



# OTHER TOOLS FOR YOUR KETO LIFESTYLE

[www.KetoLifestyleForWomen.com](http://www.KetoLifestyleForWomen.com)

A few tools that will help in your new way of life for your body & mind:

- High speed blender – vitamix
- Instant pot – quick meals
- Good cooking pans – stainless steel, cast iron
- Silicone – baking cups, candy molds
- Ketone meter – definitely to monitor when you are in ketosis
- Mind set training: “Outwitting The Devil” by Napoleon Hill, “You Are The Placebo” by Dr. Joe Dispenza, “Ask & It Is Given” by Esther & Jerry Hicks
- Podcasts – Living la vida low carb show, The Keto Hacking MD, The Obesity Code