

THE  
ULTIMATE  
  
GUIDE TO  
JUMPSTART  
YOUR  
METABOLISM



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# My Before

Hi there! I figured before we jumpstart anything, you might want to know a little bit about me, but more importantly, where I was at before and how I came to write this guide for you.

For starters, my name is Abigail Kluttz, and my Body....has had quite the journey.

I'm from Olathe, Kansas, where I live now with my beautiful five-year-old daughter Charlotte, and that actually might be a great place to start. During my pregnancy... I was being followed by bodybuilding.com. Here's me, 32 weeks pregnant. And there's me, 14 weeks post-delivery prepping for the Kansas Miss Figure Competition!!

Just in case your mind is thinking, "Oh my gosh, that's amazing!"... Let me tell you, I may have had the body, I may have had the discipline and the mindset to do it...but I was struggling.

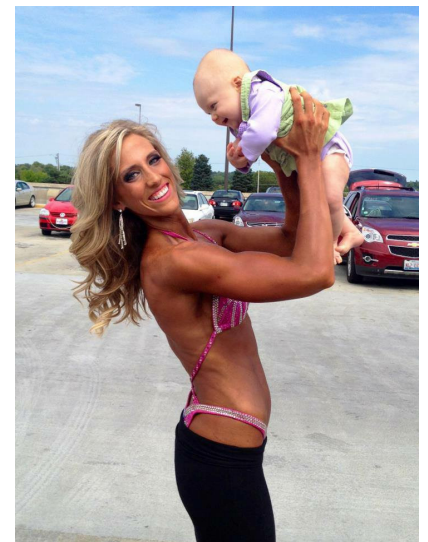
Because, here's me 16 weeks later WINNING that competition! What I put my body through physically, mentally and emotionally, was a train-wreck!



And looking at these pictures reminds me of where I've come from and how I've grown, and why I have such a passion to help women struggling on their own health journeys.

I meet women everyday who are going through adrenal fatigue, who have their metabolism damaged, who THINK they have major thyroid or hormonal issues. After I put my body through the wringer, over doing it with cardio, fat burners, and competing and dieting hard-core for five years, I thought I had something wrong with me too.

I couldn't shake this mindset that I had to count my calories, track my "macros" and eat out of plastic Tupperware food prepped meals lined up 5-6 times a day.. FEEDING! (You've seen those girls on IG, that was me!)



I was so scared to lose my body, my 6-pack... my identity. I couldn't shake that restrictiveness, I couldn't enjoy meals with friends and family because I didn't even want the temptation. I didn't want to eat bad things. Typically one meal would lead to binging, and the scale going up.. and then the shame sets in....

# My After

So it's safe to say I had a pretty unhealthy relationship with food. Fast forward to today... just a few years later and not only do I **help** other women coming from that post competition world, but...

I also have a passion for women that are really struggling to lose weight. and food has a major hold on them! They might be dealing with stress eating or emotional binge eating. These are women who are not feeling like their outside matches their inside because maybe they've yo-yo dieted their entire lives, or thought it's just what happens as we age because our hormones get out of whack.

So, it's become my passion and my heart's purpose to help them find liberation -- learn how to intuitively eat again, and "biohack" their bodies to find better fuel sources, and heal the hormonal and metabolic damage. I've come to develop a great meal plan and a great system for people like me, who want the benefits of Ketosis, but also want to have maybe those one or two meals on the weekends whether it's sushi or pizza or a glass of wine, and not worry about the repercussions of it. Now my metabolism works FOR me, not against me.

I've been able to swing the pendulum and have my body utilize the carbs versus constantly spilling over and gaining weight because life is happening around me. So now my metabolic flexibility, is on point! This lifestyle has just been an answer to what I was seeking, and I feel very liberated. So of course I'm passionate about helping other women be free from the struggles that I went through.

I want to address those issues with people by giving them a great meal plan that's worked for me, and thousands that I've worked with in the last three years, and help them get the body...but more than anything, the energy, the mindset, the liberation, balance and the happiness that we all need in life. I want you to feel empowered to make goals for yourself and have a smooth and easy journey as you crush them!

You can call me your "metabolic boss" because I am about targeting a greater fuel source, releasing obsessiveness and restriction, helping your hormones, helping you not have to white-knuckle through cravings and meal plans and feeling like the best version of you from your physical appearance to the energy you have that translates into you being an amazing, strong, and powerful woman.

So that's my heart. That's my passion. Welcome to the Abby K Life world!

