

Five Keto Diet Hacks for Sustainable Weight Loss

1. SET REALISTIC WEIGHT LOSS GOALS



WEIGHT LOSS
AIM FOR 1-2 LBS PER WEEK



TRACKING
MEASURE RESULTS ONCE EVERY 1-2 WEEKS



ADJUSTMENT
MODIFY FOOD INTAKE TO CHANGE WEIGHT LOSS RATE

2. KEEP KETO SIMPLE



CONSUME
EAT LOW CARB VEGGIES, MEATS, EGGS, AND CHEESE



AVOID
AVOID ALL HIGH-CARB FOODS



GUIDANCE
USE A KETO DIET FOOD LIST AS GUIDE

3. MAKE KETO-ADAPTATION EASIER



HYDRATE
DRINK PLENTY OF WATER



ELECTROLYTES
REPLENISH POTASSIUM, SODIUM AND MAGNESIUM



BOOST
PROMOTE KETONE PRODUCTION

4. IMPLEMENT SUSTAINABLE WEIGHT LOSS STRATEGIES



CHANGES
MAKE SIMPLE CHANGES TO EAT FEWER CALORIES



LIFESTYLE
CREATE HEALTHIER LIFESTYLE



SUSTAIN
SUSTAINABLE OPTIONS OVER DIETARY RESTRICTIONS

5. CREATE AN ENVIRONMENT THAT FEEDS YOUR RESULTS



CONVENIENCE
CREATE AN ENVIRONMENT THAT FEEDS YOUR RESULT



INCONVENIENCE
MAKE UNHEALTHY CHOICES AS INVONVENIENT AS POSSIBLE



PLANNING
ALWAYS HAVE PLAN FOR ANY FOOD ENVIRONEMNT

Healthynewage Ketogenic Diet Rapid And Sustainable Weight Loss Revolution

Yicheng Fang



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