

LAZU[®]

21 DAY CHALLENGE



A full guide to the Keto diet.

It has never been so easy to stay in ketosis.

LAZU®

KETO CHALLENGE

21 DAY

LAZU KETO DIET CHALLENGE

ARE YOU READY TO MEET A BETTER VERSION OF YOURSELF?

A low-carb, healthy fat plan for:

- Weight management
- Mental clarity
- Improved gut health
- Reduced inflammation
- Improved skin tone



LIFE AT THE MAX

LAZUKETOCHALLENGE.CO.NZ

WHAT IS A KETO DIET?

A new source of energy for your body

The KETO or ketogenic diet is a fast, safe and effective diet. It consists of eliminating carbohydrates so that the body enters nutritional ketosis, a state in which our bodies make use of our stored fat as an energy source, helping us become a fat-burning machine that makes weight loss very simple and eliminates any anxiety around food.

The goal of the KETO diet is to force our bodies to use another source of energy - instead of relying on sugar (glucose) that comes from carbohydrates, the KETO diet relies on ketone bodies, which are produced from our stored fat.

THE 21 DAY LAZU KETO DIET CHALLENGE is perfectly designed and calculated to help you get into ketosis. We will help you shift your ratio of macronutrients in a healthier direction, reduce the proportions of calories you get from unhealthy carbohydrates and replace them with exceptionally good seasonal veggies, low sugar fruits and some fermented veggies, a moderate amount of protein from sustainable sources and, of course, healthy fats.

Simultaneously exercising and managing your stress levels, you'll be taking steps to reduce your blood sugar and reclaim your health to live a life of true fulfillment.



OUR **4 GOLDEN RULES** FOR A SUCCESSFUL DIET PLAN

1 Plan your meals and eat to your plan

- Eat to your plan
- Write down exactly what you will eat
- Record what you eat

2 Eat only at mealtimes & no snacking

- No snacking between meals
- Take the **LAZU KETO SHAKE POWDER** to fill the gaps

3 Eat colours & avoid processed, refined whites

- No sugar - Watch for hidden sugar in store-bought foods (Read labels)
- No flour, bread, pasta or pastries
- No sugary sauces

4 Eat handfuls only

- Weigh your food
- Use hand size as a measured guide
- Choose smaller plate sizes
- One plateful only

THE ONE EXCEPTION:

Most nutritionists agree that eating more salad greens is a better option than eating less, and it will not throw you out of nutritional ketosis. However, this only applies to the raw salad greens and not the dressing. Feel free to increase your serving of salad greens, but not the salad dressing.

KETO SHAKE

Is a breakthrough nutritional meal designed to provide you with the nutritional support your body needs for a healthy lifestyle and optimal weight management.

DESIGNED TO MAINTAIN A HEALTHY STATE OF NUTRITIONAL KETOSIS

- Gluten Free
- 100% natural
- No added sugar
- Vanilla and Chocolate flavours naturally sweetened with Manuka Honey

EACH SERVING PROVIDES

- 1g Net Carbs
- 33% Protein
- 43% Fat

PROVIDING

- Energy and Focus
- Great source of Protein
- Electrolytes

INGREDIENTS

- MCT Oil Powder (**Healthy Fats**)
- Plant Protein Isolate (**Essential Proteins**)
- Hydrolyzed Bovine Collagen (**Essential Proteins**)
- Inulin and Xanthan Gum (**Gum**)
- Himalayan Pink Salt (**Minerals**)
- Potassium Citrate (**Essential Minerals**)
- Magnesium Citrate (**Essential Minerals**)
- Stevia Leaf Extract (**Sweetener**)
- Natural Caffeine Extract (**Bioactive**)
- Probiotics (1.5 Billion CFU) (**Bioactive**)
- Naturally flavoured (**Vanilla or Chocolate**)

FLAVOURS

- Vanilla
- Chocolate



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KETO CHALLENGE

KETO SHAKE

Great taste and 100% keto friendly

This is the great tasting keto meal replacement shake that will keep you satisfied and feeling full throughout the day. It is easy to make and fits in with your lifestyle and daily routine. You can enjoy the natural vanilla or chocolate taste and silky smooth finish while losing weight and improving your health - Our Keto Shake provides you with a caloric intake from 43% Fat, 33% Protein and 1g of Net Carbs, so you'll have no problem remaining in ketosis and hitting your macros.

