

# TOP TEN KETO TIPS

ROCK YOUR TRANSITION TO A KETO DIET

FOCUS ON **REAL** FOOD; AVOID PACKAGES

GET ENOUGH **ELECTROLYTES** TO WARD OFF  
KETO FLU

BE INTENTIONAL ABOUT INCLUDING  
**FIBER** FROM LOW CARB SOURCES

KICKING OFF YOUR KETO JOURNEY WITH A  
**24-48 HR FAST** MAY SPEED RESULTS

DON'T SNACK. EAT **2-3 MEALS** A DAY

**EXERCISE** ENDURANCE MAY SUFFER AT FIRST,  
ONLY TO CLIMB LATER

EMBRACE LEAFY **GREENS** DAILY

KEEP CARBS **UNDER 50-30 G** (ADJUST UP  
OR DOWN DEPENDING ON ACTIVITY LEVEL)

BE GROUNDED IN YOUR **WHY**. FOCUS ON  
WHAT YOU WANT FROM KETO.

GET **SUPPORT**. FAMILY, FRIENDS &  
FUNCTIONAL MEDICINE DOCTORS CAN  
HELP WHEN YOU NEED A HAND.