

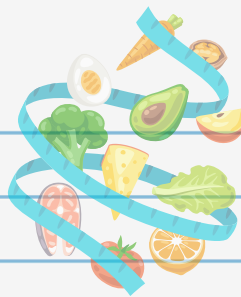


KETO SUPER FAST

7Day

KETO KICKSTART

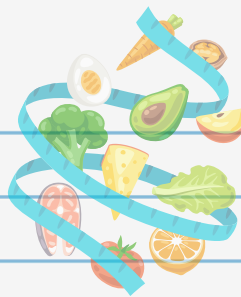




We're so glad you're here. If you're curious about keto but overwhelmed by where to start—this guide is for you.

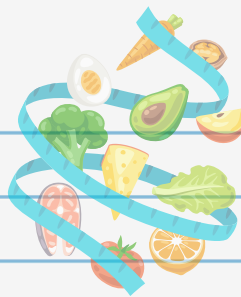
INSIDE, YOU'LL FIND:

- ✓ 7 simple, delicious days of meals (**no weird ingredients**)
- ✓ A stress-free grocery list (**save time and money**)
- ✓ Practical tips to avoid the "keto flu" (we've got your back)
- ✓ 3 of our most-loved recipes (so you can taste the difference)



This isn't just a teaser—it's a real toolkit to help you succeed. If you love how you feel after these 7 days, we'd love to show you more in our 28-Day Keto Meal Plan.





Your 7-Day Meal Plan

(Real food. Real results. No starvation.)

Day 1: So Easy, You'll Wonder Why You Waited

🔍 Breakfast: Scrambled eggs with avocado & salsa

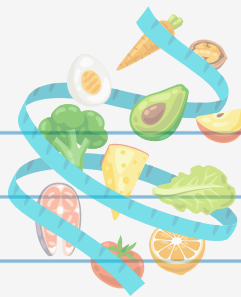
🥗 Lunch: Chicken salad with crispy bacon & ranch

🍤 Dinner: Garlic butter shrimp with zucchini noodles

"I was shocked how full I felt. Never thought 'diet food' could taste this good!"

— Lisa, 38

💡 Tip: Drink extra water today! Keto flushes excess fluids, so stay hydrated. (Include 3 full days of meals, then say:)



Enjoying this? Our 28-Day Plan includes:

- 4 weeks of varied meals (no repeats!)
 - Slow-cooker & 15-minute options
 - Customizable macros for your goals
- 👉 See What a Full Month Looks Like

Keto eCourse

DESIGNED ESPECIALLY FOR BEGINNERS

28-DAY KETO PLAN

MULTIPLE OPTIONS TO PICK FROM

Low Carb Dinner Day 1 Day 2 Dinner Day 3 Day 4 Day 5 Day 6 Day 7 Day 8 Day 9 Day 10 Day 11 Day 12 Day 13 Day 14 Day 15 Day 16 Day 17 Day 18 Day 19 Day 20 Day 21 Day 22 Day 23 Day 24 Day 25 Day 26 Day 27 Day 28

Ultra Fast

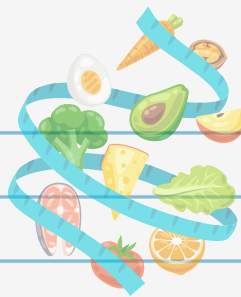
Super Easy

Ready to Launch

+10 BONUS BOOKS

Updated...

New Edition



The Stress-Free Keto Grocery List

We remember what it's like to wander the aisles, confused. Here's exactly what to buy:

Proteins: Chicken thighs, salmon, eggs

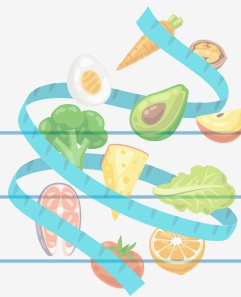
Veggies: Spinach, cauliflower, bell peppers

Smart Swaps: Almond flour, sugar-free sweetener

"The organized shopping list cut my grocery time in half!"

— Mike, 42





⚡ Quickstart Success Tips

1. Beat the Keto Flu Before It Starts

- Sip bone broth or add electrolytes
- Don't fear salt—your body needs it now

2. Eating Out? No Problem

- Order any protein + extra veggies
- Ask for sauces on the side

3. When Cravings Hit

- Try a handful of olives or a keto fat bomb

• *"The 28-Day Plan includes our famous 'Keto Healthy Snacks' craving guide!"*





3 Recipes You'll Make on Repeat

1. 5-Ingredient Keto Bread

(Because toast shouldn't be a memory.)

2. One-Pan Garlic Butter Chicken

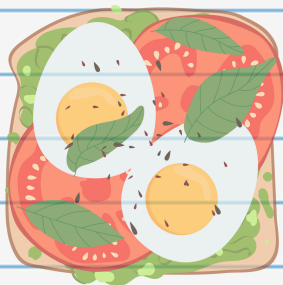
(20 minutes, one dish—weeknight magic.)

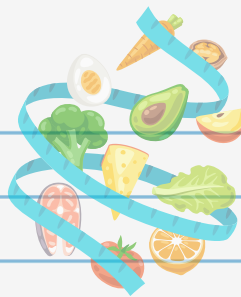
3. Chocolate Peanut Butter Fat Bombs

"My kids beg for these—they have no idea they're keto!"

— Sarah, mom of 3

Want 47 more? These are just a taste of our 28-Day Recipe Collection.





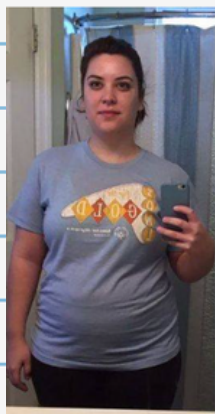
Real People, Real Stories

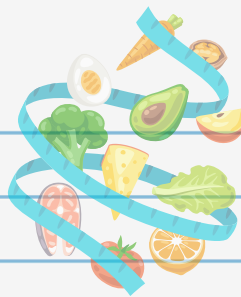
*"12 lbs down, and I didn't even exercise.
The meals kept me so satisfied!"*

— Ema, 35

*"As a vegetarian, I thought keto was
impossible. This plan proved me wrong!"*

— Elisa, 29





Where to Go From Here

We hope this week leaves you feeling energized and excited about keto. If you're thinking:

- *"I want more meal variety!"*
- *"I need help staying on track long-term!"*
- *"I love not overthinking food!"*

Our **28-Day Keto Meal Plan** is the natural next step. It's everything you loved here—expanded into a full lifestyle.

**Try the free week. See how you feel.
Then decide.**



But....

If you are unsure

We are here to

Help....

Let's do it

TOGETHER

Download Meal
Plan



Even More Resources

[Macros Calculator](#)

[Calculate Burned Calories](#)

[Ideal Body Weight Calc](#)

[Keto Myth Buster](#)