

# KETO LEAGUE


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## THE 15-DAY KETO IGNITER!

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 **BURN FAT**

 **INCREASE ENERGY**

 **LOVE YOUR BODY  
NAKED**

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# WHAT IS KETO?



## What is Ketogenic diet?

The Ketogenic diet is a high-fat, moderate-protein, low-carbohydrate diet. That means that 70% of your foods are going to be from fat, like coconut oil and avocados, 25% of your foods will be from protein like chicken, eggs, beef, even cheese. And 5% will be from plant based carbs like broccoli, asparagus, bell peppers, plants rich in vitamins and minerals. We are changing your fuel source from carbs to fats.

## Are fats bad for me?

The answer is NO!  
When you rid your body of all the carbs, your body will start using fat as its fuel source and will use ketones to energize and feed the brain. Did you know your brain is actually made up of mostly fat? This is why most people feel like they have mental clarity and feel supercharged on the keto diet.

## What are Ketones?

You are probably used to eating carbs, bread, pasta, chips, etc. When you eat these foods - the carbs contained in the foods are converted into glucose; this is what your body is currently using as fuel.

You see your body was made to store fat as a survival mechanism. When your food source is scarce, your body will start to use fat as fuel.

When those carbs get eliminated and are replaced by fats, your liver will convert that fat into fatty acids and ketone bodies. The ketone bodies pass into the brain. Ketones are what fuels the brain, and the brain is a very hungry organ!

# WHAT IS KETOSIS?

When you have an elevated number of ketones in the body, this is called Ketosis. A state where your body is efficiently burning fat as fuel. This is what we call “Fat Burning Mode” your body has been keto adapted and has made the switch to burning fats as fuel. Remember though, your body can only get into ketosis if you have ENOUGH ketones in the bloodstream. So how do you know?

You can do this by measuring them. We’ll explain how to do this in a video, but what you really need to understand is that if your body is NOT in ketosis then you are NOT burning fat, so it’s highly important that you make sure you are getting enough ketones in your body in the beginning to start burning fat Day 1!

Since your body is not used to using fat as a fuel source, you can help your body make the transition by using KetoLeague Fuel, which is pure exogenous ketones. Remember, the more ketones in your body means the higher level of ketosis you will achieve. . . and if you are in Ketosis, you are burning fat!

## How to get into Ketosis Faster

A common way to get into ketosis fast is by doing a 24-hour water fast. No food, just water. There are many health benefits to fasting, However, if you are a beginner, we DO NOT recommend this option, as it could result in extreme fatigue.

The easiest way to get into Ketosis is by taking the KetoLeague FUEL supplement. When you take pure ketones, your body can snap into ketosis instantly.

The ketones are identified in the body as Beta Hydroxy-Buterate (BHB). If we can get BHB in our system immediately, your body will be on it’s way into ketosis 4X faster then just following the diet program.

Because ketones are an energy source, some clients like to use it as a pre-workout, a natural substitute from an energy drink , or immediately after a high carb meal.



# HOW TO MEASURE YOUR KETONES



**<CLICK HERE TO WATCH>**

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There are 3 main ways to measure if you're in ketosis. It starts by finding out how many ketones are in your body.

The 3 ways are urine, blood, and breath.

The Urine test. This is by far the cheapest option. You pee on a little strip, that strip will turn a certain shade depending on how many ketone bodies are found. This method is not always an accurate reading because ketone bodies are carried in the blood.

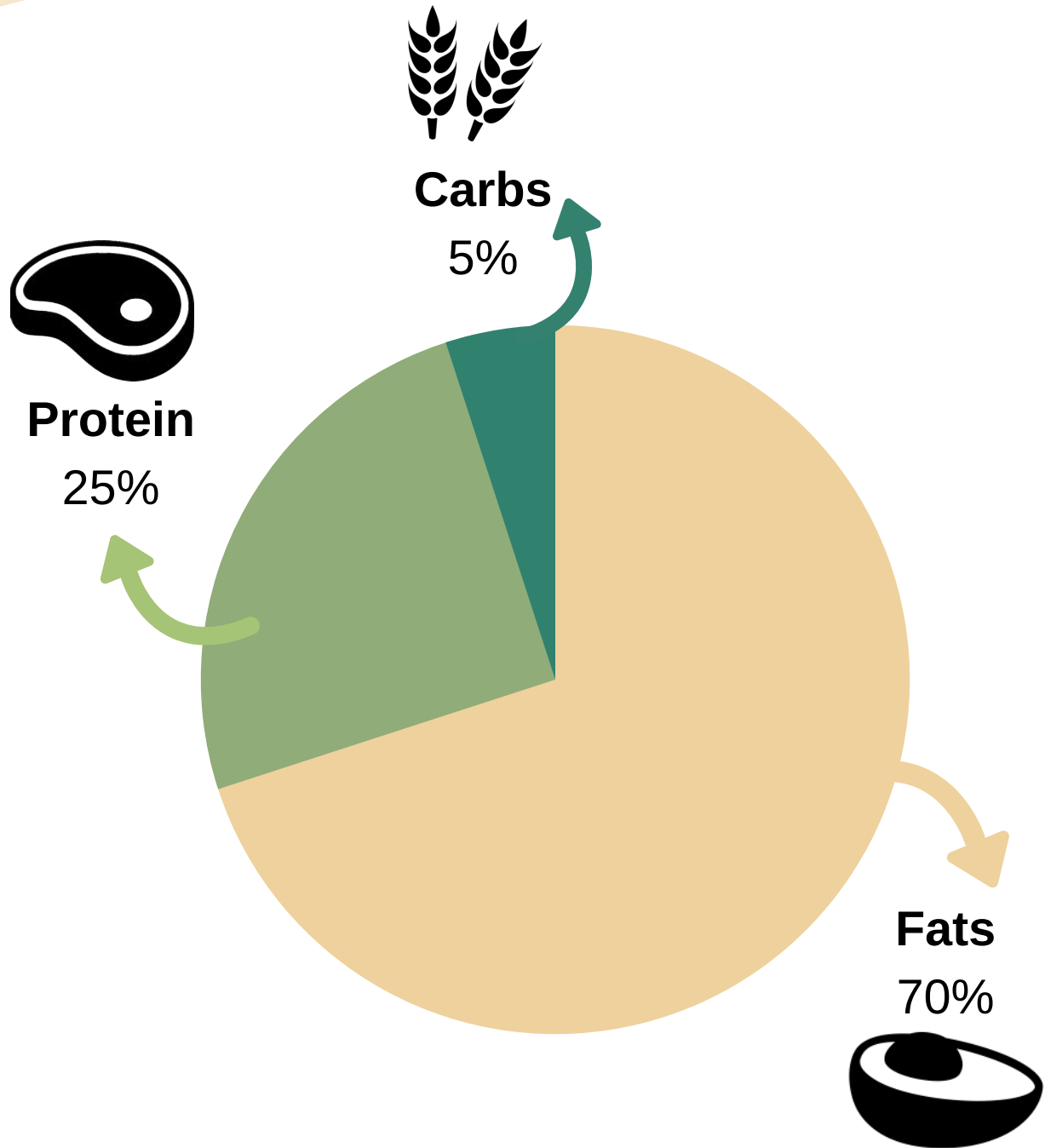
The second way is a blood test. This is the number one way to get the most accurate reading. You can do this with an at home kit or by visiting your physician. At home kits are super easy and affordable, and this is my preferred way of testing.

