

The Keto Diet Blueprint



Laying the Foundation for
Success with Keto

Dedication: To those who seek a healthier and happier life, and are willing to work hard to achieve it.

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Chapter 1: Introduction to the Keto Diet

The ketogenic diet (“keto diet” for short) is one of the newest and most popular diets that are related to eating **high-fat, moderate-protein, low-carbohydrate foods**, with an emphasis on healthy fats and restricted carbohydrate intake.

Eating keto is not just another fad diet, but one that is based on solid science and the testimonials of a lot of happy keto adherents.

The keto diet has the goal of getting you to reach ketosis, a state where your body is put into a metabolic state which helps you burn fat—instead of carbohydrates--for energy.

While you will be eating a lot of high-fat foods on this diet, the fats are converted into energy while also helping to burn your body fat, so you can potentially lose significant weight as well as enjoy a lot of other benefits.



There Are Multiple Types of Keto Diets

One thing many people don't realize about the ketogenic diet is that there are actually a few different varieties. While most people are on the standard keto diet, there are also some others you should be aware of. Here is a short breakdown of what each keto diet includes:

1. Standard keto diet – The standard keto diet (SKD) is extremely low-carb and high-fat, while allowing for moderate protein in your diet. Only about 5% of your diet should consist of carbohydrates.

2. Targeted keto diet – With the targeted keto diet (TKD), you stick to the standard keto diet, except that when you are working out, you are allowed to add in more carbs to help with energy burned with exercise.

3. High protein keto diet – Some people do well on the high-protein keto diet, where your protein percent goes up to 35%, your fat intake is slightly lower, and your carbs are still in the 5% range.

Keep in mind when talking about the keto diet, most people are referring to the standard version.



What You Can Eat On This Diet

Not surprisingly, one of the most common questions has to do with what exactly you can eat when you are on the keto diet.

Most low-carb diets are also high-protein, and this is where some people get it wrong. Keto is not Atkins or any other famous low-carb diet.

Unlike high protein diets, you will not be eating unlimited amounts of meat, dairy, and other protein-rich foods on this diet. Since you need a certain amount of macros – or percentage of protein, carbs, and fat – on this diet, planning is crucial.

In order to feel full, you need a significant amount of no-carb and low-carb foods throughout the day. This means limiting the fruits and vegetables you can consume. You probably already know the typical low-carb foods like lean meat, cheese, eggs, and some nuts.

In addition to high-protein foods, there are also some vegetables that are very low in carbohydrates. They include:

- Cauliflower
- Spinach
- Romaine lettuce
- Broccoli
- Bok choy
- Kale
- Collard greens
- Cabbage
- Green beans



Ketosis Provides a Wide Range of Benefits

Still not sure the keto diet is right for you?

Let's take a brief look at some of the benefits enjoyed by those on the keto diet.

You already know that since being in ketosis burns fat, weight loss is a major benefit of the diet. However, that's not all.

Many people (particularly women) have noticed that the keto diet balances out their hormones. Because of this, it can also help with infertility, particularly if you have polycystic ovary syndrome (PCOS). Keto can also reduce the bad cholesterol and increase the good cholesterol, lower your blood sugar, help with acne, and help to give you more energy.

Summary of Keto Diet Benefits

- Weight loss
- Balances hormones
- Helps infertility and PCOS
- Improves blood lipids
- Regulates blood sugar
- Improves acne
- Boosts energy



Chapter 2: Health Benefits of the Keto Diet

Many diets can help with weight loss—at least temporarily—but how many diets can also hold out hope of genuine health benefits?

The keto diet is commonly seen as a great tool for losing weight, and while that is a definite benefit, it isn't the only one.

As noted in chapter one, there are several advantages to being on the ketogenic diet. Let's take a look at some of the most important.

The keto diet may help fight cancer

One real benefit you might not realize about the ketogenic diet is that it can help you fight cancer.

Many people think about keto benefits like losing weight, but here is another very important potential benefit of this diet.

