

KETO

KETOSIS WEIGHT LOSS FORMULA

KETO **GUIDE** *to Rapid Weight Loss*



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by

PUREHEALTH®
RESEARCH

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INTRODUCTION: ACCEPTING & UNDERSTANDING YOUR BODY

ARE YOU EXCITED?!?!? You've discovered the **ALL-NATURAL** secret to burning your un-flattering water weight and loose flabby skin **ONCE-&-FOR-ALL!** The **KETOGENIC DIET** is how Mother Nature intended for you to lose weight so **STOP** searching for a miracle cure and **START** uncovering the tips & facts in this guide that motivate your new lifestyle so you can enjoy the social events & the intimate relationships that define your life!

OK... You've ordered your **KETO FORMULA** and are ready for an all-natural kickstart to the keto diet, so what's next? Next, your goal is to work on your **ACCEPTANCE & UNDERSTANDING**. Acceptance that your body changes as you age and understanding about what is causing your body to stay in this constant cycle of unwanted, unattractive weight gain.

Now, it might seem obvious why you shouldn't eat heavy, saturated carbs and artificial sugars but do you know why your body suffers from these hard to digest/toxic foods? Here's the scoop... As you age, your metabolism slows down **SIGNIFICANTLY** making it difficult to break down foods like bread, pasta & especially **PROCESSED SUGARS!** These foods trigger your brain into a state of panic as your body starts draining of all of its natural energy to compensate for your slowed metabolism. This lack of natural energy then robs you of the vital tools you need to produce **KETONES**: the essential fatty acids that shipped and converted in your liver into an incredible source of natural energy and brain-boosting support!



While avoiding carbs and processed sugars might sound easy to some, the problem lies within the Standard American Diet (commonly referred to as S.A.D.,) which has a heavy focus on carbs; a nutrient with virtually no real value! Overexposure to these foods will ultimately lead to a ketone deficiency causing you serious nutrient deficiencies and extreme feelings of exhaustion and depression.

The problem with S.A.D. escalates because all these undigested carbs are then converted into excess glucose (or **SUGAR**) that is **DANGEROUSLY ADDICTIVE** and also **EXTREMELY** difficult to break down. This is causing a Sugar addiction epidemic throughout America, one that is growing daily and spawning numerous health risks such as; diabetes, chronic inflammation,

cardiovascular disease & even brain damage due to dangerous disturbances in your hormones.

Your body cannot keep up with breaking down all of these worthless nutrients which will cause you to gain unflattering water weight, feel sluggish, and to suffer from low self-esteem; all which left untreated can lead to **DEPRESSION!**

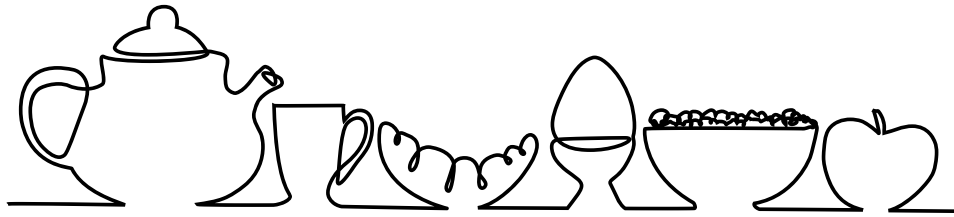
While depression from sugar addiction and weight gain is a scary reality, what's even more frightening is the idea that one day you'll be able to get healthy and turn your life around and discovering it's **TOO LATE**. Knowing you'll never be able to spend another weekend with your family as you miss intimate years with your loved ones is hopefully enough to encourage you to dig further with us today. Discover why Keto is vital to your life and is easily adjusted to if you are willing to put in just a little conscious effort.

Uncover the shortcuts and secrets that **ONE**, prevents a cancerous sugar addiction and uncontrolled hormone disturbances and **TWO**, allows you to live your life care-free and without the worry of restrictions or concerns of sacrificing your diet. Thoughts which left unmanaged are guaranteed to lead to defeat and causing you to turn a blind eye on your health. Stop sacrificing your health and unlock the keys needed to regain & **KEEP** your confidence so you can optimize your health and embrace the **ALL-NATURAL POWER OF KETO!**

A young man and woman are jumping joyfully on a sandy beach path. The woman is on the left, wearing a light blue athletic top and black shorts, with her arms raised and a wide smile. The man is on the right, wearing a grey tank top and dark shorts, also with his arms raised and a joyful expression. The background features a clear blue sky with light clouds, a body of water, and some coastal vegetation in the foreground.

YOUR JOURNEY AWAITS...

HOW TO DEFEAT THE “DAWN EFFECT” & SUPERCHARGE YOUR MORNINGS!



BREAKFAST! IT'S THE MOST ESSENTIAL DISH OF THE DAY!

Yet, **MOST** Americans neglect this key nutritional meal because they feel more **EXHAUSTED & ANXIOUS** than they went to sleep. Why does it always feel like you either have **NO TIME OR NO MOTIVATION TO GET-UP-&-GO?**

HERE'S THE SECRET... You're missing the vital nutrients you need to **SUPERCHARGE** your mornings because of a condition known as the “**DAWN EFFECT!**” The Dawn Effect or the Dawn Phenomenon is **A GLOBAL EPIDEMIC** that is potentially impacting **MILLIONS OF PEOPLE WORLDWIDE!**

Think about this for a second... How often do creep downstairs at night, decide to indulge, and then fall asleep feeling satisfied, only to wake up **EXTREMELY GROGGY** and in a **WORLD OF PAIN?**

The “Dawn Effect” causes these uncomfortable feelings because of **BLOOD GLUCOSE (OR SUGAR) SPIKES** that occur when your body digests heavy carbohydrates or glucose as you sleep. This chemical reaction typically occurs between the hours of 4-8am and **IMPACTS YOUR WEIGHT LOSS HORMONES SEVERELY!**

Let's get technical! After all, this is **YOUR BODY**, and you should know **EXACTLY** what's going on at all times! **FIRST**, your body goes through Gluconeogenesis which creates glucose from unhealthy late-night snacks. **SECOND**, your body goes through Glycogenolysis which is the breakdown and release of these extra/dangerous glucose molecules.

