BuyKetosis™

KETOPIA™ GUIDE
# TABLE OF CONTENTS

## PRODUCTS 5

- **KetonX Drink™** ........................................... 6
- **FIXX Shake™** .............................................. 6
- **Dough Bites™** ............................................. 6
- **KetoCream Shake™** ...................................... 7
- **KetoPM™** .................................................. 7
- **Digestive Enzymes™** ..................................... 7
- **KetoBooster™** ............................................. 8
- **10-Day Body Reset** ....................................... 9
- **7-Day Bridge** .............................................. 9

## KETO LIFESTYLE 10

- **MAKE HEALTH A HABIT** ................................ 11
- **TIPS FOR BEST RESULTS** ................................ 12
- **PORTION SIZES** ......................................... 13
- **CRAVINGS** .................................................. 13
- **HYDRATION** ................................................ 13
- **EXERCISE** ................................................... 14

## KETO FOODS 15

- **TIPS FOR GROCERY SHOPPING** ...................... 16
- **HEALTHY FATS** .......................................... 17
- **PROTEINS** .................................................. 18
- **FRUITS & VEGGIES (CARBS)** ........................... 19
- **DAIRY & TIPS FOR BUYING** ............................. 20
- **DRINKS** ..................................................... 20
- **FOODS TO AVOID** ........................................ 20
- **SNACK IDEAS** ............................................. 21
- **NUT GUIDE** ............................................... 21
- **KETO GENERAL SHOPPING LIST** ..................... 22
Welcome back to The Village. Ketopia™ is our virtual village serving as a throwback to what originally was. Thousands of years ago, our ancestors predominantly lived in nutritional ketosis living off the land and sea.

Eventually, shelf life and greed (the invention of junk food, fast sugar and carbs) moved us to cold concrete and the fast food lunchable era of food–less foods and lifeless drinks “McTosis”. The results?

Here in America we are the sickest generation EVER, the heaviest generation EVER, and the first generation predicted to outlive our children. In fact, the money that Americans spend on weight loss alone annually would feed the world’s hungry for two years.

It’s Time to Hit the Reset Button

In today’s world, foods are chemically altered, full of sugars, carbohydrates and empty calories, making them cheaper to produce and more addicting to consume. This craving-packed “carboholic” culture tempts us at every turn and entices our children. It’s no wonder why we are sicker and heavier than ever.

We cannot create and sustain our dreams if we are stepping over our health to get there. The Ketopia Reset program has been designed to set you back on the path toward optimal health and wellness through ketosis.

Burn Fat, Don’t Abuse Carbs

Ketosis is a natural metabolic state where the body burns fat for its energy, rather than carbohydrates. Fat offers 225% more energy than carbohydrates. Until now, this energy has believed to be out of reach, or at best, difficult to achieve.

Health Is a Habit, Not an Event

Ketopia™ leverages the latest breakthroughs in science and nutrition to make your health goals realistic and tangible. Since health is habit, not an event, Ketopia™ was designed to supplement your healthy lifestyle to help you feel and look your best.

This is not intended as medical advice. This material is intended to be of general informational use and is not intended to constitute medical advice, probable diagnosis, or recommended treatments, nor should any information in this document be construed as such. BuyKetosis™ is not responsible for any adverse effects or consequences resulting from the use of any of the suggestions, preparations, or methods described in this material. Healthy diet and regular exercise are recommended with any program.
PRODUCTS
KetonX Drink™

KetonX are specially formulated with exogenous ketones and medium-chain triglycerides to help put your body into ketosis within a matter of hours and help your body cleanse impurities.

**DIRECTIONS**
Dissolve 1 KetonX drink pack in 16–20 oz. of cold water and shake/stir vigorously & sip over 60–90 minutes. Can be taken with or without food. For people with sensitive stomach do 1/2 serving to allow your body to adapt to the active ingredients.

Dough Bites™

Dough Bites are a delicious cookie dough snack that feature 24-Karat® Chocolate, zero-impact carbohydrates, fiber and prebiotics. They are formulated to help balance insulin levels and increase fat utilization for energy. Dough Bites are filling, help to reduce cravings, and taste amazing.

**DIRECTIONS**
Enjoy with 16 oz. water. Also can be baked. (350° for 3–5 minutes).

FIXX Shake™

FIXX® is a delicious 24-Karat Chocolate meal replacement energy shake that features cold-processed New Zealand whey from clean pasture-raised cows that contains no hormones or second-hand antibiotics, and is 99% lactose free. We also added 30 organic fruits and vegetables, along with antioxidants, vitamins, minerals and probiotics to provide you with a naturally nutritious meal replacement option.

**DIRECTIONS**
Mix with 8–10 oz. water.
KetoCream Shake™

KetoCream contains the perfect amount of fat, proteins and no-impact carbs to keep your body in a state of fat burning ketosis. Enjoy by itself as a delicious shake or mix with your coffee to create the perfect bullet proof coffee!

**DIRECTIONS**
Pour contents into 8–12 ounces (240–350 mL) of water and shake or mix well. Also can be used as a creamer for coffee or tea.

Digestive Enzymes™

Ketopia™ Digestive Enzymes help break down foods and maximize absorption of the key ketosis nutrients that your body will need during ketosis. Enzymes help build new cells and tissues as needed while removing waste during weight loss and detoxification and are the foundation of energy and life force in all living things!

**DIRECTIONS**
Take a minimum of one capsule daily, preferably at the beginning of your evening meal.

KetoPM™

KetoPM™ is an exclusive tincture featuring hemp oil, marine phytoplankton and ketone-driving MCT oils developed to help you rest easy and provide you the benefits of a sleep aid with no negative side effects.

**DIRECTIONS**
Take two half-droppers before bedtime. For best results, take on an empty stomach and swish around mouth for 60 seconds prior to swallowing.
KetoBooster™ is the perfect liquid combination of BHB salts and MCT oils for a keto boost anywhere, any time! Once you’re in ketosis, a few sprays of KetoBooster™ under the tongue each day will help keep you there. With a tasty salty caramel flavor, KetoBooster™ is perfect for that mid-afternoon energy or brain boost.

**DIRECTIONS**
Shake gently. Spray six times directly into mouth before swallowing, once daily.
The Ketopia™ 10-Day Body Reset & 7-Day Bridge were designed with ease in mind and to help you make better choices when it comes to what to eat while working toward your weight management goals.

The 10-Day Body Reset Kit contains a 10-Day supply each of KetonX Drinks™, Dough Bites™, & FIXX Shakes™.