Great as an iced shake, smoothie, or in your morning coffee

This is such a versatile and adaptable drink for all occasions. You'll be amazed at how quick and easy it is to make a perfectly tasty keto shake in ice water, unsweetened almond milk or even in your morning coffee, add it to your favorite smoothie blend, try it for breakfast, ideal as a pre or post workout drink, or whenever you need a keto meal to go - It fits your active lifestyle; Just mix, drink, and stay keto!

Highest quality fats & protein

We know quality is important to you so this delicious keto shake contains 7g of the highest quality protein from plant protein isolate and collagen, 9g of high quality Fat from MCT Oil, plus bioactives that include a blend of prebiotic fiber and probiotic bacteria with ZERO Fillers, ZERO Added Sugar, Just 100% quality keto.



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ADDED PROBIOTICS, ELECTROLYTES AND CAFFEINE

This not an ordinary meal replacement keto shake, it is a superior blend of quality fats and proteins, with a selection of bioactive ingredients specifically formulated for those after performance from their ketogenic diet.

A probiotic that has been shown in several clinical studies to support weight loss and increase lean muscle mass.

Electrolytes can easily be lost as the body resets its metabolic processes in nutritional ketosis. The loss of electrolytes are considered to be the primary cause of the KETO FLU. The addition of electrolytes will help to prevent keto flu & brain fog while elevating mood and promoting a sound sleep.

Caffeine will help to curb your food cravings from one meal to the next, boost your energy and stay focused and in control throughout the day.

THE RESULT OF

10 YEARS

OF RESEARCH AND TRIALS

On weight management programs and products by nutritional physiologist,
Grant Washington-Smith.

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KETO CHALLENGE

KETO MAX

Potent Dietary Ketones for Effective Nutritional Ketosis



TOP BENEFITS

- 1** Strength and power
- 2** Focus and clarity
- 3** Energy and endurance
- 4** Appetite control
- 5** Helps reduce cravings
- 6** Boosts metabolism
- 7** Provides a clean and pure energy source
- 8** Promotes better brain and memory function
- 9** Helps you get into ketosis and stay there
- 10** Provides energy and strength on the ketogenic diet

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KETO CHALLENGE

KETO MAX

Optimal effectiveness

LAZU KETO MAX CAPSULES are a dietary ketone supplement containing beta-hydroxybutrate (BHB) and are particularly useful for those starting on the keto diet. Our premium formula allows your body to utilize fat instead of carbs for more energy, mental focus and endurance.

Rapid ketosis

When you combine the LAZU KETO MAX CAPSULES with the ingredients of our LAZU KETO SHAKE POWDER, the minerals help to improve absorption and digestion. When ingested, our Dietary Ketones (called BHB or beta-hydroxybutrate) can be absorbed into the bloodstream, causing an increase in blood ketone levels and helping you reduce the common side effects of entering ketosis called the Keto Flu.

Perfect for keto diets

Our LAZU KETO MAX CAPSULES are the perfect complement for those taking the LAZU KETO SHAKE POWDER and those who are following our 21-DAY KETO DIET CHALLENGE to lose weight, because the LAZU KETO CAPSULES puts your body in a ketosis faster and helps keep it there. Fuel your body with this natural Energy Booster without the Crash.

Premium ingredients

Our LAZU KETO MAX CAPSULES contains high-quality ingredients that have been extensively lab tested. Our formula with 1800mg of BHB Ketones per serving (3 capsules) can support mental clarity and healthy appetite management. Our formula also includes electrolytes and absolutely no artificial ingredients, fillers or junk.

We selected ingredients like Apple Cider Vinegar and Boron to help improve the metabolic efficacy of a ketogenic diet. Apple Cider Vinegar can also help flatten the insulin response from low carb vegetables, and Boron serves as an aid in muscle metabolism. This combination helps to improve the processing of proteins and overall maintenance of lean muscle mass.



