

Quick Start Guide

Before you embark on your journey to Ketopia, make sure you're familiar with the limitations of a Ketogenic lifestyle. Consider downloading an app to track your progress or purchase a book for reference. If you have questions, refer to the Ketopia FAQ sheet or talk to your doctor. Once you're ready to change your life, follow these simple steps for success with Ketopia:

- 1 Purchase your KetonX™ bridge.
- 2 Follow ForeverGreen.Global on Facebook and join the "ForeverGreen Ketopians" group for support, tips and more.
- 3 Fill out the Ketopia™ Before and After Checklist.
- 4 Commit to following a ketogenic diet—aim for 70% fat, 20% protein and 10% carbs. Track your macros for maximum success.
- 5 Create a keto shopping list and meal plan with the Ketopia™ Recipe guide or find your own resources online, at your doctors office, or your local health food store.
- 6 Days 1-4 suggested routine:

Morning: Sip KetonX™ over 30-90 minutes in place of breakfast.

Mid morning: Eat a snack. Drink water (consider adding one of ForeverGreen's keto-friendly supplements).

Lunch: Eat a high fat, low carb meal.

Mid-afternoon: Eat a snack. Drink water

Evening: Eat your last meal before 8pm. Review your day and plan for tomorrow.

- 7 ● Day 5 - You're fully in nutritional ketosis. Continue eating a ketogenic diet, drinking plenty of water and exercising. Take KetonX™ for extra energy at any point.
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If you happen to slip out of ketosis, simply continue eating a ketogenic diet and drink KetonX™. To optimize your nutrition in Ketosis, supplement your keto diet with ForeverGreen keto-friendly products, FrequenSea PRO®, Prodigy-5™, Pulse-8™ and Fixx®.

Don't forget to avoid high carb food like sugar, rice, potatoes, fruit, bread, pasta and other grains.

For maximum weight loss, combine reduced caloric consumption with correct keto ratios of 70% fat, 20% protein, and 10% carbs.