



the meegg

Questions & Answers

MADCREATIONS[®]



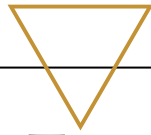
Megg Fast 3.1

I am thrilled to introduce you to The Megg Fast 3.1 Meal Plans and Recipes, a collection of healthy, low-carb recipes designed to make your life easier while helping you achieve your weight loss goals.

The Megg Fast includes

- ✓ 45+ Keto egg fast recipes with macros included
- ✓ The recipes are easy to prepare, minimal meal prep dishes, freezer-friendly, portable (perfect for the lunch box), and can be all be made ahead.
- ✓ All the recipes are gluten-free, nut-free, grain-free, sugar-free, low-carb, keto-friendly, diabetic-friendly and dairy-free options (36/46 recipes have dairy-free alternatives).
- ✓ easy to source "everyday" keto ingredients
- ✓ conventional and thermal cooker instructions
- ✓ Full colour photography with a stunning layout - 130 digital pages
- ✓ 5 meal plans - (All meal plans are to be followed for only 4-days)
- ✓ immediate eBook download. No physical book available for this product
- ✓ The eBook includes cheat sheets, printable plans, shopping lists, meal prep lists, resource lists, recipes, macros, FAQs and more.





Egg Fast 3.0

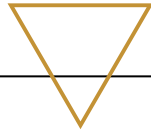
Egg Fast 3.0 -The Crackening eBook is an egg fast unlike any other.

The plans are protein prioritized with optional 100g of lean meat protein (or more eggs). YES, this means you can add meat or seafood too

Egg Fast 3.0 includes

- ✓ 50+ Keto egg fast recipes with macros included
- ✓ The recipes are easy to prepare, minimal meal prep dishes, quick to cook, and super tasty! This plan is designed for the cook who hates spending time preparing meals.
- ✓ Easy to source “everyday” keto ingredients
- ✓ Conventional and thermal cooker instructions
- ✓ Full-colour photography with a stunning layout – 126 digital pages
- ✓ 5 meal plans – (All meal plans are to be followed for only 4-days) Dairy Free Meal Plan, Shake & Bake Plan, Protein Boost Plan, 3.0 Meal Plan, + Bonus Mixed Dozen Plan*
- ✓ Learn more about how the egg fast can work for you
- ✓ Immediate eBook download. No physical book available for this product
- ✓ The eBook includes cheat sheets, printable plans, shopping lists, meal prep lists, lean protein choices, resource lists, recipes, macros, FAQs and more. The recipes have been tested by a team of 10 testers using conventional and thermal cooking methods.





Megg Fast 3.1 Questions

1. How is The Megg Fast different to Egg Fast 3.0?

The Megg Fast 3.1 has more complete "meaty" protein meal options than EF3. The recipes are mostly created to be portable, for easy lunch options. Plus, the recipes include hot drinks, and more dairy-free options.

2. Can the meals be made in advance?

Yes. All the meals include options for meal-prep and batch cooking. They can be made ahead of time.

3. Are the meals freezer-friendly?

Yes.

4. Are the recipes portable for work lunches?

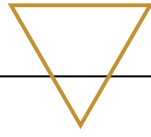
All recipes are created to travel well with storing and reheating instructions.

5. How do I start?

This is outlined in the eBook. Pick a plan. Shop for the ingredients. Follow the plan and tips over 4-Days.

6. Do I need the other eBooks to follow The Megg Fast?

No, you do not. I do, however, recommend that Egg Fast 3.0 is paired with it for more meal types, and more collective information for a well rounded and easy cyclical plan between them. All 4 egg fast eBooks are a fantastic collection for all who follow the low carb lifestyle.



A Round Up of EF Questions

1. How is Egg Fast 3.0 different to other egg fasts?

Egg Fast 3.0 is very different to the original egg fast plan. EF3 includes intermittent fasting, protein choices (YES, you get to eat meat/seafood), eating to satiety rather than a plan or "numbers". The recipes are restaurant quality, quick & easy and sustainable in a way that you can fit them into a working week without feeling like you are going without anything.

2. Can I have alcohol on the Egg Fast?

No. It isn't on the plan and should not be consumed when on the plan.

