

FOREVER GREEN

KETOPIA™

20-DAY GUIDE





I HAVE FINISHED THE 10-DAY KETOPIA RESET PROGRAM. NOW WHAT?

If you have completed your 10-Day Ketopia Reset program and are waiting for your Autoship order of the 10-Day Ketopia Reset pack to arrive, you can still maintain a healthy lifestyle with this simple guide.

Remember, you can start another 10-Day Ketopia Reset program at any time during the month, or even do them back-to-back. Just make sure you are exercising regularly, getting enough rest, drinking plenty of water, and consulting your health professional with any concerns or questions. You also have the option to continue using KetonX™, Dough Bites™ and/or FIXX® separately or together as part of your regular health maintenance program.

MAKE HEALTH A HABIT

As you know, the 10-Day Ketopia Reset program helps you make better choices when it comes to what to eat while working toward your weight management goals. This guide has been designed with the same goal in mind. If you choose to make health a habit between 10-Day Ketopia Resets, here are some additional suggestions to help you stay on track.

1. Have a FIXX® shake for breakfast.
2. Choose low-glycemic foods.
3. Eat Dough Bites™ as a healthy snack, anytime, anywhere.
4. Avoid grains, or eat them minimally.
5. Use nut flours to “bake” and help fight bread cravings.
6. Get a lot of lean proteins.
7. Eat plenty of veggies, preferably raw.
8. Cook with good fats like coconut oil.
9. Eat every four hours to help protect muscle and keep blood sugar balanced.
10. Get one serving of protein, good fat, and vegetables in every meal.



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DID YOU KNOW?

Many raw vegetables are considered “negative calorie foods”. This means that it takes more calories than they include to eat, chew and digest them.

FAVORITE CARBOHYDRATE

White Rice
White Potatoes
Instant Oats
Pasta
Bananas/Watermelon/Pineapple/Dried Fruit

LOW-GLYCEMIC ALTERNATIVE

Brown Rice
Sweet Potatoes
Steel-cut Oats
Spaghetti Squash
Fresh or Frozen Berries

SAMPLE DAILY MENU FOR A BALANCED DIET

Breakfast:

2 whole eggs, scrambled
3 egg whites, scrambled
¼ c. fresh veggies

Lunch:

3 oz. chicken breast, grilled
½ c. fresh or frozen broccoli, steamed
½ c. sweet potato, steamed
1 pat butter for broccoli

Snack:

1 FIXX® shake

Dinner:

3 oz. salmon, grilled
½ c. fresh or frozen green beans, steamed
1 small fresh garden salad
2 Tbsp. full-fat dressing

Dessert:

1 Dough Bite, baked (optional)

For those of you who are familiar or comfortable eating a Paleo (caveman) or Primal diet, these also work well during your time between 10-Day Ketopia Resets. It's important to choose a healthy diet that fits your lifestyle! If you would prefer to stick to the ketogenic program during your time between 10-Day Ketopia Resets, refer to the Ketopia Food & Recipe Guide often for a list of keto-friendly foods and recipes.



DOES PORTION SIZE MATTER?

Yes! But weighing and measuring food isn't always the most convenient option. Here are some rules of thumb for making sure you're not overdoing it.

- Protein servings should be about the size of the inside palm of your hand.
- Servings of complex carbohydrates (brown rice, sweet potatoes, etc.) or cooked vegetables should be about the size of a small fist.
- Fruit often already comes in the right portion size! Eat one piece of fresh fruit the size of a small fist, like an apple or a peach, daily.
- Servings of raw vegetables should be about the size of two small fists.

STILL CRAVING SOMETHING?

It is difficult to think of never eating some of your favorite foods again. Luckily, being healthy is about creating balance and being successful is about being realistic. We recommend you choose one meal per week, preferably earlier than 4:00 p.m., to have something that wouldn't typically be included in the program. Do your best to keep your "free" meal on the same day each week.

Fighting the urge to have your "free" meal after 4:00 p.m. is for good reason. That is about the time of day when your metabolism slows down. Eating foods that are high in calories, sugars and fats later in the day can lead to weight gain. Eating these types of foods earlier in the day gives your body more time to burn it off before your body slows down in preparation for the night ahead.



WORK IT OUT

We cannot stress enough how important of a role exercise plays in your overall health. Your results on this, or any weight management program, will be best if combined with adequate exercise. If you are not typically a regular exerciser, now is the time to start!

Everyone has 20 minutes to spare for their own body and mind each day. It can be as simple as going for a brisk walk outdoors! You will also find that exercise can easily be incorporated into your daily routines.

Benefits of regular exercise include, but are certainly not limited to:

- Improved mood
- Stress reduction
- Boosted energy
- Deeper sleep
- Healthier libido
- Prevention of excess weight gain
- Balanced cholesterol levels
- Improved self-confidence
- Heightened mental clarity



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HYDRATE. HYDRATE. HYDRATE.

It is important to continue drinking the same amount of water in between 10-Day Ketopia Reset programs as you did during the program. Water is how we shower on the inside! The human body is made of 70% water, and needs to be properly hydrated to function optimally. The best rule is to drink half your weight in ounces per day.

If you're not sure you're drinking enough water, you're probably not! Typically, by the time we feel thirsty our bodies are already dehydrated. Thirst also gets mistaken for hunger a lot of the time. Next time you're hungry try drinking a glass of water and wait a few minutes to determine if it's hunger or thirst that needs your attention. You might be surprised!



YOU CAN DO IT.

Many people think that if they get off track or have a weak moment they have ruined the entire diet and give up for that day, or perhaps even give up completely. But that's just like waking up late for work and deciding not to go to work at all that day because you woke up late. If you trip up, get back on track immediately. You'll find that you get off track less and less as time goes on, which will move you closer to the healthy lifestyle you are looking to create.



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