GLUCOSE is code for **SUGAR**, so if the first thing your body has for fuel in the morning is **NUTRITIONALLY WORTHLESS** foods like carbohydrates and artificial, cancerous sugars, then you are going to **DRAIN ALL OF YOUR NATURAL ENERGY** before you even leave your driveway. Stop cutting off your fuel source in the morning by giving into that sweet tooth at night; it's only making things **100% WORSE** and causing you a whirlwind of unpleasant emotions and unattractive weight gain.

Ketones are the energy you need to greet the day and the people you love, and without them you are guaranteed to wake up, feeling **FRUSTRATED, ANXIOUS** & lacking the motivation and confidence you need to achieve victory.

“WHICH FOOD FUELS KETO IN THE MORNING?” WE SUGGEST...

- EGGS & CHEESE OMELETS
- SAUSAGE, PEPPERS & ONIONS
- BACON, CANADIAN BACON & HAM
- PLAIN GREEK YOGURT or COTTAGE CHEESE (ADD THE FRUIT BELOW!)
- RASPBERRIES & STRAWBERRIES
- BLACKBERRIES & BLUEBERRIES
- ALMOND PROTEIN BARS
- BREAKFAST SMOOTHIES
- CASHEWS & PUMPKIN SEEDS
- AVOCADOES (A Healthy Fat/Better Choice than Butter!)
- UNSWEETENED COFFEE & TEA! (REST EASY KNOWING YOUR MORNING COFFEE IS SAFE!)
- NO CARB PANCAKES, FRENCH TOAST & WAFFLES (SEE YOUR EXCLUSIVE KETO COOKBOOK!)



These are **SOME** of the **INCREDIBLE ALL-NATURAL KETO OPTIONS** available for breakfast alone! You can quickly put together multiple meal plans with just these key ingredients. Make sure you always choose organic whenever possible and remember to check your **“EASY & DELICIOUS KETO COOKBOOK”** to utilize these delicious, all-natural ingredients in easy to make breakfast recipe ideas!

Time for what seems like **“BAD”** news... While on Keto, it is necessary to **AVOID** convenient & high glucose foods including:

- × BAGELS
- × HASH BROWNS
- × TOAST
- × SUGARY PROTEIN BARS (CHECK THE LABEL!!!)
- × FULL-FAT YOGURT
- × DAIRY MILK (MILK CAN BE EXTREMELY HIGH IN ARTIFICIAL SUGARS AND HORMONES.)
- × MUFFINS

- × BREAKFAST WRAPS
- × DONUTS
- × WAFFLES
- × PANCAKES
- × FRENCH TOAST
- × FULL-GRAIN CEREALS
- × FRUIT...!



“FRUIT...?” While fruits are **ESSENTIAL** and you should always eat a healthy variety of fruit, it’s crucial never to overdo it, especially first thing in the morning! Why...? **FRUITS SUCH AS...**

- × BANANAS
- × APPLES
- × ORANGES & TANGERINES
- × GRAPES
- × PINEAPPLES

ALL of these fruits have high amounts of natural sugars, which can **EQUALLY** cause **HARSH SUGAR CRASHES & GUARANTEED WEIGHT GAIN!**



Now, you might be thinking, “What about my morning smoothie?!?” When it comes to smoothies and drinking juices just remember to balance your blend, add in plenty of vegetables, and never forget your healthy serving of **KETO FORMULA!** Smoothies or juices using **KETO FORMULA** are a perfect way to give your digestive system a healthy break so you can shed pounds **FAST!**

Are the dots connecting? **FIRST**, you defeat those late-night urges that cause the “Dawn Effect,” **(READ ON!) THEN**, you’ll have the proper stage set to jump start ketosis and your morning routine!

Stop waking up feeling unmotivated and reaching for easy foods that are continuing this cycle of personal torment.

ENCOURAGE KETO IN THE MORNING BY...

- Waking up at the same time every day. (This helps your metabolism function on schedule)
- Practicing meditation & yoga to calm your mind of anxiety and frustration.
- Exercising & making sure you do your morning stretches.
- Journaling your thoughts in the morning.
- Setting yourself encouraging phone reminders!
- **CONSUMING YOUR KETO FORMULA...**



Mornings are the perfect time for **KETO FORMULA** because your metabolism is crying for nutrients to burn because your body craves energy! Keto Formula will help give your body the natural burst of ketones you need to feel energized so you can help shed pounds effortlessly! We recommend using Keto Formula routinely, preferably in the morning and always with food. We also suggest these keto friendly workouts that are perfect for the morning!

- **CARDIO (LIKE SWIMMING & RUNNING);**
- **WEIGHT LIFTING & CORE TRAINING;**
- **AEROBIC EXERCISES;**
- **STRETCHING & BALANCE (LIKE YOGA).**



Remember, juices, smoothies, eggs, and protein are what breakfast should really be about, so put down that donut and add **KETO FORMULA** to these foods to help boost hormone and ketone production to fuel you until lunch!

BONUS TIP FOR ON-THE-GO: BLACK COFFEE is perfectly fine for **KETO!** In fact, it's **ENCOURAGED!** You see, caffeine stimulates your metabolism and boosts weight loss. Make sure you **DO NOT** put any artificial sweeteners or sugars in for the obvious reasons!

STAYING FUELED IN-BETWEEN MEALS...

Lunch? Let's be realistic your stomach can easily start grumbling **WAY** before lunch and it's perfectly natural to need a snack in between meals. After all! Your body will be constantly burning healthy fats and ketones, allowing you to eat more of the **RIGHT FOODS** without any unbearable consequences.

Your hormones will be on their way to being balanced so eating a Keto friendly snack will avoid any mood-altering brain fog and painful inflammation that stops your metabolism and causes you to **GAIN WEIGHT FAST!**

Need healthy Keto snacks to reach for when you're scavenging around the house or when you're at work and need a quick pick me up? Discover great snack ideas you can take on the go and **STOMP THAT MID-DAY SUGAR CRAVING** once and for all!