The third way is breath. This is the most expensive option. It's a great less invasive option if your sensitive to pricking your finger. The only downside is it's not as accurate, but will definitely get the job done.

It's important for you to have a way to test your ketones, especially in the beginning as your body is getting adapted. That will tell you exactly where you are in your journey, and if you need to increase your ketones supplement (KetoLeague FUEL)

However, if you feel amazing, and the inches are melting off, that is a pretty good indicator that you are experiencing ketosis!

# THE KETO DIET BREAKDOWN



# THE KETO DIET BREAKDOWN

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## FATS:

Healthy fats are the key to losing weight on the Keto Diet. To keep your body in a state of ketosis, 70% of your calories will come from fat. We want to strive for high quality fat. Examples are from oils, butters, nuts, and fats found in some dairy and animal products (vegan options available)

## PROTEIN:

Protein is a vital component in building muscle and burning fat. The protein fuels your body with essential amino acids, helps regulate organs, and builds muscle and connective tissue. We keep the protein at 25%, that is all your body needs to build lean muscle. Some examples are beef, chicken, pork, fish, shellfish, eggs etc.

## CARBS:

You will be avoiding ALL wheat (bread, pasta, cereal, etc), oats, rice, beans. Your net carbs are limited to 5% on the Keto Diet. This is accounted for in the veggies that you will be eating. Fruit is also a carb (and sugar) and will be limited (besides avocados, which can be enjoyed frequently. Starched based (high carb) veggies will be completely avoided such as carrots, corn, and peas. Keep in mind we use NET Carbs. Net carbs = (total carbs) – (the fiber + sugar alcohol).

Take for example Almond Butter: the total carbs reads 7gm on the label. However, states 3 grams of fiber and no sugar alcohol. Total carbs (7) – Fiber (3) = 4 net carbs!

## ELECTROLYTES

This is ESSENTIAL and CRITICAL! On the keto diet, your body will be flushing out toxins, and melting fat fast! This means that is very easy to get dehydrated, feel low in energy, dizziness, headaches, and brain fog throughout the day. This is called the keto flu and it can happen very easily on the first few days of keto. The good news is that this can all be avoided by following these steps:

1. Drink your body weight in oz of water each day. (ex: 120lbs = 120oz = four 30oz bottles)
2. Get in your electrolytes: make sure your taking a daily supplement that includes trace minerals such as sodium, magnesium, and potassium. We recommend Core Complete Multi-Vitamin and Minerals. [www.ketoleague.com](http://www.ketoleague.com)
3. Lightly salt some of your water throughout the day.

# FOODS TO ENJOY



## PROTEIN

Beef  
 All Fish  
 Shellfish (oysters, crab, clams etc)  
 Whole Eggs  
 Bacon (no added sugar)  
 Pork  
 Sausage & Chorizo (no carbs)  
 Offal/Organ  
 Bison  
 Venison  
 Duck,  
 Turkey  
 Lamb

## VEGITARIAN/ VEGAN OPTIONS

Almond milk, unsweetened  
 Hemp milk, unsweetened  
 Natto  
 Shirataki noodles  
 Soy milk, plain, unsweetened  
 Tempeh  
 Tofu, firm  
 Tofu silken, soft  
 Tofu bacon  
 Tofu Canadian bacon  
 Tofu bulk sausage  
 Tofu link sausage  
 Vegan cheese  
 Veggie burger

## NUTS / SEEDS

Macadamia Nuts, Brazil Nuts  
 Pecans  
 Almonds & Butter (OK in moderation)  
 Walnuts, Hazelnuts (OK in moderation)  
 Peanuts & Butter (OK in moderation)  
 Sunflower Seeds  
 Chia & Flax Seeds

## SAUCES / DRESSINGS

Soy sauce or aminos  
 Sriracha  
 Tabasco or other hot sauce  
 Vinegar (balsamic, red/white wine, apple cider)  
 Pesto  
 Alfrado  
 Mustard Horseradish  
 Ketchup ( low sugar)  
 Salsa (or Pico De Gallo)  
 Guacamole (homemade)  
 Fish Sauce  
 Coconut  
 Capers  
 Oil and Vinegar  
 Any cream dressing: Italian, Cesar, ranch etc.  
 (check label to make sure it's low carb)

## FATS/OILS

Olive Oil  
 Avocados & Avocado Oil  
 Coconut Oil  
 Coconut Cream/Butter  
 Mayonnaise  
 MCT Oil  
 Heavy Whipping Cream  
 Butter / Ghee Cocoa Butter  
 DAIRY  
 Cheese (High Fat)  
 Cream Cheese  
 Full Fat Cottage Cheese  
 Sour Cream  
 Heavy Whipping Cream  
 High Fat Greek Yogurt  
 Creamy Dressings like Caesar,  
 Ranch, Blue Cheese etc.  
 Alfrado Sauce  
 Pesto Sauce



# FOODS TO ENJOY



## VEGETABLES (BEST)

Asparagus  
 Artichoke Hearts (canned)  
 Arugula  
 Bamboo shoots, canned  
 Broccoli  
 Cauliflower  
 Cabbage  
 Celery  
 Collard greens  
 Chard, Swiss  
 Cucumbers  
 Escarole  
 Fennel, blub  
 Hearts of Palm  
 Iceberg Lettuce  
 Jicama  
 Kale  
 Kimchi  
 Olives  
 Pickles  
 Mushroom  
 Okra  
 Onion, Yellow  
 Parsley  
 Green Bell Peppers  
 Green Onion/ Scallion  
 Radishes  
 Romaine  
 Spinach  
 Sauerkraut  
 Watercress  
 Zucchini

## VEGETABLES (OK in moderation)

These items have higher carbs per serving so do not over eat these foods. You'll be OK if you consume small amounts.

