



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!

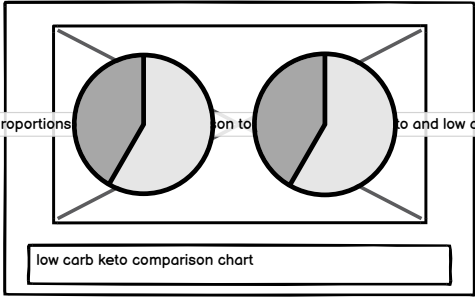
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What is the keto diet, why does it work?

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



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~~My Keto Diet Plan~~

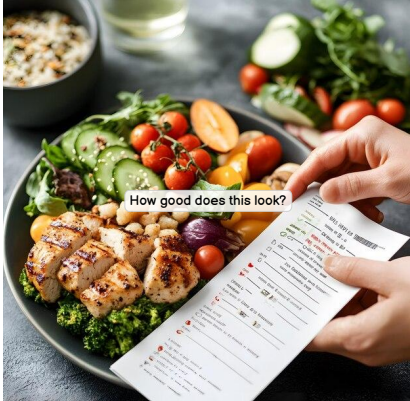
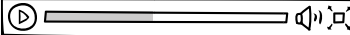
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Welcome to our information hub!

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](#)

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



Q, How many net carbs should I eat per day?

A, You should aim for around 20 to 50 net carbs per day, if you are finding it difficult then start higher and slowly switch foods that are higher net carbs for lower ones.

Q, How do i know when Im in ketosis?

A. You can use urine test strips, a blood ketone meter or a breath analyzer, urine strips are the easiest method and can be purchased readily on places like Amazon.

the difference between carbs and net carbs

when to weigh yourself

how long until ketosis starts

what if i want to build muscle a

can i do keto if i have allergies

how much exercise should i do
what will i experience to begin with

what will i experience to begin with
what if i eat something high in carbs

can i go on and off this diet i

how quickly will i lose weight

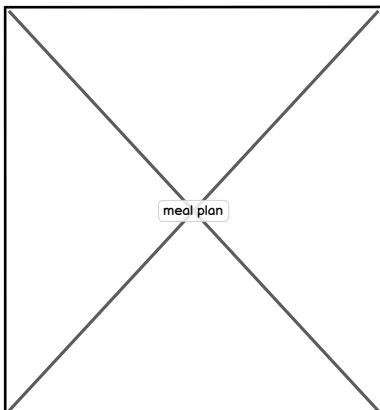
do i need supplements

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

Starter Shopping list for meal planning

[illegible][illegible][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

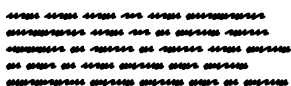


links to external websites which provide low carb foods for sale if you are finding it hard to give up breads and pasta have a look at some of these websites for a low carb treat.

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



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Icon Name



Icon Name

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 16 - 24

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

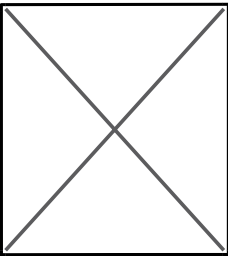
What are your goals?

textarea for user

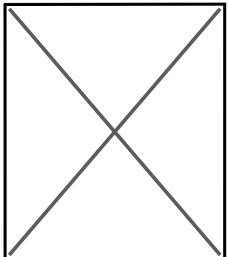
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sign up

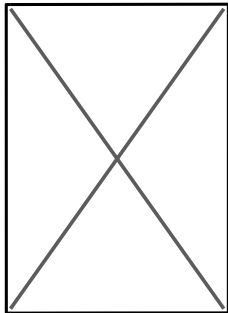
Downloads



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



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



[a link for a food log](#)



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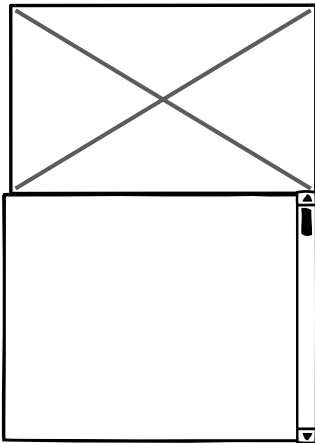
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Delicious Recipes

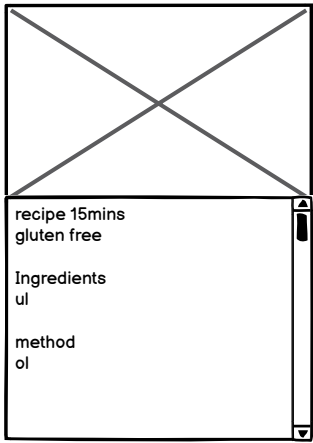


A place to find lovely delicious keto recipes set in scrollable boxes with images

Breakfasts



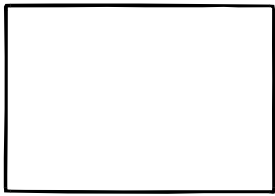
lunches



main meals

8-10 recipes the same layout on page

snacks





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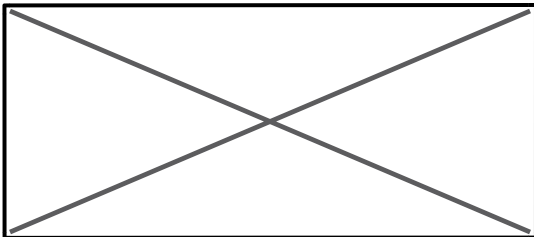
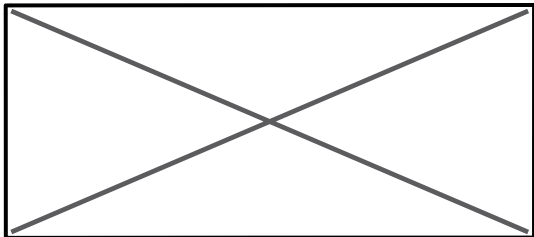
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what to eat and what not to eat!

this is the ultimate question



lots of text about what you can and cant eat!

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