KETO FRIENDLY SNACK IDEAS:

- BEEF JERKY
- STRING CHEESE
- NUT MIXES, TRAIL MIXES, HEALTHY & LOW SUGAR PROTEIN BARS
- KALE CHIPS
- DARK CHOCOLATE... THAT'S RIGHT!
- CELERY STICKS & NUT BUTTER
- FLAXSEED CRACKERS
- HARD BOILED EGGS
- STRAWBERRIES, RASPBERRIES, BLUEBERRIES & BLACKBERRIES
- CHERRY TOMATOES
- ZUCCHINI w/ KETO FRIENDLY RANCH
- KETO FRIENDLY CHIPS
- COCOA NIBS
- COTTAGE CHEESE
- PUMPKIN SEEDS
- GUACAMOLE WITH KETO FRIENDLY CHIPS. (SEE YOUR EASY & DELICIOUS KETO RECIPE GUIDE!)
- HUMMUS
- SEAWEED BASED SNACKS
- SUGAR-FREE JELLO
- PICKLES

KETO FRIENDLY
SNACKS

*All of these snacks do not normally disrupt ketosis and are perfectly safe to nibble on when the time of need!

Remember you can discover **DIY** Keto friendly homemade snack ideas to take on the go in your Easy & Delicious Keto Recipe Guide! **PUREHEALTH RESEARCH** also recommends a lunch smoothie or juice using **KETO FORMULA** to kickstart your metabolism after breakfast. (That is if you didn't utilize these amazing benefits already at breakfast.)

Avoid crashing before lunch by avoiding...

- × PRETZELS
- × POTATO CHIPS
- × CANDY
- × SODA
- × SPORTS DRINKS
- × PROCESSED CANDY BARS & CHOCOLATE
- × DONUTS

LUNCH: A TRUE TEST & TIME FOR ADJUSTMENT...

One of the biggest questions PureHealth Research receives regarding lunch and **KETO/KETO FORMULA** is, "If I work a **SEDENTARY JOB**, will I still lose weight?" The quick answer... **YES!** By now you are well aware that **KETO** creates and **USES** your natural energy, so as long as you continue to **KEEP UP KETOSIS** throughout your work day then, you should have nothing to fear!

HERE'S THE POTENTIALLY HUGE PROBLEM... If you do cave-in and eat those heavy carbohydrates, then stay sedentary, you are almost guaranteeing to set yourself back on ketosis and potentially give yourself painful inflammation for the rest of the day!

You have to think about everything you know so far about ketosis and how that slice of pizza, hoagie, or sub sandwich will affect your hormones and the rest of your day. Staying still and having a belly full of bread will quickly slow down your metabolism, drain your body of natural energy, and cause your hormones to go into **PANIC!!!** The panic that leads to that miserable state you find yourself in when you have zero motivation or will to work.

NOW, this might sound **EXTREME**, but it's a fact that your work performance will severely lack when you eat a poor diet. Never miss an opportunity for a promotion or a raise because of bread... Food that tastes sweet on your lips for a second but causes chaotic workplace anxiety and a lack of confidence.

Now, we know it's going to be hard at times knowing you can't grab a slice of pizza on a casual Friday or a slice of cake on a coworker or friend's birthday, but there are **ALWAYS** ways that you can stay strong and prepare for when temptation knocks.

KETO FRIENDLY LUNCH IDEAS:

- BUFFALO WINGS (+Blue Cheese)
- CHEESEBURGER (NO BUN OR MAKE IT A LETTUCE WRAP!)
- CHICKEN CEASAR SALAD (NO CROUTONS)
- TACO SALADS (NO TORTILLAS)
- BONE BROTH SOUP
- MOST COLD CUTS
- GRILLED SALMON & ASPARAGUS
- SHRIMP AVOCADO SALAD
- STUFFED PEPPERS
- CAULIFLOWER FRIED RICE
- GRILLED CHICKEN & BBQ SAUCE
- VEGETABLE STIR FRY
- JALAPENO POPPERS
- TURKEY/HAM CHEESE ROLL-UPS
- HARD BOILED EGGS
- ROASTED BUTTERNUT SQUASH SOUP
- ANTIPASTO SALAD



STARTING TO EXPLORE YOUR EASY & DELICIOUS KETO RECIPE GUIDE

When you're at home, the **SKY IS THE LIMIT** when it comes to **KETO** & using **KETO FORMULA!** In fact! There are endless ways to combine the all-natural ingredients available for KETO that it can get overwhelming to even to know where to start meal planning! If you need inspiration while in the kitchen remember, your **EASY & DELICIOUS KETO RECIPE GUIDE** contains over a dozen fun, innovative lunch combinations to get the creative and natural energies flowing! **EXPLORE** your **EASY & DELICIOUS KETO RECIPE GUIDE** and discover how to make simple, yet flavorful **KETO** friendly lunch dishes like:

- CAULIFLOWER MAC N CHEESE
- CHICKEN ENCHILADA BOWL
- CHIPOTLE PULLED PORK LETTUCE WRAP
- HOMEMADE KETO CHICKEN SALAD
- DIY PIZZA!
- KETO TUNA POKE BOWL
- & MORE!!!



Remember, you can always prep any of the lunch recipes and desserts in your **EASY & DELICIOUS KETO RECIPE GUIDE** in advance; that way you never have to miss out on the fun! (read on to discover what amazing dessert options are available in your guide!)