Brussel Sprouts  
 Green Beans  
 Mushrooms  
 Tomato  
 Red Onion  
 Mini Peppers  
 Bell Peppers (colors)  
 Eggplant  
 Pumpkin  
 Squash  
 Spaghetti Squash

## ELECTROLYTES & FLUIDS

Pink Himalayan Salt or Real Salt  
 Broth/bouillon (not low sodium; no added sugar)  
 Club soda / Sparkling water  
 Caffeinated or decaffeinated coffee  
 Caffeinated or decaffeinated tea  
 Lemon juice (2.5g) and lime juice (2.9g)  
 Unsweetened almond milk  
 Unsweetened hemp milk

## SUGARS TO ENJOY

Stevia  
 Erythritol  
 Monk Fruit Powder  
 Walden Farms Sugar-free pancake syrup

# FOODS TO AVOID

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## ALL CARBS:

Rice  
Potatoes  
Chips  
Cookies  
Fries  
Bread  
Pasta  
Grains  
barley/farro  
Oatmeal  
Cereals  
Crackers  
beans/legumes

## HIGH CARB VEGGIES

Corn  
Peas  
Carrots  
Sweet Potatoes

## FRUIT AND SUGAR

ALL Fruit  
Fruit Juices or sodas  
Honey  
Splenda

## SUGARS TO USE IN MODERATION

Sugar-Free syrups  
Xylitol  
Inulin  
Mannitol  
Tagatose  
Yacon Syrup Powder

# WELCOME TO YOUR MEAL PLAN!

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## **YOUR MEAL PLAN**

Each plan is calculated to have exactly 70% fats, 25% proteins, and 5% net carbs. The hard work is already done, and there's no need for tracking.

DO NOT switch out meals! If there is a food that you just do enjoy (for example steak, then you have the option to switch out that item for something comparable like salmon or eggs. (just make sure the proportions are the same ex: 3oz of steak = 3oz of salmon)

## **3 PHASES**

We have broken up these next 15 days into 3 phases, each phases you'll get a new meal plan, so that you can try out different plans throughout your challenge. By no means do you have to change up your meals, If there is one plan that you love, just stick to that ONE plan for the entire challenge. Otherwise, follow the calendar below.

## **MEAL TIMING**

We have timed out your meal plan, however, if your schedule is different, feel free to change the hours, but make sure your meals are 3-4 hours apart.

## **SNACKS**

If you feel like you are STARVING we've added a few snacks to hold you over until the next meal. Only snack when absolutely necessary and no more than 0-2 snacks a day.

## **TIPS**

To boost your ketone levels and ensure you are in fat-burning mode it is CRITICAL that you get ketone's in your body IMMEDIATELY. Your body is not keto-adapted yet, and it will days 3-12 days for your body to get adapted. We recommend drinking KetoLeague FUEL 1-2 pills in the morning and 1-2 pills in the afternoon. Start off small and then work your way up.

A woman with long brown hair is performing a handstand on a wooden pier. She is wearing a white athletic outfit with large pink and red floral patterns. Her legs are extended straight up, and her feet are together at the top. The background shows a body of water, a pier with wooden posts, and a cityscape in the distance under a clear sky. A semi-transparent green horizontal band is overlaid across the middle of the image, containing the title text.

# MEAL PLAN FOR WOMEN

# WOMAN'S PHASE I

## DAYS 1-5

Time	Foods	Supplements
<b>Breakfast</b> <b>7:00 A.M.</b>	<b>Bulletproof Coffee or Tea:</b> <ul style="list-style-type: none"> <li>- 1-2 cups of coffee or tea</li> <li>- 1 Tbsp. of Grass Fed Butter</li> <li>- 1 Tbsp. of Coconut Oil</li> <li>- 1 Tbsp. of half and half</li> <li>- vanilla stevia drops (optional)</li> </ul> Blend it all in a blender and enjoy  <b>OR</b> <b>Keto Punch</b> <ul style="list-style-type: none"> <li>- Unsweetened Iced Tea</li> <li>- 1 Tbsp. of heavy crème</li> <li>- 1 Tbsp. of MTC Oil</li> <li>- Sweetener of choice</li> </ul>	<b>Core Complete Vitamin</b>  <b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Post Workout</b> <b>10:00 A.M.</b> <b>(Eat this meal if you worked out today)</b>	<b>Chocolate Milkshake:</b> <ul style="list-style-type: none"> <li>- ½ scoop of KetoLeague Chocolate Protein</li> <li>- 1 cup of Unsweetened vanilla coconut milk</li> <li>- 1 Tbsp. of MTC Oil (or coconut oil)</li> <li>- 2 tbsp. of heavy whipping cream</li> <li>- 1 cup of ice.</li> </ul> Blend and enjoy!	Add Electrolytes to water
<b>Lunch</b> <b>1:00 P.M.</b> <b>(eat at 12pm if you did not workout)</b>	<b>Cob Salad:</b> <ul style="list-style-type: none"> <li>- 1 cup of lettuce</li> <li>- 2oz of chicken breast</li> <li>- dash of bacon bits</li> <li>- 1/8 cup of cheese (any kind)</li> <li>- 2 Tbsp. of creamy dressing (any kind)</li> <li>- 4 olives</li> <li>- 1 hearts of Palm</li> </ul>	<b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Dinner</b> <b>5:00 P.M.</b>	<b>Steak Dinner:</b>  3oz of Steak (or any fatty protein) sautéed in 1 Tbsp. of coconut oil, add salt.  <b>½ cup of Mashed Cauliflower:</b> steamed cauliflower put in blender with 1 Tbsp. of grass fed butter and 1 Tbsp. of half and half. Blend until creamy.  1 cup of asparagus sautéed seasoned with garlic and salt and lemon.	Add Electrolytes to water
<b>Dessert</b> <b>9:00 P.M.</b>	<b>Keto League Chocolate Fat Bombs</b> <ul style="list-style-type: none"> <li>- ½ scoop of KetoLeague Protein Powder</li> <li>- 2 Tbsp. of Almond Butter</li> <li>- 1 Tbsp. of Coconut Oil</li> <li>- 1 Tbsp. of Almond Flour</li> <li>- Optional: Add in sugar free chocolate chips</li> </ul> Stir all ingredients together, pour into ice cube trays or cupcake holders, freeze for 30 mins.	

