



KETO QUARANTINE Survival Kit

HEY GIRL, WELCOME!

*Feel
Amazing*



Staying indoors for the foreseeable future? I completely understand what you're feeling and you are not alone! Maintaining a keto lifestyle on lockdown is a new reality for many of us. So how can you make it as easy and enjoyable as possible?

I thought it would be great to share a little quarantine survival kit--This guide is meant to support you in your Keto wellness as you deal with all these chaos. It offers resources for NUTRITION, FITNESS, and MINDSET to make this period fun and calming rather than hectic overwhelming!

Let's make this QT (Quarantine Time) a QT (Quality Time)!
Let's get started!

NUTRITION



EASY KETO GRAB AND GO FOODS

PROTEIN

Hard-Boiled Eggs
Pepperoni
Hormone-free lunch meat
Cheese
Cooked Chicken
Bacon
Tuna salad
Smoked Beef Briskets
Chicken Salad
Beef Jerky

SEEDS/ NUTS

Almonds
Macadamia Nuts
Pecans
Almond butter
Hazelnuts
Pumpkin seeds
Sunflower Seeds

FRUITS

Avocado
Raspberries
Strawberries
Blackberries

VEGETABLES

Celery
Cucumber
Cauliflower
Broccoli
Capsicum slices

GREENS

Spinach
Kale
Romaine
Asparagus

SNACKS

Pork Rinds
Whisps
Almond flour crackers
Kale Chips
Chicken Skins
Pickles
Olives

DRINKS

Coffee
Tea
Keto kombucha
Lemon water
Carbonated water
Zevia

KETO FOODS FROM AMAZON

Keto Farms snack mixes

Whisps

ChocZero chocolates

Lily's chocolate bars and snacks

Highkey keto cookies and brownie bites

Lakanto chocolate bark

Just the Cheese bars

Moon Cheese

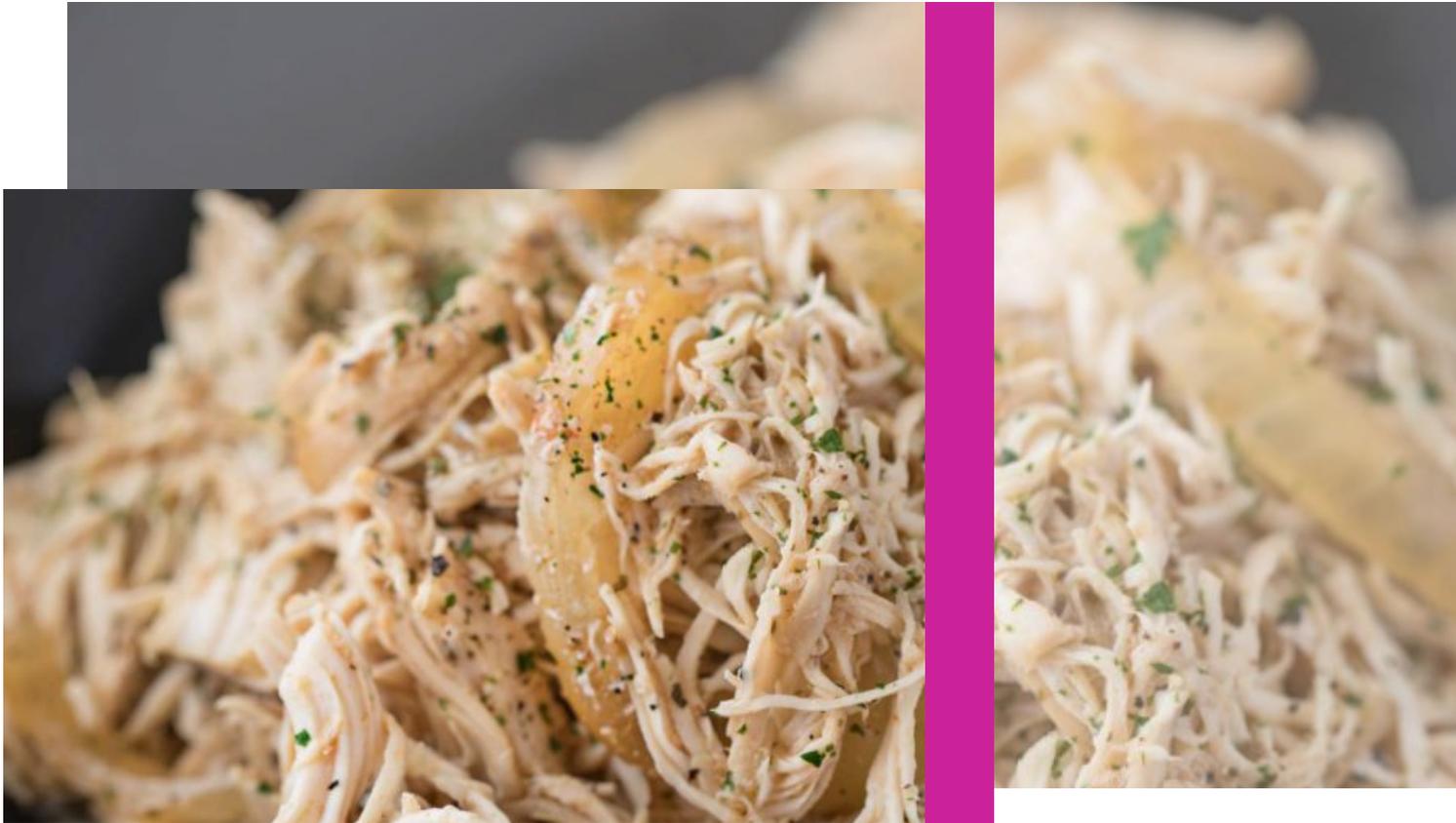
Paleovalley beef sticks

FBomb nut butters

KETO MEAL PREP TIPS

- Cook a batch of chicken, ground beef, or sausage and mix with frozen stir fry veggies.
- Purchase a rotisserie chicken and remove the meat from the bone. Store in a container to top salads, mix in with eggs and eat with avocados.
- Be creative with the vegetables you find. For example cabbage: no rice cabbage rolls, coleslaw, sauté cabbage with coconut aminos and sausage, cabbage talharim, cabbage lasagna... Broccoli sauté, broccoli casserole, broccoli pizza, broccoli Alfredo...

STAY-AT-HOME KETO RECIPES



BUTTERY SLOW COOKER CHICKEN

- 6 lbs chicken breast
 - 8 tablespoons butter, cut into chunks
 - 2 cups chicken broth
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- Lay the breasts in the base of a slow cooker.
 - Top with butter chunks and broth.
 - Cover, and cook on low for 8 hours.
 - When done cooking, shred.
 - Store in an airtight container with the cooking juices for up to 5 days.

BONE BROTH

The benefits of consuming bone broth IN GENERAL include:

- stronger immunity against common illnesses or allergies
- reduced symptoms related to digestive disorders like leaky gut syndrome, IBS or IBD
- generally enhanced digestion with fewer cases of bloating, diarrhea, gas, acid reflux and constipation
- healthier joints, ligaments, and tendons
- more youthful-looking skin thanks to collagen
