

MODULE 3 | LESSON 1

# ADVANCED STRATEGIES

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ARE YOU READY FOR ADVANCED  
STRATEGIES?

# Are You Fully Fat-Adapted?

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- Y/N Have you been tracking your macros?
- Y/N Are you consuming between 20 and 50 grams of total carbs per day?
- Y/N Are you consuming between 60 and 130 grams of protein per day?
- Y/N Have you been incorporating healthy dietary fat into every meal?
- Y/N Have you experienced hanger lately?
- Y/N Has your weight loss hit a plateau?
- Y/N Have you been feeling energetic and alert?

THERE'S NO SHAME IN TAKING IT SLOW.  
**CHECK OUT MODULE 1, LESSON 7**  
FOR A REFRESHER



# 5 Advanced Strategies to Accelerate Your Ketogenic Experience

1. Practice Intermittent Fasting
2. Experiment with Exogenous Ketones
3. Commit to Cyclical Keto for Life
4. Give Your Liver a Break
5. Optimize Your Human Growth Hormone Production







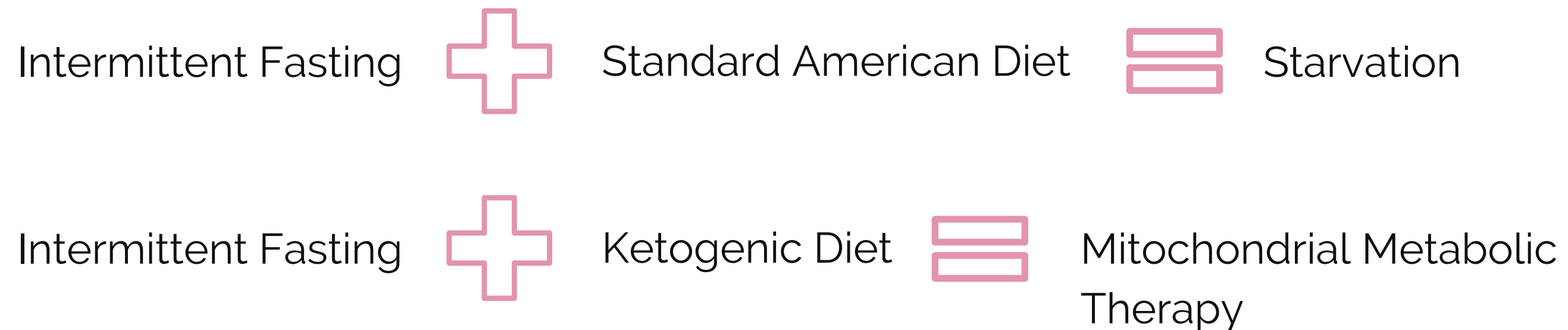
# Advanced Strategy #1

## PRACTICE INTERMITTENT FASTING

Intermittent fasting is one of the easiest and most effective ways of accelerating weight loss and overall progress on the ketogenic diet.

# Intermittent Fasting Expression

## KETO VS. SAD DIET



[www.museandme.com](http://www.museandme.com)





# Advanced Strategy #2

## EXPERIMENT WITH EXOGENOUS KETONES

It's now possible to take a supplement that will fire you into ketosis within 30 minutes of consumption. Such supplements are called exogenous ketones.





# Advanced Strategy #3

## COMMIT TO CYCLICAL KETO FOR LIFE

Cyclical keto, is a variation of the ketogenic diet ensuring long-term success. It involves cycling in and out of dietary ketosis.





# Advanced Strategy #4

## GIVE YOUR LIVER A BREAK

Ketones are produced in the liver, and as we know ketones give way to ketosis. The liver is also responsible for filtering toxins. If your body is busy filtering toxins, it's not busy burning fat.



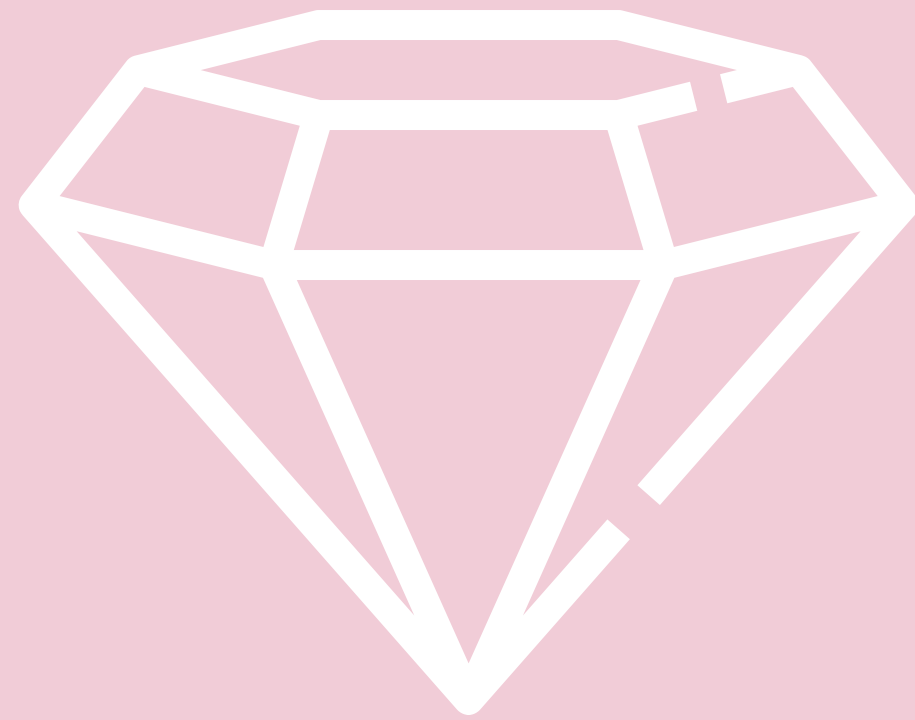


# Advanced Strategy #5

## OPTIMIZE YOUR HUMAN GROWTH HORMONE PRODUCTION

Human Growth Hormone— more commonly known as HGH is naturally produced in the pituitary gland and plays a vital role in cell regeneration, muscle hypertrophy and tissue repair.





## ACTION STEP:

**Take the quiz:  
Ready to Level Up?**

Take this quiz to help you identify whether or not you're ready to move on to the advanced stages of keto.

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