Yours Truly,





# The "F" Word

Don't worry, I'll keep this rated PG but it's the F word that we avoid, we fear, we hate... it's FAT!  
(C'mon, admit that seeing that in capital letters like that kinda freaks you out!)

Don't worry, you're not alone. Majority of my clients freak at the idea of consuming MORE of it, let alone accepting that it's actually a great source of fuel for our bodies and that a high fat low carb diet it will actually lead to burning more....Yes, let's say it all together now: F-A-T. Fat! FAT!  
The truth of the matter is that whether you're looking to lose weight or you're a conditioned athlete wanting to lean out and still maintain muscle mass, there's a ton of benefits and scientific research supporting a high fat low carb diet. So let's dig into that a bit here.

## The Other "F" Word

I normally try and avoid vulgar language, but I've got to use the F word here because it gets brought up pretty often when we talk about the science and the research behind getting into fat burning mode, and that F word is "Fasting"!

Fasting, when done properly and for the right reasons, has a ton of health benefits and is actually already a part of your daily routine. Ever wonder where they got the word "BREAK-FAST" from? During the time that you are sleeping, you are indeed "fasting". When you wake up and consume your first meal, you are breaking that fast. So this is nothing new to us and as humans, our bodies are actually designed to survive this way.

Thousands of years ago humans would not eat until at night, or perhaps even days as they hunted for meat or gathered what they could in terms of berries or wild game. We also see some of us are more inclined to fast naturally - remember the kid in school who never ate breakfast, or the woman at work who just couldn't eat before noon?

From a medical perspective, in the 1800's they started using fasting for a ton of therapeutic and health benefits. They would literally lock people up in metabolic wards where people could go through a fasted state to reap health benefits and even treat and cure diseases!

So why did we stop fasting? Well, it's pretty safe to assume that fasting isn't easy, So there's that!

Somewhere along the line, perhaps consumerism took hold and if we fast forward to the 1970's where 3 square meals a day were encouraged to now, where even small children are given snack-time throughout the day at schools and doctors and nutritionists are telling people to 'eat smaller meals more frequently to burn more calories.

The problem is, we have a major health crisis occurring in our country where type 2 Diabetes and Obesity are running rampant. So getting back to our roots and exploring the idea of these F words, is a big topic right now... especially in the world of FAT LOSS!



# Fasting vs. Feeding

Now, to clarify... I want you to know when exactly your body is considered **"Fasted"**.

Once you take your first bite of food, your body enters the "fed" state as it begins digesting and absorbing nutrients which lasts about 3-5 hours. Here it is very difficult to burn fat due to increased levels of insulin.

After digestion and absorption is complete and your body is no longer processing the food, it enters a postabsorptive state which lasts 8-12 hours after the last meal you ate.

It is AFTER those 8-12 hours that your body enters the "fasted" state and you will use fat as a source for fuel due to decreased insulin levels.

Majority of people never actually enter this fat burning mode because it takes so long to reach that state. This is where Intermittent Fasting (the timing of your fed/fast state) has become extremely popular and well received because your body has the time to enter the fasted state, where you lose body fat without having to be so focused on what you eat or how much of it.

One of the most commonly used forms of Intermittent Fasting - and probably one of the easiest for someone to get started with, is the type of fasting I do and also teach others. **That is the 16/8.**

Basically you pick an 8 hour window when you eat... and then the other 16 hours, you are fasting.

Depending on your schedule, maybe you chose to eat between 12pm and 8pm, or 10am and 6pm.

Whichever you choose, make sure you are guided through a fast and try and keep your "feeding hours" consistent and eat during the same window most days. For me, it's the simplest to just skip breakfast. I'll actually show you exactly how I eat to stay satiated and full, even on days I workout!

## So Abby, Which is it? More Fat or More Fast?

Well, with all of the research that has been done, the answer is... BOTH! Let me give you an Analogy...

I want you to think of your body as a **refrigerator**. Think about how you can go into a refrigerator at any time and just grab out food very easily and very quickly. The refrigerator, in essence, is where our body stores our carbs and sugar, (our body can easily digest and convert this quick easy source of fuel, also known as, glucose). So, "food out of the fridge" is a quick easy grab for energy.

Now, what happens if your "refrigerator" is too full? You would have to store your food in your freezer right? Ok, I want you to think of your freezer as your **fat stores**.

Let's think about this. If you run out of food in the fridge (the sugar and the carbs) as a source of fuel, you would need to tap into the freezer (fat stores), take the food out and defrost what you needed to use it as an energy source right?

