

Hip2Keto

30 DAY KETO CHALLENGE GUIDELINES



KEEP YOUR MACROS IN CHECK
75% Fat, 20% Protein, 5% Carbs
(20g of carbs or less per day)



DRINK MORE WATER
Minimum of 64oz of water every day



NO SUGAR
Keep sugar substitutes to a minimum



NO ALCOHOL



TRY INTERMITTENT FASTING
(optional)