COMMON LUNCH FOODS TO AVOID:

- × PIZZA
- × BIRTHDAY CAKE/BROWNIES/COOKIES
- × SANDWICHES: (PB&J, SLOPPY JOES, REUBENS, GRILLED CHEESES, ETC.)
- × CHEESEBURGERS W/ BUN
- × RICE
- × SODA
- × FRUIT JUICES
- × BANANAS (HIGH-SUGAR CONTENT!)
- × WHOLE GRAIN CEREALS
- × HOT DOGS W/ BUN

SATISFYING YOUR STOMACH UNTIL DINNER

Much like after breakfast, it is completely normal to feel hungry between lunch and dinner! Here is a quick reminder of **SOME** of the snacks that are in the clear for **KETO!**

KETO FRIENDLY SNACKS

- BEEF JERKY
- STRING CHEESE
- NUT MIXES, TRAIL MIXES, HEALTHY & LOW SUGAR PROTEIN BARS
- KALE CHIPS
- CELERY STICKS & NUT BUTTER
- HARD BOILED EGGS
- STRAWBERRIES, RASPBERRIES, BLUEBERRIES & BLACKBERRIES



NUT MIXES

Remember there are plenty of **KETO FRIENDLY** snack ideas you can quickly throw together in the comfort of your home. Simply search through your **EASY & DELICIOUS KETO RECIPE GUIDE** and discover delicious and healthy ways to satisfy your snacking needs!

Have something a little more savory on your mind? **APPETIZERS** are a perfect time to **SATISFY YOUR GUT AND FUEL KETOSIS**. You have to remember that ketosis is continuously at work when done correctly and that is why it is the secret to consistent weight loss.

NEED A QUICK RECAP ON KETOSIS? NO PROBLEM! IF NOT READ ON PASSED

THE BLUE BACKGROUND BELOW...

KETOSIS: is the normal metabolic process your body is supposed to undergo daily. During ketosis nutrients are known as ketones are sent and produced in your liver to help give your body a natural burst of energy with no unnecessary crashes.

Your hormones are vital for this process but become severely disrupted when you consume excess glucose and sugars from processed foods and carbohydrates. The problem is foods like bread are blocking your metabolism and causing your brain to send hormones to make up for your lack of digestion.

What we are saying is, you do not have to be shy and you can enjoy appetizers without the guilt. After all keto friendly appetizers fuel ketosis and keep you feeling energized so you are ready to socialize at and after dinner! View keto friendly app ideas below...

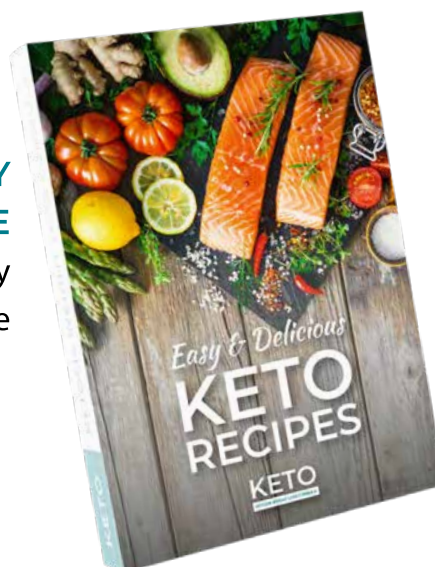
KETO FRIENDLY APPETIZER IDEAS:

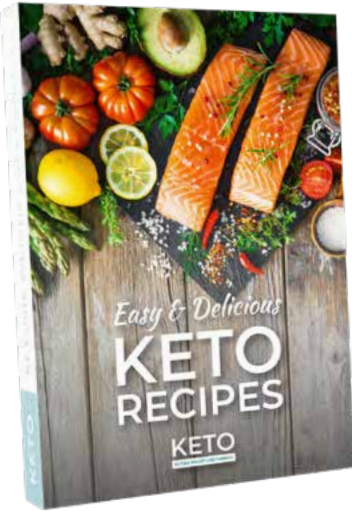
- GRILLED SLICED ZUCCHINI w/ KETO FRIENDLY RANCH
- GUACAMOLE WITH KETO FRIENDLY CHIPS.
(SEE YOUR RECIPE GUIDE!)
- HUMMUS
- BUFFALO WINGS (& YES BLUE CHEESE TOO!)
- BACON WRAPPED SCALLOPS
- SHRIMP COCKTAIL (LIGHT SAUCE)
- CRAB DIP (w/ KETO FRIENDLY CHIPS)
- VEGGIE DIP
- BACON WRAPPED BRUSSELS SPROUTS



HUMMUS

QUICK! Do you have your **EASY & DELICIOUS KETO GUIDE** handy? Take a moment and quickly browse through it for us. See these easy and other mouthwatering recipes!





FUN & QUICK APP IDEAS FROM YOUR EASY & DELICIOUS KETO RECIPE GUIDE:

- BUFFALO CAULIFLOWER BITES
- CRISPY PARMESAN WINGS
- SWEET CHILI THAI WINGS
- KETO FRIENDLY FLATBREAD PIZZA
- AVOCADO DEVILED EGGS
- KETO CALIFORNIA ROLLS
- BACON WRAPPED BRUSSELS SPROUTS

WAIT! BEFORE YOU GO... Make sure you view our list of **APPETIZERS** you're going to want to **STEER CLEAR FROM ON KETO:**

- × GARLIC BREAD
- × GARLIC KNOTS
- × POTATO SKINS
- × PIZZA
- × COCKTAIL HOT DOGS w/ BUN (w/out is OK!)
- × NACHOS (SEE GUIDE FOR KETO FRIENDLY NACHOS!)
- × PRETZELS



These foods will not only ruin your appetite but will also kill your energy and cause you to miss out on one the day's key nutritional cornerstones.... **DINNER!** Make sure you keep your **EASY & DELICIOUS KETO RECIPE GUIDE** kept open and ready because dinner is right around the corner and we cannot wait to show you what healthy options await your taste buds!



KETO DINNER DISHES FROM AROUND THE WORLD!



DINNER, it's almost everyone's favorite meal! Not just because of the endless combinations and possibilities but because it gives you a chance to unwind and relax with our loved ones at the end of your day.

While you might feel worried about feeling restricted on keto, PureHealth is here to help wipe any concern you have away in seconds! Cooking at home or eating at a restaurant is a breeze on keto and not to mention delicious, and we are here to prove how!