Logically, you're not going to tap into the "freezer" if there's food available in the "fridge".

# Fasting vs. Feeding

See where I'm going with this? Your body will do the same thing. It won't burn fat in the "freezer" until it's used up all the sugar and carbs (glycogen) and there's nothing left in the the "fridge". When we go into a fasted state we, are literally "emptying out the fridge" and tapping down into the freezer, our fat storage, as a source of energy and burning it!

## And Now, the "K" Word

So is that it? **Are we just supposed to be running on FAT?** Well, usually our bodies go for that quick easy grab and run on glucose, never really entering fat burning mode. However, when we reduce carbohydrate intake and increase fat intake, our body will actually burn fat and use... Ketones as its primary source of fuel!

There you have it, the K word... Ketones. There's a bunch of K words you've probably heard surrounding the topic of this alternative fuel for our bodies. Maybe you've heard about losing weight with a 'Keto Diet' or getting into 'Ketosis'. Or maybe you've heard of athletes, navy seals or bodybuilders living a Ketogenic Lifestyle. I personally prefer to use the word "Keto-ish" when I talk about how I eat because I actually find that following a Ketogenic Diet 100% can be pretty strict and extreme. As a former bikini and figure competitor/coach, I was used to strict dieting and the Keto diet was the first thing that I found that was getting rid of the chronic pain I had from some pretty intense back injuries.

I stuck with it because at the time, it helped drastically reduce the pain and inflammation in my body and... I looked great but I just couldn't find that type of eating sustainable. It becomes almost obsessive and I want to avoid that at all costs. It wasn't until later on that I thankfully learned about exogenous ketones in the form of a supplement. I never knew we could actually take ketones exogenously, get them absorbed through our tissues, and be able use them for fuel without having to be so restrictive like I felt on a Ketogenic diet.

For me, I wanted the benefits of Ketosis without the restrictiveness of the diet and now, I can live a more sustainable lifestyle (hence my term "Keto-ish") where I have more freedom with the foods I eat and I don't have to be so extreme with my diet to stay in fat burning mode and reap the benefits of using Ketones as fuel.

# What are Ketones and What Do They Do?

## **What exactly are Ketones?**

Well, that genius body of yours actually makes them naturally. Their production occurs when the body basically runs out of glucose and begins searching for a new energy source. It then finds your fat, processes it through the liver and creates a ketone body. So your body shifts from burning glucose for fuel, to burning fat for fuel.

## **Why would we want to run off Ketones?**

Vital organs like our brain, heart and liver actually prefer to run off Ketones because research has shown that these organs actually become damaged when we consume too many carbs.

So using ketones as fuel, combine with a low carb high fat diet, ongoing research is supporting some major health benefits such as...

- Reduced hunger, cravings and appetite control
- Weight Loss resulted in from Improved metabolic function
- Fat Loss
- Mental Clarity and reduced "brain-fog"
- Endless Energy
- Stabilized blood sugar and restored insulin
- Improved Quality of Sleep (aids in weight loss, more energy and improved moods)
- Lower body inflammation (stiffness & joint pain) & shorter recovery time after exercise
- Improved immune function
- Improved athletic function
- Increased sex drive
- Improved digestion & Less bloating (gut health)
- Clearer skin



# How I Make this a Lifestyle... Not a Diet

For me personally, I have an "On-The-Go" lifestyle. I'm a busy Mom (like any of us Moms aren't!), an Entrepreneur, Business Mentor and yeah, I have to squeeze in the time to workout too!

I make it work by combining what I call an "Intra-Fat" Fast with eating a higher fat lower carb diet - this is not a Keto Diet. I do supplement with Keto OS and Keto Kreme from Pruvit.

This is what a typical day looks like for me on an "Intra-Fast".

This is the exact Meal Plan my clients and I use:

Remember, you only reach the fasted state after abstaining from those sugars and carbs for AT LEAST 12 hours! So if I have to break that fast at noon, that defeats the purpose for me. I'm GOING TO get hungry, and when I get hungry I get cranky! So I call this an "intra-fat fast and I have had unbelievable results coaching thousands of people through this!

While this is an example of a day I can squeeze a workout in, in the second photo I'll show you how to eat on days you can't workout. So you don't have to train like a



beast to see results! You have the option to workout or not in the morning (if you can, it's so good for hormones) but if you can't you'll see that you're starting your day with some "Keto Kreme" in coffee.

