



H.A.L.O. ONLINE KETO PROGRAM BREAKDOWN

WEEK #1- H- Helping Hands (Guidance through a Keto Education)

Milestone #1- You will be more satiated/full throughout the day, and learn to kick your carb cravings.

Resources Provided: Week #1 Homework, Keto Nutrition Do's and Don'ts, Keto Product Picture Collage

WEEK #2- A- Accountability and Mentality (Breaking Poor Dietary Habits/Mindset and Dispelling Myths)

Milestone #2- You will learn to take back control over your food choices

Resources Provided: Week #2 Homework which includes scientific resources, Thyroid/Hormone Support Guide, Keto Article Basics and Myth Busters

WEEK #3- L- Loving Yourself Right Where You are (And Learning Your Macro Needs)

Milestone #3- You will learn how to break-up with calories, and learn how to create your OWN meal plan.

Resources Provided: Week #3 Homework, PERSONALIZED KETO MACROS, Keto Electrolyte Product Pictures, Ketorade Lemon Drink Recipe, Keto Health Grocery List

WEEK #4- O- Ordering Your Steps (Organizing Your Nutrition Intake)

Milestone #4- You will learn to fully apply and thrive within your Ketogenic lifestyle for Optimum Health.

Resources Provided: Week #4 Lifestyle Work, 14 DAY MEAL PLAN, Keto Inspired RECIPE BOOK (100 pages), Raw to Full Cooked Meat Conversion Chart, Low Carb Veggies and Fruits Lists, Keto Fast Food Guide, Supplement Suggestions

EXTRA RESOURCES:

Therapeutic Ketosis additions for those suffering from Cancer, Alzheimer's, Dementia, or Parkinson's are as follows: GKI (Glucose Ketone Index) Resource Guide, MCT Oil suggestions, and Glucose Ketone monitor suggestions.