The real question is... What are you in the mood for tonight? Or even **WHERE** are you in the world tonight? The ketogenic diet is the way nature intended you to burn weight so you can rest assured knowing all your favorite types of cuisines from around the world can be keto friendly. This is also great because it makes eating while traveling never an issue, only a possibility! It is extremely easy to capture the essence of **CHINESE, ITALIAN, "AMERICAN" (PUB/BBQ), MEXICAN, and ESPECIALLY INDIAN** food on keto. Get ready.... You are about to take a short trip around the world on keto!

NOTE: Dinner is also the last recommended time to take your Keto Formula. Remember, take two supplements twice a day **ALWAYS WITH A MEAL AND AN 8OZ SERVING WATER**. Ketosis will be running through your body all day, but dinner is a great time to supplement because your body will be ready for digestion nutrients and also naturally slowing down.

SIDE NOTE: SEE "AMERICAN" PUB/BBQ SECTION FRO KETO FRIENDLY DRINKS FOR WHEN YOU'RE AT A BAR OR SOCIAL EVENT!

YOUR EASY KETO GUIDE TO ORDERING CHINESE TAKEOUT

Did you know traditional Chinese food is extremely healthy? What tends to happen is big-name American corporations and western civilization step in and do what they do best; they suck the nutritional value out of this delicious cuisine and add layers upon layers of sugary sauces, MSG, and flour that backs up your stomach and prevents the production of ketones. While it is essential to be careful when ordering Chinese take-out (after all glucose can be hiding around every corner...) if you stick to this guide you will be more than okay!

KETO FRIENDLY CHINESE FOOD OPTIONS:

- CHICKEN & BROCCOLI (NO SAUCE)
- EGG FOO YOUNG
- STIR FRY BEEF
- MOO SHU PORK (OR CHICKEN)
- VEGGIE STIR FRY (NO RICE, ADD MORE VEGGIES!)
- EGG DROP SOUP
- PEKING ROAST DUCK
- ROASTED PORK BELLY
- MONGOLIAN BEEF
- BONELESS OR BONE-IN SPARE RIBS
- VEGETABLE NOODLES
- SUSHI w/out RICE
- CAULIFLOWER RICE (SEE YOUR KETO RECIPE GUIDE!)

MONGOLIAN BEEF

CHINESE SIDES/STAPLES TO AVOID:

- × EGG ROLLS
- × WONTONS
- × POT STICKERS
- × ANYTHING DEEP FRIED
- × RICE
- × LO MEIN/CHOW MEIN/NOODLES
- × SWEET & SOUR CHICKEN
- × BREADED CHICKEN WINGS
(UNBREADED IS OK)
- × GENERAL TSO'S CHICKEN

*UNFORTUNATELY, most sweet sauces available at Chinese restaurants are loaded with high sugar content making them very un-keto friendly. These sauces include:

CHINESE FOOD SAUCES TO STAY AWAY FROM ON KETO:

- × PLUM SAUCE
- × DUCK SAUCE
- × OYSTER SAUCE
- × SWEET & SOUR SAUCE
- × HOISIN SAUCE

The beauty of Chinese food is that it is mostly associated with take-out and you can quickly cook and supplement any part of your meal at home! Make sure you check your **EASY & DELICIOUS KETO RECIPE GUIDE** and discover how to make:

- CAULIFLOWER "FRIED" RICE
- GLUTEN-FREE SPRING ROLLS
- KETO GENERAL TSO'S CHICKEN w/SAUCE!
- STIR FRIED PORK W/ CABBAGE NOODLES
- KETO POTSTICKERS
- SESAME CHICKEN



AUTHENTIC, YET KETO FRIENDLY ITALIAN DISHES



Are you worrying just because you have to sacrifice traditional pasta and pizza that means you have to skip going to your favorite Italian restaurant? Think again... **PUREHEALTH** is going to show you how you skip the unpleasant feeling of being weighed down and backed up at the end of a heavy carb meal. Discover how to enjoy the mouthwatering cuisine of Italy how the native Italian's intended!

KETO FRIENDLY ITALIAN DISHES THAT WON'T WEIGH YOU DOWN:

- ANTIPASTA PLATTER (TYPICALLY SERVED w/ DELI MEATS, CHEESES, OLIVES, PEPPERS, ARTICHOKE)
- GRILLED SALMON (OR OTHER GRILLED SEAFOOD DISHES)
- GRILLED VEGETABLES
- SHRIMP COCKTAIL
- GARLIC MUSSELS
- MEATBALLS
- PLANT-BASED PASTA
- GRILLED CHICKEN
- STEAK/VEAL DISHES
- MINISTRONE SOUP
- GRILLED PORTOBELLO MUSHROOMS
- STUFFED MUSHROOMS
- MOST SEAFOOD SOUPS
- FRESH CAPRESE SALAD
- VEAL OR PORK OSO BUCCO
- ITALIAN SALAD w/ TRADITIONAL ITALIAN SALAD DRESSING (NO CROUTONS)
- ITALIAN WEDDING SOUP
- UNBREADED CHICKEN PICCATA
- UNBREADED SCALOPPINE DISHES
- TIRAMISU
- PANNA COTTA
- CAPPUCINO
- LATTES
- LOW-SUGAR ESPRESSOS

OKAY! You might think this next part is hard to look at, but with your **EASY & DELICIOUS KETO RECIPE GUIDE** you feel more than covered, so cheer up and view what you KNOW you have the willpower to avoid!

ITALIAN FOOD TO AVOID WHILE ON THE KETOGENIC DIET:

- × PASTA UNLESS THEY'RE MADE KETO FRIENDLY OR LOW-CARB (SEE RECIPE GUIDE)
- × PIZZA (TRUST US... WE HAVE YOU COVERED IN YOUR RECIPE GUIDE!)
- × FRIED DISHES I.E. CHICKEN PARMIGIANA/EGGPLANT PARMIGIANA
- × BREADSTICKS
- × GARLIC BREAD (SEE YOUR KETO RECIPE GUIDE)
- × RAVIOLIS
- × MASHED POTATOES
- × MOZZARELLA STICKS
- × FRIED CALAMARI (UNFRIED IS OK)


Note* Top any of your dishes with **TRADITIONAL** Italian tomato sauce that typically uses significantly less sugar. (See your **EASY & DELICIOUS KETO RECIPE GUIDE** for ingredients and instructions needed to quickly make your own at home!)

