



# THE LOW CARB Ketogenic Journey

## STEPS



**1** Start clean eating with whole real foods.

Cut out most preprocessed foods. Make your own from scratch with simple ingredients.



**2** Confirm your health.

Check with your doctor to make sure you are healthy and that this is a safe choice for you.



**3** Learn low carb.

Understand that our society eats too many carbohydrates, especially sugars, and learn what it is doing to our bodies.



**4** Learn the ketogenic approach.

Decrease your level of carbs so that your body switches into metabolic ketosis and starts burning fat.



**5** Discover intermittent fasting.

Learn that the timing of your foods makes a difference. Learn tips to make this so simple and speed up your weight loss.



**6** Experiment with cyclical ketosis.

Once your body knows how to effectively burn fat, learn how to easily cycle in and out of ketosis. Add in more food variety to help keep this sustainable!



**7** Rock the low carb ketogenic life and reap the health benefits!

