

# 30-DAY KETO CHALLENGE

1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28	29	30

\*Keto is a low-carb healthy-fat diet. Convert your body to running on ketones to burn stored fat.

\*The Keto diet can curb your hunger and make you feel satisfied after meals.

\*Insulin and blood sugar are reduced, which may lower the production of hormones that can cause skin issues.

\*The Keto diet has been shown to lower LDL (bad) cholesterol that causes plaque buildup in the arteries.

