

MODULE 3 | OBJECTIVES

# KETO HACKER OBJECTIVES

**Katie Rodriguez, Nutritional Consultant**

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# Module 3

## Objectives:

- Take keto to the next level with advanced strategies
- Alcohol may be sabotaging your weight-loss efforts
- Smart snacking + eating out

# Module 3 Daily Lessons

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- **Lesson 1:** Advanced Strategies
- **Lesson 2:** Intermittent Fasting
- **Lesson 3:** Exogenous Ketones
- **Lesson 4:** Keto + Alcohol: Do They Mix?
- **Lesson 5:** Sleep, Exercise + HGH
- **Lesson 6:** Smart Snacking, Meal Prepping + Eating Out
- **Lesson 7:** Cyclical Keto For Lifelong Success

MEET ME IN **MODULE 3, LESSON 1**  
TO GET STARTED!



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