

# 72 Hour Omega-3 Challenge Guide

KetogenicWoman.com

## Benefits of the Challenge:

- boost ketones and lower blood glucose.
- May Boost Autophagy (per Dr. Boz).
- Get into Nutritional Ketosis
- Flood your body with omega 3's- very anti-inflammatory.
- Destroy food cravings!
- Break a weight Loss stall

## Guidelines:

- Think SMASH! Sardines, Mackerel, Anchovies, Salmon and Herring!
- fatty fish have the most omega-s.
- No limit on number of cans, Eat Fresh or frozen as well.
- Drink water, black coffee and tea
- When hungry eat seafood.
- canned fish can be packed in water or olive oil. You can drain or not drain. Or drain and add your own oil..
- If you eat only water packed fish or fresh or frozen seafood be sure to add fat!
- No seed oils or soya oils!
- seafood in tomato or mustard are ok but check ingredients for sugar Or add your own zero carb condiments.
- Smoked or kippered fishes are ok.
- You can eat them hot or cold or room temperature.

## Optional

- [Watch me do 3 Days with Results here](#)
- Take weight & measurements before you start!
- Measure Fasting Glucose and Ketones
- Use Your Keto Mojo or Fora6

## NOTES:

If you are very insulin resistant, the omega-3 challenge can potentially help you get into ketosis!

## NOTES:

Buy at least 15 cans of seafood. Think

**SMASH!**  
**SARDINES**  
**MACKEREL**  
**ANCHOVIES**  
**SALMON**  
**HERRING**



## GKI:

- >9 Not in Ketosis
- 6-9 Low level Ketosis
- 3-6 Moderate Ketosis
- 1-3 High Nutritional Ketosis
- <1 High Therapeutic Ketosis

• [How to Calculate GKI](#)

## SARDINE SAUCE!

Mix Together: 1/3 c olive oil, 1/4 c apple cider vinegar, 1 tbsp yellow mustard, 1/4 tsp redmonds. Mix, shake or blend! Drizzle over sardines for yummy deliciousness!