- stronger bones
- higher intake of important minerals like calcium, phosphorous, magnesium, potassium and more

BONE BROTH RECIPE

- 4 lbs beef bones or chicken bones
- 12 cups water
- 2 T apple cider vinegar
- 1 medium onion, sliced
- 3 celery stalks
- 1 1/2 cups chopped carrots
- 6 cloves garlic
- 1 tsp pink Himalayan salt

- Roast the beef bones in the oven at 450F for approximately 40 minutes.
- Add the bones, water, and apple cider vinegar to your slow cooker or large pot and let sit at room temperature for half-hour.
- Turn on and add the remaining ingredients.
- If cooking in a pot, bring to a boil then back down to a simmer. Cook on low for 18-72 hours.
- Strain contents and store broth in a container in the fridge or freezer.



CHICKEN BURRITO BOWL

- 2.5 cups shredded chicken
- 3 bell peppers, seeded and chopped
- 1 medium red onion, chopped
- 1 lime
- 2 avocados, seeded and chopped
- 25 cherry tomatoes, halved
- 5 pepper jack cheese sticks
- 1¼ cups sour cream (or plain Greek Yogurt)
- 1¼ cup salsa

- Squeeze lime juice over chopped avocado.
- Divide the ingredients among 5 (3-cup) rectangle glass containers.
- Place the chicken, peppers, onion, avocado, tomatoes, and pepper jack cheese next to each other in the containers.
- Add ¼ cup sour cream and ¼ salsa on top of the chicken in each container. Place the lids on and store in the refrigerator up to 5 days.

KETO DILL TUNA SANDWICH



- 1 canned tuna
- 3 tbsp mayonnaise
- 1 pinch of dried dill
- salt and pepper to taste
- 12 slices for 1 serving hamburger dills, or 4 slices of any type of sandwich pickle that's sliced the long way

- Combine all ingredients (except pickles) to taste.
- Put the tuna salad in the fridge for about 15-30 minutes (or overnight).
- Scoop a tablespoon of tuna salad on to each pickle slice, and top with another pickle slice.
- Use a toothpick to keep them together.

FITNESS



FITNESS

Virtual Fitness Classes

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Join Our Virtual Fitness Classes & Coaching Community

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- A Fitness Community of Like Minded People for 24/7 Support
- Professionally Instructed Fitness Classes and Weight Training
- Recorded & Scheduled Virtual Fitness Classes

Other Services:

- Virtual One on One Personal Training Sessions
- Certified Keto Coach to Teach you Keto THE RIGHT WAY
- Virtual One on One Coaching to Create an Individualized PLAN to get you Results
- Weight Loss Coaching & Solutions

Angie Carriere
Certified Personal Trainer / Weight Loss Coach
Certified Ketogenic Lifestyle Coach

Contact Angie Today to Register
306-270-9649

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[I'M INTERESTED!](#)

Virtual One-on-One Personal Training

I will help you create a customized home workout that fits your lifestyle, your goals and teach you proper technique to get the results you want!

