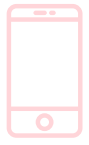


10 KETO INSIDER TRICKS

KONSCIOUS



01 THE BEST APPS TO TRACK YOUR FOOD

If you're looking for an easy and reliable tracking app, [Carb Manager](#) works great. It has a free and premium version, but the free version is plenty to start your keto journey. This is ideal for most users to visualize their macros, and learn to count carbs.



03 THE BEST KETO MEAL REPLACEMENT

When we set out to create a keto meal replacement, we wanted to create the very best shake on the market. [Keto Shake](#) is a heavenly on-the-go meal replacement that is not only tasty but filled to the brim with essential keto nutrients and superfoods your body will love.



05 THE BEST KETO MCT OIL

MCT is rocket fuel for a keto diet and aids in weight loss and is important brain food. MCT oil only uses two types of MCTs: caprylic (C8) and capric acid (C10). Start out small - even 1/4 of a tablespoon or it can cause digestive distress. And never put MCT oil in a styrofoam cup.



07 THE BEST KETO OILS

Choose a quality avocado oil to cook with as this has a high smoke point, and save your olive oil for garnishes and salads. Cooking olive oil can damage the phenols that lower cholesterol and support heart health. You should also add in coconut oil and MCT oil to your diet.



09 THE BEST KETO COOKBOOK

One of our favorite keto cookbooks is [The Ketogenic Cookbook](#) by Jimmy Moore and Maria Emmerich. You can find this in most retailers nationwide.



02 THE BEST WAY TO MEASURE KETONES

We recommend using urine strips in the first few weeks as a way to ensure that you're evolving into ketosis. Once you confirm ketones are present, learn the symptoms and make adjustments based on natural signs. After become fat-adapted, at weeks 4-5, the urine strips will appear to stop working, which is expected and a great sign of progress.



04 THE BEST KETO ELECTROLYTES

Ketosis can cause you to run low on critical electrolytes that may cause some side effects such as muscle cramps, headaches and dizziness and is similar to the flu. We recommend potassium from foods such as nuts and avocado to alleviate these symptoms.



06 THE BEST KETO SWEETENER

One of the big draws to the keto diet is the ability to eat the foods you love. While sugar is off the books that doesn't mean you can't enjoy other delicious sweet treats. We love this [Lakanto Classic Monkfruit Sweetener](#) as it has the lowest GI index rating and it tastes great.



08 THE BEST KETO FITNESS TRACKER

You can track your exercise using exercise bands like the Garmin vivosmart HR+. It's not to say these tools are essential, but many people find the mindful act of wearing a fitness tracker is an incentive to be more active and persistent. You may also enjoy watching your results correlate to your actions.



10 THE BEST KETO SUPPLEMENT

[Keto Activate](#) is made of premium ketones, designed to amplify your keto lifestyle. Our beta-hydroxybutyrate (BHB) ketones are produced in a state of the art facility and are third-party tested to meet strict guidelines for purity, potency, and stability.