

## *How to use this 5-Week Trial!*

Work through the **'information'** section;

- ▶ *Top 10 Benefits!*
- ▶ *What you can Expect!*
- ▶ *Watch the Keto Video! It's good!*
- ▶ *How 'Keto'sis works!*
- ▶ *Quick Guide; What's In & Out!*



## *How to use this 5-Week Trial!*

Work through the **'practical'** section;

- ▶ *Open & Print; The 5-Week Planner.*
- ▶ *Check out your Keto-friendly menu.*
- ▶ *Print the Shopping List and mark your choices.*
- ▶ *Go shopping and prepare your culinary week.*

