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.

Learn more about Keto 90 and the Better Health Now Challenge at ygybetterhealth.com
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.