

KetoGenesis

Some text

Home

all about keto

logo

sign up

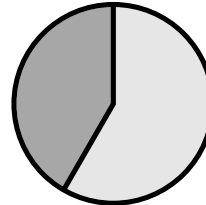
recipes

intro

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 macros

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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download2
download3

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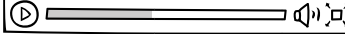
recipes

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)



A Subtitle

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 aswell

can i do keto if i have allergies

how much exercise should i do

what will i experience to begin with

what if i eat something high in carbs

can i go on and off this diet in stages

how quickly will i lose weight

do i need supplements

can i do keto whilst fasting

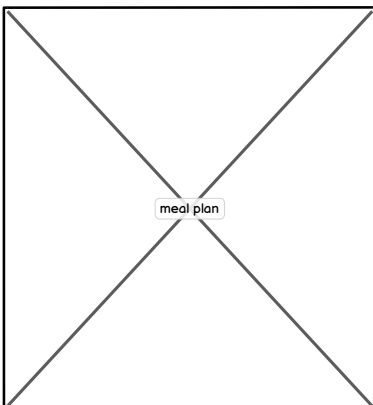
this will have a read more
drop down link
more can be added in future

A Subtitle

Starter Shopping list for meal planning

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

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



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 alays check carbs in supposedly keto products manually as some can be higher than
others

...

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download2
download3



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Home	all about keto	logo	sign up	recipes
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Sign up!

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

Name

Email

age

16 - 24

▼

25 - 34

35 - 44

45 - 54

55 - 64

65 +

Do you have any food allergies?

☐ gluten

☐ dairy

☐ shellfish

☐ nuts

☐ eggs

☐ other

please specify

Experience

☐ beginner

☐ ive looked into this before

☐ experienced

What are your goals?

textarea for user

refresh

sign up



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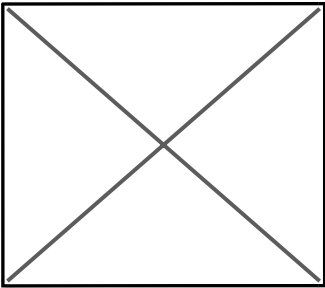
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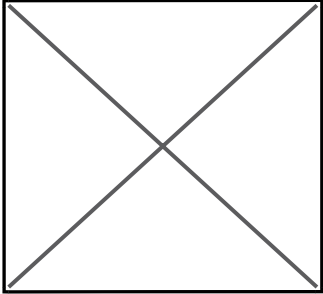
Home	Information hub	Recipes	What to eat	Downloads
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Delicious Recipes

food image here

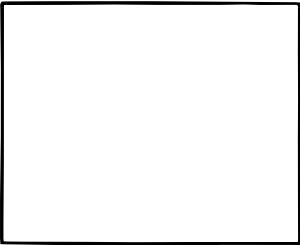
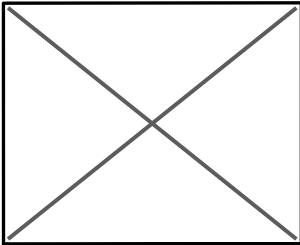


do eat

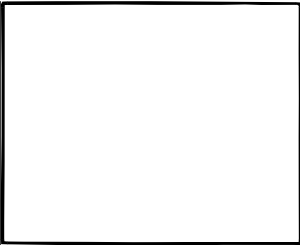
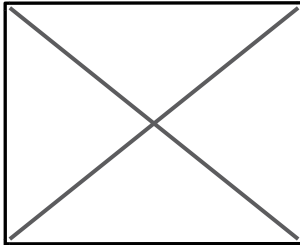


dont eat

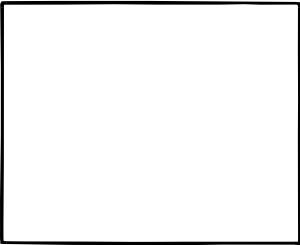
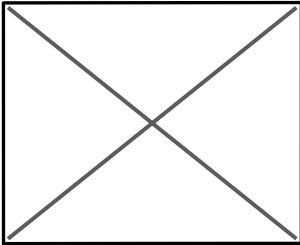
Breakfasts



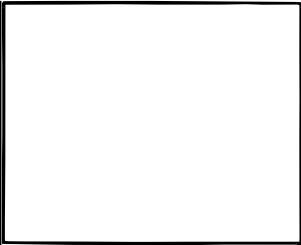
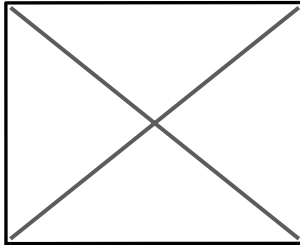
lunches



main meals



snacks



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