KETO MEXICAN MEAL IDEAS

Here's a fun fact! The spices found in Mexican cuisine are perfect for temporarily increasing your metabolism. Studies prove that spicy foods containing chili and jalapeno peppers can even raise your metabolism by up to 8%! The secret? These peppers contain a nutrient known as capsaicin, the factor that gives these peppers their spice and ability to speed up digestion. The capsaicin in these peppers causes a thermogenic effect which will raise your body temperature which will increase your metabolic rate. Partner these spices with these keto foods and you have a real recipe for ultimate weight loss success!

COMMON KETO FRIENDLY MEXICAN FOODS:

- GUACAMOLE
- CEVICHE
- PULLED PORK
- LIME CHICKEN
- GRILLED CHICKEN
- CHORIZO
- STEAK
- CARNE ASADA
- GRILLED SEAFOOD
- TACO SALAD (NO TORTILLAS)
- QUESO/PICO DE GALLO/SALSA
- SOFT CORN
- TORTILLA TACOS
- STUFFED PEPPERS
- CHILE RELLENOS
- CHICKEN ROJO
- GROUND BEEF
- MEXICAN OMELETE



GUACAMOLE

See how many options you have for Keto with Mexican food alone? This will make **TACO TUESDAY** a no brainer and an easy adjustment! All you have to do is **AVOID**:

- × RICE
- × BEANS
- × HARD TACOS
- × FLOUR TORTILLAS
- × QUESADILLAS
- × TRADITIONAL TORTILLA CHIPS
- × NACHOS (SEE COOKBOOK FOR THIS UNIVERSAL FAN FAVORITE)

EXPLORING THE EXTREMELY KETO FRIENDLY WORLD OF INDIAN CUISINE

Indian food perhaps offers some of the most variety when it comes to keto friendly options, and the natural spices used in this cuisine also boosts your metabolism (just like with Mexican food!) Indian food is gaining a lot of popularity in American culture because it uses all-natural flavors and spices to bring food alive unlike any other country. Explore these potentially new and eye-opening possibilities...

KETO FRIENDLY INDIAN IDEAS:

- COCONUT CHICKEN CURRY
- BUTTER CHICKEN
- VEGETABLE MASALA
- SOUTH INDIAN EGG CURRY
- PANEER MAKHANI
- KEBOBS
- HUMMUS/CHICKPEAS
- COCONUT SHRIMP CURRY
- SPICED MEATBALLS IN CURRY
- YOGURT/RAITA
- CHICKEN VINDALOO
- TANDOORI FISH TIKKA
- TANDOORI WINGS
- COCONUT CURRY
- PALAK PANEER
- CHICKEN TIKKA



COCONUT CHICKEN CURRY

Minus rice which you can easily be substituted for keto friendly cauliflower rice and the naan, **(SEE KETO RECIPE GUIDE)** Indian food typically already strays from excess sugars. **We would simply suggest avoiding these staples...**

- × SAMOSAS
- × NAAN
- × RICE
- × POTATOES
- × ANYTHING BREADED & FRIED w/FLOUR



GUILT-FREE “AMERICAN” FOOD (PUB/BBQ)

Want to be able to wash down a beer with a plate of hot wings on a Sunday in the summer with some friends? **PUREHEALTH RESEARCH** knows the beauty of being able to sit back on a Sunday and watch a Football game (American or Soccer) with a nice beer and a plate of fun, heartwarming snacks that get family and friends together to celebrate tradition. Enjoy comfort bar food and barbecue with ease knowing you can indulge once in a while, with these keto friendly apps and meals:

SAFE KETO FOODS WHILE YOU ARE AT A BAR/BBQ:

- PORK CHOPS
- STEAKS w/ GRILLED VEGETABLES
- GRILLED CHICKEN
- BBQ CHICKEN
- TURKEY
- COLESLAW
- PORK LOIN / PORK BELLY
- GRILLED SALMON (& MOST SEAFOOD)
- BURGER/HOT DOG NO BUN
- MOST SALADS (NO CROUTONS)
- BRISKET
- GRILLED KEOBOS
- PULLED PORK
- SAUSAGE
- RIBS (SEE EXTRA TIP AT BOTTOM)
- BUFFALO WINGS
- SPINACH DIP

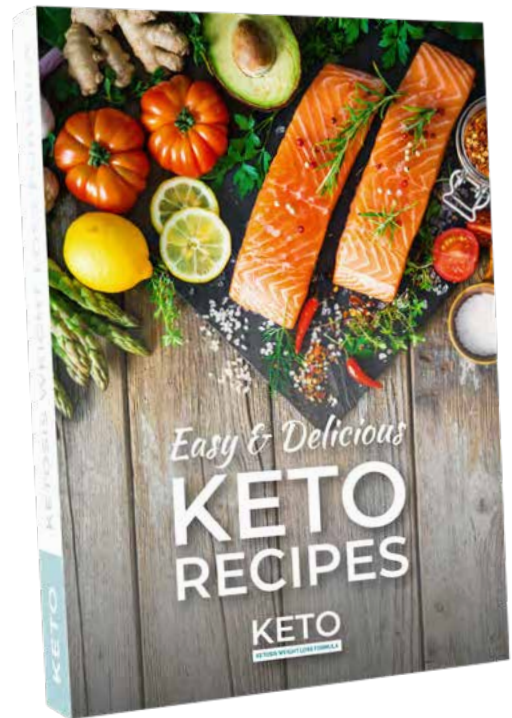
BURGER NO BUN



EXTRA TIP: Avoid ketchup/BBQ sauces that contain excess sugar (**CHECK THE LABEL!**) Meanwhile, most hot sauces are fine and can even help **BOOST YOUR METABOLISM.**

