



Keto 90



Jennifer  
LOST 70 LBS.

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 options, individuals must still track their daily consumption of fat, protein, and carbohydrates in order to experience the Keto 90 benefits.

## 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.

## KETO 90 WEIGHT LOSS KIT

**Slender FX™ TrueKeto Strawberry Crème Shake** - with enough healthy fat from MCT and protein from whole egg powder and low ratio of carbohydrates, this shake delivers the nutrition needed to meet your macronutrient goals.

**Slender FX™ Keto Caramel™ Bars** - a delicious, filling and satisfying snack for individuals following a keto diet. It delivers the energy and essential nutrients you need to sail through your low-carb diet with maximum comfort.

**Slender FX™ Keto Power Up™** - an all-natural blend of metabolism-boosting nutrients that promote energy production and support healthy weight management as a part of the keto diet.

**Ultimate Mineral Caps™** - replenish essential minerals that may be missing from a low-carb diet. Ultimate Mineral Caps contain a natural assortment of trace minerals derived from prehistoric plants.

## Sample Recipes

### STRAWBERRY CHEESECAKE SHAKE

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

#### Directions

Blend and enjoy.

### EGG SALAD STUFFED AVOCADO

**6 servings**

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.