# WOMEN PHASE I

## GROCERY LIST

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Coffee / Tea/ or unsweetened Iced Tea  
Heavy whipping cream or Half and half  
MTC Oil  
Coconut Oil  
Grass Fed Butter  
Unsweetned Vanilla Coconut milk (or Almond)  
Stevia Drops  
Lettuce (any kind)  
KetoLeague Chocolate Protein Powder  
Cheese: grated parmesan  
Cheese: any kind (for snack)  
Creamy Dressing for salad ( ex: Cesar, Italian, Blue, Ranch)  
Hearts of Palm  
Olives  
Bacon Bits (optional)  
1lb of steak (or other protein)  
10oz of chicken breast  
Cauliflower  
Asparagus  
Almond Flour  
Almond Butter  
Lemon juice  
Optional: Sugar Free Chocolate Chips (Lily's stevia brand)

### SUPPLEMENTS:

KetoLeague FUEL  
KetoLeague SLIM  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt

# WOMAN'S PHASE 2

## DAYS 6-10

Time	Foods	Supplements
<b>Breakfast</b> 7:00 A.M.	<b>Bulletproof Coffee or Tea:</b> <ul style="list-style-type: none"> <li>- 1-2 cups of coffee or tea</li> <li>- 1 Tbsp. of Grass Fed Butter</li> <li>- 1 Tbsp. of Coconut Oil</li> <li>- vanilla stevia drops (optional)</li> <li>- Blend it all in a blender and enjoy</li> </ul> <p>OR</p> <b>Keto Punch</b> <ul style="list-style-type: none"> <li>- Unsweetened Iced Tea</li> <li>- 1 Tbsp. of heavy crème</li> <li>- 1 Tbsp. of MTC Oil</li> <li>- Sweetener of choice</li> </ul>	<b>Core Complete Vitamin</b>  <b>2 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Post Workout</b> 10:00 A.M. (Eat this meal if you worked out today)	<b>Keto League Waffles</b> <ul style="list-style-type: none"> <li>- 2 whole eggs</li> <li>- ½ scoop of KetoLeague Chocolate Protein Powder</li> <li>- 2 Tbsp. of cream cheese</li> <li>- Dash of baking soda</li> <li>- 1 Tbsp. of almond flour</li> <li>- Dash of cinnamon</li> <li>- Optional: 1 serving of psyllium fiber</li> <li>- Topping: Walden Farms Sugar Free Syrup</li> <li>- 1 Tbsp. of Almond Butter</li> </ul> <p>Blend together and bake in waffle iron or make pancakes.</p>	Add Electrolytes to water  <b>1 capsule of Keto FUEL</b>
<b>Lunch</b> 1:00 P.M. (eat at 12pm if you did not workout)	<b>Cesar Salad</b> <ul style="list-style-type: none"> <li>- 2 cups of lettuce</li> <li>- 2 tbsp. of grated parmesan cheese</li> <li>- 10 cheese whips (baked cheese croutons)</li> <li>- 2oz of salmon</li> <li>- 3 Tbsp. of Cesar Dressing 1 hearts of Palm</li> </ul>	<b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Dinner</b> 5:00 P.M.	<b>Chicken W/Cheesy Broccoli and Bacon</b> 3oz of Roasted Chicken Breasts  Cheesy Broccoli with Bacon <ul style="list-style-type: none"> <li>- 1 cup of broccoli</li> <li>- 1/4 cup of shredded cheddar cheese</li> <li>- 1/2 tbsp. of butter</li> </ul> 1 piece of chopped up bacon	Add Electrolytes to water
<b>Dessert</b> 9:00 P.M.	<b>2 Sugar Free Reese's Cup</b> (or pecan delight) from Russel Stover brand           OR  ½ cup of Homemade Chocolate covered Macadamia nuts (see recipe)	

# WOMEN PHASE 2

## GROCERY LIST

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Coffee / Tea/ or unsweetened Iced Tea  
Heavy whipping cream or Half and half  
MTC Oil  
Coconut Oil  
Grass Fed Butter  
Unsweetened Vanilla Coconut milk (or Almond)  
Vanilla Stevia Drops (or any flavor)  
KetoLeague Chocolate Protein Powder  
Romaine Lettuce  
Eggs  
Cream Cheese  
Almond Flour  
10oz of Wild Salmon  
Cesar dressing  
Cheese: grated parmesan  
Parmesan Cheese Whips by Cello's (optional)  
Shredded Cheddar Cheese  
1lb of Chicken Breast  
Bacon (sugar-free)  
Broccoli  
Sugar Free Peanut Butter Cups or Macadamia Nuts

### SUPPLEMENTS:

KetoLeague FUEL  
KetoLeague SLIM  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt



# WOMAN'S PHASE 3

## DAYS 11-15

Time	Foods	Supplements
<b>Breakfast</b> 7:00 A.M.	<b>Bacon Avocado Cheese Scramble</b> <ul style="list-style-type: none"> <li>- 2 eggs</li> <li>- 1 strips of bacon</li> <li>- ¼ avocado</li> <li>- 1/8 cup of cheese</li> <li>- 2 Tbsp. Chopped Onion</li> <li>- 1/2 cup of spinach</li> <li>- dash of mushrooms</li> <li>- 1/2 Tbsp. of coconut oil or butter (melt in pan before you cook your eggs)</li> </ul>	<b>Core Complete Vitamin</b>  <b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Post Workout</b> 10:00 A.M. (Eat this meal if you worked out today)	<b>Nutty Cinnamon Roll Milkshake:</b> <ul style="list-style-type: none"> <li>- 1 scoop of KetoLeague Protein Powder</li> <li>- 1 cup of almond milk</li> <li>- 1 Tbsp. of Almond Butter</li> <li>- 2 Tbsp. of heavy whipping cream</li> <li>- Dash of Cinnamon</li> <li>- 1 cup of ice</li> <li>- (Blend in blender)</li> </ul>	Add Electrolytes to water
<b>Lunch</b> 1:00 P.M. (eat at 12pm if you did not workout)	<b>Taco Salad</b> <ul style="list-style-type: none"> <li>- 2oz of ground turkey (93% lean) season all meat with 4 tbsp. of olive oil and taco seasoning.</li> <li>- 2 cups of lettuce</li> <li>- 1/8 cup of cheddar cheese</li> <li>- 2 Tbsp. of Pico de Gallo</li> <li>- Fresh squeeze lime juice</li> <li>- Grilled bell peppers</li> </ul> (add additional olive oil on top of salad if needed)	<b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Dinner</b> 5:00 P.M.	<b>Protein Style Burger</b> w/Balsamic Salad  Make Patties and fry in pan with 1 tbsp. of olive oil: 3oz of ground beef (90% lean) 1 tsp onion powder 1 tsp garlic powder 1 tsp paprika ½ tsp. salt + pepper  Wrap in Iceberg Lettuce, Tomato, Grilled red onion,  <b>Balsamic Salad</b> <ul style="list-style-type: none"> <li>- 2 cups of baby spring mix/ arugula</li> <li>- ½ cup of cucumbers</li> <li>- 2 Tbsp. red wine vinegar</li> <li>- 1 Tbsp. of olive oil</li> </ul> (HACK: can also order this from a healthy restaurant)	Add Electrolytes to water
<b>Dessert</b> 9:00 P.M.	<b>KetoLeague Brownies</b> <b>Only 1 brownie!</b> (see Full Recipe) <ul style="list-style-type: none"> <li>- 3 oz. Lily's stevia sugar-free chocolate chips</li> <li>- 2 Tbsp. grass-fed butter</li> <li>- 1 cup of avocado (about 2 medium and ripe)</li> <li>- 2 pasture-raised eggs</li> <li>- 1/2 cup coconut flour</li> <li>- 1 scoop of KetoLeague Protein Powder</li> <li>- 1/2 tsp baking soda</li> <li>- 1/4 tsp Salt</li> <li>- 1/2 tsp vanilla</li> </ul>	