One of the ways the keto diet helps fight cancer is by reducing your sugar intake. It is commonly known that cancer thrives on simple carbohydrates and sugar. By reducing your carbohydrates, you are reducing how well the cancer cells can feed off of all those extra sugars in your body. Some studies show that cancer cells tend to grow much slower when you follow a diet that restricts your carbs and sugar.



Long-term inflammation is also a key precursor to many types of cancer. By helping to reduce inflammation in your body, the keto diet may help prevent the growth and development of malignant tumors.

You Have a Suppressed Appetite

The keto diet helps you to lose and keep weight off in a few different ways.

The first way the keto diet helps with weight loss is by helping to suppress your appetite. When your body goes into ketosis, you crave less sugar, carbs, and food in general, so it helps you to eat less.

While the first week or two might be difficult (due to what is commonly described as “keto flu,” as long as you keep up with ketosis every single day, you will soon discover that you can eat smaller meals with plenty of fat, with adequate protein and other nutrients, while not overeating.

Your cravings for carbs start to go away and you find that your appetite is healthy and manageable.



Keto may be Good for Infertility

If you suffer from infertility as a result of polycystic ovary syndrome (PCOS), then the keto diet may help you.

Through ketosis, your hormones start to regulate and you should experience improvement in your blood glucose levels. This helps pave the way for success in overcoming your PCOS and might even cause your body to normalize enough to ovulate on time and have a higher likelihood of getting pregnant.

While the research is still being done, some infertility specialists are already recommending patients try the keto diet to see if it helps.

It Can Help With Alzheimer's Disease

Another major illness that the keto diet can help with is Alzheimer's disease.



Although Alzheimer's disease may not have a total cure, doctors often look for different ways to treat the symptoms and slow down the progression.

With ketosis, you are cutting out the carbs and eating more healthy fats that help provide fuel and nutrients to the brain. This can strengthen mental function and help to slow down the progression of Alzheimer's.

Due to the overall poor results of treating dementia with medications, researchers are increasingly looking into dietary strategies as one of the most important natural treatments for Alzheimer's.

Chapter 3: Common Mistakes to Avoid

There are some things that people who are new to the keto diet tend to do without even realizing how harmful these may be.

These bad habits can ultimately keep you from being successful on the keto diet by preventing you from entering ketosis, which is when the real benefits of this new lifestyle begin.

Avoid these common mistakes to give yourself the best results from the keto diet.



Loading Up on Protein

The keto diet is definitely a low-carb diet, but that doesn't mean it is the same as other low-carb diets.

This is not the Atkins diet, where the majority of what you eat is proteins such as meat and cheese.

It is important to carefully monitor your protein intake in order to reach ketosis in a healthy way. If you end up eating too much protein while on the keto diet, you won't go into ketosis because amino acids in protein can convert into glucose.

You must keep your protein to a moderate level, balancing out your meals with fats and non-starchy vegetables.

Not Eating Enough Fat

On the other hand, while avoiding excess protein is important, people who are new to keto diets might not be accustomed to eating enough healthy fats.

This is especially true for those who started out on low-fat or low-calorie diets that try to keep your fat consumption to a minimum.

Eating a significant amount of healthy fats is key to this diet, but it is important that you know which ones to go for.

You should try to stick to healthy fats, which are fats that are nutritious for you and help you enter and stay in ketosis

Fats from some nut butters work well with keto, as do avocados, olives, and butter and ghee. Omega-3 fats are also good for you and usually approved when you are on the keto diet.

Virgin coconut oil is one of the most important fats on the keto diet. Coconut oil, **coconut flour**, and **coconut butter** will be your friends on keto!



Weighing Yourself Too Much

When you are on the keto diet, just like any other weight loss regimen, you might start obsessing over what you see on the scale.

While many individuals will lose weight at a rapid pace when they first start the keto diet, you might end up being an exception. It is possible that you won't lose a lot of weight in the beginning, so don't be too worried if you lose a lot of weight the first week and none the second week, or if you don't see immediate results. This doesn't mean you are not reaching ketosis, but that the weight loss hasn't quite caught up to the scale yet. Don't let this be the reason you quit the diet too soon.