The 7-Day Bridge contains a 7-Day supply each of KetonX Drinks™, Digestive Enzymes, and KetoCream Shakes™.

Whether you’re looking for an easy way to start, get back on track with, or maintain a ketogenic diet, these kits are the perfect tools for you; just add dinner!

10-Day Body Reset

DIRECTIONS

1. Breakfast - KetonX Drink™
2. Snack - (3 HRS LATER) Dough Bite™
3. Lunch - (3 HRS LATER) FIXX Shake™
4. Dinner - (3 HRS LATER) Sensible meal high in good fats, moderate in protein, low in carbs.

7-Day Bridge

DIRECTIONS

1. Breakfast - KetonX Drink™ + 2 digestive ENZYMES™
2. Snack - (3 HRS LATER) Dough Bite™
3. Lunch - (3 HRS LATER) Shake: FIXX™ or KetoCream™
4. Dinner - (3 HRS LATER) Sensible meal high in good fats, moderate in protein, low in carbs + 2 digestive ENZYMES
KETO LIFESTYLE
MAKE HEALTH A HABIT

Whether your are using Ketopia™ products or managing your own ketogenic diet, making health a habit starts with the choices you make. Ketopia™ products were designed to help make the choice of what to eat easier, and this guide was created to do the same.

WHAT IS A KETOGENIC DIET?

A ketogenic (keto) diet is high in good fats (approximately 70% of your daily calories), moderate in proteins (approximately 25% of your daily calories), and low in carbs (approximately 5% of your daily calories). Every person responds differently, so the amount of daily carbs consumed can vary from 20–60 grams in order to maintain a state of ketosis.

KETOGENIC DIET PYRAMID

- 70% FATS
- 25% PROTEIN
- 5% CARBS
TIPS FOR BEST RESULTS

1. Drink more water – you should drink half your body weight in ounces each day
2. Eat every 3–4 hours to help protect muscle and keep blood sugar balanced
3. Get one serving of good fats, protein, and vegetables in every meal
4. Increase healthy fats – organic coconut oil, grass fed butter, avocado, clarified butter
5. Cook with good fats, like coconut oil
6. Eliminate refined sugars – no sugary food or soft drinks
7. Eliminate flour, wheat, and grains – no gluten – stick to leafy greens for carbs
8. Choose low-glycemic foods
9. Keep snacking to a minimum, and make sure your snacks are keto-friendly
10. If you do snack, try to maintain 3–4 hours between eating
11. Eat your last meal for the day before 8pm
12. Get a good night’s sleep – rest is important, try to go to bed before 11pm
PORTION SIZES

Portion sizes matter, but weighing and measuring food isn’t always the most convenient option. Here are some rules of thumb for making sure you’re not overdoing it.

1. Protein servings should be about the size of the inside palm of your hand.
2. Servings of complex carbohydrates (brown rice, sweet potatoes, etc.) or cooked vegetables should be about the size of a small fist.
3. Fruit often already comes in the right portion size! Eat one piece of fresh fruit the size of a small fist, like an apple or a peach, daily.
4. Servings of raw vegetables should be about the size of two small fists.

CRAVINGS

It is difficult to think of never eating some of your favorite foods again. Luckily, being healthy is about creating balance and being successful is about being realistic. We recommend you choose one meal per week, preferably earlier than 4:00 p.m., to have something that wouldn’t typically be included in the program. Do your best to keep your “free” meal on the same day each week.

Fighting the urge to have your “free” meal after 4:00 p.m. is for good reason. That is about the time of day when your metabolism slows down. Eating foods that are high in calories, sugars and fats later in the day can lead to weight gain. Eating these types of foods earlier in the day gives your body more time to burn it off before your body slows down in preparation for the night ahead.

HYDRATION

Water is how we shower on the inside! The human body is made of 70% water, and needs to be properly hydrated to function optimally. The best rule is to drink half your weight in ounces per day.

If you’re not sure you’re drinking enough water, you’re probably not! Typically, by the time we feel thirsty our bodies are already dehydrated. Thirst also gets mistaken for hunger a lot of the time. Next time you’re hungry try drinking a glass of water and wait a few minutes to determine if it’s hunger or thirst that needs your attention. You might be surprised!
EXERCISE

We cannot stress enough how important of a role exercise plays in your overall health. Your results on a keto diet, or any other diet, will be best if combined with adequate exercise. If you are not typically a regular exerciser, now is the time to start!

Everyone has 20 minutes to spare for their own body and mind each day. It can be as simple as going for a brisk walk outdoors! You will also find that exercise can easily be incorporated into your daily routines.

Benefits of regular exercise include, but are certainly not limited to:

- Improved mood
- Stress reduction
- Boosted energy
- Deeper sleep
- Healthier libido
- Prevention of excess weight gain
- Balanced cholesterol levels
- Improved self-confidence
- Heightened mental clarity
KETO FOODS
TIPS FOR GROCERY SHOPPING

• Shop around the perimeter of the store where most of the fresh, organic and non-GMO foods will be. This also eliminates impulsive buying of low quality foods from the center aisles.

• If possible do as much of your shopping through farmers markets and farms where you can find the highest quality foods.

• If it comes in a can, box, or bag, be cautious because it’s probably toxic.

• Don’t shop when you’re hungry, you’ll be more tempted to buy junk food.

• Buying grass-fed and wild animal sources is optimal.
HEALTHY FATS

Fats are an important part of a ketogenic diet, but should also be chosen wisely. Watch out for added carbohydrates in anything packaged, and keep serving sizes small.

- Almonds
- Avocado
- Butter
- Cashews
- Coconut Oil
- Ghee
- Macadamia Nuts
- Mayonnaise
- Nut Butters
- Olive Oil
- Pecans

BUYING TIPS

- Avoid all vegetable oils including corn, cottonseed, canola, soy, and sunflower.

- Only cook with butter, ghee, or coconut oil.

- Avoid anything that says “hydrogenated” or “partially hydrogenated.”

- Avoid spreads, butter replacements and low fat butter products.

- Olive oil is only healthy when you do not heat or cook it, use in moderation.
PROTEINS

Proteins should be lean and natural. Avoid canned, potted, processed, battered or fried meats, including lunch meats, sausage, and hot dogs. Eggs can be prepared as scrambled, poached, soft boiled, hard boiled or deviled. Limit cheeses to four (4) ounces or less per serving. Keep soft cheeses to a minimum, as they typically contain more carbohydrates than do hard cheeses. You should also avoid any processed cheeses, such as cheese spreads or canned cheeses.

