



Your Keto Diet

A keto diet website full of facts, social links and recipes so you can design your own meal plans with confidence and ease!

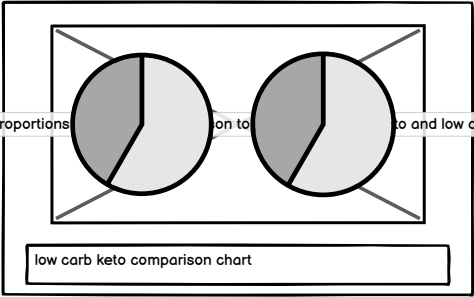
- Home
- information hub
- Recipes
- what to eat
- Downloads

What is the keto diet, why does it work?

so wether you are thinking of trying keto for the first time or you are an experience keto dieter this website can help you with meal plans, overcoming problems, and can be a great place to share advice and recipes with others

keto vs low carb

text area explaining the difference between a low carb or keto diet, basic overview of ketones how the body burns different fuels first ie carbs then starts burning body fats, incorporating light exercise, ketosis and how it all works



Food for thought!

a text area explaining some of the best keto foods main pointers on foods to avoid, mistakes which can be easily made, meals of meat vegetables dairy products eggs and certain nuts, make weekly meal plans and shopping lists using items from our information hub, recipes and downloads, small regular meals with regular exercise once you burn the carbs fat burns constantly

footer

© 2023 Keto Diet Website. All rights reserved. | Privacy Policy | Terms of Service



facebook



instagram



twitter

~~My Keto Diet Plan~~

Home	Information hub	Recipes	What to eat	Downloads
------	-----------------	---------	-------------	-----------

Welcome to our information hub!

introduction to info hub you can find questions and answers tips, a helpful video link, lists of keto friendly ingredients for meals which can help you create weekly meal plans

link to what to eat tab

link to what to eat tab

[a link http://www.youtube.com/watch](http://www.youtube.com/watch)



this will have a read more
drop down link
more can be added in future

[illegible]

try our weekly meal plan, or create your own sign up here(link) for more weekly meal plans recipes and tips to help you succeed

A square divided into four triangles by two diagonals. In the center of the square, where the diagonals intersect, is a small white rounded rectangle containing the text "meal plan".

links to external websites which provide low carb foods for sale if you are finding it hard to give up breads and pasta have a look at some of these websites for a low carb treat.

heylo	
eat water	
green chef	

warning to always check carbs in supposedly keto products manually as some can be higher than others

Join our online communities for more updates and new sites tried and proven recipes with macro information we are constantly updating and you can have your say through our discussions and add your wn favourite recipes for others to try

A Big Title

Some text

[Home](#) [Information hub](#) [Recipes](#) [what to eat](#) [Downloads](#)

Sign up!

Sign up for fresh recipes, news and help hints to be sent directly to your inbox!

Name

age

- 25 - 34
- 35 - 44
- 45 - 54
- 55 - 64
- 65 +

Email

Do you have any food allergies?

☐ gluten ☐ dairy ☐ shellfish

☐ nuts ☐ eggs ☐ other

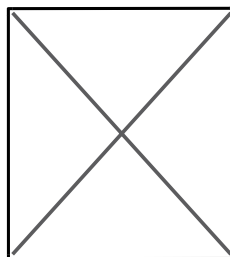
Experience

☐ beginner ☐ ive looked into this before ☐ experienced

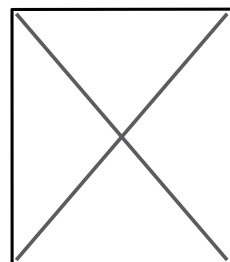
What are your goals?

textarea for user

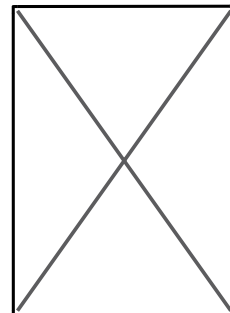
Downloads



[a link to a printable shopping list](#)



[a link to a downloadable weekly meal plan](#)



[a link for a food log](#)



facebook



Icon Name



Icon Name

A Big Title

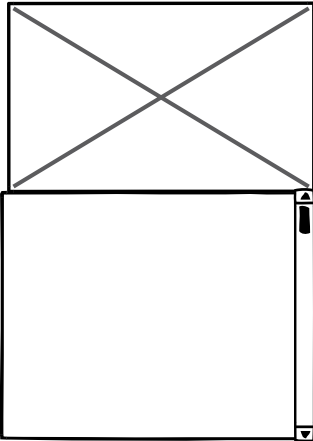
- Home
- Information hub
- Recipes
- What to eat
- Downloads
- light grey when hover turns blue(nav)

Delicious Recipes

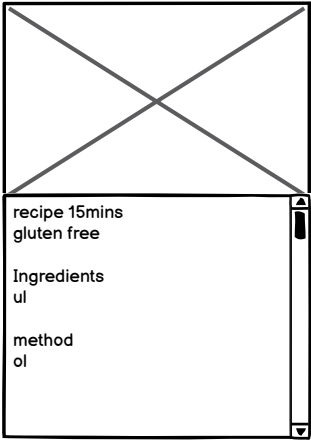


A place to find lovely delicious keto recipes set in scrollable boxes with images

Breakfasts



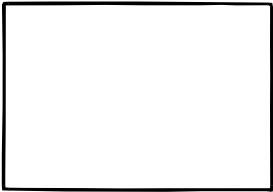
lunches



main meals

8-10 recipes the same layout on page

snacks





Icon Name



Icon Name



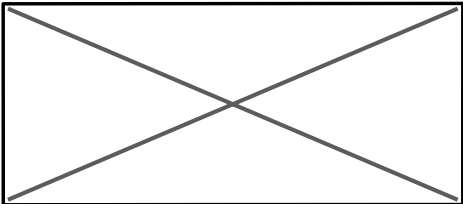
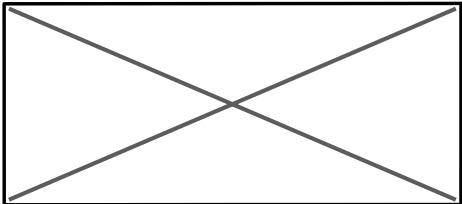
Icon Name

A Big Title

- Home
- information hub
- Recipes
- What to eat
- Downloads

what to eat and what not to eat!

this is the ultimate question



lots of text about what you can and cant eat!



Icon Name



Icon Name



Icon Name