Forgetting to Eat Your Vegetables

Since keto is a low-carb diet, many people mistake this for the high-protein Atkins Diet.

While this is definitely a diet where you want to be careful about how many carbohydrates you consume each day, that doesn't mean your entire consists of protein-rich foods like meat and cheese.

You still need to consume a good amount of vegetables as these are nutritious and filling. Some of the best low-carb veggies include cauliflower, broccoli, zucchini, and bell peppers. (Mushrooms are also great but are technically a fungus and not a vegetable.)

You can also have limited amounts of lower-sugar fruit such as berries.



Chapter 4: What You Can and Can't Eat

One of the most common questions regarding the keto diet has to do with knowing what you can and can't eat.

The keto diet is a little more complicated since you are eating lots of fats and very few carbs, while not eating unlimited amounts of protein like with a traditional low-carb diet.

Here are some things to know about what you can and can't eat on the keto diet, including some items you can have only in limited quantities.

What You Can Eat Freely

Healthy fats – The central source of calories on the keto diet comes from fat.

The types of fats you consume do matter. Vegetable oils like corn and canola are not approved, while healthy fats like seafood and fatty fish, macadamia and olive oils, and high-saturated-fat **coconut oil** should be at the top of your list.

What to eat in moderation

This category of foods includes high-protein and low or no-carb foods that you can eat in significant but not unlimited amounts.

You still need to watch your portion sizes and make sure you don't consume too much protein, but these are still good foods to enjoy while on the keto diet.

The following foods can are highly recommended on the keto diet:

Meat that is grass fed – You want to enjoy adequate portions of meat on the keto diet, but try to include meat and seafood that is wild-caught or grass-fed. This can include any type of beef, poultry, pork, and fish as long as it was raised humanely without hormones and antibiotics.

Vegetables with no starch – Some vegetables can be enjoyed freely while on the keto diet, but not starchy vegetables. Non-starchy vegetables tend to be lower in carbs and appropriate for this type of diet. This includes most types of leafy greens, radishes, cucumber, asparagus, squash, zucchini, and cauliflower. You can also have plenty of avocados.



Have These in Limited Amounts

There are other vegetables and fruits that you can have on the keto diet, though you need to be careful with the amounts.

This category of foods still is low in carbs, but has more than other veggies mentioned, so watch your quantities and count the total carbs for each meal you plan out.

Have these fruits and veggies only in limited quantities:

- Root vegetables
- Cabbage
- Turnips
- Fennel
- Berries
- Artichokes

Depending on the strictness of the keto diet you follow, you can also enjoy dairy products like cottage cheese, yogurt, cream, and sour cream, but not the low-fat or fat-free versions.



You can also have some nuts and seeds, including brazil nuts, pecans, hazelnuts, pumpkin seeds, sesame seeds, and pine nuts.

Chapter 5: Tips For Starting the Keto Diet

Now that you have some general knowledge about the keto diet, what you can eat, and what guidelines to follow, it's time to get started!

These tips will help you start the diet in a way that is most likely to lead to success and help you transition into a new ketogenic lifestyle.

Remove All Temptations

To start with, remove all of the major temptations in your household.

While some people find it easier to make small changes and keep forbidden foods around, this only leaves room for you to cheat here and there, which keeps you from ketosis.

In order for the keto diet to work properly, you really need to reach ketosis as soon as possible.

This means getting rid of all bread, rice, pasta, and most grains.

Go through your fruit and veggies and get rid of any of them that are high in sugar and carbs.

Stick with non-starchy veggies like broccoli, kale, spinach, and cauliflower, as these are still approved by the keto diet.



Choose Only What is On Your Grocery List

When you are first starting out, it can be hard to remember what you can and can't have.

Start by creating a meal plan that includes every single meal and snack you and your family intend to eat for the first week.



