

**Would You Like to Know Exactly  
What to Eat to Lose Fat and Get  
Healthy Without Giving Up Your  
Favorite Foods or Starving Yourself?**



## **Here's The Deal:**

- In my opinion, the nutrition industry is hopelessly broken. Instead of helping people improve their health and overall physical appearance, the world is filled with myths, scams, and flat-out lies.
- I mean, it's obvious the current dietary guidelines don't work. Just look at the stats. 71.6% of American adults aged 20 and above are overweight, of which more than half are obese!
- Now, if you're one of the millions of people who follow all the nutrition rules outlined by health and fitness "gurus" but still carry excess fat, it is not your fault!

## **The Solution to These Diet Blunders:**



- 1. A Keto Meal Plan Customized to Your Body, Situation, Goals, and Taste Buds**
2. If you want to take all the guesswork out of your diet and follow a guaranteed-to-work plan, then you'll love my brand-new custom keto meal plan service.

3. For the last few years, I've united leading nutritionists, personal trainers, and chefs to develop custom keto meal plans that are effective, convenient, cost-effective, and (most importantly) enjoyable.
4. And when I say "custom" meal plan, I mean it. These aren't your run-of-the-mill, "here are some recipes pulled together from random blogs" meal plans many nutrition "gurus" sell for way too much money.
5. Instead, we tailor your entire meal plan to your own unique situation, needs, goals, and dietary preferences to ensure you experience optimal progress and follow a diet you enjoy.
6. In other words, your days of suffering on ineffective and overly-restrictive diets are finally over. It's time to start working based on a method that's best for you.



## **What Truly Sets These Meal Plans Apart is that They're Based on the Keto Diet:**

- Unless you were lost in the Himalayas for the last few years, I bet you've heard of the keto diet. In fact, you probably have a friend or family member who has transformed their body like magic with this diet.
- But in case you didn't know or just forgot, here's a quick recap. A keto diet is an eating style where you consume almost no carbs, moderate amounts of protein, and high amounts of dietary fat. So, you'll be eating tasty high-fat meals like ribeye steak with roasted garlic and butter.
- "Why would you do that?" you may wonder. Well, a very low carb intake puts you into a state called "ketosis." You see, under regular circumstances, your body relies for the most part on glucose (the stored form of carb).

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