

GUIDE KETO FOR BEGINNERS



WHAT IS THE KETO DIET?

The keto diet is a way of eating that reduces carbs to help your body burn fat as its main source of energy.

- ✔ Sustainable weight loss
- ✔ Steady energy without crashes
- ✔ Prioritize quality proteins (eggs, lean meat, fish)
- ✔ Stay hydrated and get electrolytes (e.g., salt, potassium, magnesium).



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4 SIMPLE STEPS TO START



Cut carbs

(bread, sugar, pasta)



Eat healthy fats

(avocados, olive oil, nuts)



Focus on quality

proteins (eggs, lean meat, fish)



Stay hydrated and get electrolytes

(e.g., salt, potassium, magnesium)



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YOUR NEXT STEP

Congratulations on choosing to start your journey to better health with the keto diet!

- ✔ **Keep up the good work**
one meal at a time
- ✔ **Check your email inbox**
for more keto tips and recipes
- ✔ **Stay positive** – we're here to support you every step of the way!



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