Take that meal plan and create a shopping list that is detailed and includes all ingredients you will need. When you go to the supermarket, you should only be purchasing what is on the list, and nothing more. This allows you to stick to the diet, but also to get just what you need for the meals you have laid out.

Get Rid of the Cheat Days

Some other diets might give you the option to have a cheat day, which is one day a week where you can eat whatever you want.

This might be fine for a typical low-calorie diet, but it does not work well with the keto diet.

You will discover that is harder for your body to recover from a cheat day, even if you didn't actually gain any weight from it. Cheating causes you to go in and out of ketosis, which can be hard on your body.

It is best to hold off on the cheat days. If you want to have a little treat every once in a while, that is better than dedicating an entire day to French fries, cookies, and pasta.

Avoid Eating Out in the Beginning

Eating out can be a struggle when you are still transitioning to this new lifestyle.

While you will learn ways to eat out and still be on the keto diet, you might want to hold off for now. Wait at least a few weeks before you start going out to eat on this diet.

Chapter 6: Keto Diet and Exercise

In order to lose weight and live a healthier lifestyle, you not only need to stick to the ketogenic diet, but incorporate exercise as well.

Follow these tips to learn more about the right exercise routine to stick to and why you need to keep up with your regular fitness regimen while on this diet.

Hold Off on Exercise at First

Although you may lose weight even without exercising, you will need to still exercise while on the diet, but this doesn't need to happen right away.

In fact, many dieticians recommend that you not get into a rigorous fitness routine when making significant changes in your diet.

Try to first transition into the keto diet and wait a few weeks before you pick up on your exercise routine.

While walking a few days a week as you may already have been doing should be fine, avoid anything too strenuous or different from the norm. This can be really hard on your body and make it hard to make such drastic changes all at once.



Why You Still Need to Exercise

Now that you have waited the recommended time after starting the keto diet, you can start working on your fitness routine.

You will lose a good amount of weight with dieting alone, but that doesn't mean you shouldn't also eventually get back into a regular fitness routine. If you don't burn calories and get your body into shape, you might eventually hit a plateau where you are no longer losing much weight or inches. Here are some other benefits of exercising even while on the keto diet:

- It helps fight heart disease and diabetes
- You can tone your body instead of just lose pounds
- You will lose more weight and faster with exercise
- Exercise helps with your bone mineral density
- It has anti-aging benefits
- You can improve your mood through endorphins

The Best Exercises For Ketosis

When you are on a keto diet, it is good to have a balance between cardio and strength training, but don't rely just on cardio.

During ketosis, your body isn't going to experience the full effects of fat burning and weight loss with just cardio alone. Make sure you are adding plenty of stretching and strength training to your regular workout routine.

To HIIT or not to HIIT?

One popular exercise program is High-Intensity Interval Training (HIIT) exercises.

This regimen involves alternating extremely high intensity workouts with less strenuous routine, with less time overall, such as sprinting for one minute, then jogging for a couple minutes, then going back to sprinting.

There are many different HIITs that work with the keto diet. However, keep in mind that your body tends to burn fat with low-intensity exercise, and carbs on high-intensity workouts.

This means you may need to increase your carb intake when undertaking more strenuous exercise programs.



Chapter 7: Easy Meal Ideas On the Keto Diet

Once you have awareness of the basic list of foods you can and can't have on the keto diet, it is time to figure out some good meal options.

Here are some helpful meal ideas for breakfast, lunch, dinner, snacks, and desserts to get you started.

Breakfast

For breakfast, it might not seem very appetizing having meat and veggies, but remember those aren't the only low-carb and high-fat meal options you can have on the keto diet.

You can still have dairy products in limited quantities, so go ahead and enjoy your full-fat (no added sugar) yogurt or cottage cheese with nuts and berries in the morning.

You can also add some sweeteners like stevia or monk fruit, and flavorings like cinnamon and coconut milk.

