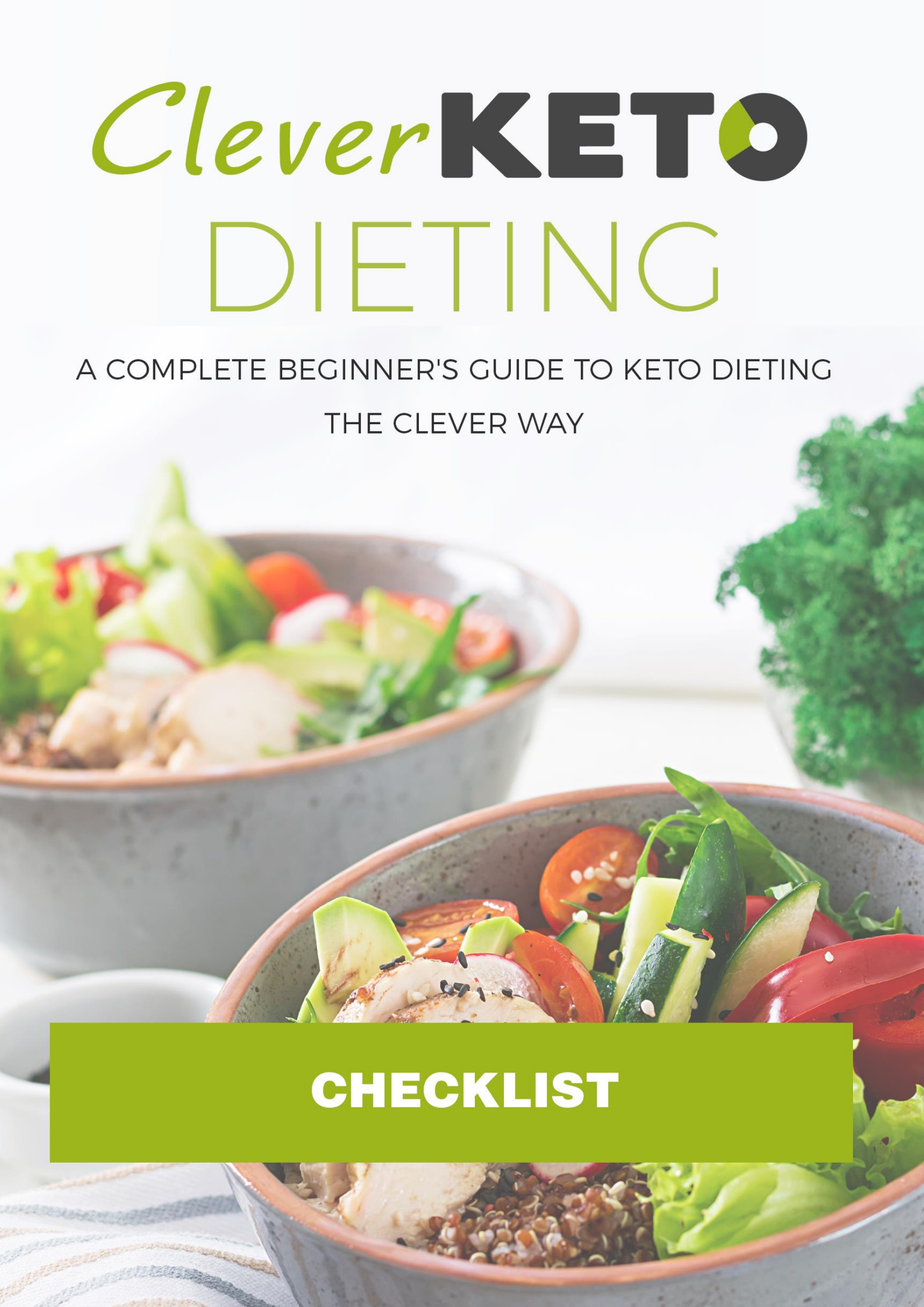
Clever KETO DIETING

A COMPLETE BEGINNER'S GUIDE TO KETO DIETING

THE CLEVER WAY



CHECKLIST

Checklist

It's recommended that you print this checklist out so you can work side-by-side with the main ebook. The idea of this checklist is to mark off 1-by-1 what you've learned and had an understanding about.

Once you have had a full understanding of each chapter, topics, and subject throughout the main ebook, simply check it off. A great way to keep organized and not backtracking what you already have learned.

- **Introduction**
- **Reasons to Consider Eating Keto**
- Tips When Starting the Keto Diet
    - Drink Plenty Of Water
    - Add Salt
    - Measure Your Ketones
    - Decrease Stress
    - Get Some Sleep
    - Exercise
    - Batch Cook – And Plan Your Menus
    - When Eating Carbs
    - Pay Attention To Your Supplements
    - Invest In A Food Scale
- **How Does Eating Fat Make You Thinner and Healthier?**
- Helpful Supplements for Keto Dieters
    - The Keto Flu
    - Low Energy
    - Nutrient Deficiencies
    - What Supplements Are Best?
    - Exogenous Ketones
    - MCT Oil
    - Collagen Peptides
    - Electrolytes
- **Going On A Keto Diet Is Easier Than You Think**
    - Transitioning Is Not As Hard As You Think
    - It's All About Supplementing What You Already Have
- Mindsets That Ensure Keto Diet Success
    - Mindset #1: Assume That You Can Do It
    - Mindset #2: Begin With What You Have
    - Mindset #3: Enjoy Your Food According To Rules You Choose
- **Why Do People Fail with Most Diets?**
    - Sustainability Is The Key To Diet Success
    - The Keto Diet Is Sustainable
- Most Dangerous Keto Diet Misconceptions

- Misconception #1: The Keto Diet Is Hard
- Misconception #2: You Can't Transition Into Keto
- Misconception #3: Keto Foods Are Unpleasant And Unnatural

□ **How Much Weight should You Expect to Lose on the Keto Diet?**

- Short-Term Weight Loss versus Long-Term Weight Loss

□ Intermittent Fasting With The Keto Diet

- Keto Celebrates Fatty Guilty Food
- Turbocharge the Effect of Your Keto Diet

□ What is the Keto Flu?

- What Does Keto Flu Feel Like?
- Most Of The Symptoms Are Easily Treatable. How?

□ **What To Drink On The Keto Diet**

- Stop Drinking Soda

□ Can I Drink Adult Beverages on the Keto Diet?

- Eat Beforehand
- Know Your Amounts
- Remember Calories Matter As Much As Carbs
- Choose Carefully
- DRINK GUIDE (showing carbs for each)

□ **Conclusion**

- The Keto Diet Celebrates Your Guilty Pleasures