

KETO 90 PROGRAM

The Keto 90 Program is a nutritional program that focuses on using fat (versus carbs) as the primary energy source for the body. This metabolic process is known as ketosis. While in ketosis, the body breaks down fat for fuel, prompting your body to use fat stores, and supporting weight loss.

The Keto 90 Program combines Youngevity's Keto products, including the Healthy Body Start Pak, with keto-friendly recipes to support your Better Health Now journey. This program is a great option for individuals who can follow a high fat and carbohydrate restricted diet. While it allows flexibility with fat and protein food options, individuals must keep close track of their macro-nutrient consumption in order to experience the benefits of the Keto 90 Program.

KETO 90 AT A GLANCE

- Daily intake of 100g fat, 60g protein, 15-30g carbs.
- Flexibility with fat and protein options.
- Very restrictive with carbohydrates.
- 30-day program with long-term sustainability.
- Supported with Slender FX™ Keto products.

SAMPLE RECIPES

CHICKEN & ASPARAGUS SAUTÉ

4 servings

Ingredients

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 AVOCADO

6 servings

Ingredients

6 large hard-boiled eggs
1/3 medium red onion
3 ribs celery
4 Tbsp. cream cheese thinned with milk
2 tsp. brown mustard
2 Tbsp. fresh lime juice
1 tsp. hot sauce
½ tsp. cumin
Salt and pepper to taste
3 medium avocados

Directions

Chop the eggs, red onion, and celery into bite size chunks. In a bowl, add vegetables, eggs, cream cheese mixture, brown mustard, lime juice, hot sauce, cumin and salt and pepper to taste. Mix everything together until well combined. Slice open your avocados and remove pit using a sharp knife. Spoon the mixture into the hole of the avocado and add a little more hot sauce.

STRAWBERRY CHEESECAKE SHAKE

1 serving

Ingredients

1 scoop Slender FX™ TrueKeto Shake
1 Tbsp. cream cheese
1 cup water
3-5 ice cubes

Directions

Blend and enjoy.