- Beef
- Cheese
- Chicken
- Duck
- Eggs
- Fish
- Fowl
- Jerky
- Lamb
- Pork
- Turkey
- Veal
- Venison
- Wild Meat

BUYING TIPS

- 100% Grass-Fed and Grass-Finished is optimal.
- Grass-fed (grain-finished before slaughter) is a big step down, but is better than conventional meat.
- Pastured doesn’t mean anything unless it’s also grass-fed.
- Organic meat is better than conventional.
- Extremely lean conventional meats (factory raised) are better than no meat at all.
- Aim for organic and pasture raised eggs. In a pinch, eggs can be factory raised because hens filter out many of the toxins that would damage their offspring.
- Never, ever eat “omega 3” eggs.
- Farmed salmon/fish = bad. You’re better off eating fat-free factory meat.
FRUITS & VEGGIES (CARBS)

Choose as many greens as you can. We recommend eating a lot of salads that also include meats, cheeses and dressings. If you decide to eat fruits, stick to fresh or frozen berries.

Low-Carb Vegetables and Greens Include:

- Arugula
- Celery
- Chicory
- Chives
- Asparagus
- Avocado
- Bean Sprouts
- Beans
- Broccoli
- Chicory
- Cucumber
- Endive
- Lettuce
- Brussels Sprouts
- Cabbage
- Chard
- Kale
- Onions
- Mushrooms
- Olives
- Parsley
- Peppers
- Radishes
- Romaine
- String Beans
- Tomatoes
- Zucchini

With a few more carbs, the following vegetables and greens can be used to supplement meals but should be eaten in moderation.

BUYING TIPS

- Shop at Farmers Markets or find a good local organic fruits and vegetables source.
- Use your freezer, usually the organic frozen produce section at the store is cheaper than fresh especially if the fruit or vegetable is out of season.
- Buy in season, this not only ensures you get the biggest bang for your buck, it also means your produce will taste as it should full of flavor and perfectly ripe.
- Don’t buy canned, dried, candied, or preserved stuff.
DAIRY & TIPS FOR BUYING

With the exception of grass-fed butter and ghee, it’s best to avoid dairy. Many people have a reaction to the proteins in dairy, which is why grass-fed butter or ghee is tolerated by many (but not all).

- If you do decide to consume dairy, here is what it should be:
- Raw, unpasteurized, and untreated.
- Grass-fed/Grass-finished
- Full Fat

FOODS TO AVOID

PROCESSED, ARTIFICIAL, & REFINED FOODS

- All Grains
- Processed Foods
- Factory Farmed Pork and Fish
- Artificial Sweeteners
- Refined Fats and Oils
- Low Fat, Low Carb, and Zero Carb Products
- Alcohol/Sweet Drinks
- Excessive amounts of Caffeine

DRINKS

Water! You should drink half your body weight in ounces per day. Coffee and tea with some cream (no sugar) can be used on the program, but not in excess. No soda or juice should be used on the program due to the high amounts of sugar they contain.
SNACK IDEAS

The best snacks for a keto diet are lean proteins, eaten in small portions. Snacks should have little to no carbohydrates or sugars.

- Hard Boiled Egg
- 1/2 Avocado with Pink Himalayan Salt
- 1 Cup of Bone Broth
- Jerky (Nitrate Free)
- String Cheese
- Celery
- Cucumbers
- Peppers
- Small Portion of Nuts

NUT GUIDE

- Almonds
- Cashews
- Brazil Nuts
- Hazelnuts
- Macadamia Nuts
- Pecans
- Pistachios
- Pine Nuts
- Flax Seeds
- Chia Seeds

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KETO GENERAL SHOPPING LIST

**FATS**
- Grass fed butter (Kerrygold is the best)
- Ghee
- MCT oil
- Olive Oil
- Organic coconut oil

**CARBS (VEGGIES)**
- Cilantro
- Spinach
- Lettuce
- Avocado
- Lime
- Onion
- Dill
- Garlic
- Basil
- Tomatoes
- Lemons
- Lettuce
- Asparagus
- Tomatoes
- Green beans
- Carrots

**PROTEIN**
- Bacon
- Sirloin steaks
- Salmon
- Turkey
- Eggs
- Chicken
- Ground beef
- Cod

**SPICES**
- Pink Himalayan Salt (or Sea Salt)
- Ground turmeric
- Apple cider vinegar
- Chili powder
- Cayenne
- Lemon juice
- Honey
- Mustard
- Oregano
- Ground ginger
- Almond flour
TIPS FOR DINING OUT

Keep things simple and stick to low-carb options. A steak or fish with a side of steamed vegetables and butter are a good example. When eating fast food, try to avoid fried foods. A number of places offer protein-style hamburgers, which means the burger is wrapped in lettuce instead of a bun.
KETO RECIPES
BEEF TACO SALAD

**SALAD**
- 1 cup spring lettuce
- 1/4 cup shredded red cabbage
- 2 shredded carrots
- 1 cucumber, cut into slices
- 1/2 avocado, sliced

**TACO MEAT**
- 1 Pound Grass-Fed Ground Beef
- 2 tablespoons Grass-Fed Unsalted Butter or Ghee
- 1/2 Fresh Lime, squeezed
- 1 Tablespoon Cayenne Powder
- 1 teaspoon Dried Oregano
- 1/2 Sea Salt to taste

**DIRECTIONS**

1. In a medium pan, sauté the beef on medium-low until cooked gently but thoroughly. Your goal is not to brown the meat but to heat it enough that it’s cooked through. Burned, caramelized meat tastes good, but it causes food cravings.

2. Drain the excess liquid.

3. Add the butter or ghee, lime juice, cayenne powder, oregano, and salt. Add more seasoning if you wish and play around with flavors!

4. Lay a bed with all of the salad ingredients, starting with the lettuce.

5. Add a suitable portion of taco meat on top and then drizzle with dressing of your choice.
CHEESE & ONION QUICHE

DIRECTIONS

1. Preheat oven to 350 degrees. In a skillet, melt butter over medium-low heat. Add vegetables and sauté until onions are translucent and soft. Remove from heat and cool. Butter two 10-inch quiche pans or deep pie pans. Put half of the shredded cheese in the bottom of each buttered pan. Add half of the cooled vegetable mixture to each pan in an even layer over the cheese.

