



THE

KETO 90

lifestyle

A **nutritional guide** to support
your weight loss goals

 YOUNGEVITY.

THE KETO 90

Lifestyle Philosophy

The foods that you consume on a daily basis may either support your health or harm it. Diets high in sugar and grains are known to be offenders of weight gain, heart disease, and many other health concerns. Unfortunately, many individuals continue to pursue high carbohydrate diets that are preventing them from losing weight and reaching their health goals. The Keto 90 Lifestyle focuses on helping you achieve your weight loss goals through a targeted nutritional plan that emphasizes fat as a primary energy source. By consuming a diet rich in healthy fats combined with metabolism-boosting nutrients, the Keto 90 Lifestyle propels the body into a fat-burning system. The Keto 90 Lifestyle takes your health to the next level.*

life's A JOURNEY,
NOT A *race*.

* These statements have not been evaluated by the Food and Drug Administration. These products are not intended to diagnose, treat, cure or prevent any disease.

WHAT IS *Keto 90?*

Keto 90 is a nutritional program that focuses on using fat as a primary energy source rather than carbohydrates, by moving your body into the natural state of ketosis (fat burning). During this metabolic state, the body's energy is derived from ketone bodies, a by-product of breaking down fat for fuel, rather than carbohydrates.

The essence of Keto 90 is that it is retraining your body and therefore “rewiring” your metabolic and energy-seeking systems to look for fat to burn when energy is needed. By restricting carbohydrates in your diet, your body must seek an alternative energy source for fuel: FAT. As your body continues to search for new energy sources, it begins to “rewire” its metabolic systems. After some time, fat no longer becomes the alternative source, but the primary source to use for the body's energy needs.

This creates a nutritional environment where the body is prompted to use existing fat stores as primary energy sources, and restructures your metabolic systems to use healthy fats and proteins as primary fuels. Combine the above fat-burning structure with deep, nutritional replenishment and you have the “Keto 90 Lifestyle.”

To learn more about the Keto 90 lifestyle, please visit:

YGYBETTERHEALTH.COM



CHOOSE YOUR *Keto 90 Plan*

The Keto 90 Lifestyle emphasizes a healthy daily intake of high amounts of natural and healthy fats, adequate amounts of protein, and low levels of carbohydrates, while staying within 1200 calories and adhering to your macronutrient target.

At the bottom of the page you have a breakdown of the amount of each macronutrient you will consume daily. The specific amount of each macronutrient is determined by the plan you decide to follow; 5% or 10% Carbohydrate. Those looking to initiate ketosis quicker should opt for the lower end of the spectrum of carbohydrates (5% Carb Plan).

KETO 90 QUICK START MEAL PLAN

One easy way to get started on your Keto 90 Lifestyle is by using Youngevity's Slender FX™ Keto products. These products were designed to get you the nutrients you need to easily get your body into ketosis and keep the Keto diet simple and convenient.

TIP: Take Slender FX™ REV™ 10-15 mins before your 3 main meals. Hold for 2 minutes under tongue, do not drink anything before consuming meal.

BREAKFAST

Fat 34g
Protein 2g
Carbs 2g
Keto 90 Coffee (pg. 10)

MORNING SNACK

Fat 3g
Protein 9g
Carbs 0.5g
½ Slender FX™ Keto
Caramel™ Bar

LUNCH

Fat 26g
Protein 18g
Carbs 5g
Fat 11g
Protein 15g
Carbs 24g
Recommended: 2
Chicken BLT Wraps
with ½ Avocado
(pg. 12)

AFTERNOON SNACK

Fat 3g
Protein 9g
Carbs 0.5g
½ Slender FX™ Keto
Caramel™ Bar

DINNER

Fat 22g
Protein 23g
Carbs 3g
Creamy Caramel Shake
(pg. 11)

5%

CARB TOTAL

Fat 100g | Protein 60g | Carbs 15g

10%

CARB TOTAL

Fat 93g | Protein 60g | Carbs 30g

KETO 90 MEAL ALTERNATIVES

BREAKFAST

Fat 34g
Protein 2g
Carbs 2g
Keto 90 Coffee or Tea
(pg. 10, 11)

