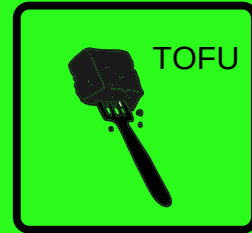
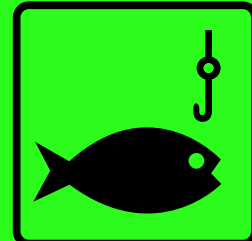


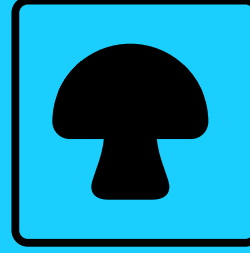
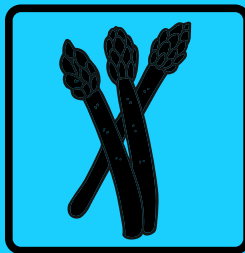
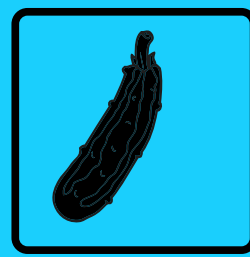
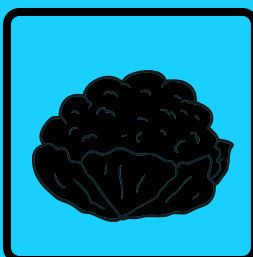
KETO 101 DESIGN YOUR PLAN

Great plans evolve health.

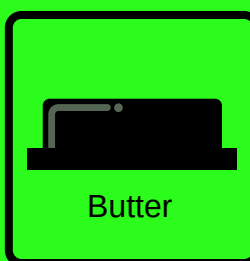
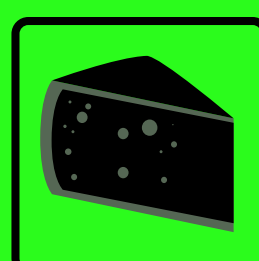
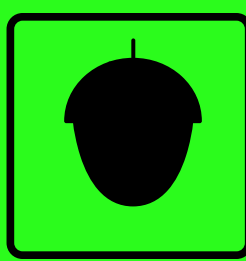
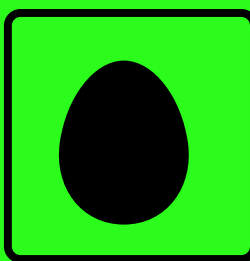
CHOOSE YOUR PROTEIN



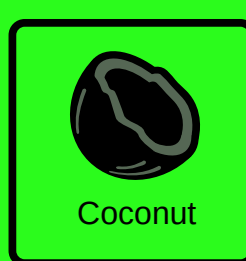
CHOOSE YOUR VEG



CHOOSING YOUR BASE



Butter



Coconut



Cottage
Cheese

TRACKING HABITS