2. Crack eggs into a large mixing bowl. Add cream and spices, then whisk together until well mixed and frothy. Pour half the mixture over each pan of vegetables and cheese, and use a fork to gently and evenly distribute cheese and vegetables into egg mixture. Slide quiche pans into the oven, leaving an inch of space between the pans. Bake for 20 to 25 minutes, or until set, puffy and slightly golden in the center. Quiches are done if you insert a knife into the center and it comes out clean. Cut each quiche into six equal sized servings. Serve immediately, or let cool and refrigerate or freeze. These will keep in the freezer for two weeks, or the refrigerator for one week.

INGREDIENTS

- 5–6 c. Muenster or Colby jack cheese, shredded and divided in half
- 2 tablespoon butter, plus more for greasing pans
- 1 large white onion, finely chopped
- 12 large eggs
- 2 cups heavy cream
- 1 teaspoon salt
- 1 teaspoon ground black pepper
- 2 teaspoon dried thyme
COBB SALAD

**SALAD**

- 4 cherry tomatoes
- 30 grams of blue cheese (optional)
- 2 hard-boiled eggs
- 2 cups of romaine lettuce coarsely chopped
- ½ avocado diced
- 8 ounces (2 cups) organic turkey breast
- 2 slices of bacon

**DRESSING**

- 1 tablespoons of olive oil
- 1 tablespoon of organic apple cider vinegar
- 1 teaspoon of lemon juice
- 1 teaspoon of Dijon Mustard
- A little bit of garlic (optional)
- Salt and pepper to taste

**DIRECTIONS**

1. Hard boil the eggs (use a pre-programmed steamer or the regular method).
2. Slice the bacon in to strips and heat them in a non-stick skillet sprayed with olive oil for 3-5 minutes;
3. Slice the hard-boiled eggs;
4. Put the lettuce in the bottom of the bowl;
5. Put the halved cherry tomatoes, avocados, blue cheese, ham, eggs and turkey bacon in rows next to each other like shown in the picture;
6. Evenly spread the dressing over.
DRESSINGS

BULLETPROOF MAYONNAISE

- 1 large egg
- 3/4 cup extra light olive oil
- 1/4 cup MCT oil
- 2 to 3 teaspoons lemon or lime juice (fresh squeezed)
- Pinch of sea salt

DIRECTIONS (ALL)

Combine all ingredients in a blender and blend until smooth & creamy. Great for salads & cooked & raw vegetables.

CREAMY AVOCADO DRESSING

- 1/2 avocado
- 1 to 2 tablespoons MCT oil
- 1 tablespoon apple cider vinegar
- 1 tablespoon fresh lemon juice
- 1 cup sliced cucumber
- 1/4 cup chopped fresh cilantro
- Sea salt to taste

CREAMY BASIL VINAIGRETTE

- 1/2 avocado
- 1/4 cup extra virgin olive oil
- 2 tablespoons C8 MCT oil
- 1/4 cup apple cider vinegar small handful fresh basil leaves

BULLETPROOF MAYONNAISE

- 1 large egg
- 3/4 cup extra light olive oil
- 1/4 cup MCT oil
- 2 to 3 teaspoons lemon or lime juice (fresh squeezed)
- Pinch of sea salt

RANCH DRESSING

- 1 cup bulletproof Mayonnaise
- 2 tablespoons chopped fresh dill
- 1 tablespoon apple cider vinegar
- 2 cloves garlic, minced together with sea salt to taste

HONEY MUSTARD VINAIGRETTE

- 1/4 cup apple cider vinegar
- 1/8 cup extra virgin olive oil
- 1/8 cup MCT oil
- 1 tablespoon mustard
- 2 tablespoons raw honey

DIRECTIONS (ALL)

Combine all ingredients in a blender and blend until smooth & creamy. Great for salads & cooked & raw vegetables.
EGG MUFFINS

INGREDIENTS

- 8 eggs
- ½ cup hard cheese, shredded
- ½ cup spinach, chopped
- 1 teaspoon oregano
- 1 teaspoon basil
- 1 tablespoon garlic
- Pepper, to taste

DIRECTIONS

1. Preheat oven to 500°F.

2. Crack eggs into medium mixing bowl.

3. Mix in all other ingredients and pour into muffin pan.

4. Bake at 500 degrees for 10 to 15 minutes, or until cooked all the way through.
FISH DINNER

INGREDIENTS

• Cod – steamed or boiled
• Pinch of Organic Seasoning
• 1 tablespoon of Grass Fed-Butter

DIRECTIONS

1. Simply steam or boil the cod, season with spices and top with avocado.
2. Pair with a simple salad or green beans and enjoy!
FRITTATA

INGREDIENTS

- 1 tablespoon coconut oil
- 4 eggs
- 1 ¼ cup fatty ground beef, turkey, pork, chicken or bacon
- ½ green pepper, diced
- ½ red pepper, diced
- 3 leaves kale
- 4 mushrooms
- 1 cup goat cheese
- 1 tablespoon curry powder
- 1 tablespoon paprika
- 1 tablespoon garlic powder

DIRECTIONS

1. Cut the kale, mushrooms, green pepper and red pepper into small pieces.

2. Heat coconut oil in a pan over medium-low heat. Add vegetable mixture and sauté until soft. Add ground beef (or other meat) and stir until browned.

3. In a separate bowl, beat eggs, curry powder, paprika and garlic powder together. Spread the vegetable mixture evenly across the pan.

4. Pour the egg mixture evenly over the vegetables. Sprinkle goat cheese on top.

5. Cover and cook until eggs are cooked and cheese is bubbling (3–5 minutes).
GRASS-FED BEEF MEATBALLS

INGREDIENTS

- 1 pastured whole egg
- 1/4 cup ground almonds or almond butter
- 1 tablespoon C8 MCT oil
- 1 teaspoon ground turmeric
- 1 teaspoon chili powder
- 1 pound grass-fed ground beef
- Pink Himalayan Sea Salt

These delicious meatballs are great by themselves for dinner with a vegetable side dish of your choice. Play around by adding chopped fresh herbs (basil, parsley, mint, oregano, sage, or rosemary) to see which you like best.

