



CUSTOMIZED

21 DAY KETO DIET

CHANGE YOUR THINKING. CHANGE YOUR BODY.
SIMPLE MEALS. NO GUESSING. FAST RESULTS.



MYKETO COACH.COM

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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 wiser 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, you will live a long and disease free life! Keto is truly amazing and it's not just a diet, it's a LIFESTYLE!

First and foremost, 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 as well from my own personal journey. This guide is the result of working with people from all walks of life and facing all types of challenges.

This Custom Keto Diet Plan has worked for many because:

- It's easy to follow for the everyday person working full-time, or has kids, or is just a busy individual.
- 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 remember, you don't always get what you wish for, you get what you WORK for. So the first thing you need to do is have the mindset that you're ready for a change and debunk the old myths about carbs and food in general. The most important thing you need to realize is what is and isn't healthy and how it factors into the KETO way! But once you enter a state of ketosis (that is when your body is burning fat for fuel, not glucose) you will realize this is where you want to stay. The sustained energy and feeling of well-being you will have and the way you look will keep you motivated for life. I can sit here and tell you how great it is but you need to experience it yourself. When people see you they will say "WOW!" and you will be telling the world about KETO. ***So let's get started!***

What is the Ketogenic Diet and why it works.

The ketogenic diet was designed in 1924 by Dr. Russell Wilder at the Mayo Clinic. Initially being highly effective in treating epilepsy, it has evolved into a scientific phenomenon in the health and science community. Medical experts have noticed that this diet has many health benefits aside from just fat loss and so it's now being used to control all kinds of diseases from diabetes to cancer. Want the keto science? Here is a [great video](#) from Dr. Stephen Phinney.....

Enjoy the sample of my book? You can purchase the [full version here](#)