# WOMEN PHASE 3

## GROCERY LIST

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Coconut Oil  
MTC Oil  
Olive Oil  
Grass Fed Butter  
Heavy whipping cream  
1 carton of eggs  
4 avocados  
Bacon  
Shredded Cheddar Cheese  
Spinach  
Mushroom  
KetoLeague Chocolate Protein Powder  
Almond Butter  
Pine Nuts  
Unsweetened Vanilla Almond Milk  
Pic de Gallo or Salsa (taco dressing)  
Taco Seasoning mix (Ms. Dash)  
1lb Ground Turkey (93% lean, 7% fat)  
1lb Ground Beef (90% lean)  
Chopped bell peppers  
Romaine Lettuce

### SUPPLEMENTS:

KetoLeague FUEL  
KetoLeague SLIM  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt



**MEAL PLAN FOR  
MEN**

# MEN'S PHASE I

## DAYS 1-5

Time	Foods	Supplements
<b>Breakfast</b> 7:00 A.M.	<p><b>Bulletproof Coffee or Tea:</b></p> <ul style="list-style-type: none"> <li>- 1-2 cups of coffee or tea</li> <li>- 1 Tbsp. of Grass Fed Butter</li> <li>- 2 Tbsp. of Coconut Oil</li> <li>- 1 Tbsp. of half and half</li> <li>- vanilla stevia drops (optional)</li> </ul> <p>Blend it all in a blender and enjoy</p> <p>OR</p> <p><b>Keto Punch</b></p> <ul style="list-style-type: none"> <li>- Unsweetened Iced Tea</li> <li>- 1 Tbsp. of heavy crème</li> <li>- 2 Tbsp. of MTC Oil</li> <li>- Sweetener of choice</li> </ul>	<p><b>Core Complete Vitamin</b></p> <p><b>1 capsule of Keto FUEL</b></p> <p><b>1 capsule of Keto SLIM</b></p>
<b>Post Workout</b> 10:00 A.M. (Eat this meal if you worked out today)	<p><b>Chocolate Milkshake:</b></p> <ul style="list-style-type: none"> <li>- 1 scoop of KetoLeague Chocolate Protein</li> <li>- 1 cup of Unsweetened vanilla coconut milk</li> <li>- 1 Tbsp. of MTC Oil (or coconut oil)</li> <li>- 2 tbsp. of heavy whipping cream</li> <li>- 1 cup of ice.</li> </ul> <p>Blend and enjoy!</p>	Add Electrolytes to water
<b>Lunch</b> 1:00 P.M. (eat at 12pm if you did not workout)	<p><b>Cob Salad:</b></p> <ul style="list-style-type: none"> <li>- 1 cup of lettuce</li> <li>- 4oz of chicken breast</li> <li>- dash of bacon bits</li> <li>- chopped red and yellow bell peppers</li> <li>- 1oz of cheese (any kind)</li> <li>- 2 Tbsp. of creamy dressing (any kind)</li> <li>- 4 olives</li> </ul>	<p><b>1 capsule of Keto FUEL</b></p> <p><b>1 capsule of Keto SLIM</b></p>
<b>Dinner</b> 5:00 P.M.	<p><b>Steak Dinner:</b></p> <p>5oz of Steak (or any fatty protein) sautéed in 1 Tbsp. of coconut oil, and yellow onion. add salt.</p> <p>1 cup of Mashed Cauliflower: steamed cauliflower put in blender with <u>½ Tbsp.</u> of grass fed butter and 1 Tbsp. of half and half. Blend until creamy.</p> <p>1 cup of asparagus sautéed seasoned with garlic and salt and lemon.</p>	Add Electrolytes to water
<b>Dessert</b> 9:00 P.M.	<p><b>Keto League Chocolate Fat Bombs</b></p> <ul style="list-style-type: none"> <li>- ½ scoop of KetoLeague Protein Powder</li> <li>- 2 Tbsp. of Almond Butter</li> <li>- 1 Tbsp. of Coconut Oil</li> <li>- 1 Tbsp. of Almond Flour</li> <li>- Optional: Add in sugar free chocolate chips</li> </ul> <p>Stir all ingredients together, pour into ice cube trays or cupcake holders, freeze for 30 mins.</p>	

# MEN'S PHASE I

## GROCERY LIST

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Coffee / Tea/ or unsweetened Iced Tea  
Heavy whipping cream or Half and half  
MTC Oil  
Coconut Oil  
Grass Fed Butter  
Unsweetened Vanilla Coconut milk (or Almond)  
Stevia Drops  
Lettuce (any kind)  
KetoLeague Chocolate Protein Powder  
Cheese: grated parmesan  
Cheese: any kind (for snack)  
Creamy Dressing for salad ( ex: Cesar, Italian, Blue, Ranch)  
Hearts of Palm  
Red/Yellow/Orange Bell Peppers  
Olives  
Bacon Bits (optional)  
1lb 10oz steak (or other protein)  
1lb 4oz of chicken breast  
Cauliflower  
Asparagus  
Yellow Onion  
Almond Flour  
Almond Butter  
Lemon juice  
Optional: Sugar Free Chocolate Chips (Lily's stevia brand)