3. Can I have Coffee or Tea on the Egg Fast?

Black coffee and tea can be consumed throughout the fast.

4. Can I have some kind of milk, or cream in my Coffee?

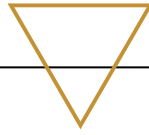
If drinking coffee and tea between meals, or in fasting times, no creamer/milk of any kind should be added. Milk is not part of the fast, nor is cream. Hemp Mylk can be added to coffee/tea when consumed with a meal or inside your eating window.

5. I don't like, or can't eat Eggs. Can I still do the Egg Fast?

If you don't eat eggs then EF3 is not for you. You could swap protein e.g. chicken in some cases but not all.

6. I'm a diabetic / coeliac / vegan / vegetarian / carnivore / etc, are these recipes safe for me? Can I do the Egg Fast?

The recipes are diabetic-friendly, gluten free, grain free, and low carb/keto. For the most part the recipes are suitable for vegetarians and carnivore (dirty) and ketovore friendly using the suggested swaps or needs of your specific diet.



7. But I don't like...

if you don't like an ingredient then don't use it. Use some of the ingredients that are already used in the plan or leave out completely.

8. Can I make the Shakes the day before?

Google says conflicting articles whether the egg will be fine the next day etc. If this thinking this way wouldn't that also apply to Tiramisu or fresh mayonnaise? You can make the decision to do this or not to do it.

9. Is it safe to use a recipe that has a raw egg?

There is **low-level risk of salmonella** being present **on eggshells. It's a risk that exists in all poultry products.**

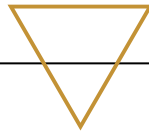
It is recommended that **raw eggs be consumed immediately after being cracked open.** This is because if the shell contains salmonella and a small piece was to fall into the eggs, the risk grows. It is up to you to include raw eggs. I don't have an issue. The risk is small, and to be fair, salmonella poisoning can occur from many other foods that are pre-packaged or freshly prepared. The risk of salmonella with raw eggs is not a high-risk food so I am good with that. [Here is a short article to read>>](#) to make your own decision.

10. Are all the ingredients available at my local Supermarket?

Yes, for the basic ingredients of Egg Fast 3.0 ingredients are found in most local supermarkets. Some flavourings, protein powders, or preferred sweetener options may be online but as a whole you can follow this plan with supermarket only ingredients. The main ingredients being fats (oil, ghee, butter), eggs, meat/seafood, cheese(s).

11. Can I do the plan dairy-free?

The majority of the recipes in Egg Fast 3.0 do not have dairy or it is easy to leave out. There is a dairy-free plan included in the eBook.



12. What should I do if I'm still hungry?

Eat more if you need to (from the plan). If you have a lot of weight to lose or are very active you may need to increase the serving size or add more protein (or fats) to the meals you have selected.

If you lead a mostly sedentary lifestyle (less than 30 minutes of exercise per day) try drinking more water, electrolytes, or listening and understand whether you are physically hungry or if it is just your mind talking to you. The meals in this plan though not "huge" are very filling because they are nutrient dense. Add more only if you need.

13. What should I do if I don't feel like eating all the food?

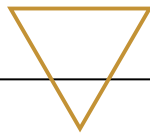
Don't eat it. If you are full then stop eating. Save the leftovers for another meal.

14. Will Egg Fast 3.0 eBook be available as a Hard Copy book in the Future?

No, it will not. I do not publish eBooks with the intention of publishing in print.

15. I don't 'do' eBooks. Why aren't all your books available as Hard Copy?

Printing a cookbook costs tens of thousands of dollars. It also takes up a lot of room. eBooks can be printed (by you) for personal use. Using an eBook is great. For those who tell me they "don't do eBooks" you use my website don' you? Electronic eBooks are better than a website as they have the recipes, notes and macros on one page without any ads or blog post to scroll through. The ingredients can be on your mobile when shopping and make it easier to tick off in your head what you may need to buy without being at home looking at a book and your pantry.



16. Can I drink 'no sugar' soft drinks? Inside or outside the fasting period?

You can. Limit the intake if they do contain calories though. It is also wise to check what ingredients are used as some sugar-free drinks may break your fasting cycle.

