

Getting Started on BulaFit Keto

Welcome to the BulaFit Keto Program!

BulaFit is designed to help you get into ketosis (a.k.a. fat burning) easier, faster and as effectively as possible. We do this by:

1. Helping you with a ketogenic meal replacement that is delicious and easy to make.
2. Accelerating your ketosis with the BURN capsules, and lowering food cravings at the same time.
3. Following a ketogenic meal plan – with group support.
4. Simple exercise coaching with our Keto Celebrity Trainer, Owen McKibbin.

BulaFit Program Basics:

We suggest that you:

1. Take 1 BURN capsule with breakfast, and 1 BURN capsule with lunch. (These are good times to also take the Ginger, Turmeric and other supplements.
2. Replace 1 or 2 meals each day with the KetoFuel shake, or one of the full-serving KetoFuel shake recipes.
3. Eat a Keto Friendly (high fat, low carbohydrate) meal for your additional meals (1 or 2 a day). Be sure to include good vegetables with these meals. The rule of thumb for vegetables is to avoid veggies that grown below ground (potatoes, sweet potatoes, carrots,) and most above ground veggies (all green veggies but avoid corn).
4. Owen suggests exercising 3 times a week with one of the 5 to 15 minute workouts.

The TOP 2 SIGNS to know you're in KETOSIS.

Ketosis is when your body is burning fat for energy. With the BulaFit program, ideally we want to see you get into ketosis in 1 to 2 days. There are 2 signs that you should watch for to tell when you're in ketosis:

- 1. DO YOU HAVE GREAT ENERGY?**
- 2. DO YOU HAVE FEWER FOOD CRAVINGS (less hunger)?**

Please note, that using a ketone urine strip does NOT tell you when you're in ketosis. These strips tell you when your body is excreting ketones and may be a sign that you're in the transition to ketosis, but when you're actually in ketosis, the ketones will be burned up inside your body for energy and will not come out much in the urine. People actually in ketosis tend to only have low to moderate ketones in their urine.

*These statements have not been evaluated by the Food and Drug Administration. Wakaya's products are not intended to diagnose, treat, cure, or prevent any disease. Wakaya Perfection does not offer medical advice of any kind. Always consult your personal physician or other medical professional prior to starting any diet, exercise, or nutritional supplement program. If pregnant, lactating, diabetic, hypoglycemic, or have a known medical condition or are on a prescribed medication, consult your physician before using the BulaFIT Burn. BulaFIT is a comprehensive system promoting a ketogenic lifestyle which includes dietary and exercise guidance as well as nutritional supplements. Average weight loss is approximately 1-2 lbs. per week, up to 15 lbs. total. Any weight loss in excess of these amounts are considered exceptional, requiring exceptional circumstances and or efforts. No individual results should be considered typical, as individual results can and will vary dependent upon many factors.

USING THE BURN

The Burn Capsules are often referred to as a “keto energy capsule” or “willpower in a box” because they help to provide great energy, makes it easier and quicker to get into and stay in ketosis, gives sustained mental focus and clarity, and eliminate food cravings. To get maximum benefit from this incredibly powerful part of the program, use these guidelines:

Best ways to take the burn:

1. Always take it WITH FOOD or your KetoFuel Shake, NEVER on an empty stomach.
2. Always start by taking 1 capsule with breakfast and 1 with lunch. Do NOT take both capsules at the same time.
3. Do not take it after 3 PM in the event it interferes with being able to sleep.

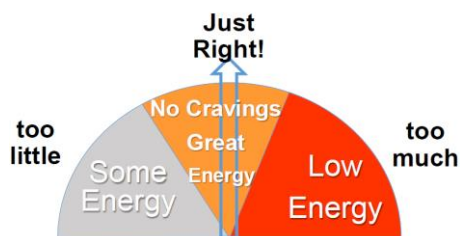
If you are someone who suspects you may be sensitive to caffeine or tend toward lower blood sugar, we suggest you start with only 1 capsule per day and follow the guidelines above.

ADJUSTMENTS TO HELP GET INTO KETOSIS

If you're using the BulaFit program, but you're not seeing the increased energy and the fewer food cravings as the signs of being in ketosis, then there are a couple of adjustments that we look for:

#1: ADJUST THE BURN

There is a small percentage of people that take the BURN and get signs of low energy, feeling sad, or you are sleepy when you shouldn't be, then it may be a sign that your body is trying to move into ketosis, but you don't have all the ketones you need for energy. Try REDUCING the amount of BURN capsules that you take (i.e. use 1 capsule a day instead of 2) to ease into the program. Very sensitive people may only be using ½ of a capsule with breakfast and the other ½ with lunch. Below is a diagram that shows how you feel if you take the incorrect amount of Burn for you.



If you have any questions or think you aren't feeling like you expected to, please reach out to the person who shared this program with you right away.