### SUPPLEMENTS

KetoLeague FUEL  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt

# MEN'S PHASE 2

## DAYS 6-10

Time	Foods	Supplements
<b>Breakfast</b> 7:00 A.M.	<b>Bulletproof Coffee or Tea:</b> <ul style="list-style-type: none"> <li>- 1-2 cups of coffee or tea</li> <li>- 1 Tbsp. of Grass Fed Butter</li> <li>- 2 Tbsp. of Coconut Oil</li> <li>- vanilla stevia drops (optional)</li> <li>- Blend it all in a blender and enjoy</li> </ul> <p>OR</p> <b>Keto Punch</b> <ul style="list-style-type: none"> <li>- Unsweetened Iced Tea</li> <li>- 1 Tbsp. of heavy crème</li> <li>- 2 Tbsp. of MTC Oil</li> <li>- Sweetener of choice</li> </ul>	<b>Core Complete Vitamin</b>  <b>2 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Post Workout</b> 10:00 A.M. (Eat this meal if you worked out today)	<b>Keto League Waffles</b> <ul style="list-style-type: none"> <li>- 2 whole eggs</li> <li>- 1 scoop of KetoLeague Chocolate Protein Powder</li> <li>- 2 Tbsp. of cream cheese</li> <li>- Dash of baking soda</li> <li>- 1 Tbsp. of almond flour</li> <li>- Dash of cinnamon</li> <li>- Optional: 1 serving of psyllium fiber</li> <li>- Topping: Walden Farms Sugar Free Syrup</li> <li>- <b>2 Tbsp. of Almond Butter</b></li> </ul> <p>Blend together and bake in waffle iron or make pancakes.</p>	Add Electrolytes to water  <b>1 capsule of Keto FUEL</b>
<b>Lunch</b> 1:00 P.M. (eat at 12pm if you did not workout)	<b>Cesar Salad</b> <ul style="list-style-type: none"> <li>- 2 cups of lettuce</li> <li>- 2 tbsp. of grated parmesan cheese</li> <li>- 4oz of salmon</li> <li>- 3 Tbsp. of Cesar Dressing</li> <li>- chopped green veggies of choice</li> </ul>	<b>1 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Dinner</b> 5:00 P.M.	<b>Chicken W/Cheesy Broccoli and Bacon</b> <ul style="list-style-type: none"> <li>- 5oz of Roasted Chicken Thighs (with Skin)</li> </ul> <b>Cheesy Broccoli with Bacon</b> <ul style="list-style-type: none"> <li>- 2 cups of broccoli</li> <li>- 1/4 cup of shredded cheddar cheese</li> <li>- 1/2 tbsp. of butter</li> <li>- 1 piece of chopped up bacon</li> </ul>	Add Electrolytes to water
<b>Dessert</b> 9:00 P.M.	<b>2 Sugar Free Reese's Cup</b> (or pecan delight) from Russel Stover brand  <b>AND 15 Almonds</b> (or nuts of choice, see from approved list)  <p>-----OR-----</p> 3/4 cup of Homemade Chocolate covered Macadamia nuts (see recipe)	

# MEN'S PHASE 2

## GROCERY LIST

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Coffee / Tea/ or unsweetened Iced Tea  
Heavy whipping cream or Half and half  
MTC Oil  
Coconut Oil  
Grass Fed Butter  
Unsweetened Vanilla Coconut milk (or Almond)  
Vanilla Stevia Drops (or any flavor)  
KetoLeague Chocolate Protein Powder  
Romaine Lettuce  
Eggs  
Cream Cheese  
Almond Flour  
1lb 4oz of Wild Salmon  
Cesar dressing  
Cheese: grated parmesan  
Shredded Cheddar Cheese  
2lbs of Chicken thighs  
Bacon (sugar-free)  
Broccoli  
Sugar Free Peanut Butter Cups or Macadamia Nuts  
Almonds (or nut of choice \* see approved list)

### SUPPLEMENTS

KetoLeague FUEL  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt

# MEN'S PHASE 3

## DAYS 11-15

Time	Foods	Supplements
<b>Breakfast</b> 7:00 A.M.	<b>Bacon Avocado Cheese Scramble</b> <ul style="list-style-type: none"> <li>- 3 eggs</li> <li>- 2 strips of bacon</li> <li>- ½ avocado</li> <li>- 1/8 cup of cheese</li> <li>- 2 Tbsp. Chopped Onion</li> <li>- 1 cup of spinach</li> <li>- dash of mushrooms</li> <li>- 1 Tbsp. of coconut oil or butter (melt in pan before you cook your eggs)</li> </ul>	<b>Core Complete Vitamin</b>  <b>2 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Post Workout</b> 10:00 A.M. (Eat this meal if you worked out today)	<b>Nutty Cinnamon Roll Milkshake:</b> <ul style="list-style-type: none"> <li>- 1 scoop of KetoLeague Protein Powder</li> <li>- 1 cup of almond milk</li> <li>- 1 Tbsp. of MTC Oil</li> <li>- dash of heavy whipping cream</li> <li>- 1 Tbsp. of Almond Butter</li> <li>- Dash of Cinnamon</li> <li>- 1 cup of ice</li> <li>- (Blend in blender)</li> </ul>	Add Electrolytes to water  <b>1 capsule of Keto FUEL</b>
<b>Lunch</b> 1:00 P.M. (eat at 12pm if you did not workout)	<b>Taco Salad</b> <ul style="list-style-type: none"> <li>- 4oz of ground turkey (93% lean) season meat together with 4 tbsp. of olive oil and taco seasoning in pan.</li> <li>- 2 cups of lettuce</li> <li>- 1/8 cup of cheddar cheese</li> <li>- 2 Tbsp. of Pico de Gallo</li> <li>- Fresh squeeze lime juice</li> </ul> Grilled bell peppers	<b>2 capsule of Keto FUEL</b>  <b>1 capsule of Keto SLIM</b>
<b>Dinner</b> 5:00 P.M.	<b>Protein Style Burger</b> w/Balsamic Salad  Make Patties and fry in pan with 1 tbsp. of olive oil: 5oz of ground beef (90% lean) 1 tsp onion powder 1 tsp garlic powder 1 tsp paprika ½ tsp. salt + pepper  Wrap in Iceberg Lettuce, Tomato, Grilled red onion,  <b>Balsamic Salad</b> <ul style="list-style-type: none"> <li>- 2 cups of baby spring mix/ arugula</li> <li>- ½ cup of cucumbers</li> <li>- 2 tbsp. of pine nuts</li> <li>- 2 Tbsp. red wine vinegar</li> <li>- 1 Tbsp. of olive oil</li> </ul> (HACK: can also order this from a healthy restaurant)	Add Electrolytes to water
<b>Dessert</b> 9:00 P.M.	<b>KetoLeague Brownies</b> <b>Only 1 brownie!</b> (see Recipe) <ul style="list-style-type: none"> <li>- 3 oz. Lily's stevia sugar-free chocolate chips</li> <li>- 2 Tbsp. grass-fed butter</li> <li>- 1 cup of avocado (about 2 medium and ripe)</li> <li>- 2 pasture-raised eggs</li> <li>- 1/2 cup coconut flour</li> <li>- 1 scoop of KetoLeague Protein Powder</li> <li>- 1/2 tsp baking soda</li> <li>- 1/4 tsp Salt</li> <li>- 1/2 tsp vanilla</li> </ul>	



# MEN'S PHASE 3

## GROCERY LIST

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Coconut Oil  
Olive Oil  
Heavy Whipping Cream  
Grass Fed Butter  
1 carton of eggs  
4 avocados  
Bacon  
Shredded Cheddar Cheese  
Spinach  
Mushroom  
KetoLeague Chocolate Protein Powder  
Almond Butter  
Pine Nuts  
Unsweetened Vanilla Almond Milk  
Pic de Gallo or Salsa (taco dressing)  
Taco Seasoning mix (Ms. Dash)  
1lb 4oz Ground Turkey (93% lean, 7% fat)  
1lb 4oz Ground Beef (90% lean)  
Chopped bell peppers  
Romaine Lettuce  
Mix Baby Greens  
1 Tomato  
Iceberg Lettuce  
Red Wine Vinegar

### SUPPLEMENTS

KetoLeague FUEL  
Core Complete Multi-Vitamin + Trace Minerals  
Electrolyte drops or Pink Salt

# KETO RECPIES

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## MIX & MATCH

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# KETO LEAGUE BROWNIES

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## Ingredients:

- 3 oz Lily's stevia sugar-free chocolate chips
- 2 Tbs grass-fed butter
- 1 cup of avocado (about 2 medium and ripe)
- 2 eggs
- 1/2 cup coconut flour
- 1 scoop of KetoLeague Protein Powder
- 1/2 tsp baking soda
- 1/4 tsp Salt
- 1/2 tsp vanilla



## Directions:

Preheat oven to 350F and line a square 9 x 9 baking pan with parchment paper. In a small saucepan over low heat, mix the dark chocolate and butter until fully melted (or use a double boiler).