One on one Training Sessions available for percise coaching and accountability.

YOUTUBE FITNESS

[YOGA](#)

[PILATES](#)

[1](#)

[2](#)

[3](#)

[4](#)

WEIGHT LOSS CHALLENGE

REDEFINE
Health & Fitness with
Angie

Little Black Dress Challenge
Nov 9 - Dec 9

- ❄️ 30 days On Demand & Live Virtual Fitness Classes
- ❄️ Private Group & Coach Ang for 24/7 Coaching Support
- ❄️ Option to Purchase a CUSTOMIZED meal plan Keto or Non Keto
- ❄️ CASH Prizes Right On Time For Christmas

Losing Weight Doesn't Just Transform Your Body, It Changes Your Entire Life!

Angie Carriere
Certified Personal Trainer / Weight Loss Coach
Certified Ketogenic Lifestyle Coach

Price: \$60 (Meal plans available at extra charge)
Contact Angie Today to Register
📞 306-270-9649

- ❄️ Are you tired of your new 'COVID BODY?'
- ❄️ Want to get back in shape for Christmas?
- ❄️ Uncomfortable in your own skin?
- ❄️ Let me show you exactly what to do and how to eat to achieve your 'Christmas' body and feel the CONFIDENCE you wanna feel.
- ❄️ KICK start your metabolism into high gear, burn fat, tone up, create strength & FEEL AMAZING by Christmas!

[Click here to sign up](#)

IF YOU MISSED THE NOV 9TH CHALLENGE, NO WORRIES!
THERE WILL BE ANOTHER ONE SOON.

[Click here to inquire about the next challenge](#)

MINDSET



5 MIN MINDSET HACK:

JOURNALING: Take 5 minutes every morning or before bed, to write down your thoughts and feelings.

This will improve your mood instantly, by helping you prioritize any problems, fears or concerns.

“Journaling is paying attention to the inside for the purpose of living well from the inside out.” Lee Wise

MEDITATION APPS

BREETHE

GRATITUDE

INSIGHT TIMER

Love the guided I AM meditations by Kenneth Soares

GABBY BERNSTEIN MEDITATIONS

RELEASING MEDITATION

LIMITLESS MEDITATION

MANIFESTING MEDITATION

FREE ONLINE LEARNING SITES FOR KIDS: (FOR BUSY MOMS)

Switcheroo Zoo

Fun Brain

Natural Geographic for Kids

ABC YA

Highlights Kids

Storyline Online

Into the Book

Star Fall

Scholastic Reading

Is it time to take your **KETO LIFESTYLE** to the next level?

- Do you know and understand your individualized calorie count and deficit count to get you the results you are looking for?
- Are you hitting your correct macro counts to ensure you are getting all of the Health and Weight Loss benefits of your Ketogenic Lifestyle?
- Are you eating the right food portions and food type to create NUTRITIONAL Ketosis?



If your answer is **NO** to any of these questions, **please reach out** and we can discuss your next step to ensure you are **practicing Keto 'The Right Way'**.

My program is **affordable, simple, loads of support, science based and Dietician approved.**

You will 'Feel Amazing'

Contact me for your **FREE CONSULTATION.**

KETO
The right way



As a Mother it's funny how you can forget about yourself and put yourself last. I decided after years of being over weight to put myself first for the first time in 19 years. Angie's program was so simple to follow and I did not have to 'try and figure things out'. Her support system is a powerful one and I am still blown away by the low cost of her services. In 2 months I lost my goal weight of 30 pounds and I FEEL AMAZING! I have so much energy and I feel good about myself and how I look. This program is amazing and the best part of all is Angie! She is an excellent weight loss coach, personal trainer and friend. Angie is one of the most kind, caring, honest, supportive, positive and knowledgeable person I know. She was and is always there for me. A year and a half has passed since I started with Angie and I continue to maintain a 36 pound loss and I am so grateful. Thanks Angie for giving me my life back!

- Jan Cuff

NOTE: This booklet is intended to give ideas and tips through this trying time. It is not intended to TEACH Keto as there is a specific scientific formula to Nutritional ketosis.

CONTACT INFO



About Angie

Angie Carriere truly understands the internal battle that is created by excess weight and body changes that come with over-eating, having children and/or an aging body. She truly believes that every person deserves to 'Feel Amazing' and does everything in her power to teach, inspire and coach for that inner FREEDOM for each and every one of her clients.

Angie is a Certified Ketogenic Lifestyle Coach and Certified Personal Trainer. With over 27 years of experience in the Counselling and Coaching field from her previous career, she brings a wealth of Knowledge and Passion into the Health and Wellness Field.



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Remember, if everything seems to be overwhelming, it's important to take a step back and breathe. Take care of yourself and focus on staying healthy, strengthening your immune system, and protecting your mental health. We'll get through this together!