

FREE to KETO 

low carb lifestyle made easy

## >>>> 7 DAY KETO CHALLENGE <<<<

## DAY #1 CHALLENGE:

*Look in your pantry at 5 items. Check out the total carbohydrates. Check for dietary fiber. Write down your thoughts on if you think this would be a good option for keto just based on that information. Write down any other thoughts or things you have learned from today's lesson.*