

# 10 Steps to Get You from Cheeto to Keto in 30 Days

## 1. Understand the Fuel Sources for Your Body.

Understand that the two major fuel sources for the body are sugar and fat.



## 2. Know What Sugar Is.

Know that sugar includes but is not limited to candy, ice cream, bread, brown and white rice, potatoes, pasta, sodas (both diet and regular) and alcohol.



## 3. Realize From Where Your Belly Fat Comes.

You need to understand that your belly fat, love handles and other fatty areas of your body is directly contributed to a diet heavily dependent on sugar (*Diet is derived from the word meaning "a way of living"*)



**4. Understand Your Body is Addicted to Sugar.**

Come to terms that your body is addicted to sugar and that there is a need for change.



**5. End Your Body's Dependency on Sugar.**

Adopt the willingness to change your diet from one dependent on sugar to one that utilizes fat as its major source of fuel.



**6. Start Reducing Your Body Fat with This.**

Begin drinking 1 teaspoon of organic Apple Cider Vinegar and 2 teaspoons of organic lemon juice in 16oz of filtered still or sparkling water to reduce your blood sugars each morning.



## 7. Get Your Body into Ketosis and Stay There.

Ketosis is the process whereby your body burns fat as its major fuel source rather than sugar.

You'll need to begin a diet

- ❖ High in good fats (20-40g at each meal)
- ❖ A moderate amount of protein (3-4oz at each meal of grass-fed beef and wild caught fish)
- ❖ 7-10 cups of organic vegetables daily

I recommend starting out by eating 3 meals a day with no snacking in between. In addition, to help with the ketosis transition, you'll need vitamin B1 and electrolytes throughout the day. I highly recommend Dr. Berg's Nutritional Yeast (B1) and Electrolyte Powder.



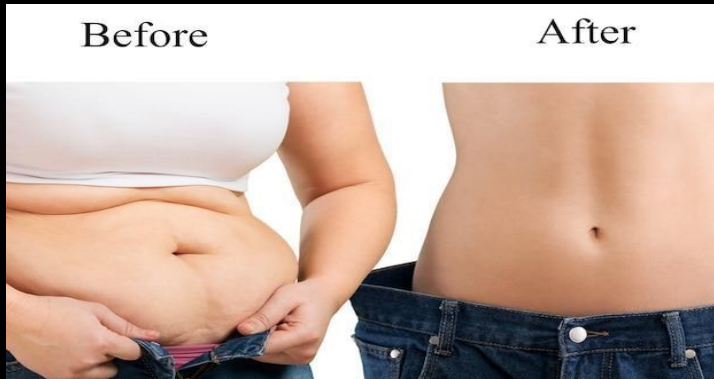
## 8. Decide on a Fasting/Eating Window for Yourself.

Intermittent Fasting is an eating plan that switches between fasting and eating on a regular schedule. I recommend starting out with a fasting window that works for you...whether it be 12, 14 or 16 hours, make sure that you can go without eating for those hours comfortably. You can increase the hours of the fasting window at your own pace.



**9. Measure Your Success.**

Get a scale that measures both your weight and your body fat to keep track of your progress each week.



**10. Hire an Accountability Coach.**

I am a certified Personal Trainer and Keto/Intermittent Fasting Coach who has successfully helped people achieve their health and fitness goals through tailored made fitness and nutrition programs. I offer in-person and virtual training. Click this link to sign up for a Complimentary Consultation Today: <https://thetagoldfitness.com/free-consultation/>

