

# The Youngevity Keto90 Lifestyle Plan

*Keto90Lifestyle.com*

## **The Goal**

To help you reach your optimal weight and help you achieve optimal health.

## **The Plan**

In order to lose weight you have to eat less calories than you burn. The #1 reason why people fail on most diet plans is because they are hungry. The reason why people are hungry is because they follow a low nutrient, low fat weight loss diet. What is different about The Youngevity Keto90 Lifestyle Plan is that it is high in nutrients and high in fat which will prevent you from ever being hungry. Making weight loss easy!

The Youngevity Keto90 Lifestyle Plan has many more benefits than just weight loss. Following this plan has shown to drastically reduce cholesterol levels, heart disease, and cancer. It will also drastically improve your digestive system, detoxify your body, and strengthen your immune system. It will fix virtually every health problem and give you energy like you have never had before!

## **What You Need To Order**

1 Healthy Body Start Pak 2.0 - BTT 2.0 Tablets (Liq) per 100 lbs of body weight  
1 Bottle Ultimate Mineral Caps  
1 Youngevity Keto Shake  
3 Boxes of Youngevity Keto Bars (30 bars)

## **How To Take Your Youngevity Supplements**

Morning- Take 4 Beyond Tangy Tangerine Tablets, 3 EFA Plus Gel Caps. (Do the same thing 12 hours later if you are over 200 lbs)

Afternoon- Take 2 Ultimate Mineral Caps

PM- Right before you go to bed take 1oz of Osteo-FX/100 lbs of body weight and mix in it 2oz of OJ (If you forget to take it at night just take it the next morning but it is best to take it at night because it will improve your sleep!)

## **Exercise**

Exercise will burn more calories and help you lose more weight. Plus it will make you extremely healthy and it reduces stress. We highly recommend getting an Apple watch or one of the Jawbone fitness trackers. These devices will track your steps and the amount of active calories you are burning a day. The ultimate goal is to get to 10,000 steps a day (Burn an additional 500 calories per day). It is at this level that we see the greatest weight loss and health benefits.

## **Water**

Water is essential to life, optimal health, and weight loss. We recommend drinking eight 16oz glasses per day (1 gallon). This will help to keep you full, flush out all the toxins, and give you more energy!

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## **The Meal Plan**

Eat 5% Carbohydrate, 20% Protein, 75% Fat

**Women-** Should be around 1,300 calories per day. Eat 5 small meals per day evenly spaced. Eat 20g Carbohydrates, 65g Protein, 108g Fat per day

**Men-** Should be around 1,700 Calories Per Day. Eat 6 small meals per day evenly spaced. Eat less than 20g Carbohydrates, 85g Protein, 142g Fat Per Day

### **Sample Meal Plan...**

#### **Breakfast- YGY Keto Coffee**

10oz Y Cup Organic Coffee  
2 Tbsp Grass Fed Butter Salted  
2 Tbsp Heavy Whipping Cream  
1 Packet Organic Stevia (Optional)

300 Calories, 2g Carbohydrate, 0 Protein, 32g Fat

For additional Keto breakfast ideas please visit <http://KetoBreakfast.com>

#### **Snack- YGY Keto Bar** (1/2 Mid Morning + 1/2 Mid Afternoon)

215 Calories, 1 Carbohydrates, 18 Protein, 6g Fat

#### **Lunch- YGY Keto Shake**

8 oz Water & Ice  
1 Scoop YGY Keto Shake Powder  
2 Tbsp Grass Fed Butter Salted (Warm)  
2 Tbsp Heavy Whipping Cream  
A little salt  
1 Packet Organic Stevia (Optional)

395 Calories, 2g Carbohydrate, 21g Protein, 32g Fat

**Sub Total For The Day So Far... 910 Calories, 5g Carbohydrates, 39g Protein, 70g Fat**

#### **Dinner**

400 Calories  
Less than 15 grams of Carbohydrates  
20g of Protein  
33g of Fat  
Refer To <http://KetoDinners.com> For Great Keto Dinner Ideas!

Totals= 1,300 Calories, 20g Carbs, 59g Protein, 103g Fat

Men should add in a 6th small meal which can either be a cup of YGY Keto Coffee, a YGY Keto Bar, or a YGY Keto Shake.