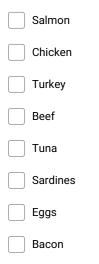
## The Ultimate Keto Diet Beginner's Guide & Grocery List

So you've made the decision to change your lifestyle and lose weight fast & easy with a keto diet – yay! But where do you start?

## PROTEIN



## FAT

- Avocado
- Coconut Oil
- Nuts
- MCT OIL
- Grass-Fed Butter
- Heavy Whipping Cream
- Full Fat Cheese

## CARBS

Butternut Squash
Zucchini
Carrots
Spaghetti Squash
Artichokes

Mushrooms