



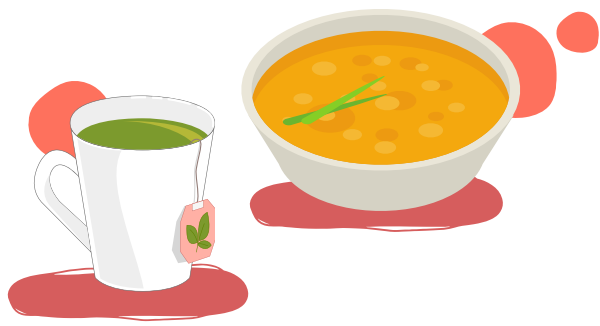
# A Day In the Life Of Speed Keto 2.0

- 1 Wake Up Drink a minimum of a half gallon - a gallon of water daily
- 2 As early as possible walk for 30 minutes
- 3 3 Days a Week Do Resistance Training
- 4 Measure Yourself One Day A Week Drink a Cup of BPC or Tea With HWC Ghee, MCT Oil Powder and Collagen

## Sunday

Hydrate  
Breakfast Choose Any  
Green or Yaupon Tea  
Lunch  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check in With Group Daily  
Dinner Either Week 1/3 or 2/4  
Mindful Eating - Slow and Savor Your Foods  
Kitchen Is Closed  
Sleep



## Monday

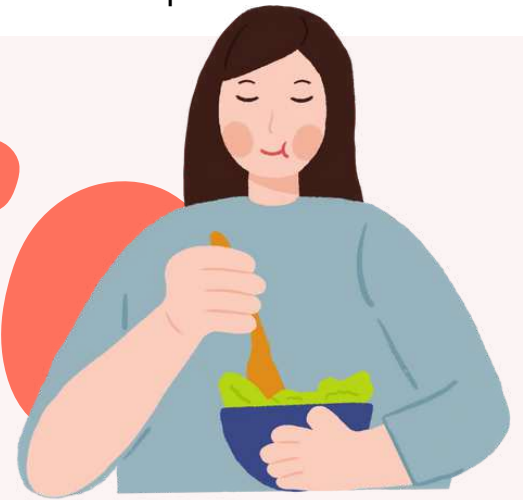
Hydrate  
OMAD DAY  
Green or Yaupon Tea  
Chicken Broth  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep

## Tuesday

Hydrate  
Breakfast Choose Any  
Green or Yaupon Tea  
Lunch  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep



## Wednesday

Hydrate  
Breakfast Choose Any  
Green or Yaupon Tea  
Lunch  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep



## Thursday

Hydrate  
OMAD DAY  
Green or Yaupon Tea  
Chicken Broth  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep



## Friday

Hydrate  
Breakfast Choose Any  
Green or Yaupon Tea  
Lunch  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep



## Saturday

Hydrate  
Breakfast Choose Any  
Green or Yaupon Tea  
Lunch  
Green or Yaupon Tea  
Electrolytes

Green or Yaupon Tea  
Check In  
Dinner 1/3 or 2/4  
Mindful Eating  
Kitchen Is Closed  
Sleep