



HOW TO DO KETO FOR LIFE?

www.KetoLifestyleForWomen.com

Is the keto eating plan safe and sustainable? This is probably one of the most sustainable, easiest and most delicious way to eat. Check out these simple strategies that will keep you keto for life:

- Eat real food that is nutrient dense food
- Meal prep and change the foods weekly for variety
- Meal prep swaps with friends
- Try intermittent fasting 1-2 times a week
- Try OMAD (one meal a day) 1-2 days a week – only after fat adapted
- Have carb re-feed days 1-2 days a week
- Eat when you are hungry and eat until you are full
- Always add healthy fats to your vegetables
- Choose fatty cuts of meat
- It will change 1 month from now, 6 months and even 1 year from now
- Use real keto and paleo friendly ingredients to make some treats you may crave on occasion like bread or desserts

Your desire for good nutritious food will become the norm and occasional (I mean very occasional) desire for sweets will be very minimal to none.