



# H.A.L.O. ONLINE KETO NUTRITION COURSE 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, 7 DAY- NOTHING BASIC ABOUT IT: MEAL PLAN, , Raw to Full Cooked Meat Conversion Chart, Supplement Suggestions which includes Natural Protocol Suggestions to fight Viruses

### **WEEK #5- +PLUS+ (Pluses aka Bonuses)**

**Achievement Incentives-** After successfully completing 1 week of your new Ketogenic lifestyle, you will receive guided bonuses that will add variety and clarity to your nutrition journey.

**Resources Provided:** 7 DAY- CUSTOM MEAL PLAN, Keto Inspired RECIPE BOOK (100 plus pages), Keto Fast Food Guide, Low Carb Veggie and Foods List

### **WEEK #6- WINGS SESSION (Free Follow-Up Session)**

**Breakthrough-** Tackling challenges, assessing frequent nutrition intake choices, and troubleshooting potential road-blocks and/or food sensitivities.

**Resources Provided:** Extra guidance and time with your Board Certified Holistic Health Practitioner/Coach

**WEEKLY MOTIVATIONAL/ACCOUNTABILITY MESSAGES WILL ALSO BE PROVIDED.**

***EXTRA RESOURCES FOR CLIENTS WHO NEED TO ENTER THERAPEUTIC LEVELS OF KETOSIS:*** These additions are only for those suffering from Cancer, Alzheimer's, Dementia, and/or Parkinson's. Resources as follows: GKI (Glucose Ketone Index) Resource Guide, MCT Oil suggestions, and Glucose Ketone monitor suggestions.

*Note: Therapeutic Ketosis is not applicable to most clients, as Nutritional Levels of Ketosis are what the majority strive for.*