DIRECTIONS

1. Preheat the oven to 320°F.
2. Combine the egg, nuts, 1/2 teaspoon salt, oil, turmeric, and chili powder and mix into the meat by hand to thoroughly combine.
3. Form the meat into small balls the size of a ping-pong ball and place them on a rimmed baking sheet lined with foil.
4. Sprinkle salt on the meatballs before placing them in the oven.
5. Bake for 20 to 25 minutes, depending on the size of the meatball.
GRASS-FED BURGER WITH AVOCADO

INGREDIENTS

• 1½ pounds of grass-fed ground beef (make six ¼ lb burgers)
• 1 teaspoon of sea salt
• 1 teaspoon of pepper
• 1 teaspoon of garlic powder
• 2 tablespoons of coconut oil
• 2 small onions, thinly sliced
• 2 tablespoons of balsamic vinegar
• 1 tomato, sliced into 6 thick slices
• 3 avocados

DIRECTIONS

1. Lightly season both sides with salt, pepper, and garlic powder.

2. Heat a large skillet to medium–high heat.

3. Add in 1 tablespoon of coconut oil.

4. Place the burgers in the skillet and sauté each side for 5–8 minutes (depending on your desired doneness).

5. Remove from skillet and let sit for 1 minute.

6. Assemble burgers.
GROUND TURKEY

INGREDIENTS

- 1 cup ground turkey
- ½ cup sliced spinach
- 3 tablespoon red pepper
- ¼ cup part skim mozzarella cheese
- ½ teaspoon fresh basil (optional)
- 2 tablespoon red onion, chopped
- 1 teaspoon butter
- Salt and pepper, to taste

DIRECTIONS

1. Brown turkey in butter over medium-high heat.
2. Add remainder of ingredients.
3. Reduce heat to low.
4. Cook until onions are soft, stirring occasionally.
5. Serve.
ITALIAN MEATLOAF

MEATLOAF

- 1lb grass fed ground beef
- 1 yellow onion, diced
- 1 roasted red pepper, diced
- ¼ cup tomato sauce
- 1 egg, whisked
- ¾ cup almond flour
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- Salt and pepper, to taste
- Olive oil, for sautéing

SAUCE

- ¾ cup tomato sauce
- 1 teaspoon dried basil
- 1 teaspoon dried thyme
- 1 teaspoon dried parsley
- Salt and pepper, to taste
- Fresh basil, chopped (to top—optional)

DIRECTIONS

1. Preheat oven to 400°F.

2. Place a medium skillet over medium heat and add a tablespoon or two of olive oil. Then add your onions and roasted red pepper to the pan. Cook until onions have become soft and translucent.

3. Once they are done cooking, add them to a bowl along with the rest of the ingredients for your meatloaf and use your hands to mix it all together.

4. Press ingredients into a bread pan and bake for 35–40 minutes.

5. Once your meatloaf is almost done cooking, add your sauce ingredients to a saucepan to heat up until slightly bubbly.

6. Let meatloaf cool slightly then add sauce on top. Top with fresh basil.
LEMON & ROSEMARY GRILLED CHICKEN

INGREDIENTS

- 2 Free Range Chicken Breasts
- Juice of 1 lemon
- 2 tsp fresh rosemary (chopped)
- 1 teaspoon dry mustard powder
- 1/4 cup each chopped fresh basil, thyme, and oregano
- Sea Salt to taste
- 2 tablespoons ghee

DIRECTIONS

1. Preheat the oven to 320°F.
2. Wash and dry the chicken breasts and set aside.
3. Combine the lemon juice, dry mustard, herbs, and salt. In a baking dish, drizzle the lemon juice mixture over the chicken breast and place back in the fridge for 1 hour.
4. Place 1 tablespoon ghee on top of each breast.
5. Bake the chicken for 45 minutes or until cooked through.
OMELETTE

INGREDIENTS

• 3 eggs
• 2 tablespoon almond milk (can substitute cream or coconut milk)
• 1 plum tomato, diced
• 1/4 cup shredded spinach
• 1 tablespoon purple onion, diced
• 1 pinch basil
• Garlic (optional)
• 1 teaspoon coconut oil

DIRECTIONS

1. Pour oil into a large skillet.

2. Brown steaks on both sides over medium-high heat. When both sides are browned very well, add onion, garlic, and tomatoes.

3. In a separate bowl, stir together ginger, salt, pepper, and vinegar. Add vinegar mix to skillet and stir. Cover skillet and reduce heat to low.

4. Simmer until liquid evaporates completely and serve.
SALMON WITH CREAMY SPINACH

**INGREDIENTS**
- 1 Wild Caught Salmon Fillet
- Fresh Spinach
- 1 tbsp heavy whipping cream (or coconut milk)
- 2 tbsp ghee, coconut oil or extra virgin olive oil
- Freshly ground black pepper
- Pinch salt or more to taste

**HOLLANDAISE**
- 2 pastured egg yolks
- 1 tablespoon lemon juice
- 1/2 cup melted grass-fed unsalted butter or ghee
- Pinch sea salt
- Dash cayenne powder (optional)
- Fresh parsley (optional)

**DIRECTIONS**
1. Brush Salmon with extra virgin olive oil and sprinkle with dill.
2. Bake at 350°F for 25 min. Top with some Hollandaise.

**HOLLANDAISE DIRECTIONS**
1. Place the egg yolks, lemon juice, salt, and cayenne pepper (if using) in a high-powered blender. Start the blender on low and run it for about 30 seconds.
2. Slowly drizzle the melted butter or ghee into the blender. You must pour slowly to aid the emulsion. Once all the butter or ghee is added and the hollandaise has thickened, it’s done. Top with parsley if you choose.
STEAK

INGREDIENTS

- 2 4-oz. Sirloin steaks, cut into strips
- 1 T. coconut oil
- 1 small onion, diced
- 1 clove garlic, crushed
- 2 small tomatoes, diced
- 1 teaspoon ground ginger
- 4 tablespoon apple cider vinegar
- Salt and pepper, to taste

DIRECTIONS

1. Pour oil into a large skillet.

2. Brown steaks on both sides over medium-high heat. When both sides are browned very well, add onion, garlic, and tomatoes.

3. In a separate bowl, stir together ginger, salt, pepper, and vinegar. Add vinegar mix to skillet and stir. Cover skillet and reduce heat to low.

4. Simmer until liquid evaporates completely and serve.
TERIYAKI BEEF STIR FRY

DIRECTIONS

1. Place a large pan or wok over medium heat. Add coconut oil along with minced garlic and grated ginger.

2. When garlic becomes fragrant, turn heat on low then add coconut aminos. Be sure that the pan has cooled down a bit before to keep the coconut aminos from splattering everywhere. Once coconut aminos have been added, increase heat to medium-low and add honey, sesame oil and fish sauce.