It might be easier than you think to give up bar/BBQ food when you make the switch to keto. The most significant adjustment will most likely lie in sandwiches and French fries, food that you should already be monitoring your consumption of anyway, so hopefully cutting them will not have to be too hard of a lifestyle change. With your new found energy and your handy **EASY & DELICIOUS KETO RECIPE GUIDE**, you can kick almost every craving to the curb, so you can eventually easily **SAY NO TO...**

- × FRENCH FRIES
- × TATER TOTS
- × POTATO SKINS
- × FLATBREAD PIZZAS
- × MASHED POTATOES
- × NACHOS
- × GARLIC BREAD
- × PRETZELS
- × BREAD ON ANY SANDWICH



KETO FRIENDLY DINNER COCKTAILS

Want to wash down those chicken wings with a beer? Perhaps you want to enjoy a delicious cocktail with friends after dinner? Enjoying a beer, a glass of wine or a having an after-meal cocktail is easy on **KETO**, it's almost a no-brainer! Know going to a bar or a friend's cocktail party will be effortless just as long as you stick to these simple, yet equally satisfying drinks combinations.



LIGHT CARB/KETO SAFE DINNER DRINKS:

STARTING NOTE: PURE SPIRITS ARE USUALLY FINE (STRAIGHT WHISKEY, BRANDY, VODKA, GIN, COGNAC & MOST OTHERS.):

- SUGAR-FREE MARGARITA
- VODKA MOJITO
- GIN & SODA
- DRY WINE (WATCH SUGAR CONTENT)
- DRY MARTINI
- VODKA & CLUB
- MANHATTAN'S (MINUS CHERRY)
- CHAMPAGNE
- PICKLE BACKS
- LIGHT BEER (THE LIGHTER/LESS CARBS, THE BETTER)
- SPIKED SELTZERS (MAKE SURE NO SUGAR)
- IRISH COFFEE



IMPORTANT! It is always vital to remember to drink moderately. This way you never drastically throw ketosis off balance. Cocktails & beer are essentially extra calories, but luckily the options listed up top are incredibly light on carbs and are available to enjoy without wasting a ton of useful energy you need to fuel the production of ketones.

POTENTIALLY RISKY/CALORIE DENSE COCKTAILS TO AVOID:

- × SANGRIA
- × HARD CIDER (UNLESS IT SAYS LOW-SUGAR)
- × LAGERS/IPAS/STOUTS/WHEAT BEERS
- × WET (OR SWEET) WINE
- × MARGARITA'S w/ SUGAR
- × APPLLETINIS (& OTHER ARTIFICIALLY FLAVORED DRINKS)

It's important to realize that most ingredients that give cocktails their fun flavors and appearance are usually abundant in high fructose corn syrup or **SUGAR**. Switching to more diluted drinks might need adjusting to if you usually try to hide the taste of alcohol while having a cocktail, but if you are willing to adjust and find something you enjoy, you will be fine to enjoy an adult beverage no matter where you are in life.

DESSERTS & WHAT TO-DO WHEN ALMOST EVERYTHING HAS SUGAR...

DESSERT might be the hardest time to adjust and will be a true test of what you are willing to give up for your health. The issue is obvious, high abundance of sugars this late at night and after dinner is a guaranteed formula of throwing ketosis to the wind and backtracking your entire days progress. Do not give up a day's worth of hard work just for a piece of cake.

NATURALLY LOW SUGAR DESSERTS:

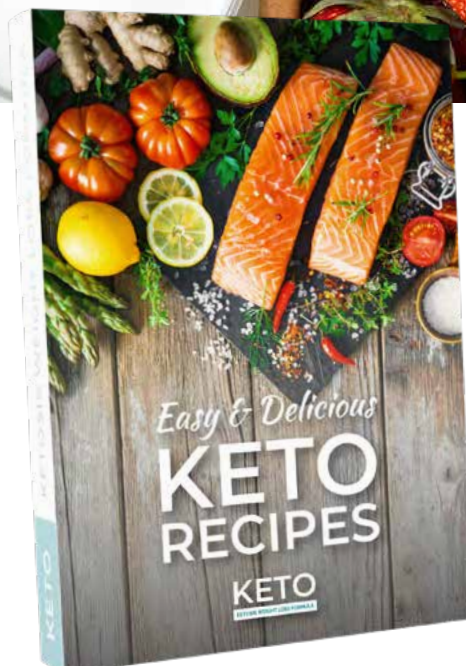
- DARK CHOCOLATE
- PLAIN YOGURT & FRUIT
- FLOURLESS COOKIES
- SUGAR-FREE PUDDING
- LOW-CARB CARROT CAKE

We will not sadly list all of the desserts you have to give up while on keto, but instead, we will gladly focus on the possibilities that await you in your exclusive **EASY & DELICIOUS KETO GUIDE!**

DESSERTS AVAILABLE IN YOUR EASY & DELICIOUS KETO RECIPE GUIDE:

- LOW-CARB CHOCOLATE CUPCAKES
- LOW-CARB BLUEBERRY CUPCAKES
- GUILT FREE/GLUTEN FREE CHOCOLATE CAKE
- KETO-PROTEIN CHOCOLATE-CHIP COOKIES
- SUGARLESS FUDGE BROWNIES
- PUMPKIN KETO CHEESECAKE MOUSSE
- KETO CARROT CAKE w/ CREAM CHEESE FILLING
- & MORE!!!

PLAIN YOGURT
& FRUIT



These keto friendly dessert recipes are absolutely amazing if you know you are going to a party because you never have to feel awkward or worry about missing out in any way because of a dietary restriction. PureHealth has you covered because our team is made up of real people who also enjoy every ounce of life and want to make the most out of each day!

QUICK!!! HERE'S AN EXTRA EASY/VITAL LIFE LESSON...

Want to discover how to avoid postprandial somnolence (a condition is more popularly known as a “FOOD COMA”?) A “FOOD COMA” typically occurs after a large meal filled with carbohydrates, which as you now know will drastically slow your metabolism down after dinner as digestion slows down. It is important to note that high-fat dinners will also cause similar feelings later at night and to focus on eating foods with plenty of protein! High protein diets are full of amino acids which are the building blocks of life & fuel your body, so you're not tired or groggy until bed.

