

GREG'S OWN

# KETO FAT BURNER

**GreatLife**  
WORLDWIDE

**Greg's own KETO FAT-BURNER™** has been formulated for both men and women. Ketosis is the state where your body is actually burning fat for energy instead of carbs.



Healthy Fat Burning



Increase Energy Levels



Maximum Strength Keto



Fast Acting



Improve Mental Focus

*TURN YOUR BODY INTO A  
FAT-BURNING MACHINE.*



**Now YOU CAN Experience the Most Advanced "Maximum Strength" KETO Formula Ever ... Get Your Body Into **Ketosis!****

When starting the keto diet, it's important to let your family and friends know you're serious about it and which foods you're trying to avoid.

Keto is a low-carb, high fat diet that puts your body into a metabolic state called Ketosis. Your body breaks down fat into ketone bodies (ketones) for fuel as its primary source of energy. While in ketosis, your body burns fat for energy, and fat reserves are constantly released and consumed. It's a natural state, whenever you're low on carbs for a few days, your body will do this naturally.

The main goal of the Keto diet is to keep you in nutritional ketosis all the time. When you're just starting the keto diet, to be fully keto-adapted, it usually takes anywhere from four to eight weeks. Intermittent Fasting is also a way to help get your body into ketosis faster. Fasting and consuming 8 to 10 glasses of water throughout the day can help you get into ketosis faster.

**IMPORTANT: You must switch to a Ketogenic (diet) in order to lose weight!**

**PLEASE SEE THE BACK SIDE OF THIS FLYER** for recommended breakfast, lunch, dinner and snack choices you can start with.



# Some Food Choices to get you started:

## **MEATS:**

Almost all meats are fine for the keto diet, including Chicken (all cuts), Beef (all cuts), Cured Meats, Duck, Eggs, all varieties, Goose, Quail, Veal, Venison, Lamb, Pork, Turkey, game, etc. It's preferable to use grass fed and or organic if they are available and within your budget.

## **SEAFOOD:**

Most Fish and Seafood including, Bass, Clams, Crab, Flounder, Halibut, Herring, Lobster, Octopus, Oysters, Salmon, Sardines, Scallops, Shrimp, Squid, Sole, Tilapia, Trout, Tuna, fresh and canned.

## **NUTS & SEEDS:**

Almonds (one of the best nuts you can eat with keto), Brazil nuts, Cashews, Chia Seeds, Flaxseeds, Hazelnuts, Hemp seeds, Macadamia (also top choice for keto), Peanuts, Pecans (maybe the best nut for keto), Pistachios, Pumpkin seeds, Sesame seeds, Walnuts.

## **VEGGIES:**

You can eat all non-starchy vegetables, including Broccoli, Asparagus, Mushrooms, Lettuce, Onions, Tomatoes, Garlic (in small quantity) Brussels Sprouts, Zucchini, Eggplant, Olives, Yellow Squash, and Cauliflower. Avoid: All types of Potatoes, Yams, Sweet Potatoes, Corn, Beans, Lentils, and Peas.

## **FRUITS:**

You can eat a small amount of Berries every day, such as Strawberries, Raspberries, Blackberries, and Blueberries. Lemon and lime juices are great for adding flavor to your meals. Avocados are a great food for Keto, they are low in carbs and high in healthy fat. Avoid other fruits, as they are loaded with sugar.

## **DAIRY:**

Eat full-fat dairy like Butter, Cheese (a keto favorite and great for snacks), Sour cream, Heavy (whipping cream), Cream cheese, Greek yogurt (unsweetened), Almond milk, Coconut milk (unsweetened)

## **FATS AND OILS:**

Almond butter, Almond oil, Avocado oil, Coconut oil, Olive oil, Peanut butter (sugar free), Safflower oil, Sesame oil, Sunflower oil, limit Vegetable oils.

## **AVOID HIGH CARB FOODS:**

Avoid all high carb foods, including Breads, Pasta, Pizza (you can make almond crust pizza), Baked goods, Chips, Processed foods, Crackers, Cereals, Sugars, Grains, Grain based foods, Rice, and Beans.

**BREAKFAST EXAMPLES:** (1) Scrambled eggs with Cheese, Bacon and a half cup of Strawberries. (2) Cheese or meat omelets with Avocado slices. (3) Scrambled eggs with cheese and side of sausage or ham.

**LUNCH EXAMPLES:** (1) Salad with your favorite meat. (2) Cobb salad. (3) Chicken Caesar salad. You can have Olive oil with a squeeze of lemon or lime, or, high-fat, low-carb dressing.

**DINNER EXAMPLES:** (1) Burger wraps in lettuce. (2) Your favorite meat (main dish) with your favorite keto veggie and a salad. (3) Your favorite seafood (main dish) with your favorite keto veggie and a salad.

**DESSERTS OR SNACKS:** (1) Half cup of berries with heavy whip cream. (2) Almonds or other nuts. (3) Unsweetened Greek Yogurt with a few Blueberries.

*For more information, please contact:*

