

**EACH
DAY EAT:**

**1 KetogenX Shake or Soup
2 Healthy High Protein Low Carb Meals
2 Protein Snacks (Bars, Crisps or Food)**

KetogenX™

DAILY DIETARY PLAN

www.KetogenX.com

2 Healthy High Protein Low Carb Meals

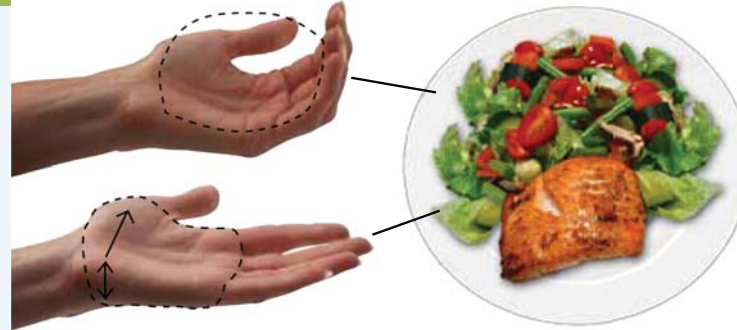
Each meal should be made of:

1 palm sized portion of Lean Protein

AND

3 handfuls of Vegetables
(low carbohydrate, low G.I.)

1 handful of allowed Fruit can replace
1 handful of vegetables once daily



1 Serving of KetogenX Shake or Soup



**MEASURE FAT BURNING
With Ketone Test Strips**

2 Protein Snacks (Bars, Crisps or Food)

Between Meal Times



DRINK 6 to 8 CUPS of WATER DAILY

Include Healthy Oils in your diet

**1 to 2 tablespoons of oil, 3 finger portion
of nuts or a serving of oily fish**



**BUILD CARDIO EXERCISE TO 40 MINUTES
4 TIMES PER WEEK (e.g. walking or swimming)**

**CONSULT YOUR HEALTHCARE PRACTITIONER REGULARLY
For help, ideas, motivation, progress checks and improved results**