CONQUERING LATE NIGHT URGES/OUTRO

WHAT A RELIEF! You made it all day avoiding temptation! You conquered breakfast through dinner & dessert and didn't even think about craving once! THEN... Late night hits and your stomach starts **MOANING** as if you never ate before and feeding it sugar or unhealthy dense foods are the only way to stop its **MONSTROUS CRY!** (Yes, that's how dramatic we can all feel when those late-night cravings kick in, but we are here to show you how easy it is to overcome them.)



STOP!!! Looking around and scavenging for anything that will fulfill your urge. This is the final test you have to endure because if you succeed you will be well on your way to conquering **THE DAWN EFFECT** and being able to create natural energy as you sleep.

The DAWN EFFECT, if you remember from the first section, is the anxious, irritable but more importantly uncontrollable feeling you get in the morning after you decide to give in and eat whatever you want right before bed. To quickly sum it up again... You might not feel the effects of unhealthy foods at night, in fact, you might even go to bed with a big grin on your face, but the consequences of the **“DAWN EFFECT”** will quickly wipe that feeling away in the morning as these sugars begin to be processed. This will cause your hormones to react to these random and worthless nutrients as you sleep, leaving you with random feelings of unshakeable depression and indigestion or inflammation first thing as you wake up.

(For a more detailed description of the Dawn Effect revisit the first section of this Keto Rapid Weight Loss Guide entitled: **“HOW TO DEFEAT THE “DAWN EFFECT” & SUPERCHARGE YOUR MORNINGS!”**)

End this cycle by saying no to cookies, cakes, and candies and snack on some of these foods to satisfy that late-night sweet tooth.

KETO FRIENDLY LATE NIGHT SNACKS:

- PEANUT BUTTER ON CELERY
- MIXED VARIETY NUTS
- STEVIA SWEETENED DARK CHOCOLATE
- ORGANIC CACAO NIBS
- STRING CHEESE
- BEEF JERKY
- GUACAMOLE/AVOCADOES
- BONE BROTH SOUP
- HOMEMADE SUGAR-FREE POPSICLES
- ANY SUGAR-FREE DESSERT IN YOU EASY & DELICIOUS KETO RECIPE GUIDE!!!



You have to remember, your body needs time to **REST, RELAX & RECHARGE** and this means more than just laying down; it means eating the foods and nutrients you need to **KICKSTART KETOSIS!** Otherwise, you're going to continue to significantly disrupt the production of essential hormones that help you shed unflattering water weight and conquer unpredictable depression.

You might not feel the effects at night, in fact, you might even go to bed with a big grin but remember the consequences of the **“DAWN EFFECT”** and what is to come of your late-night indulging.

REMEMBER YOUR ULTIMATE GOAL, because before you know it, you will be turned off to sugary sweets with cravings drastically decreasing in time. And you will have the toned, slim body you deserve.

KETO & YOUR KETO FORMULA were your first steps towards eliminating unflattering weight and cleansing your body once and for all, and now you have the vital tips in this “KETO RAPID WEIGHT LOSS GUIDE” to go out and feel a new form of freedom on keto no matter where you are in the world!

Never let either dietary restrictions or a lack of energy ever stop you from spending time with loved ones ever again. What are you waiting for? **WITH KETO & KETO FORMULA** you can go out into the world and finally feel free in **THE BODY OF YOUR DREAMS!**

P.S. REMEMBER TO FUEL YOUR JOURNEY WITH THE ORGANIC & KETO FRIENDLY RECIPES IN YOUR EXCLUSIVE “EASY & DELICIOUS KETO RECIPE GUIDE!”



A BRIEF THANK YOU FROM PUREHEALTH RESEARCH

This “EASY & DELICIOUS KETO RECIPE GUIDE” was created with love by **THE PUREHEALTH RESEARCH FAMILY** as a special gift to you & yours. There’s absolutely no way in which we can measure our gratitude for the inspiration you’ve given us. After all... It’s your passion for health & your lust for life that fuels our mission for ultimate nutrition and total wellness. The fun and easy to make all-natural recipes in this guide partnered with your “**KETO RAPID WEIGHT LOSS GUIDE**” are the two tools you need to be successful at helping to shed pounds almost effortlessly and naturally while on keto, so go out and conquer this world in the best body possible!

P.S. Remember, health is a life-long journey, so as long as you continue your mission, you can guarantee that PureHealth will be by your side to deliver you more **EXCLUSIVE & FREE** content that will help guide you in making the body of your dreams become a reality sooner than you can imagine!

ACTIVATING NATURE'S CODE OF HEALTH

We at **PureHealth Research** are a growing group of skilled experts, innovative, and talented people with one goal – to help people **reclaim the control of their own health**. Each has seen friends and loved ones struck by illness or disease, which makes our vision personal.

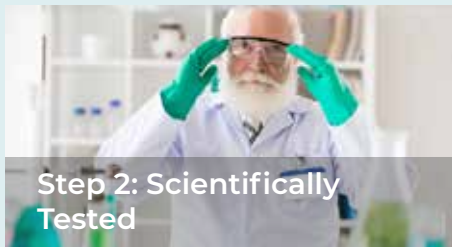


Our mission is to **improve your overall health with superior quality therapeutic nutraceuticals** scientifically proven effective by research.

OUR PROCESS

INTEGRITY – FLAWLESS EXECUTION – RESPONSIBILITY

PureHealth Research develops scientifically proven products that **help you achieve the pure, healthy lifestyle you deserve**. We only use natural ingredients you trust and put them through a 5-Stage Research and Testing Process, so they become “PureHealth Approved & Certified!” Here’s how it works:



We believe in our products, we use our products, and every step of our manufacturing and development process was created to ensure we deliver only the highest quality formulas for your body day in and day out. **After all, that’s what you deserve, and we’re here to help give it to you with every product we produce.**

Learn more about PureHealth Research products

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KETO
GUIDE
to Rapid Weight Loss
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