Add all other ingredients to food processor, starting with the avocado and mix until roughly chopped.

Add the melted chocolate and butter to the processor and blend for 1 minute until everything is smooth and mixed into thick, gooey batter.

Use a spatula to spread the batter evenly in the baking pan.

Bake in the center of the oven for 25 minutes. Test for doneness with a toothpick or knife. If it comes out clean, they're ready. Just be careful not to overcook.

Cool down and then gently remove from the pan.

One completely cool, slice evenly into 10 pieces and try not to eat all at once.

# KETO LEAGUE FAT BOMBS

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## Ingredients:

½ scoop of KetoLeague Protein Powder  
2 Tbsp. of Almond Butter  
1 Tbsp. of Coconut Oil  
1 Tbsp. of Almond Flour  
Optional: Add in sugar free chocolate chips



## Directions:

Stir all ingredients together until smooth. Pour into a small container like ice cube trays or muffin tins or roll into balls. Freeze to set.

# FLUFFY PROTEIN PANCAKES

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## Ingredients:

1 cup of almond flour  
Vanilla stevia drops  
dash of salt  
1 teaspoon of baking powder  
2 eggs  
1/4 cup of heavy whipping cream  
1/8 cup of sparkling water  
2 Tbsp. coconut oil  
1/2 scoop of KetoLeague Chocolate Protein Powder

## Directions:

Preheat griddle to medium-high. In a large bowl mix together almond flour, stevia, salt, protein powder, and baking powder. Create a small well in the center of that bowl and add the eggs, cream, sparkling water, vanilla, and coconut oil (melted). Mix together. Spray the griddle with cooking spray and cook for 2 mins. Flip when you see little bubbles peaking through,

# FRESH GUACAMOLE

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## Ingredients:

2 avacados  
1/2 lime juice  
sea salt to taste  
Pico de Gallo (optional)  
Hot Sauce if you like it spicy!



## Directions:

Mash all in a bowl. Start with a small amount of salt, mix, taste, and then decide if it needs more.

# CINNAMON ROLL MILKSHAKE

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## Ingredients:

1/2 scoop of KetoLeague Protein Powder  
1 cup of unsweetened vanilla coconut milk  
1 Tbs of Almond butter  
1 Tbs of MTC Oil  
dash of cinnamon  
Dash of vanilla  
1 cup of ice  
Top with Light Whip Cream (shh don't tell anyone :)

## Directions:

Blend in Blender and Enjoy!

# KETO PIZZA



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## CRUST:

4 eggs

6 oz. shredded cheese,  
preferably mozzarella or  
provolone

## TOPPINGS:

3 tbsp tomato paste

1 Tbs of Italian seasoning

1 cup parmesan and  
mozzarella cheeses

1½ oz. pepperoni  
italian sausage

## SIDE SALAD

1 cup leafy greens

parmesan cheese

1 Tbsp. cesar dressing

## DIRECTIONS

Preheat the oven to 400°F (200°C).

Start by making the crust. Crack eggs into a medium-sized bowl and add shredded cheese. Give it a good stir to combine.

Use a spatula to spread the cheese and egg batter on a baking sheet lined with parchment paper. You can form two round circles or just make one large rectangular pizza. Bake in the oven for 15 minutes until the pizza crust turns golden. Remove and let cool for a minute or two.

Increase the oven temperature to 450°F (225°C).

Spread tomato paste on the crust and sprinkle oregano on top. Top with cheese and place the pepperoni and olives on top.

Bake for another 5-10 minutes or until the pizza has turned a golden brown color.

Pair with a fresh salad on the side!

# HOMEMADE CHEESE CRISPS

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## Ingredients:

1 cup of shredded parmesan cheese  
or any cheese.

## Directions:

Preheat the oven to 400°F (200°C).

Place shredded cheese on a baking sheet  
lined with parchment paper.

Tip: Can also make chips by use cheese slices



# SUGAR-FREE CHOCOLATE MACADAMIA NUTS

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## INGREDIENTS

1 cup of macadamia nuts  
2 TBS of sugar –free chocolate chips  
Dash of light butter (smart balance)  
Dash of cinnamon

## Directions:

In a medium bowl, combine butter and chocolate,  
Microwave for 30 seconds and stir, repeat once or twice until chocolate is creamy.  
Add in macadamia nuts, stir until all are covered in the mixture.  
Place the nuts on parchment paper or non-stick baking matt.  
Chill in fridge for 30 mins.  
Store in Tupperware

# KETO SNACKS

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## KETO SNACKS:

Most people on the Keto diet don't feel the need to snack and that is because your body is very satisfied with the healthy fats.

Be prepared so that if you do feel the need to snack you are reaching for something Keto approved instead of reaching for carbs.

- Cheese (string or sliced)
- 1 mini Babybel soft cheese
  - Pepperoni
  - Salami
- Dill pickles out of the jar
- Nuts (I like macadamia & almonds are best)
  - Seeds
  - Olives
- green bell pepper and 2 Tbsp. of low carb garlic Hummus
  - Celery and Peanut Butter
- Sweet cucumbers with stevia and cinnamon
  - almond milk latte with 1 Tbsp of butter.





# ALL ABOUT KETO Q + A

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## What is Keto Flu and how do I prevent it?

“FLU? What do you mean I might get the FLU, oh Heck No!” (hahah that’s exactly what I thought!)

But don’t worry, it’s not the actual flu, and the best part about it is if you do experience it. . .then you know you are on your way to ketosis.

As your body is making this new transition to burning fat’s as fuel, you might experience some flu-like a lower amount of energy, brain fog, fatigue, a headache that doesn’t seem to go away. Doesn’t sound fun huh? We’ll the good thing is symptoms are way less intense than the actual flu and tend to only last a day or two. Good news is this the keto flue can also be completely avoided! In order to do this, you need electrolytes 5-8g pink or real salt, 300-500mg Magnesium, 1-3.5g Potassium. The keto flu is most common on the 3rd or 4th day of your new diet, so if you’re on day 10 you most likely overcame it!

