

FUEL YOUR DAY THE IT WORKS! WAY

Based on nutritional science, you no longer need to rely on counting calories or spending hours in the gym to see results! KetoWorks™ takes a new approach on how to be successful at reaching your goals. Enjoy plenty of good fats with medium chain triglycerides (MCTs) along with moderate protein and a low carbohydrate intake—and see your best results!



MORNING

REFUEL

Start your morning with It Works! Ketones™.

MID-MORNING FUEL

Have an It Works! Keto Coffee™ hot or cold!

Amp It Up with a scoop of It Works! Keto Creamer!



AFTERNOON

LUNCH 70% fats, 20% proteins, and 10% complex carbs.

Meal examples:

- Free-range eggs, lean turkey sausage, whole avocado.
- Salmon with green beans with grass-fed butter and a side salad. Sprinkle on It Works! Keto Creamer or mix in your favorite creamy dressing.

RECHARGE

Get your mid-day recharge with It Works! Keto Go and It Works! Keto Coffee.

GOT THE MUNCHIES?

- Snack on a little bit of dark chocolate, nuts, and/or coconut.
- Add a little zero carb crunch with celery sticks topped with It Works! Keto Creamer. Just mix the creamer into almond butter.



EVENING

DINNER 70% fats, 20% proteins, and 10% complex carbs.

Meal examples:

- 3-4 oz. grass-fed beef topped with Grass-Fed Butter and side of roasted root vegetable baked in coconut oil.
- Chicken with zucchini pesto noodles.



RECIPE: KETO CHOCOLATE NUT *Butter Bites*

INGREDIENTS (MAKES 12 BITES)

¼ cup organic nut butter choice (almond, peanut, cashew)	4 tbsp cacao nibs
¼ cup organic coconut oil	½ tsp pure vanilla extract
	¼ tsp stevia

INSTRUCTIONS

1. Melt coconut oil in a double boiler and whisk in cacao nibs and nut butter until smooth
2. Spoon ½ tablespoon of the mixture into 12 small paper muffin cups or molds
3. Refrigerate or freeze until hard
4. Store in refrigerator