MORNING SNACK

Fat 15g
Protein 13.5g
Carbs 2g
Stuffed Red Pepper Boat
w/ Egg Salad
(pg. 13)

LUNCH

Fat 26g
Protein 27g
Carbs 3g
Keto 90 FitShake™
Creamy Banana
(pg. 11)

AFTERNOON SNACK

Fat 11g
Protein 20g
Carbs 6g
Shrimp & Veggies with Lemon
Garlic
Cheese Dip
(pg. 12)

DINNER

Fat 13g
Protein 26g
Carbs 10g
Lemon Tarragon Parmesan
and Asparagus Sauté
(pg. 13)

5%

CARB TOTAL

Fat 100g | Protein 60g | Carbs 15g

10%

CARB TOTAL

Fat 93g | Protein 60g | Carbs 30g

To add some variety to your meals, the following menu provides you with some food alternatives. When substituting meals, make sure you are adhering to your daily macronutrient intake. Remember, you can always enjoy a Keto 90 Shake as an option for any meal.

SEE RECIPES ON PAGES 10-13

HIGH FAT
70-75%

**MODERATE
PROTEIN**
20%

LOW CARB
5-10%

You can and you will!

Products

YOUNGEVITY'S KETO 90 LIFESTYLE

Using the following items will help you create simple meals that will meet your macronutrient profile.



SLENDER FX™ *Keto Power Up*

#USYG100064 | 60 capsules

Keto Power Up™ is an all-natural blend of metabolism boosting nutrients that supports healthy energy levels as a part of a healthy diet.*



Slender FX™

Keto Caramel Weight Management Bars

#USYG100068 | 10ct.

The Keto Caramel™ Weight Management Bar is the perfect ratio of healthy fats, only 1 net carb, and a whole food nutritional blend.



FitShake™ *Banana Cream*

#USYG300002 | 1086g

FitShake™ support muscle growth and recovery with 25 grams of delicious, banana cream protein and only 2 grams of carbs.*



Slender FX™

Keto Caramel Weight Management Shake

#USYG100065 | 960g

The Keto Caramel™ Shake has zero net carbs, 21 grams of high-quality protein and provides comprehensive nutrition in only 95 calories.



Slender FX™ *True Keto*

#USYG100063 | 1275g

Slender FX™ True Keto delivers the perfect macronutrient profile for a keto diet. With 19 grams of high-quality fat and 20 grams of protein, you'll meet your macros in one great-tasting shake.



Slender FX™ *REV*

#USYG239002 | 2 fl.oz.

REV™ uses concentrated and potent extracts of natural foods, plant based nutrients, and herbs that may aid in the more efficient release and metabolism of unhealthy fat.



Be The Change Coffee *French Vanilla*

#USYC200906 | 12 oz.

Organic, high-quality coffee is one the best tools you can use in your Ketogenic journey. Choose from any of the Be The Change Flavored Coffees since the proprietary natural flavoring component adds no carbohydrates or sugars to your diet.



Keto *Transformation Kit*

#10291

This all-in-one kit gets your Keto Program started the right way and contains the Ketogenic products you'll need for the first 30 days.

Includes: (1) Slender FX™ Keto Caramel™ Shake, (1) Slender FX™ Keto Caramel™ Bars 30 ct., (1) Slender FX™ REV™, (1) TrueDetox™ Tea and (1) Be The Change Coffee Y Cups Variety Pak.



