

# 5 tips for using your CUSTOM MEAL PLAN

- 1 FOCUS ON THE RECIPES THAT ARE MOST APPEALING TO YOU.** The more enjoyable your new keto lifestyle is, the more likely you'll stick with the Simple Keto System plan and hit your target goal weight — as well as reach your health goals.
- 2 DON'T MAKE IT COMPLICATED.** Instead of counting calories and grams of carbs, focus on preparing meals from your meal plan that are enjoyable to eat. Use the personalized serving suggestion as a guide to help measure your food preparation.
- 3 MAXIMIZE YOUR MEAL PREPARATION.** Remember to adjust the number of servings per recipe based on whether you're cooking for an extra person, a whole family — or even if you just want leftovers for lunch or dinner the next day.
- 4 DON'T DISMISS DESSERTS!** There's lots of tasty desserts in your meal plan. Enjoy them with keto-friendly substitutions like monk fruit or almond flour. These desserts are also a great way to curb those annoying food cravings.
- 5 SWITCH IT UP AS YOU GO.** Be flexible on the plan, especially if you're traveling. Feel free to swap recipes or mix and match approved keto veggies. Flexibility is the key to succeeding long-term on your Simple Keto System meal plan.

## In a time-crunch or on the go?

Check out our delicious range of grass-fed, MCT infused Keto Shakes at [www.konsciousketo.com](http://www.konsciousketo.com)