LIFE AT THE MAX

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KETO CHALLENGE

BIORESTORE

Potent blend of essential electrolytes, dietary fiber and probiotics for effective nutritional ketosis. - ZERO NET CARBS



TOP BENEFITS

- 1** Promotes more energy

- 2** Elevates mood

- 3** Magnesium to promote a deeper sleep

- 4** Prevents “Keto flu”

- 5** Maintains and restores a natural balance of gut bacteria

- 6** Supports peak hydration

- 7** Prevents muscle cramping associated with electrolyte loss

- 8** Promotes better brain and memory function

BIORESTORE

Water is stored in our bodies, within our carbohydrate reserves. The reduction of these carbs on a ketogenic diet, results in significant dehydration. Besides drinking a significant amount of water to stay hydrated, it is important to compensate the electrolyte loss with supplements.

The **LAZU BIORESTORE** helps restore the essential electrolytes that are lost during a keto diet and known to cause muscle cramps as well as the condition called "keto flu".

Essential electrolytes

LAZU BIORESTORE is a complete mineral and trace minerals drink with soluble electrolytes that provides 400 mg of potassium and 200mg of highly bio-available magnesium per serving size. Plus, other essential electrolytes that your body needs during nutritional ketosis. Each serving provides FOUR Essential electrolytes; Sodium, Potassium, Magnesium and Calcium.

Peak hydration

Packed with highly bio-available electrolytes for fast hydration. This unique formula alleviates muscle cramps and supports optimal muscle and nerve function. Keeps you hydrated so you can maintain efficient metabolic function and optimize weight loss during your ketogenic diet.

Probiotics and fibre

LAZU BIORESTORE is mixed with 17 strain probiotics that are formulated to support healthy digestion and absorption of protein and fat. **LAZU BIORESTORE** is specially developed with probiotics and fiber to aid with digestion and nutrient absorption; for those on a high-fat, moderate-protein, low-carb diet.

Premium ingredients

Our **LAZU BIORESTORE** contains high-quality ingredients that have been extensively lab tested for purity, quality and efficacy.



KETONE STRIPS

A useful tool that helps you measure your ketone levels.

What is nutritional ketosis?

When you're on a keto diet your body doesn't have enough stored glucose (called glycogen) in the liver or muscle to meet its energy needs. This means it must look for alternative fuel sources. Your body does this by breaking down stored fat into fatty acids and ketones. These ketones replace glucose and supply most of the energy your brain needs, resulting in a metabolic state called nutritional ketosis.

The sole purpose of a ketogenic diet (or keto diet) is to achieve a state of nutritional ketosis, where your body burns fat for fuel. Being in ketosis increases the levels of ketones in the blood, which become detectable on your breath and in your urine.

It can be difficult to determine when you reach ketosis

LAZU Ketone Test Strips will help you determine if you are actively mobilising and burning body fat as your primary energy source when in nutritional ketosis, by measuring the presence of ketones in your urine.

LAZU Ketone Test Strips are a useful tool to measure whether your ketone levels are rising during the first few weeks of starting the LAZU 21 Day Challenge. It is recommended that you begin testing frequently, as you can track and see your progress. The longer you remain on a Keto diet, the more your body adapts to using ketones for fuel and becomes more proficient at producing them, leaving less unused.



KETONE STRIPS

Simple use step guide:

- 1 Wash your hands.

- 2 Take a urine sample in a small container and dip the absorptive end of the strip into the sample for a few seconds, then remove.

- 3 Alternatively immerse the absorptive end of the strip into the urine stream when on the toilet.

- 4 Check the amount of time specified on the package for the strip to change colour.







- 5 Compare the strip with the colour chart on the packaging. The colour indicates the concentration of ketones in your urine, which can range from none to high concentrations.

- 6 The darker the colour, the higher your ketone levels, if the colour matches the neutral end, ketosis has not begun.

EXTRA TIPS:

- Set a specific time to do your testing, so you set a baseline for comparison.
- Your ketone levels might drop after physical activity because they are used for fuel.



Negative		
Trace	0.5	
Small	1.5	
Moderate	4.0	
Large	8.0	
	16	
		mmol/l

*Please refer to colour chart at the back of the label/box.

LET'S START!

By Taking **The 21-Day Diet Challenge**

Follow this guide to jumpstart your weight management program in just 21 days.

WE HAVE THREE LEVELS FOR THIS DIET:

Beginner level

Standard calorie intake over 3 meals a day and introduces the idea of "time restricted feeding" when you can only eat during a 12 hour window. This diet is low in carbohydrates and high in healthy fats. It will get you into nutritional ketosis in a healthy way.

