In October of 2015 I conducted The Bacon Experiment. For 30 days I ate nothing but bacon to prove the benefits of a Ketogenic diet. Not only did I lose weight, but I lowered my blood pressure and all of my blood work came back from the doctor with a significant improvement. I’m a Keto coach who has helped thousands of people lose weight safely and effectively. Make sure you like my Facebook page and join our free group for support and tips!
Welcome to The Bacon Experiment! First you're going to want to stock up on bacon. Not all brands or types are created equally - you must check the labels and make sure there are no hidden fillers.

0 Carbs per serving would be best and no more than 1 gram per slice of bacon at the most. Another thing I personally look for is "Naturally Smoked" as some bacon is washed in liquid smoke that is full of carcinogens.

You can find the best deal by getting an app like "Flipp" that searches your local flyer for the best price on anything!

Recommended serving sizes are based on pre-cooked weight. Please keep that in mind. You don't want to be eating 1.5lbs of cooked bacon or you'll be eating way too much.
Because of the sodium intake and eliminating the carbs from your diet you may experience what's commonly referenced as Keto-flu. Your bones will ache, you'll feel flu-like symptoms, leg cramps, fatigue and possibly heart palpitations but you can avoid this! Here is a link to a video where I describe which supplements you should be taking and why.

CLICK HERE TO WATCH THE FAQ VIDEO

For Potassium I recommend sticking to the RDA set amount of 4700 mg of Potassium a day. Potassium Chloride is an ideal form of potassium as its available at any grocery store as a salt replacement.

Certain medical conditions or medications can make potassium supplementation a bad idea, so please check with your doctor first.

Magnesium is also an important electrolyte and mineral that is used in at least 300 different processes in the human body. For Magnesium I recommend either Magnesium Malate or Magnesium Glycinate. 400 mg per day.

Sodium is taken care of by the bacon you will be consuming but is another important electrolyte. No need to add additional salt or sodium while doing The Bacon Experiment.
YOUR BACON EXPERIMENT GUIDELINES

2lbs (pre-cooked weight) of Bacon per day for Men.

1.5lbs (pre-cooked weight) of Bacon per day for Women.

Supplements We Recommend to Avoid Keto-Flu:

Magnesium Glycinate - 400mg per day
Potassium - 4700 mg per day

Can't find the supplements recommended in your area? Here are a few suggestions of items you can use to get the same benefits:
Avocado
Spinach
Before you begin, take a photograph of yourself straight on, right side and left side to the camera. Make sure you take measurements! Using a cloth measuring tape, measure your waist and legs, arms, neck. You'll be glad you took the photos and measurements because sometimes the scale won't be moving but your body fat will!

**Starting Weight:**
Week 1: (-lbs)
Week 2: (-lbs)
Week 3: (-lbs)
Week 4: (-lbs)

**TOTAL LOSS:**
(-lbs)
**Measurements in Inches**

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**Total Inches Lost:**
Q: Are there any other foods that I can eat while doing TBE?

A: The bacon experiment started off as JUST bacon but since then many people have had success swapping out some bacon for eggs, they have a similar fat to protein ratio as bacon and seems to work pretty well. The rule for swapping bacon for eggs is to swap 1 THICK slice of bacon for every egg OR 2 regular pieces of bacon for every egg.

Q: My appetite has went away! Is this normal?

A: Yes, completely normal. Bacon produces a very low insulin response, this also effects the hunger and satiety hormones. Bacon helps put the body into a state of nutritional ketosis due to the very low amount of carbohydrates it contains. Ketosis is well documented for being a great appetite suppressant and helping the body readily tap into body fat for fuel. Essentially you start burning your own body fat for fuel and don't need to eat as much.
Q: I have been getting a head ache and had a leg cramp last night, Did Bacon cause this??

A: Yes and No, Electrolyte imbalance produces symptoms like these. Other symptoms of electrolyte imbalance are Fatigue, Light headedness even heart palpitations a ketogenic diet has a diuretic nature meaning that you will lose sodium and potassium faster through your urine. It's important to replace potassium and magnesium through supplementation when following the bacon experiment of while on a ketogenic diet. You will need to take 3000 mg of potassium chloride daily, Look for "no salt" in your local grocery store as its a salt replacement and exactly what you need. Magnesium Malate or Magnesium Glycinate are both acceptable forms of magnesium. 200-400 mg a day. PLEASE check with your doctor BEFORE supplementing to make sure your medications or medical conditions will be effected by supplementing potassium.
Q: What about saturated Fat in bacon? Won't it Clog my arteries?

A: First I would like to say that Bacon is actually made up of 60% or more of oleic acid the same fat that we treasure in olive oil, the rest is mostly saturate fat. Saturated fat is a very stable fat for cooking and it is not harmful even if your vegan friends say otherwise. Many large scale studies have found absolutely NO correlation between saturated fat and heart disease, in fact recent research in 2017 shows that its actually protective.

The argument that bacon grease clogs your sink so it will clog your arteries doesn't make any logical sense when you think about it. Our bodies are 98 degrees and bacon grease is no longer solid at a MUCH lower temperature. Not to mention is gets digested and broken down into fatty acids before any enter our blood stream for transport.

Q: What about nitrates? Aren't they harmful?

A: Nitrites are both beneficial and not harmful as they produce nitric oxide in the body and this is very beneficial to the cardiovascular system. Most vegetables are MUCH higher in nitrates than bacon is. The only time these compounds become a problem is when they are brought to high heat and they form nitrosamines. Cooking your bacon either in a microwave or in an oven at a lower heat like 350 degrees or below eliminates most of the risk of nitrosamine formation. To further reduce risk you can also supplement a single 500 mg tablet of vitamin c as it also prevents the formation of nitrosamines.
Frequently Asked Questions

Q: How much weight can I expect to lose?

A: This varies drastically, I would say 20 lbs in 30 days is about average. I have seen a few people only lose a few pounds and I have seen one person drop 20 lbs in a week. Results vary for a variety of reasons and so we can't guarantee or predict what your results will be.

Q: How long should I eat only bacon for?

A: I normally recommend sticking to 7-30 days only because this is what I have done myself. I know people that have went 50-60 days with great results. I know people that have only eaten meat 100% for the past 20-30 years. No, scurvy isn't a thing on a zero carb diet believe it or not. (google it)

Make sure you join our Facebook group - a free support group where you can get meal ideas, tips and share with friends going through the same thing.

Like my page on Facebook to watch free cooking tutorials and tips on Ketogenic lifestyle hacks.