



# The B.E.B.B.I.S. Diet

Bacon | Eggs | Butter | Beef | Intermittent Feasting | Ice Cream | Salt

*Way*



*The single best way to reduce inflammation throughout the body is to adopt a high fat, low protein, near zero carbohydrate diet, such as the B.E.B.B.I.S. Diet.*

## What is the B.E.B.B.I.S. Diet?

Pronounced “BABIES”, the B.E.B.B.I.S. Diet is a high fat (80%), medium protein (20%), zero carbohydrate food plan that focuses on bacon, eggs, butter, beef (or other fatty meat), Kiltz’s full-fat ice cream on occasion, and salt. It’s also referred to as The Lion King Plan or the Carnivore Plan, because you’re eating like the king of the jungle—high fat, a small amount of protein, and no carbohydrates. This means eliminating all fruits and vegetables as well, as they are carbs and contain sugar and phytochemicals.

In combination with intermittent fasting, the B.E.B.B.I.S. Diet has been shown to help boost fertility in both men and women by naturally reducing inflammation throughout the body.

## Why B.E.B.B.I.S.?

Diet is the number one source of chronic inflammation and fertility dysfunction. Making changes to what, when, and how frequently you eat can heal your body and reduce inflammation.

The excessive and repeated consumption of carbohydrates, sugars, grains, fruits, fiber and vegetables is very inflammatory to our bodies. Constant sugar in the bloodstream, along with plant phytochemicals and antigens cause an immunologic response. White cells and cytokines are enhanced. You might feel it in your joints, your skin, bowels, head, eyes, or you may not even feel it at all. Heat in the gut and bowels carries over to the reproductive organs in both men and women damaging the uterus, tubes, and testes. Untreated, chronic inflammation can result in repetitive pregnancy loss, failed implantation during IUI, IVF or natural cycle, or simply not conceiving.

## Fat is Essential... Sugar & Carbs are NOT!

Contrary to what we’ve been told and what many of us believe, fat is healing. Fat is the building block of every cell in our bodies. Fat can reduce inflammation and help our body repair itself. It’s really fruits, fibers, vegetables, grains and the constant ingestion of carbs that make us fat and chronically inflamed.

Our bodies require fat for energy. If we can’t eat fat or make fat, we die. The mitochondria of our cells need saturated fat (beef fat, pork fat, butter fat). Unfortunately, the majority of fat we consume is industrial, man-made fat. What we really need to be eating is nature’s fat—that stuff that surrounds the animal or is intertwined and marbled in every nook and cranny of the meat.

**Excessive sugar leads to inflammation.** All carbohydrates and all plant material (that’s fruits, veggies, and fiber) convert to sugar and then to fat in the liver. Carbohydrates and sugar are non-essential nutrients. **Our bodies require zero carbs and zero sugar.**

**Eating fat in its purest form is the simplest energy source for our bodies.**





# The B.E.B.B.I.S. Diet



Bacon



Eggs



Butter



Beef



Intermittent  
Feasting



Ice Cream



Salt

## WHAT TO EAT

Beyond bacon, eggs, butter, beef, Kiltz's full-fat ice cream (as a treat from time to time), and salt. I recommend that you stay very narrow in your selection of foods. Minimize the variety and simplify your meals. **Eliminate pasta, bread, yogurt, milk, seeds, and nuts.** Stay away from lean meats and try to choose grass-fed, all-natural meats. B.E.B.B.I.S. is about streamlining and simplifying.

**You want to consume fatty meats like a rib-eye steak, not lean, fat-free chicken breast.** You need to eat the fat. By adding fat, cream, butter, and eggs, you reduce inflammation; you reduce your appetite; you reduce your glucose levels; your energy is so much better; and your body begins to heal itself.

**Fat in its best and purest, most natural form comes from animals** (lard, tallow, butter, ghee, duck fat). Secondly, there are several fruits and vegetables that are high in fat, like coconut oil, cocoa butter, and hemp seed oil. Stay away from vegetable oils like soybean, canola, vegetable, sunflower, and corn oil.

**Be sure to include enough salt in your diet.** Your body needs salt to help regulate fluid balances. As you're eating fewer processed foods and your body begins to shed electrolytes and fluids while in ketosis, your body also loses salt. Even transitioning from regular keto to the **B.E.B.B.I.S. Diet**, you will lose extra water from inflammation. Brain fog, muscle cramps, headaches, dizziness, and similar symptoms are all likely signs you need more salt.