#2. MAKE SURE YOUR MEALS ARE HIGH-FAT, LOW CARBOHYDRATE

One common problem is that people eat low carbohydrate meals but aren't adding enough fat. For example, if you have a grilled chicken salad with no croutons or bread, it may be low carbohydrate, but chicken is protein, not fat. High fat means ideally 3 times more fat than protein. So if your meal isn't already high-fat, then you need to find a way to add more good fats to your meal.

IDEAS for SIMPLE SOURCES OF GOOD FATS:

- Butter (melt these on your meats, vegetable)
- Avocados
- Cream Cheese (note that many types of cheese may be higher in protein, and won't contribute a lot of extra fat)
- MCT Oil
- Coconut Oil
- Olives (we don't recommend olive oil as it easily oxidizes)
- Egg yolks
- Heavy Cream
- Sour Cream (make sure it's not "fat free" which is made with corn starch instead of fat)

ADD MORE NATURAL SALT, especially WAKAYA'S ORGANIC SALT

Our liver uses salt in order to break down fat (triglycerides) into ketones. You can try adding more salt, especially when you're dealing with cravings.

ARE YOUR CLOTHES FITTING LOOSER?

Because the same weight of FAT takes up more space than the same weight of MUSCLE. Many athletes love ketosis because it can help muscles build faster and easier. This is also why many people on the BulaFit program find as they get into ketosis, there are times that the scale doesn't move (they aren't losing much weight) but they have great energy and fewer food cravings. IF this is happening, it can be a sign that your body is building muscle at the same rate as it's breaking down fat – and you should find that even though the scale isn't moving, your clothes are fitting looser.

MAKING SURE THE BOWELS ARE MOVING PROPERLY

Our bodies use calcium to process proteins, and magnesium to process fats. If you're not having regular bowel movements, try increasing the vegetables in your diet (of course we like to add extra butter and salt to them!), and increasing a source of fiber that will not damage the villi or digestive tract. This can be the Raspberry or Banana Fiber Fuel Booster which contain a gentle fiber known as glucomannan that can help with movement. This is also a great product to add if you ever feel that the KetoFUEL feels "heavy" in your stomach. The Fuel Booster can provide extra digestion support.

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WHAT CAN I EAT?

MEAT

As much as possible choose grass-fed or organic meats. Enjoy the fat and the skin!

- **Bacon** try to find nitrate/nitrite free & with lowest carb (sugar) content
- Beef
- Chicken
- Duck
- Game
- Lamb
- Pork
- Turkey
- All cured meats cured with the least amount of sugar and nitrate/nitrite free
- All sausages containing only sausage and spice-avoid fillers like gluten, soya, sugar etc

EGGS

Any way you like for any meal. Organic if possible.

FRUIT

Very sparingly if at all especially in the beginning phases

- Blueberries
- Blackberries

FISH/SEAFOOD

The oilier the better

- Anchovies
- Angelfish

- Calamari
- Dorado
- Haddock
- Hake
- Kob
- Mackerel
- Mussels
- Prawns
- Salmon
- Sardines
- Scallops
- Snoek
- Squid
- Trout
- Tuna
- Yellowtail

DRINKS

- Coffee with cream, butter, or MCT oil – no milk
- Water
- Bula bobble keto friendly fruit & veggies infusions
- Herbal teas sugar free

VEGGIES

Rule of thumb: veggies above ground ok, veggies below ground not ok.

- Asparagus
- Artichokes
- Aubergine
 - (brinjal, eggplant)
- Broccoli
- Brussel
- Sprouts
- Cabbage
- Cauliflower
- Cucumber
- Green bean
- Kale
- Lettuce
- Marrows

- Mushrooms
- Olives
- Onions
- Peppers
- Pumpkin
- Radishes
- Spinach
- Sugar snaps /snow peas
- Tomatoes

SWEET THINGS

- Swerve
- Erythritol
- Xylitol
- Stevia

FATS

- Animal fats
- Bacon fat
- Beef tallow
- Butter
- Coconut cream
- Coconut milk
- Coconut oil
- Dripping
- Duck fat
- Ghee
- Heavy cream Non hydrogenated
- Lard
- Mayonnaise (homemade)

• SEEDS

- Chia seeds
- Flax seeds
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds

FLOUR

- Almond flour

- Coconut flour
- Hazelnut flour
- Other nut flours
- KetoFuel

NUTS

- Almonds
- Brazil nuts
- Hazelnuts
- Macadamias
- Pecans
- Pine nuts
- Walnuts

DAIRY

(all full fat)

- Blue cheeses
- Butter
- Cream
- Cream Cheese
- Feta Cheese
- Ghee
- Greek Yogurt (unsweetened)
- Parmesan cheese
- All other high fat cheeses

Use delicious guilt free keto versions for breads, pasta, rice, potatoes, and deserts! Ask for these easy recipes or attend one of our live or online cooking classes!