You may also be able to find low-carb versions of the breakfast standards, such as quiche, almond-flour biscuits, or protein shakes. Bacon and eggs or sausage and eggs is another good option for a filling keto breakfast.

Lunch

For lunch, having a salad is often a good go-to.

Salads are easy to prepare, there are dozens of options, and it is easy to have at home or bring with you to work.

Start with some greens and add a protein source of your choosing. This can be some cooked chicken, steak strips, or tuna fish. Add hardboiled eggs and avocado, your choice of low-carb dressing, and some veggies or [keto noodles](#) with seasoning like onion, salt, and lemon juice. Choose other keto-friendly veggies to add on top, such as cucumber, asparagus, and zucchini.



Dinner

People tend to have the easiest time with keto dinners because they are similar to the dinners you already enjoy, minus the high-carb sides like rice or pasta.

Instead, you will make your traditional meat main course but combine it with a vegetable side dish instead. There are meatloaf and meatball recipes that can be made low-carb, or you can go with steak, pork chops, lamb chops, grilled chicken, or grilled fish.

Snacks and Desserts

When it comes to snacks and desserts, you might need to get a little creative, but remember you don't have to grab traditional snacks.



There is nothing wrong with having a piece of cheese and some low-carb fruit or veggies approved by the keto diet, or even making a turkey roll-up with luncheon meat and cheese inside. Making a big cheese platter with low-carb crackers and some sausage or other meats to top it off is another good option.

You can even get [delicious cookies](#) that you can enjoy on the keto diet!

Chapter 8: Eating Out on the Keto Diet

While many people who eat keto will stay at home and cook as much as possible, there will be times when this isn't possible.

Whether you are eating out at fast food or a sit-down restaurant, you need to make smart choices to remain on the keto diet.

Remove the Bun or Tortilla

An easy way to start eating out and sticking with your keto diet is to order a meat-based dish, but get rid of the tortilla or bun.

The bread or tortilla in any meal is often one of the items that adds the most carbs. It is easy to eat your meal without the bread.

You can get a chicken sandwich or cheeseburger, then get rid of the bun and think about the remaining condiments and whether or not they follow with the keto diet.

For meals like fajitas, it is easy to eat your chicken and veggies with salsa, and just skip adding the tortilla. In fact, this is one of the best options available at Mexican restaurants.

Don't Eat Pasta or Rice as a Side Dish

When you are going to sit-down restaurants, you also need to be careful with your side dishes.

Many dinner options, even those on the "healthy" side of the menu, will come with either rice or pasta as a side dish. These are a big no-no on the keto diet since they add in a lot of carbs you don't need and that are not included on the menu.

Try to think of other alternatives instead of always having pasta or rice on the side of your main course.



Always Get a Salad or Veggies on the Side

An easy way to substitute for high-carb side dishes is by asking for a salad or veggies instead.



Many restaurants are more than willing to give you a side salad instead of the pasta the chicken or fish usually comes with. If you are going to a fast food restaurant, choose their little side salad along with your grilled chicken sandwich, instead of getting fries.

Tips For Specific Fast Food Restaurants

When you order food at a sit-down restaurant, it tends to be a little easier to stick to a keto diet than if you were to eat fast food.

Fast food offers less options overall and may not have ready substitutions.

Here are some ideas for having a low-carb, keto meal from these popular fast food restaurants:

Burger King, McDonald's and other burger joints – When you go to a burger joint, you have a couple of main options: you can either get a chicken sandwich or an actual cheeseburger.

Ask for a grilled chicken sandwich instead of one that is breaded if it is an option, and of course don't have the bun.

Burger joints also usually have some type of salad, so you can either get a side salad or forego the burger altogether and get a big salad with poultry or ham. Just don't use the croutons and be careful with the type of dressing you use.

Wendy's – At Wendy's, you have many of the same choices, though they do tend to be better with their salad options. On occasion, you can also choose to get a small cup of chili, but don't eat the crackers.

While chili does have some carbs from the beans, it may be an option in moderation, and is better than bread or having French fries.