3. Bring sauce to a slow boil, then add 1 tablespoon of arrowroot powder, 1 teaspoon at a time and whisking to incorporate into the sauce. Meaning you will add 3 teaspoons total, whisking each teaspoon in at a time.

4. Once sauce has become thick, add peppers, onion and sliced mushrooms to the sauce and coat in sauce. Let cook down for about 6-8 minutes or until onion is soft.

5. After the vegetables have cooked through, use a slotted spoon to remove the vegetable and set aside in a bowl.

6. Increase heat to medium-high temperature and add thinly sliced flank steak to the pan. Cook steak on both sides for 2-3 minutes, until barely any pink remains.

7. Add vegetables back into the pan and incorporate with the meat. Since the meat will render some liquid, add the remaining tablespoons arrowroot powder into the mixture, teaspoon at a time, whisking the powder in with the mixture.

8. Top stir fry off with chopped green onions.

INGREDIENTS

- 2 tablespoon coconut oil
- 2 garlic cloves, minced
- 1 teaspoon fresh ginger, grated
- ½ cup coconut aminos
- 3 tablespoons honey
- 1 teaspoon sesame oil
- ½ teaspoon fish sauce
- 2 tablespoons arrowroot powder, divided
- 1 red bell pepper, thinly sliced
- 1 orange bell pepper, thinly sliced
- ½ yellow onion, thinly sliced
- 1 cup sliced button mushrooms
- 1 pound flank steak, thinly sliced against the grain
- Salt and pepper, to taste
- Chopped green onions, to garnish
QUICK AVOCADO SALAD

INGREDIENTS

- ½ avocado, diced
- 1 small head crunchy lettuce, shredded
- 2 eggs, hard boiled and sliced
- 1 medium spring onion, chopped
- 1 splash lemon juice
- 1 pinch pink Himalayan salt
- 1 tablespoon extra virgin olive oil

DIRECTIONS

1. Mix all ingredients and enjoy.
FAQs
WHAT DO I DO AFTER THE 10-DAY BODY RESET OR 7-DAY BRIDGE?

That is entirely up to you! There are many options available:

1. Maintain your own ketogenic diet following the guidelines we have discussed in this guide.
2. Use the 10-Day Body Reset or 7-Day Bridge back-to-back if you enjoy the convenience of only having to worry about dinner each night.
3. Use the 10-Day Body Reset or 7-Day Bridge occasionally to reset after slip-ups or just as an additional tool to support your weight management goals.
4. Mix & Match individual Ketopia™ products that can be purchased in our shop’s KetoCafé section to incorporate into your regular routine.

Find out what works best for you!

CAN I CHANGE THE ORDER I USE THE PRODUCTS IN THE KITS?

We recommend that you always take KetonX first thing in the morning while using the 10-Day Body Reset or 7-Day Bridge as it is the catalyst product containing exogenous ketones and medium-chain triglycerides that push your body into ketosis within a few hours. You should mix the KetonX with 16–20 oz. of water and sip it over 60–90 minutes.

After your KetonX, you can change the order of the other Ketopia™ products included in your kit and even your sensible meal as you see fit, just remember that for best results we recommend that you maintain 3–4 hours between every meal/snack.

WILL I STAY IN KETOSIS AFTER USING THE KITS?

You will stay in nutritional ketosis if you continue following a low-carb ketogenic diet. Ketopia™ products can help you maintain nutritional ketosis more easily.
KETO DIET

HOW MANY CALORIES SHOULD I BE EATING EVERY DAY?

An average woman needs to eat about 2000 calories per day to maintain, and 1500 calories to lose one pound of weight per week. An average man needs 2500 calories to maintain, and 2000 calories to lose one pound of weight per week.

However, this depends on numerous factors. These include age, height, current weight, activity levels, metabolic health and several others.

Visit https://authoritynutrition.com/how-many-calories-per-day/ to use their free calorie calculator to get a more personalized estimate.

WHAT DOES 70% FATS, 25% PROTEINS, 5% CARBS MEAN?

Once you have determined your daily calories, approximately 70% of those calories should come from healthy fats, 25% from proteins, and 5% from carbs.

Example:

- Daily Calories: 1500
- 70% * 1500 = 1050 Calories from healthy fats
- 25% * 1500 = 375 Calories from protein
- 5% * 1500 = 75 Calories from carbs

This is just an approximation, and can also be broken down for each meal individually, as you would do with your sensible meal when on the 10-Day Body Reset or 7-Day Bridge. Remember to check your product labels for “Calories from fat” to count those towards your fat intake.

CAN I DRINK ALCOHOL?

Alcohol causes spikes in your glucose levels and blood sugar and can kick your body out of ketosis. It is highly recommended that you do not consume alcohol on a ketogenic diet.

CAN I DRINK CAFFEINE?

Yes, you can drink caffeine, but you should do so in moderation. Drinking a lot of water is highly important and caffeine is a diuretic (a substance that causes your body to excrete water from the body) and may negatively impact your overall hydration.
IF I EAT CARBS, LIKE A SLICE OF PIZZA, AM I BACK AT SQUARE ONE?

That all depends on how long you’ve been in ketosis. When you’re first starting out on a ketogenic diet, your body has no residual ketones built up in the event that you make the choice to have some carbs. In this case, you would most likely be back at square one. The nice thing about KetonX Drinks™ though is that they can help push your body back into ketosis more rapidly, assuming that there wasn’t a mass overload of carbs.

After 3–4 weeks on a strict keto diet however, your body does build up residual ketones and can more easily recover from a little bit of cheating every once in a while. This too however would depend on the amount of carbs consumed, and the amount of residual ketones stored. Essentially, if you return immediately to a keto diet, the time it would take for you to return to ketosis would be only as long as it takes for your body to purge the excess levels of glucose created.

If you have cheated on your diet and you are worried that you over did it, just remember to return to a keto diet as quickly as possible and if you really want to speed up your recovery, exercise goes a long way towards getting your body back on track.

WHY DON’T THE URINE STRIPS SHOW THAT I’M IN KETOSIS?

Your body produces three different types of ketones; acetone, acetoacetate and beta-Hydroxybutyrate. Of these, urine strips only measure one kind: acetoacetate. Acetoacetate are excess ketones your body has produced and excreted via urine. These ketones are basically wasted calories.

Drinking large amounts of water as you should be while on a keto diet (or any diet for that matter), especially if that is a change in your normal levels of hydration, may dilute the concentration of these ketones in your urine and will cause lower readings of acetoacetate ketones. Additionally, as your body becomes keto-adapted over the course of 3–4 weeks when you begin your keto diet, your body is better able to use the ketones it creates, and you will therefore excrete less ketones as waste via urine.