I know you're probably thinking that breaks the 12 hour fasting window, but we're adding in fat as fuel in the morning to create satiation, stabilize the blood sugar and put in some good old fat burning fats! This is going to give us some flexibility with our meals for the rest of the day where we can have that good rich meal later in the day either with family, friends or co-workers maybe at a restaurant or you can come home and be more relaxed and enjoy that big meal that you can cook and put some love into.

# Starvation is NOT the Goal.

You see, the goal here is NOT to be sitting around thinking about how hungry you are while your trying to fast until 12 or 1. We're going for LIFESTYLE here remember?

Instead, we can be sipping on our "fat coffee" (can you tell the F word doesn't bother me?), revin' up our metabolism and feeling satiated all while we create a caloric deficit at beginning part of the day. It's just an amazing way to start the day satiated and fueled rather than feeling "hungry".

This is what seems to work best for my clients and most definitely for me because in the mornings my daughter's schedule takes priority. I find it super helpful to NOT have to worry about sitting down and eating a healthy breakfast but I know I'm getting good macro nutrients in my body through fat for fuel and I'm staying full.

While above was an example of a day I can squeeze a workout in, in the second photo below, I'll show you how to eat on days you can NOT workout.


You'll see there are about two points where I'm adding Ketones into my day for fuel. By adding high quality exogenous Ketones into my diet, it's signaling my body to utilize those Ketones as an energy source and it keeps me in fat burning mode.

I find them especially helpful right around 2:30-3pm in the day when we're low on energy. That's right about the time when our cortisol and insulin levels start to rise and release a hormone called Ghrelin, which makes us feel hungry even though we aren't in need of food! So right around that midday mark, I take my Ketones (for an incredible burst of energy that you have to experience to believe it) just in time for my daughter to come home so SHE gets the best part of my day!

### Energy & Fat Loss

## ABBY K LIFE

7AM



**(Early AM)**  
(Workout OPTIONAL)


12PM



Meal 1:  
Protein  
+ High Fat


3-3:30PM

Keto OS Max



**EXTRA TIPS**  
[Purchase the 5 Day Experience Here](#)  
Drink TONS of water throughout your day!  
Drink Electrolytes  
Add Himalayan Salt to food  
ONLY if needed: add small amount of cashews after 3:30 max  
If hungry at night - Eat a Fat Bomb (Recipe in our Group)  
Make sure to eat enough - mainly enough Fat!


6:30PM



Meal 2:  
Protein + Fat  
+ Veggies


8PM

\* OPTIONAL  
1/2 Pack Keto OS



10-11PM

Sleep 7-8 hours



The other very important time I take ketones is right before bed. Research has shown that they help calm us down essentially by regulating a very fancy system of neurons (don't make me get geeky on you!) that gets us all wound up!.

My mind is often wound up at night.. And I know that the most important part of fat loss that we most often overlook is deep REM Sleep. I take non caffeine ketones to help with my night time sweet tooth and to get amazing sleep. We know they carry 38% more oxygen across the blood-brain barrier and that's huge for getting good rest!

## I'm No Athlete, I Just Want to Lose Weight

Hey.... I hear you. Before we even go there, I have to say that Fat Loss, seems to be something that a lot of people come to me for. But, here's the thing, supplements alone will NOT, I repeat, will not get you to achieve fat loss. So if anyone is telling you otherwise, run in the opposite direction!

No matter how much fat you want to lose, the starting point will always be the same, and that's with your nutrition and exercise. The reason why myself and my clients use exogenous ketones is because they have given us a clean, non-insulin spiking source of energy that allows us to have the energy to work out (which helps clean out that "fridge" faster and tap into the "freezer" remember? ), gets rid of our cravings, and starts to improve our nutrition.

As you can see in the Energy and Fat Loss meal plan above, whether you are working out intensely or not, the plan for Energy and Fat Loss is pretty similar and that's because it GETS RESULTS!

Because fat loss, energy and mental clarity are what so many people are after, I will usually pair this type of eating with a guided fast I run for my clients every month. It helps to reset and Reboot their metabolism and see results quickly, but more important, safely.

## That's a Wrap!

So there you have it, the exact science, layout and plan that has literally been the saving grace for me and 1000's of men and women I've coached on living a healthier, more sustainable lifestyle AND getting results!

If you have questions about your meal plan or about my workouts or the supplements I use, send me a [message here](#):

You can also find tons of FREE resources by subscribing to my [YouTube Channel](#)