Subway – If you can choose a sandwich shop you are probably going to be better off. This is a good option because you are building the food item yourself, so you have complete control. Many sandwich shops, like Subway, allow you to create a salad or wrap instead of using a big roll, so that helps you remain on keto.

Spinach, lettuce, onions and olives are always good topping choices for sub sandwiches. Skip the dressing and go light on the mayo.

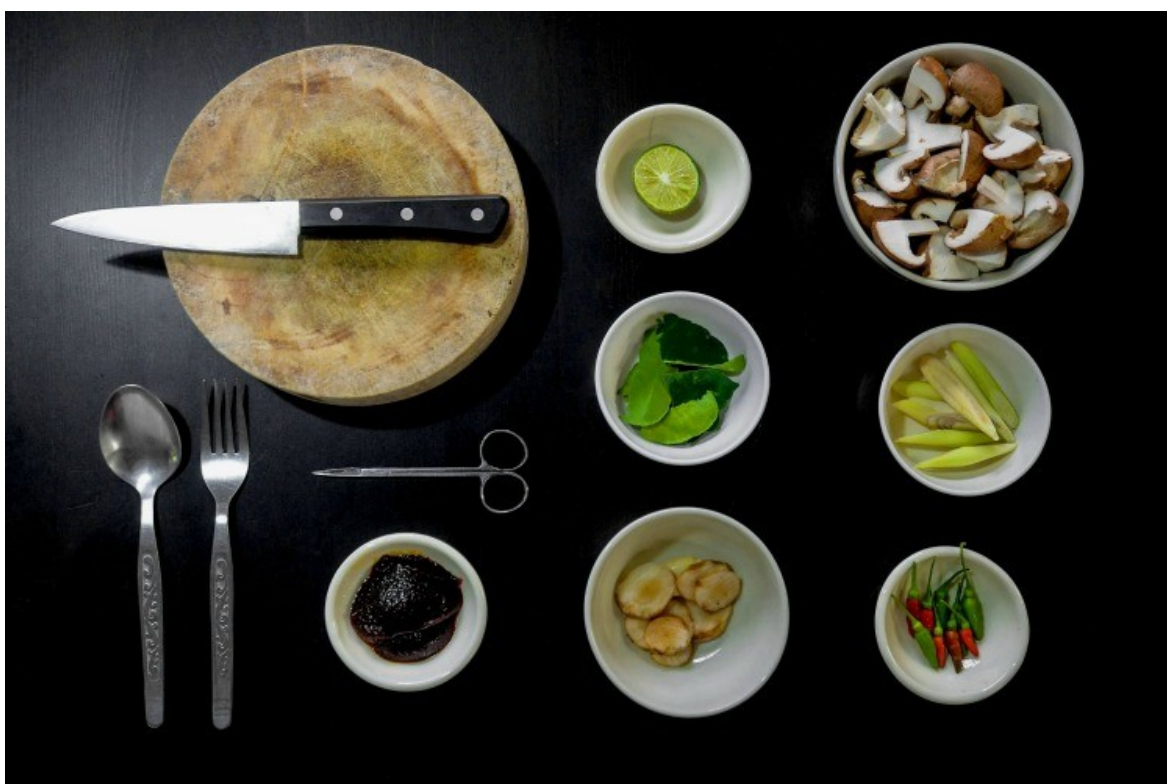
Chapter 9: Transitioning Your Kids to the Keto Diet

You may or may not choose to have your kids join you on the ketogenic diet.

In general, kids need some healthy carbs and protein as they grow, so going strictly keto may not be the best option unless they are considerably overweight.

If you don't have kids, or your kids are older, it can be easier when your entire household can go on the ketogenic diet with you so that you aren't making separate meals for your family.

The following tips will be beneficial when transitioning your household to the keto diet.



Get Rid of All the Non-Approved Food Items

To start with, you need to get rid of any food items, snacks, and drinks in your kitchen that are not approved on the keto diet.