Healthy Body *Start Pak 2.0*

#10264 | with BTT 2.0 Tablets

This Pak includes the 90 essential nutrients needed for optimal health. Featuring broad spectrum foundation nutrition that includes vitamins, minerals, amino acids, essential fatty acids and antioxidants to support an overall healthy lifestyle.*

KETO 90 FRIENDLY

Food Options

You can use the following food items to create meals that will meet your macronutrient profile. To view a complete list of Keto approved foods, please visit: **YGYBETTERHEALTH.COM**

FOOD	CALORIES	FAT	NET CARBS	PROTEIN
5 HEALTHY FATS				
Avocado, Hass (3 oz.)	102	9g	2g	2g
Grass-Fed Butter (1 tbsp.)	102	22g	0g	0g
Cream Cheese (2 tbsp.)	101	10g	1g	2g
Heavy Cream, fluid (2 tbsp.)	103	11g	1g	1g
Sour Cream, full fat (¼ c.)	120	10g	2g	2g
5 HEALTHY VEGETABLES				
Asparagus, cooked (1 c.)	46	2g	2g	5g
Broccoli, cooked (½ c.)	27	0g	3g	2g
Brussels Sprouts, raw (1 c.)	38	0g	5g	3g
Spinach, raw (6 oz.)	38	1g	2g	1g
Bell Pepper, raw (4 oz.)	23	0g	3g	0g
5 HEALTHY PROTEINS				
Egg (1 large)	72	5g	0g	6g
Chicken Breast, no skin (1 oz.)	46	1g	0g	9g
Salmon (1 oz.)	39	1g	0g	7g
Tuna, water packed (1 oz.)	33	0g	0g	7g
Beef Steak (1 oz.)	71	4g	0g	8g

You got this.





FOOD	CALORIES	FAT	NET CARBS	PROTEIN
5 HEALTHY DAIRY				
Greek Yogurt, full fat (3½ oz.)	95	5g	4g	9g
Cheddar Cheese, natural (1 oz.)	114	9g	1g	7g
Blue Cheese (1 oz.)	100	8g	0g	6g
Cottage Cheese, 1 - 2% (¼ c.)	41	1g	2g	7g
Parmesan Cheese, hard (1 oz.)	111	7g	1g	10g
5 HEALTHY NUTS AND SEEDS				
Coconut, dried, unswtnd (1 oz.)	165	15g	2g	3g
Almonds, roasted (1 oz.)	172	16g	2g	6g
Brazil Nuts, roasted (1 oz.)	186	19g	1g	4g
Sunflower Seeds (1 oz.)	168	15g	3g	6g
Pumpkin Seeds (1 oz.)	148	12g	3g	9g
5 HERBS AND SPICES				
Thyme, ground (1 tbsp.)			1.1g	
Parsley (1 tbsp.)			0.3g	
Basil, dried (1 tbsp.)			0.9g	
Oregano, ground (1 tbsp.)			0.4g	
Paprika (1 tbsp.)			1.2g	



Recipes

Our 7 Day Meal Plan and recipe book can help you get started.

Simply sign up for our Keto 90 emails and get the recipe booklet, and a series of emails to help you learn more, and stay on track.

To see more recipes, please visit:
YCYBETTERHEALTH.COM

KETO 90 Coffee

TOTAL

Fat 34g | Protein 2g | Carbs 2g

6-8 oz. hot coffee
1 tbsp. grass-fed butter
4 tbsp. heavy cream
1 tsp. vanilla extract (optional)
Stevia or xylitol to taste

Directions: Blend all ingredients
in a blender and enjoy!

TIP: Using Youngevity's Be The Change Coffee (page 7) not only provides you with the best-quality, organic coffee, but proceeds of each purchase support the Be The Change Foundation that provides support to those in need all around the globe.

To learn more, visit:
YOUNGEVITYBETHECHANGE.COM



KETO 90

Herbal Tea

TOTAL ESTIMATED

Fat 34g | Protein 2g | Carbs 2g

6-8 oz. True2Life TrueDetox™ Tea or tea of choice

1 tbsp. butter

4 tbsp. heavy cream

Stevia or Xylitol to taste

Directions: Blend all ingredients and enjoy!

KETO 90

Hot Cocoa

TOTAL ESTIMATED

Fat 25g | Protein 4.2g | Carbs 3g

6-8 oz. hot water

2 tbsp. unsweetened

cocoa powder

4 tbsp. heavy cream

Directions: Blend all ingredients and enjoy!

TIP: Try this recipe with Peppermint Tea for a minty hot cocoa beverage!