Finally, blood glucose and some hormones in your body that negatively impact your body’s production of ketones are generally higher in the morning when you first wake up, during & after exercise, and just after eating; even while on a strict ketogenic diet. For the best possible results from urine strips, make sure you wait to measure until 1–2 hours after you wake up, eat, or exercise. Also, make sure you haven’t consumed a lot of water 1–2 hours before measuring to avoid dilution.

So, just because the urine strips don’t show you the results you’re expecting, that doesn’t mean that you aren’t in ketosis. You should focus on the bigger picture. How do you feel? Are you more awake? Do you have more mental clarity? Are you losing weight? Do you feel healthier?
WHY AM I NOT LOSING ANY WEIGHT?

Weight Loss vs. Fat Loss

There is more to weight than fat. Just because the scale doesn’t show major differences doesn’t necessarily mean that you aren’t losing any fat. Some people lose a significant amount of weight early on in a low-carb diet from water weight, then after that initial phase the weight loss slows. Others start slow. Every person’s body is different.

If you exercise, you may be gaining muscle at the same time that you are losing fat, and as muscle weighs more than fat, and losing fat is often slower than gaining muscle, you may be gaining weight and losing fat at the same time.

Weight Gains & Fluctuations

Small increases in carbs one day can cause water retention and fluctuation in your weight the next. Don’t worry, after a couple of days back on your regular daily carb limit, the excess water will go away. Hormone balance, especially in women, also cause natural fluctuations in your weight.

Unrealistic Expectations

Weight loss takes time. Although there are many people who start a keto diet and see immediate and impressive results, not everyone will have the same experience. Every person’s body is different and your body will go at its own pace.

There are many variables that will affect the rate at which you lose weight including your age, height, gender, activity level, diet and starting weight before beginning a keto diet, and others.

For those individuals that experience instant and drastic results, that may only happen in the beginning, and will most likely slow down to a more normal rate after a while.

Not everyone can look like a super model, but you can be healthier, and happier. Focus on the benefits of your dieting & exercise, and the weight loss goals you do achieve.

Close to Your Ideal Weight

Losing fat gets more difficult the closer you are to your target weight. If your weight is already at a healthy level, and you only need or want to lose 5 – 10 lbs, it will be harder to lose the weight. The best way to lose weight at this particular juncture is to closely watch your calorie intake.
Visit [https://authoritynutrition.com/how-many-calories-per-day/](https://authoritynutrition.com/how-many-calories-per-day/) and use their free calorie calculator to get an idea of your target calorie range.

Then go to LoseIt.com and start a free account (they also have a free app), then make sure to track all of your food intake each day so you’ll know where you’re at, and where you’ll need to adjust.

**Not Enough Real Food**

Just reducing the number of carbs you eat isn’t enough; it’s just the beginning. You need to replace the carbs that you aren’t eating, with nutritious foods.

Stick to healthy fats, meats, fish, eggs, and vegetables. Make sure that you are getting enough fats, if you cut back on both carbs and fats, you’ll end up feeling hungry and miserable.

High healthy fats, moderate proteins, and low carbs is the way to get into, and stay in, ketosis.

**Too Many Calories**

Calories count, so you should count your calories. High-fat low-carb diets work because when you get your calories and energy mainly from fat, your hunger is reduced and you end up eating less. Your calories from fat should make up approximately 70% of your daily calories, but fat contains twice as many calories than carbohydrates or protein so it’s easy to overdo it.

If you’re not losing weight but you’re following your diet correctly, try counting your calories for a couple weeks.

Visit [https://authoritynutrition.com/how-many-calories-per-day/](https://authoritynutrition.com/how-many-calories-per-day/) and use their free calorie calculator to get an idea of your target calorie range.

Then go to LoseIt.com and start a free account (they also have a free app), then make sure to track all of your food intake each day so you’ll know where you’re at, and where you’ll need to adjust.

**Cutting Calories for Too Long**

Keeping your calories intake lower can help you lose weight for a while, but then your body will adapt and you may plateau, so it’s not a good idea to do this indefinitely. Bodybuilders and models do regular cycles of “cutting” and “bulking” to counteract this. What this means is, when you find that you’ve hit a plateau after months of a lower calorie intake, increase the number of calories you eat each day for a couple months to
maintain and build muscle. This doesn’t mean go out and eat anything at all and go back to your old diet, but rather eat more of what you’re currently eating.

After a couple months maintaining at the higher calorie intake, you can reduce your calories and get things going again.

**Too Many Carbs**

Every person’s body is different. This is also true in regards to how a person’s body reacts to carbs. Some bodies are more sensitive than others.

Try reducing your calories under 60 grams per day. Fruits are a major contributor to carbs, and drinking fruit juices or eating dried fruits is like injecting sugar directly into your bloodstream. Limit your fruit intake to a handful of berries once in a while.

If you’re still struggling, try limiting your intake to 30 grams a day and stick to high amounts of healthy fats, moderate amounts of protein, and only leafy green vegetables for your carbs.

Try to include coconut oil in your diet. Like KetonX, they contain MCTs (medium-chain triglycerides) that are easily digested and are used for immediate energy, and are converted into ketones, which is what puts your body into ketosis.

If you want to really keep an eye on your carb intake, go to LoseIt.com and start a free account (they also have a free app), then make sure to track all of your carb intake each day so you’ll know where you’re at, and where you’ll need to adjust.

**Too Much Cheating**

Carb cheating can negatively affect your weight loss goals and may be the cause of plateaus or even weight gain. Having a little bite of this and a little bite of that can make those carbs and calories add up quickly.

Cheat days and cheat meals can be okay for some, but can do a lot of harm for others. More than one cheat day or 1–2 cheat meals a week is excessive. If you find it really hard to stay away from unhealthy foods and get back on your diet when you have a cheat meal, it may be better to just avoid cheating all together.

**Not Enough or Too Much Protein**

Eating a fair amount of high-quality animal protein is an important part of a keto diet. Eating too little will make you hungrier, and you will most likely eat more. Lack of protein can also cause muscle loss. Eating too much protein on the other hand will mean that your body will have excess proteins that will convert to glycogen and disrupt ketosis.
Typically for that to happen you would have to overeat your protein by a significant amount; 10–15 grams won’t matter. Too many proteins aren’t likely the reason for weight stalling as it is very hard to overeat protein, unless you are taking protein supplements.