This might be hard at first since you are cutting off foods your family may really crave, so if you feel your children would do better with just one thing at a time, go ahead and do this gradually.

You want all high-carb snacks like cookies, cakes, candy, chips, and most crackers to be out of the kitchen. Also start increasing low-carb side dishes for meals and reducing how much rice and pasta you serve with your meals.

Let Them Help With Lunches

Kids like to be involved in things, especially when the changes affect their life in such a major way.

You can definitely get them more excited about switching to a low-carb diet when you let them help choose meals. Have them start by putting their own lunch together. Make sure they know the foods they can have and give a little lesson on proper balancing. Work with your kids to put together nutritious and filling keto-friendly lunches that they will enjoy.

Think About Keto-Friendly Snacks For the Car

You might spend quite a bit of time in the car with your kids on the way to doctor's appointments, going to soccer practice, and picking them up from school.

To avoid giving them snacks that are filled with sugar and carbs, try to re-think the types of snacks you bring along.

For example, pack a small cooler with celery sticks and peanut butter or bring along small bags of nuts, such as almonds, and walnuts. Having some string cheese that is kept cool in the car is another great option for kids who are sticking to the keto diet.

Work Together as a Family to Prepare Meals

You can further encourage your kids to becoming involved in the keto diet by cooking and preparing meals as a family.

Have your kids look online to find keto-friendly recipes by telling them some ingredients they can include, have kids help prep veggies, or put together keto casseroles if they are old enough.

Chapter 10: How Keto May Help With Infertility

Infertility is a serious concern for many couples today and is defined as the inability to conceive a child naturally after trying for 12 consecutive months.

There are many causes of infertility for both men and women, from diseases like polycystic ovarian syndrome (PCOS) and endometriosis, to low sperm count and motility in men.

The good news is that the keto diet may potentially help with infertility for women, and is also a good option to improve the nutrition of men with fertility issues.



Boosting Egg Quality

The first way that a ketogenic diet can help with infertility is by boosting your egg quality and potentially improving fertility.

A keto diet may help regulate irregular or absent menstrual cycles. High-quality-fat diets with healthy proteins may improve the health of eggs and embryos.

If you can't get pregnant or you have suffered miscarriages potentially related to an unhealthy diet, the keto diet may be of great help. Just make sure you are consuming the right kinds of fats and healthy protein. Too much protein can potentially put you out of ketosis. A good balance is what you are striving for.

PCOS Treatment

Speaking of specific infertility conditions, a keto diet is often recommended to people who have polycystic ovarian syndrome (PCOS).

With this condition, you can have reduced quality of eggs and other issues due to a hormonal imbalance.

PCOS is one of the most common causes of infertility in women. If you are overweight, have rapid hair growth all over your body, and don't ovulate regularly, you might have PCOS.

With a keto diet, you are able to lose weight, improve your hormonal imbalance, and improve your LH/FSH ratio, all of which can help you get pregnant.

More on Keto For Infertility

If you are going to do the ketogenic diet for infertility, it is highly recommended that you consult a doctor or fertility specialist first.

While your doctor may suggest or allow you to go on the keto diet, there may be reasons why they think this might not be the best diet option for you. Consult your doctor, then follow through to make sure you do your research on the diet so you are doing it correctly.

With the many benefits of the keto diet, improved reproductive health may be one of the most important, particularly given the high level of fertility issues facing many couples today.

Recommended Keto Resources

Whether you're new to the ketogenic diet or a seasoned pro, here are some of the **very best keto resources** that we highly recommend!

[Custom Keto Diet](#)

Would You Like to Know Exactly What to Eat to Lose Fat and Get Healthy Without Giving Up Your Favorite Foods or Starving Yourself?

Check out the Custom Keto Diet Plan today!



[iHerb](#)

iHerb offers over 1,200 brands and 35,000 brand name products that you may also find at health food stores and natural pharmacies — with one important difference: their prices are typically 30 – 50% less, with free shipping on qualifying orders. Get 10% off your first iHerb order by [clicking here](#).