Intermediate level

All daily calories are consumed over 2 meals a day with 16:8 Intermittent Fasting.

Advanced level

All daily calories are consumed over 2 meals a day with 16:8 Intermittent Fasting PLUS a 24-hour fast, once a week.

Choose the level that best suits your KETO dieting experience!

BEGINNER

WEEK ONE

During WEEK ONE you should start your plan by eating only during a 12 hour period, ie. from 6am -6pm or 8am until 8pm etc. If you are planning on three meals a day Breakfast, Lunch and Dinner try and separate these with at least 5 hours between meals. No snacking.

Regular breakfast (6am - 8am)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.
-

Mid-Morning

- Coffee or tea - no milk | Bullet coffee |
 - LAZU KETO MAX - 3 capsules per day
-

Regular lunch (12pm-2pm)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.
 - Coffee or tea - no milk | Bullet coffee
-

Mid-Afternoon

- Coffee or tea - no milk | Bullet coffee
-

Regular dinner (6pm-8pm)

- Choose healthy foods from our suggested food list.
-

LAZU BIORESTORE - One (1) dose per day at any time of your choosing, for electrolyte and gut bacteria balance.

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.

BEGINNER

WEEK TWO

During WEEK TWO you should start your plan by eating only during a 10 hour period, ie. from 8am -6pm or 10am until 8pm etc.

Breakfast (8am - 10am)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.

Mid-Morning

- Coffee or tea - no milk | Bullet coffee |
- LAZU KETO MAX - 3 capsules per day

Regular lunch (1pm-2pm)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.
- Coffee or tea - no milk | Bullet coffee

Mid-Afternoon

- Coffee or tea - no milk | Bullet coffee

Regular dinner (6pm-8pm)

- Choose healthy foods from our suggested food list.

LAZU BIORESTORE - One (1) dose per day at any time of your choosing, for electrolyte and gut bacteria balance.

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.

REMEMBER: Your eating window ends based on when you have your breakfast.

BEGINNER

WEEK THREE

During WEEK THREE you should start your plan by eating only during a 10 hour period, ie. from 8am -6pm or 10am until 8pm etc.

Breakfast (8am - 10am)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.

Mid-Morning

- Coffee or tea - no milk | Bullet coffee
- LAZU KETO MAX - 3 capsules per day

Regular lunch (1pm-2pm)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.
- Coffee or tea - no milk | Bullet coffee

Mid-Afternoon

- Coffee or tea - no milk | Bullet coffee

Regular dinner (6pm-8pm)

- Choose healthy foods from our suggested food list.

LAZU BIORESTORE - One (1) dose per day at any time of your choosing, for electrolyte and gut bacteria balance.

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.

REMEMBER: Your eating window ends based on when you have your breakfast.

BEGINNER SUMMARY

Breakfast

- 1 x LAZU KETO SHAKE or 1 x protein foods
- 1 x protein rich foods
- 1 x fat foods

Lunch

- 1 x LAZU KETO SHAKE or 1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods

Dinner

- 1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods
- 1x low sugar fruit

Mid-Morning

- 1 x KETO MAX CAPSULE
- Black tea or Coffee or Bullet coffee

Mid-Afternoon

- Black tea or Coffee or Bullet coffee

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.



ADD KETO MAX:

Take one serving per day (3 capsules). Ideally around 9am. They can be taken again in the afternoon.



ADD BIORESTORE:

One (1) dose per day at any time of your choosing, for electrolyte compensation and gut bacteria balance.



USE KETONE TEST STRIPS:

Every time you need to check your ketone levels.

INTERMEDIATE

WEEK ONE TO THREE

It includes the 16:8 time restricted feeding plan and TWO meals per day. – You consume a typical daily calories intake but from just two meals a day.

Lunch/Brunch (12pm - 2pm)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.

Mid-Afternoon

- Coffee or tea - no milk | Bullet coffee
- LAZU KETO MAX - 3 capsules per day

Regular dinner (6pm-8pm)

- Choose healthy foods from our suggested food list.

LAZU BioRestore - One (1) dose per day at any time of your choosing, for electrolyte and gut bacteria balance.

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.

REMEMBER: Your eating window lasts for 8 hours and ends based on the start time of your first meal. You choose the time that best works for you.