**Too Many Sweeteners**

Even though many sweeteners have no calories and no carbs, they can affect your appetite and make you hungrier, thereby making you eat more calories. Overconsumption of artificial sweeteners themselves can cause weight gain over time.

If you’re consuming a lot of sweeteners or artificial sweeteners (possibly by drinking too many diet sodas) and you’re not losing any weight, you may want to try decreasing the amount that you intake or even remove them from your diet all together.

**Too Many Nuts**

Nuts are delicious and high in healthy fats, but they are also high in calories and not very filling (1 ounce of almonds has about 163 calories!). Nuts are very easy to overeat and can rack up your calorie count to an astounding high.

This doesn’t mean that you can’t eat nuts, but it does mean that you need to make sure you control your portions and know just how many calories you are eating. Eating too many nuts or nut butters won’t kick you out of ketosis, but it will mean you’re eating too many calories and that causes weight stalling and possibly even weight gain.

**Too Much Dairy**

Many dairy foods may be low carb, but they are very high in proteins that are high in amino acid which, like carbs, can spike your insulin levels. This can interrupt the metabolic adaptation that allows your body to reap the full benefits of ketosis.

Try to avoid milk and cut back on cheese, yogurt and cream. Butter is low in protein and lactose so it won’t spike your insulin and is fine to eat.

**Too Many Low-Carb Treats**

Low-carb treats using stevia or erythritol as sweeteners are a great treat every now and then, but they may cause cravings. You should use these as only occasional treats and stick to high healthy fats, moderate proteins, and low carbs to make up the bulk of your diet.

**Not Enough or Too Much Exercise**

Exercise is important, so if you’re not doing it at all, that can slow the rate of your weight
loss. If you’re exercising too much, that can also cause a negative effect by making you hungrier and causing you to eat more calories. Most calories you burn during exercise are irrelevant and will immediately be negated when you have an extra snack or two because you overdid it.

Your goal in exercising shouldn’t be to burn calories. The purpose is to improve your metabolic health and increase your muscle mass. This will help you feel better and help you maximize the benefits of your diet. Strive to do 30 minutes of exercise 3–5 times a week, and try to mix up your exercise routine for even better results.

**Not Enough Sleep**

Proper diet and exercise are very important, but without a good night’s sleep to compliment them you won’t see the benefits as quickly or as strongly.

Sleep is an important part of a healthy lifestyle and a lack of sleep can cause weight gain and obesity. You should strive to sleep 7–9 hours each night, and sleep on a regular schedule.

If you have a sleeping disorder and are unable to sleep, you should see a doctor as they are often treatable.

**Too Much Stress**

Stress is bad. We’ve all heard it, we all know it. But do we really know why? When you’re stressed, your body creates hormones (aptly called stress hormones) like cortisol.

Cortisol can make you hungrier and crave more of the foods that are bad for you. Not only that, but cortisol also stores fat around your stomach area (visceral fat). Stress can also be linked to hypothyroidism which affects your metabolic rate and also makes your body store fat.

**Medications or Medical Conditions**

Some medications can stimulate weight gain. Check the list of side effects on your medications and see if “weight gain” is listed. If it is, see your doctor to find out if there is an alternative medication you can take that doesn’t include weight gain as a side effect.

Certain medical conditions such as hypothyroidism may also cause problems when trying to lose weight. Other thyroid or adrenal dysfunctions may do the same. You may have these conditions and be completely unaware of them. A quick blood or saliva test can reveal the answer, so if you are really struggling to lose weight and following all the other guidelines but nothing ever seems to work, take a trip to the doctor and see if you have a medical condition that is inhibiting your success and find out what your doctor can do to help.
Track and measure your progress with the Ketopia system by completing the following form, both before and after your 10-Day Body Reset or 7-Day Bridge.

You are also encouraged to take “before” and “after” photos, whether for your own use or to share with us, along with your story, by emailing testimony@buyketosis.com. Take photos of your front and side profiles from a straight-on angle wearing tight fitting clothing to track your progress visually.

**BEFORE**
My health and/or weight management goal(s) is/are:

________________________________________________________________________
________________________________________________________________________

My clothes currently fit:
☐ Loose ☐ Perfect ☐ Snug ☐ Tight

My typical energy level is:
☐ ☐ ☐ ☐ ☐
Very Low Average Very High

My mental clarity is:
☐ ☐ ☐ ☐ ☐
Very Unclear Average Very Sharp

Weights & Measures:
Weight: __________
Body Fat %: __________
Upper Arm: __________
Chest: __________
Waist: __________
Thigh: __________

Comments/Notes:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________

**AFTER**
My health and/or weight management goal(s) is/are:

________________________________________________________________________
________________________________________________________________________

Now my clothes fit:
☐ Loose ☐ Perfect ☐ Snug ☐ Tight

Now my energy level is:
☐ ☐ ☐ ☐ ☐
Very Low Average Very High

Now my mental clarity is:
☐ ☐ ☐ ☐ ☐
Very Unclear Average Very Sharp

Weights & Measures:
Weight: __________
Body Fat %: __________
Upper Arm: __________
Chest: __________
Waist: __________
Thigh: __________

Comments/Notes:
________________________________________________________________________
________________________________________________________________________
________________________________________________________________________
ADDITIONAL RESOURCES

Authority Nutrition

A simple but highly accurate scientific calorie calculator, along with 5 evidence-based tips on how to sustainably reduce calorie intake.

https://authoritynutrition.com/how-many-calories-per-day/

Lose It!

Lose It! is designed with one goal – to help you lose weight in a healthy, sustainable way. Lose It! is based on the proven principles of calorie tracking and peer support for healthy, sustainable weight loss.

http://loseit.com

KetoDiet Blog

Low-carb, Keto and Paleo recipes plus free guides and diet plans to help you achieve your goals on a ketogenic diet.

http://ketodietapp.com/Blog/page/Start-Here

Wicked Stuffed

Keto recipe blog that promotes a low-carb, grain-free, ketogenic life with a whole foods approach.

http://wickedstuffed.com/
YOU CAN DO IT.

Many people think that if they get off track or have a weak moment they have ruined the entire diet and give up for that day, or perhaps even give up completely. But that’s just like waking up late for work and deciding not to go to work at all that day because you woke up late. If you trip up, get back on track immediately. You’ll find that you get off track less and less as time goes on, which will move you closer to the healthy lifestyle you are looking to create.