EASY KETO

Creamy Caramel Shake

TOTAL

Fat 22g | Protein 23g | Carbs 3g

8-10 oz. cold water

1 scoop Slender FX™ Keto Caramel™ Weight Management Shake

4 tbsp. heavy cream

Directions: Blend all ingredients in a blender and enjoy!

KETO 90

Strawberry Cream Shake

TOTAL

Fat 19g | Protein 20g | Carbs 5g

8-10 oz. cold water

1 scoop True Keto Shake Mix

3-5 ice cubes

Directions: Blend all ingredients and enjoy!

Sign up for our emails and get shake recipes, breakfast, lunch and dinner recipes all in the Keto lifestyle.

CREAM CHEESE CHEDDAR GARLIC

Egg Muffins

(makes 12)

TOTAL PER EACH EGG PUFF

Fat 14g | Protein 9.6g | Carbs 1.6g

- 8 eggs
- 1 cup finely shredded cheddar cheese
- 6 oz. full fat cream cheese
- 2 tbsp. squeezable fresh garlic
- 3 tbsp. butter to grease muffin pan sections
- 1 tsp. salt
- 2 oz. lemon juice

DIRECTIONS: Soften cream cheese in small saucepan with lemon juice, garlic and salt on low heat. In a separate bowl, mix together eggs and cheddar cheese. Fold the cream cheese mixture into the egg and cheese mixture, blending until combined well. Using a small ladle, pour mixture into greased muffin pan sections to half way up. Bake at 350° for 15-20 minutes until set. Remove from pan and cool on baking rack. Adding chopped chives and cooked nitrate-free crumbled bacon adds extra fat and flavor!

CHICKEN BLT

Romaine Wrap

TOTAL PER EACH WRAP

Fat 8.5g | Protein 9g | Carbs 2.5g

- 3 slices cooked bacon, nitrate-free
- 1 oz. roasted deli chicken, nitrate-free
- 1 tbsp. full fat sour cream
- 3 grape tomatoes, halved
- 2 romaine lettuce hearts

DIRECTIONS: Spread sour cream on romaine leaves. Fill one leaf with bacon, chicken, and tomatoes, then top with other leaf and enjoy!

SHRIMP & VEGGIES WITH LEMON GARLIC

Cheese Dip

TOTAL ESTIMATED

Fat 11g | Protein 20g | Carbs 6g

- 3 oz. large, cold shrimp
- ¼ cup sliced English cucumber
- ½ red bell pepper, sliced
- 3 fresh asparagus spears, sliced

DIP:

- 2 tbsp. full fat sour cream
- 1 tbsp. full fat cream cheese
- 1 tsp. lemon juice
- 1 tsp. squeezable garlic
- ½ tsp. dried parsley

DIRECTIONS: Mix all dip ingredients together in a small bowl and enjoy with your sliced veggies and shrimp.

LEMON TARRAGON

Chicken & Asparagus Sauté

(makes 4 servings)

TOTAL ESTIMATED

Fat 13g | Protein 29g | Carbs 10g

2 – 6 oz. chicken breasts cut in half lengthwise

4 tbsp. butter

1 cup organic chicken broth

2 tbsp. lemon juice

2 tbsp. dried tarragon

2 tsp. paprika

½ tsp. black pepper

½ tsp. salt

4 cups chopped asparagus

2 tbsp. fresh, grated parmesan



DIRECTIONS: In a small sauce pan, melt 2 tbsp. of butter. Then add lemon juice, tarragon, paprika, black pepper and salt and mix well. In a sauté pan, melt remaining 2 tbsp. of butter. Then place chicken breasts in melted butter, brushing both sides with sauce mixture. Turn chicken until browned on both sides on medium high heat. When chicken is completely cooked, add broth and asparagus to the sauté pan. Simmer until tender. Divide into 4 servings and top each with ½ tbsp. of parmesan.

