



PERSONALIZED

# KETO DIET

CUSTOM LOW-CARB. HIGH-FAT DIET

CHANGE YOUR THINKING. CHANGE YOUR BODY.  
LOSE WEIGHT. INCREASE ENERGY. IMPROVE HEALTH



## Introduction

- What is the Ketogenic Diet? Why It Works.
- What happens to your body while on a Ketogenic Diet
- Getting Started: Set yourself up for success.

## The Keto Diet Plan

- Easy to Follow Keto Diet Plan
- Workout Plan for Home (no equipment required)
- Workout Plan for the Gym

## Keto Recipes

## Tips for Optimal Results in the Shortest Period of Time

## What you need to get started

- Grocery Shopping List
- Recommended Supplements & Tools

## Helpful Info & Printable Logs

- Glucose/Ketone Measuring Log
- Food Log Journal
- My Keto Coach base Meal Plan

## Disclaimer



**IMPORTANT: Please read this ebook in its entirety before starting.** It's really important to understand why eating this way will get you results. It will help you change your mindset and empower you to make wise decisions.

### **Nothing Feels as Good as Keto Feels.**

Thank you for purchasing this Ketogenic (keto) Diet Plan from MyKetoCoach.com. I am glad you have made the commitment for a change into a healthy lifestyle! Some of the great things you will experience in your ketogenic journey are: tons of energy, rapid fat loss, muscle toning, mental clarity, improved skin and hair, and ultimately live a long disease free life - Keto is truly amazing!

I want to express that I am not a medical doctor. I am a keto coach, and I made this guide out of years of experience from coaching people and even from my own personal journey. Working with people from all walks of life with all types of challenges has resulted in this guide.

### **This Custom Keto Diet Plan has worked for many because:**

- **It's Easy to follow for the everyday busy, working full-time, have kids, type of individual.** (I am sure you fit in there somewhere)
- **You're NOT counting calories**
- **Meals are designed to be flexible, and easy.**
- **You are never hungry and tired**
- **It still includes the food you love!**
- **It's guaranteed to work!**



This guide WILL give you the results you want - but nothing comes easy, you need to have the mindset that you're ready for a change, debunk old myths about carbs and food, and what is and isn't healthy. But once you make the change into "ketosis land" you will realize this is where you want to stay. The energy and feeling of well-being you will have and the way you look will keep you motivated for life. It's hard to put into words in this guide; you just need to experience it yourself. But I know that when you do, you will be telling the world about it. So let's get started!

### **What is the Ketogenic Diet? Why It Works.**

The ketogenic diet was designed in 1924 by Dr. Russell Wilder at the Mayo Clinic. Despite being highly effective in treating epilepsy, it has evolved into a scientific phenomenon in the health and science community. As they have noticed this diet has many health benefits aside from just fat loss that, it's being used to control all kinds of diseases from cancer to diabetes.

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