# TIPS:

## **READ the Label:**

When you are doing your shopping for cheese, bacon, dressings etc., make sure to READ THE LABEL. You want to avoid anything that might have additional carbs in it. (yes some companies put carbs in foods for no dang reason) so read the labels so that you are not killing your progress.

Keep in mind we use NET Carbs. Net carbs = (total carbs) – (the fiber + sugar alcohol).

Take for example Almond Butter: the total carbs reads 7gm on the label. However, states 3 grams of fiber and no sugar alcohol. Total carbs (7) – Fiber (3) = 4 net carbs!

Anything 4gms or less is good goal to hit.

## **Water Intake:**

More is better. Make a goal to track your water. You want to be getting in AT LEAST a gallon a day. A good place to start is to take your bodyweight in pounds and match it in water in ounces. For example, Ashley is 165lbs, so she is going to drink 165oz of water today.

Drinking enough water is essential for recovery, athletic performance, and will help your body flush out toxins over these next 15 days. It's especially important DAY 1 so that you can avoid the Keto flu.

## **DON'T FORGET THE ELECTROLYTES.**

Step 1 is to get all the water in, but step 2 is to make sure your getting your electrolytes. Water normally binds to carbohydrates, but since there are none in your body, your water will be going right through you, to prevent dehydration, make sure you are taking in electrolytes (Think: sodium, magnesium, and potassium.) This will help keep the water in your system throughout the day.

# TIPS:

## MEAL PREP EASY

Let's make meal prep easy! We all don't want to spend hours in the kitchen, so the fastest way to take our food with us on the go is by meal prepping.

I see people making the same mistake, and that is stressing themselves out and getting overwhelmed, no fear. Just start slow. Start by prepping one meal that is the hardest. For most people, it's breakfast and lunch.

Take for example a salad for lunch. First, make sure you have 5 containers you can prep in. Start by cooking all the meat at once together, then you can weigh out the ounces for each meal; this is when a food scale comes in handy.

Taking all the wet ingredients and put them on the bottom (dressing, cheese, protein etc) put all the veggies and lettuce on top so that it won't wilt. (you can also put the dressing in a snack zip lock bag if you're worried) Pack it all up and your good to go!



## Ordering out to Eat!

The key to eating Keto is to eliminate all carbs! This can make going out fun because you can order that bacon fried egg cheeseburger. . .just ditch the bun or have them wrap it in a lettuce wrap. (my mouth is watering just writing this)

Salads are fun too because you can enjoy all that dressing. Just be mindful of dressings with sugars, that is definitely NOT Keto approved. Stick to creamy dressings and don't be afraid to ask the server to look on their labels about the sugars. Go for salads with nuts and avocados! Cob salads and Cesar salads are a great choice!

# TIPS:

## MAKING SURE YOU GET VITAMINS AND MINERALS ON KETO

Most of your nutrients are coming from. . .veggies! Yes, this is why veggies are SOOOOO important and should not be skipped over. Plus. . .they will help you poop  
There's a problem though. . .you can't always get ALL your vitamins and nutrients from your foods.

No one is perfect, and food can also lose some of its nutrients in the manufacturing and delivery process. Your body NEEDS these nutrients, because without them it will hard to function throughout the day, let alone workout!

So how do we fill this gap? It's easy! Supplements. We partnered with a reputable pharmaceutical grade company to bring you a 100% whole foods vitamin, and it includes trace minerals, a probiotic AND electrolytes! (all in one!) It's called Core Complete, and what makes this different from other brands out there is that our micronutrients are covered in smart enzymes allowing the nutrients to be 90-100% absorbed verses the common 20% you'll find in most health stores. You can take these vitamins on an empty stomach no problem! Can your vitamin do that?

Supplements are NOT a replacement for food, but they are the coals that keep the fire going. Without them, our skin would be dry, our hair dull, and we'd have a low amount of natural energy. So, if you're feeling unmotivated and tired, think about switching up your multi-vitamin. Treat your body right, and it'll treat you right It's a small price to pay then going to the doctor and being sick for days because you are

"When you provide your body with what it needs, your hormones balance and weight loss becomes easier"



# BIGGEST KETO MISTAKES

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**Mistake #1: Starving yourself in hopes that your body will eat the fat.**

When done right, the Keto diet can turn your body into a fat burning machine! This is why some clients can use up to 15lbs in their challenge WITHOUT starving themselves.

As we mentioned before, the Goal is to get into Ketosis! Once you are in Ketosis, your body will burn all the fat that's available.

Traditional dieting has been training us that we have to cut calories to lose weight. While that is true to an extent, that type of meal plan is for someone using carbs as fuel, not fats.

The Keto diet is different because you are using fats as fuel. Your body WILL NOT make this switch automatically, you have to train it by feeding it fats!

Think of fire, you can't start a fire without kindling and matches (that is the fat from your diet) and once it's light it will burn burn burn! You'll still need wood to keep the fire going, but once it's going, it burns everything in sight! So what would happen if you just tried to start a fire without matches and kindling (aka starve yourself) well simply nothing would happen. The fire wouldn't get lite and your left hangery and unhappy in the cold.

Thankfully, you now have to tools. No starving, No feeling hungry, in fact you probably wont even feel like your on a diet because your energy will by skyrocketing through the roof. The 15-day Keto Kickstart has calculated your macros, all you have to do is stick to the plan! That's it!



# BIGGEST KETO MISTAKES

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## Mistake #2: Over coming a Low-Carb mentality.

How many times have you tired to cut carbs?

It's hard right?!!! When carbs is your main source of energy and then you start cutting them out. . . well it's no wonder you feel exhausted, brain fog, and mentally and physically drained.

These are symptoms of cutting carbs when your body is running on carbs. But what happens when you cut carbs and your body is running on fats?

Well It's the opposite! I know, I know, it's hard to grasp at first without experiencing it. But the lower amount of carbs you consume actually gives you MORE energy, MORE weight-loss, and curves MORE cravings. These benefits are why Keto has become so popular.

So here is where people get caught up. You've been trained your whole life that low carbs make you feel like XZY, so as soon as you start to cut them out, it's an automatic response for you to start preparing yourself mentally and physically to have low energy or be hangry. That cookie that you didn't care about suddenly becomes the only thing you can think about (funny how that happens huh).

However, this is the mind playing tricks on you. Keto will allow you to exercise MORE than you ever could before. You have MORE energy to do things day in and day out. You'll find yourself more productive and motivated than ever.

So how do we get out of this mentality? You have to remind yourself daily that low carbs are a good thing. That low carbs will HELP you FEEL Better. If you can get into this mentality, the cravings for chips and fries will melt away, and you'll have less of a freakout when you don't "order fries with that!"