DR. MADRID

Dr. Madrid is a family physician for Rancho Family Medical Group at our Hemet & Menifee locations. Dr. Madrid has personally lost over 50 pounds because of the keto diet and intermittent fasting. "While I understand this diet is not for every person, I have found it to be extremely successful for me as well as many patients of mine. I have helped multiple patients get off diabetes medicines altogether because of this plan."

-Dr. Madrid



Rancho Family Medical Group

www.RanchoFamilyMed.com | (951) 676-4193

Temcula | Murrieta | Fallbrook | Hemet | Menifee | Sun City

INTERMITTENT FASTING PROTOCOL...

STEP 1

12 hour fast, 12 hour eating period. Eat between 7 AM-7PM. 1-2 weeks then move to step 2 if desired.

STEP 2

16 hour fast, 8 hour eating period. Eat between 10AM-6PM. 2-4 weeks then move to step 3 if desired.

STEP 3

18 hour fast, 6 hour eating period. Eat between 12PM-6PM. 4-8 weeks then move to step 4 if desired.

STEP 4

20 hour fast, 4 hour eating period. Eat between 2PM-6PM. 1-2 times/ week then back to step 4 or on to step 5 if desired.

STEP 5

23 hour fast, 1 hour eating period. Eat during 1 hour window. 1-2 times/ week then back to step 2 or 3 for long term maintenance.

IMPORTANT

CONSULT WITH YOUR PHYSICIAN PRIOR, ESPECIALLY IF YOU ARE ON DIABETIC MEDS. IF YOU WANT TO SEE DR. MADRID IN CLINIC, CALL THE OFFICE NUMBER ON THE BACK PAGE. Water, black coffee and unsweetened tea is allowed during fast.

WHAT TO BUY...

You can't succeed without the right foods accessible. Stock your kitchen with some of these items and you are well on your way to ketosis.

FRUITS & VEGGIES

asparagus
brussels sprouts
cabbage
broccoli
cauliflower
mushrooms
zucchini
apples
pears
berries
avocado
kale
romaine
spinach
and more!

MEAT & DAIRY

local eggs
grass-fed beef
pasture-raised chicken
dried lentils
pasture-raised turkey
butter
cheese
heavy Cream
seafood

PANTRY ITEMS

canned tomatoes
chicken broth
extra-virgin olive oil
avocado oil
dried herbs & spices



WHAT TO TOSS...

For the keto diet, there are certain foods to avoid. I recommend removing them from your kitchen, especially if these items often tempt you! That will decrease your chances of cheating and getting knocked out of Ketosis.

1. Carbohydrates (bread, pasta, beer, most baked goods,)
2. Refined sugar (Sodas, candy, cookies, table sugar)
3. Deli meats and processed meats

RECIPE RECOMENDATIONS...

LUNCH: CHICKEN CUMUMBER SALAD WITH AVOCADO

1 Rotisserie chicken, shredded | 1 large cucumber, chopped into bite size pieces
1 cup grape tomatoes, halved | 1/4 red onion thinly sliced | 2 avocados, diced
1/2 cup flat leaf parsley chopped | 3 tablespoons olive oil | 2 Lemonds, juiced
Salt and pepper to taste

DINNER: SHRIMP PASTA WITH ZUCCHINI NOODLES

1 tbsp butter | 1 tbsp olive oil | 1 shallot, minced | 4 cloves garlic, minced | 1 lb large raw shrimp
1 tsp salt | 1/2 tsp red pepper flakes | 1/4 tsp pepper | 1/4 cup chicken broth | Zest of 1/2 lemon
1/4 cup lemon juice | 1 pack of zucchini noodles (4 medium zucchini)
1/4 cup chopped fresh parsley leaves | 2 tbsp Parmesan

Heat the butter and olive oil in a large skillet over medium-low heat. Add the shallot and cook about 3 minutes. Add the garlic, shrimp, salt, red pepper flakes, and black pepper. Sauté for 3 minutes, until the shrimp are beginning to cook but are still somewhat translucent.

Add the chicken broth, lemon zest, and lemon juice. Bring to a boil and cook for 1 minute. Stir in the zucchini noodles and parsley. Sprinkle with parmesan, serve warm.

SNACKS: ZUCCHINI CHIPS

2 Zucchini | 1 Tbl Extra virgin olive oil
1/4 tsp Curry powder | 1/8 tsp Garlic powder | 1/8 tsp Salt

Thinly slice zucchini and place in a single layer on a baking sheet. drizzle oil and seasoning over the top and bake for 1 hour at 225 degrees. Let cool and store in airtight container.



HELPFUL TIPS...

We have a few more helpful suggestions to get you ready for a successful kitchen makeover.

1. Don't shop hungry. Those chocolate chip cookies always look better when you are hungry, so go to the store after a meal and you will reduce temptations for junk food.

2. Layout your kitchen for success. If you want to eat better, make it easy by using those healthy fruits as decoration like the photo to the right. Get a stylish bowl, fill it with fruit and veggies, and let it



READY TO SEE DR. MADRID IN CLINIC?

If you have **PPO Insurance**:

1. Call and schedule an appointment any time! (951) 225-6802.

If you have **HMO Insurance**:

1. Locate your insurance card and call the service phone number on the back.
2. Ask the representative if your insurance plan is contracted with **REGAL MEDICAL GROUP**.
3. If they are **NOT** with Regal Medical Group, call us directly at **(951) 225-6807**. We can still help!
4. If they are **ARE** contracted with Regal Medical Group, request to change your primary care physician to Dr. Madrid. They will send you an updated insurance card in the mail.

Hemet:

3853 W. Stetson Ave.
#200
Hemet, CA 92545
(951) 225-6802

Menifee:

30420 Haun Rd
Menifee, CA 92584
(951) 723-3800

HAVING TROUBLE SWITCHING ?

If you are having trouble making the switch, please call us directly and we can help. We will call the insurance company with you to make sure everything is correct!

(951) 225-6807

DID YOU KNOW?

You do **NOT** have to wait until Open Enrollment to switch Doctors! You can call your insurance and switch today.

