

## *Keto Reset 101 - Beyond The Food*

This is a 5 week intensive Mindset Transformation Project designed to help ladies overcome the mental barriers holding them back & get dialed in with their personalized keto version.

*It's time to get rid of the excuses and get the shift we desire in our life*

- *5 weekly group meetings for support and accountability (Nov 19,26, Dec 3, 10, 17)*
- *Small group class to get what you need*
- *Participation & commitment is mandatory*
- *This is only for ladies that have completed a group class with us*
- *Private membership site with videos, audio & handouts*
- *Accountability is a must in this program*
- *Get clarity on what you want and your plan to get there*
- *Break through the limiting beliefs*
- *Find your custom keto real food plan that works for you*
- *Advanced keto hacks strategies*
- *Enjoy the holidays with carb-refeeds and guilt free*