

"Learn How To Turn Your Body Into a Fat Burning Machine. Automatically Reduce Hunger, Burn Fat, Make Your Heart Healthier, and Naturally Control Food Cravings..."

KETO CLASS with KETO COACH E

Carbohydrates
Keep carbohydrates to a maximum of 5% of your total calorie intake. Making up of mostly green leafy vegetables. Avoid all sugars, starches, pasta, fruits (except avocado). **5%**

Protein
Protein is essential for muscle retention and muscle build but too much protein can keep you out of Ketosis. Limit your protein intake to 25% of your daily calorie intake. Excellent sources of protein are: Fatty cuts of meat, eggs, full fat cheeses. Avoid milk, fat reduced cheeses and cream. **25%**

Fat
Fats will make up a dominant portion of a Ketogenic Diets macronutrients. When fat intake is high and carbs are low the body will resort to using fat as fuel through Ketosis (put simply). When possible your fat intake should come from Saturated Fats (Butter, Coconut Oil etc) & Monounsaturated Fats (Avocado, Macadamia Nuts etc). Ensure you get ample Omega-3's in your diet as well. **70%**

CoachE

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