### Good Meal Choices:

- Rib Eye Steak or other cut with good marbling
- Pork Belly
- Liver/organ meats
- Pork/Lamb Shoulder, Chops, Ribs, Brisket
- Skin-on Chicken thighs and wings fried in own fat

## HOW MUCH TO EAT

**What you eat is far more important than how much you eat.**

You will find that fatty meats are more filling than lean meats, and you will likely feel full before you finish your meal.

## WHEN TO EAT

**Once per day is best.** Intermittent fasting (or intermittent "feasting" as I refer to it) is highly recommended with the **B.E.B.B.I.S. Diet**. This involves eating just one meal a day and allowing 12-24 hours between feedings. **We're not meant to eat 3-6 meals a day with snacks in between**, constantly filling the gut with fiber and carbs that ferment and feed the bacteria and yeast in our gastrointestinal tract causing more disease. Our bodies are well-designed to go without food, yet most of us consume excessive calories that add fat to our bodies. It's best to eat just before bedtime, giving your body time to rest and digest while you sleep.

## WHAT TO DRINK: Water, Coffee, Tea, Bone Broth

Have a cup of coffee or tea with cream or butter and a glass of water (still or bubbly with no added sugar) when you need it. **Avoid alcohol in all forms.** Alcohol is toxic to your body. Purchased or homemade **bone broth** is another great addition. It's a great snack and a soothing way to start or end the day.

## EXERCISE

**Intentional movement is key, but avoid excessive exercise.**

Activities like high intensity running or spin class create additional friction, heat, trauma, and damage in the body. We are meant to walk, take in the sites, not run or churn away on the elliptical. Yoga and Tai Chi are ideal options. Slow movements accompanied by meditation and quiet thinking are great for your mind, body, and soul. I urge clients to slow it down. That doesn't mean stop moving, but be cognizant that strenuous exercise heats up the body and takes the blood flow away from your core where it's needed.

# Bacon, Eggs, Butter, Beef, Intermittent Feasting, Ice Cream, Salt

Eating a meat-based or carnivorous diet provides all of the essential nutrients your body needs. A vegetarian diet—even with “super foods” and their antioxidants—cannot deliver some of these essential vitamins and minerals. This is why most vegetarians must take supplements.



## Getting Started on the B.E.B.B.I.S. Diet

- **GET RID OF ALL SUGAR**
- **GET RID OF ALL GRAINS** — (Wheat, corn, rice, oats)
- **GET RID OF ALL HYDROGENATED OILS (AKA VEGETABLE OILS)**—Most vegetable oils contain Polyunsaturated Fatty Acids (PUFAs) and are very inflammatory
- **GET RID OF ALL FRUITS, VEGETABLES, AND FIBER.**
- **ADD THE FAT!** Add full-fat heavy cream to your coffee. Eat rib-eye steak, fatty bacon, eggs, and butter. Don't trim the fat, eat it!
- **PRACTICE INTERMITTENT FEASTING** — (1-2 meals per day spaced out) Intermittent fasting or longer periods of fasting reduce glucose in the blood stream and reduce glycation.

### Helpful Resources:

DoctorKiltz.com  
Dietdoctor.com  
Livinlavidalowcarb.com  
Kendberrymd.com  
Carnivorearelius.com  
Kevinstock.io  
Shawn-baker.com  
Mariamindbodyhealth.com

## Kiltz's Ice Cream

(Something sweet to be enjoyed from time to time)

### INGREDIENTS:

- 1 Pint of High-Quality Heavy Cream (preferably grass-fed)
- 2 TBSP of granulated pure cane sugar
- 1-2 whole vanilla beans split lengthwise
- 1 egg (organic preferred) (optional)

### NOTE:

Recipe can be doubled depending on the capacity of your ice cream maker

### DIRECTIONS:

Shake cream and pour into a large bowl. Add sugar and egg. Split vanilla bean(s) lengthwise and scrape the tiny seeds from inside the bean using the edge of a knife. For maximum flavor, steep the bean and seeds in the cream mixture for about 10 minutes. Remove the bean pod(s). Whisk until well combined and frothy. Pour into an ice cream machine and follow the manufacturer's instructions.

