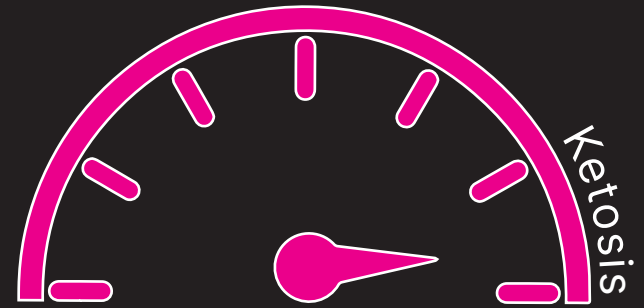


# 4

## TIPS TO GET BACK INTO KETOSIS



### 1

#### STAY STRONG

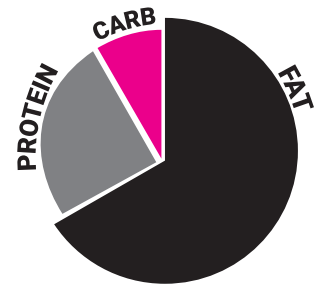
Eating carbs and sugar lead to cravings. Remember these urges are short-lived so stay strong and fight against the cravings.



### 2

#### TRACK YOUR MACROS

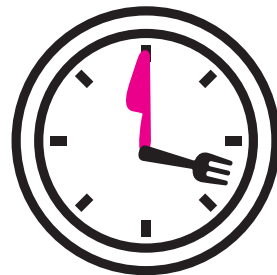
Use an app to log your food and calories to make sure you are staying within your macro goals.



### 3

#### TRY INTERMITTENT FASTING

Intermittent fasting helps kickstart ketosis quickly.



### 4

#### ADD MCT OIL TO YOUR DIET

MCT oil or powder is an exogenous ketone that can help elevate ketone levels on a short-term basis.