INTERMEDIATE SUMMARY

Breakfast

- 1x KETO MAX CAPSULE
- Black tea or coffee
- Water

Lunch

- 1 x LAZU KETO SHAKE or
1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods

Dinner

- 1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods
- 1x low sugar fruit

Mid-Afternoon

- Black tea or Coffee or
Bullet coffee

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.



ADD KETO MAX:

Take one serving per day (3 capsules). Ideally around 9am. They can be taken again in the afternoon.



ADD BIORESTORE:

One (1) dose per day at any time of your choosing, for electrolyte compensation and gut bacteria balance.



USE KETONE TEST STRIPS:

Every time you need to check your ketone levels.

ADVANCED

WEEK ONE TO THREE

It included the 16:8 time restricted feeding plan and TWO meals per day. It also includes fasting for 24 hrs once a week.

The 24 hr fast should be started from the time of your last meal (dinner) through the following day until dinner time again. Have a half serving LAZU KETO-SHAKE, wait for 30mins and then have a normal sized dinner meal, choosing healthy food from the suggested food list.

Do a 24 hr fast at least once a week. A small half serving LAZU KETO-SHAKE will provide the essential minerals lost and allow a gradual insulin response when taken 30 minutes prior to eating a normal evening dinner.

Mid-Morning

- KETO MAX CAPSULES: 1 serving (3 capsules) on an empty stomach around 9 am

Lunch/Brunch (12pm - 2pm)

- Either a LAZU KETO SHAKE or Choose healthy food from the suggested food list.

Mid-Afternoon

- -- ONLY IF ESSENTIAL. You should not need to snack between meals. Coffee or tea - no milk | Bullet coffee

Regular dinner (6pm-8pm)

- Choose healthy foods from our suggested food list.

LAZU BIORESTORE - One (1) dose per day at any time of your choosing, for electrolyte and gut bacteria balance.

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.

REMEMBER: Your eating window lasts for 8 hours and ends based on the start time of your first meal. You choose the time that best works for you.

ADVANCED SUMMARY

Breakfast

- Black tea or coffee
- Water

Lunch

- 1 x LAZU KETO SHAKE or
1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods

Dinner

- 1 x protein foods
- 1 x salad or vegetable
- 1 x fat foods
- 1 x low sugar fruit

Mid-Afternoon

- Black tea or Coffee or
Bullet coffee

LAZU KETO SHAKE - Choose one (1) dose per day either at breakfast or lunch time.



ADD KETO MAX:

Take one serving per day (3 capsules). Ideally around 9am. They can be taken again in the afternoon.



ADD BIORESTORE:

One (1) dose per day at any time of your choosing, for electrolyte compensation and gut bacteria balance.

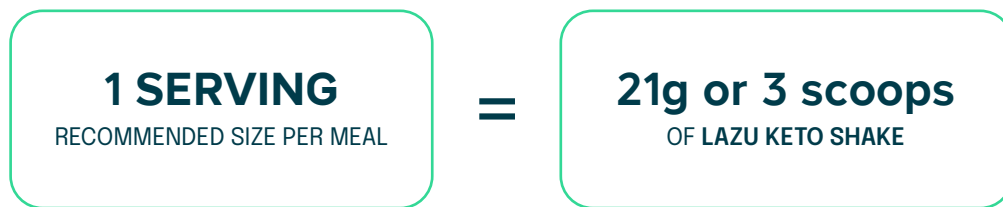


USE KETONE TEST STRIPS:

Every time you need to check your ketone levels.

HANDY GUIDE

TO RECOMMENDED SERVING SIZES



SIZE PORTION

MEAL

FIST HAND

- Meat/Poultry/Fish
 - Grass-fed grated cheese
-

1 THUMB

- Fats
-

BOWL

- Vegetables
-

CUPPED HAND

- Fruits.

A GUIDE TO GOOD FOODS

For your weight management efforts to be rewarded, it is very important to avoid certain foods in each food category. Most of the restricted foods are obvious but others are not, so use this quick reference guide to help inform you.

Avoid overly processed foods and be careful of hidden sugar and flour in sauces, batters, coatings and even fruit juices or processed fruit.

Also avoid fatty foods if they are associated with carbohydrates, they might taste good, but they will ruin all the progress you have made. These include any deep-fried foods with batters, baked goods and pastries. Etc

Here we present a comprehensive guide of suggested healthy foods for you to incorporate into your KETO diet.