17. Can I print out my eBook?

For personal use, yes. No distribution or printing for others is allowed. A collection of recipes like an eBook is copyright protected and any disregard for my property may result in legal and damages claims.

18. Someone else lost more weight than me. Why did that happen, and what can I do to maximise my weight loss?

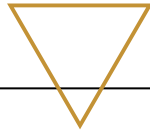
We are all different, and weight loss is easier for some than others. This can be everything from genetics, activity levels, metabolic make up, what is consumed and when. The best you can do is read through the plan and follow the suggestions of eating only what you need. If you are making a significant change in diet then the loss may be greater when you start to a few rounds into the fasting cycles. As always, we recommend you talk with your medical practitioner before starting any new plan or dietary lifestyle.

19. How do you cook the eggs for the shake if you can't eat raw eggs?

If you prefer to soft boil the eggs for the shake they can be simmered for 3-4 minutes then cooled before using. Or you can pasteurise them. Fill sous vide bath with water. Set to 57.2°C/130°F.

Place eggs (in their shell) directly into water bath; cook 1 hr 15 min.

Remove from water bath and plunge into ice water for 25-30 minutes before using.



20. How do I reduce 'eggy' taste in a recipe?

I use room temperature eggs in all my recipes. This does eliminate all 'eggy' taste.

21. Do I have to follow one of the plans in the eBook, or can I make my own plan?

You can use the guidelines from Egg Fast 3.0 and use any of the recipes within all 3 of our Egg Fast eBooks in a 4-Day plan.

22. Where can I find the 'Hemp Share Bread' recipe?

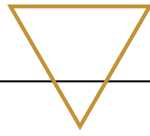
The Hemp Share Bread is our most popular bread recipe and is found in both **Keto Bread eBook** and **Fresh & Easy Keto eBook**.

23. What are some other flavour suggestions for the 'Be'Fast' Shake?

Apart from the suggestions in the recipe, you can use any of your favourite low carb extracts, essence, oils, or powders. Try coffee, flavoured teas, oils, cocoa, cacao, protein powders, collagen and more. There only limit is your imagination.

24. What can I snack on?

Snacking is discouraged. If you need to eat between meals, snack on protein e.g. eggs or meat.



25. Can I continue to exercise while doing the Egg Fast?

Assuming you are fit, healthy, and have already consulted your medical practitioner regarding your existing exercise program, you can just continue to exercise as per usual.

26. Can I use cream in the recipes?

Cream is not included in the Egg Fast 3.0. We have included options to create "creamy" dishes without cream used.

27. Are protein recommendations for protein weight cooked, uncooked or for the nutritional amount of protein?

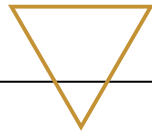
Unless stated otherwise the protein to be added each day is "raw weight", meaning 100g of raw chicken breast for example. Generally speaking 100g of protein (meat/seafood) is approximately 25-35g of protein per 100g. You can add more to suit your needs.

27. I am constipated on this fast? I have an upset belly, bowel?

The plans for both Megg Fast 3.1 and EF3 are quite simply very low carb. There is no reason why they should bind you up or make you "run to the toilet". Your body will run more efficiently if you are following the plan and not overeating. Due to a lot less "extra" food consumed and practising intermittent fasting your body would use most of the protein and fats as fuel and there is likely to be less waste...a.k.a poo! Constipation is of course the unbearable need to poo without it being able to pass, not to be confused with just not going. You will find you poo less as your body is using the fuel.

If you are constipated then add a little MCT to your day, drink more water and electrolytes, or add Fasta to your plan to add more fibre.

If you have issues with a burgily belly, or runny diarrhoea, in all likelihood that can be caused by overuse/over-consumption of sweeteners (in any of the sweet recipes), a sweetener your body does not like, or additives to pre-packaged ingredients you are using.



28. I feel sick and nauseous?

Let me guess, it is your first cycle and you are not used to being in ketosis? The keto flu may well hit you hard in the first cycle. This is your body getting used to having a lot less carbs. Push through it and it will pass. The keto flu can give you nausea, headaches, aches and pains. The best thing to do is to ensure you are taking electrolytes throughout each day and ensuring you have enough magnesium,