EGG SALAD

Stuffed Red Pepper Boat

TOTAL ESTIMATED

Fat 15g | Protein 13.5g | Carbs 4g

½ red pepper

2 soft, hard boiled eggs, chopped

2 tbsp. full fat sour cream

1 tbsp. chopped pickle

1 tsp. yellow or Dijon mustard

Salt & pepper to taste



DIRECTIONS: Mix eggs, sour cream, mustard, pickle and spices in a small bowl. Stuff mixture in halved red pepper and enjoy!

Tips

We recommend following the plan as-written, but we understand lifestyles and routines vary from person to person, and that life, work and family responsibilities can create the need to alter it a bit. At the end of the day, if your **TOTAL PROTEIN, CARB and FAT INTAKE** is spot on, you will have done GREAT! You can follow a few tips to help you stay spot on!

- Substitute a “Keto Herbal Tea” or “Keto Cocoa” in place of the “Keto 90 Coffee” for our **non-coffee drinkers**. (Visit HealthyBodyChallenge.com for ideas.)
- It is recommended to have a “Keto Shake” for dinner **as often as possible** to infuse deep nutrition, caloric satiety and clean fat-burning during your resting hours. You will be even **more** amazed with your results waking up the next day after having a Keto Shake for dinner!
- The MOST important nutrient to focus on keeping in tight control is the amount of net carbohydrates. Stay within the 15-30 gram range and optimally, **20 grams or less** as a goal for each day for best results. Do not overeat protein – stay around 60 grams.
- Fiber-rich vegetables are filling, low in carbohydrates and **fat-burning**! Red bell peppers, asparagus, broccoli, celery, cauliflower, cabbage and lettuces are IDEAL!
- If you want to make a “Keto Snack” in place of the “Keto Bar” – for your mid-morning/mid-afternoon snack – that is **fairly easy to do**. Simply create the snack to closely match the correct protein, carb and fat content as the Keto Bar. PLUS, doubling up a “Keto Snack” can also serve as a “Keto Meal.”
- Keep it **SIMPLE**. The **LESS** variety, the EASIER it will be! Most people have success enjoying 2-3 varieties of meals/snacks for the first 30 days.
- If energy levels are low, try adding Slender FX™ Keto Power Up™ to your **nutritional plan**. Take in the morning after breakfast.

FAQs

How long will it take me to get into ketosis?

Remember, this is a rewiring of what you've taught your body, so depending on how intensively you've taught your body to do one thing (specifically using/eating carbohydrates), you may have to be patient during the retraining process. This process may take up to 10 days for some.

Should I take a Healthy Body Start Pak™ while on Ketogenic Plan?

Yes! There is NO question that you shouldn't ALWAYS be taking your 90 For Life™. We understand that there are some carbohydrates in Beyond Tangy Tangerine® 2.0 Powder (7 grams) and Beyond Osteo-fx™ Powder (0.6 grams). Beyond Tangy Tangerine® 2.0 has around 3 grams of net carbohydrates. Other products that Youngevity offers may contain more carbohydrates, so take that into consideration in your total carbohydrate count. Focus on products like the Healthy Body Start Pak™ 2.0, BTT 2.0 Tablets and Slender FX™ REV™ for 30 days.

Should I exercise on the Keto 90 Program?

You may want to adjust your activity a bit for the first 10 days, however, after that you may notice having even more energy than before. Remember, every "body" is different, so simply keep doing the best you can and work towards your goals. A simple way to boost your Keto 90 Lifestyle exercise routine is to do an easy 5-10 minutes of weight resistance two times a day, with plenty of walking and movement during the week. You can always take Keto Power Up™ to help boost energy levels before a workout.

**For more information visit:
YGYBETTERHEALTH.COM**

Never give up!



FOR MORE INFORMATION, CONTACT:

I BEGAN MY
KE-TO 90 Lifestyle
JOURNEY ON

Food and dietary supplement products sold by Youngevity are intended to contribute to the daily diet and overall health and are not intended for use in the prevention, treatment, mitigation, or cure of any disease or health related condition. Individuals who have or suspect they have an illness or who wish to commence a diet or exercise program should consult an appropriately licensed health care practitioner for a medical history evaluation, diagnosis, treatment, and Keto health recommendations.



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