Healthy protein

- Beef
- Bison
- Chicken
- Eggs
- Lamb
- Lean beef
- Lean chicken/poultry
- Lean pork
- Nutritional yeast
- Organ meats
- Shellfish
- Tofu
- Turkey
- Veal
- Venison

Healthy fats

- Avocado
- Chia seeds
- Cottage cheese
- Eggs
- Fatty fish (salmon, anchovies, herring, sardines and mackerel)
- Flaxseeds
- Full cream
- Hard cheese
- Macadamia nut
- Pecan nuts
- Unsweetened greek yoghurt
- Walnuts

Healthy oils

- Avocado oil
- Coconut oil
- Flaxseed oil
- Extra virgin olive oil
- Ghee
- Grass-fed butter
- Macadamia nut oil
- MCT oils
- Sesame oil
- Walnut oil

Low-carb fruits

- Avocados
- Blackberries
- Blackcurrants
- Boysenberries
- Coconut meat
- Coconut dried
- Cranberries
- Lemon juice
- Lemons
- Lime juice
- Limes
- Raspberries
- Strawberries
- Olives

Moderate Carb fruits

- Apples
- Apricots
- Blueberries
- Cantaloupe
- Cherries
- Grapefruit
- Honeydew
- Kiwifruit
- Oranges
- Peaches
- Watermelons
- Plums
- Papayas
- Pears
- Mangoes
- Tangerines

Fish/ Seafood

- Crab
- Flounder
- Haddock
- Hoki
- Mackerel
- Mussels
- Oysters
- Salmon
- Sardines
- Scallops
- Shrimps
- Squid
- Snapper
- Trout
- Tuna

Vegetables

- All leafy greens
- Artichokes
- Asparagus
- Bean sprouts
- Beets
- Bok choy
- Broccoli
- Brussels sprouts
- Cabbage
- Carrot
- Cauliflower
- Celery
- Collard greens
- Cucumber
- Eggplant
- Fennel
- Fennel bulb
- Garlic
- Green beans
- Green onions
- Kale
- Leeks
- Lettuce
- Mushrooms
- Mustard greens
- Okra
- Onions
- Peppers
- Radishes
- Spinach
- Sprouts
- Snow peas
- Summer squash
- Swiss chard
- Tomatoes
- Turnips
- Watercress
- Zucchini

Nuts/ Seeds

- Almonds
- Almond Butter
- Brazil nuts
- Chia Seeds
- Flax seeds
- Hazelnuts
- HempSeeds
- Macadamias
- Pecans
- Pine nuts
- Pumpkin seeds
- Sesame seeds
- Sunflower seeds
- Walnuts

Keto friendly drinks

- Black coffee
- Black tea
- Bullet / Keto coffee
- Green tea
- Unsweetened mineral water

A GUIDE TO FOODS TO AVOID

Unhealthy oils

Many polyunsaturated fatty acid-based plant oils are very high in omega-6, which can be inflammatory and work against the health benefits you are trying to achieve. These include:

- Corn oil
- Canola oil
- Grape seed oil
- Peanut oil
- Rapeseed oil
- Safflower oil
- Soybean oil
- Sunflower oil
- Margarine
- Vegetable shortening

Grains and starches

- White rice
- Bread
- Potatoes
- Pasta and noodles
- Sweet potatoes / yams
- Corn
- Parsnips
- Butternut squash
- Oatmeal

Dairy

- Milk - Contains milk sugar (lactose)
- Ice cream and dairy desserts
- Yoghurts (except unsweetened Greek yoghurt)

Legumes

- Peas
- Beans
- Lentils
- Peanuts

Fruit

- Banana
- Grapes
- Mango
- Pineapple
- Pear

Drinks

- It is advised to avoid alcohol altogether, specially beer, dessert wines or mixers with high sugar. If you are to drink alcohol, consider dry wines or spirits.

Salty snacks

- Such as potato chips, pretzels, and crackers.



WHO SHOULD AVOID THE KETO DIET



- 1** Not for children of rapid growth and development ages (generally under age 18)

- 2** The elderly

- 3** Hard gainers (those struggling to gain weight)

- 4** Those with “diagnosed” hypoglycemia

- 5** Woman who are pregnant or breastfeeding

- 6** Those with adrenal fatigue or extreme exhaustion



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