

Keto Lifestyle 3.0

Unfair Advantage Cheat Sheet



Congratulations!

Your decision to purchase The Keto 3.0 Lifestyle Super Stack is one of the smartest choices you could make if you want to take back control of your health, beat chronic disease, lose weight fast and boost your energy.

Inside, you'll find a first-class collection of tools, training, and resources to help you achieve your goals no matter whether you are brand new to keto or a seasoned pro. We've got you covered. So, if you're just getting started and wondering where to begin, or you're looking for new meals, recipes, or methods to reach your optimum health, you'll find something inside this freshly curated Super Stack.

If you have any questions about this Cheat Sheet or still need help finding the right training or resources for your situation, please don't hesitate to reach out to our support team at infostack.io/support.

We wish you all the best on your keto journey!

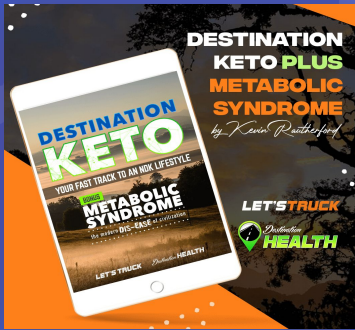
Cary Richards
FOUNDER

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★ Featured Product ★



Destination Keto plus Metabolic Syndrome

By Kevin Rutherford

Get ready to be walked through the step-by-step process to effortlessly implement a ketogenic lifestyle and take back control of your health with Destination Keto.

Plus! In the easy-to-follow Metabolic Syndrome course you'll learn how to apply dietary and lifestyle changes to completely turn your health around!

"Several years ago I weighed 380 lbs at my heaviest and was in terrible health. Found out I had type 2 diabetes with an A1C of over 10 and had severe allergies and asthma. Even with insurance I was paying almost \$400 a month for meds and inhalers. It really aggravates me when I think back on how much money I spent on allergy shots, meds, etc. (tens of thousands).

"Now I've lost about 100 pounds, don't take any meds whatsoever and am in the best shape I've been in since high school. Feel better as a 40 year old than I ever did in my 30s. This has improved my quality of life significantly and I can't thank the team and tribe enough. The longer I do this the better I feel."

- Nathaniel Crowder

Kevin Rutherford is the host of Sirius XM's Destination Health and a Functional Nutritional Therapy Practitioner. Kevin and his team have created an online university to help their Tribe continue their education and improve their health, their business, and their lives.

What's Inside



eBooks

- Keto Party Plan
- No Fricken Weigh: 21 Days to Lose Weight the Keto Way
- The Quick Start Plan: What to Eat to Lose Weight Successfully
- Keto Dough: Biscuits, Breads, Bagels, Crackers and Pretzels
- The World's 50 Most Powerful Fat-Burning Foods
- Keto-Mojo Beginners Guide to Keto
- Keto Cookies - 35 Recipes For Every Day And The Holiday Season
- Keto Fast Food Survival Guide
- Julie's Lifestyle Keto Made Easy Meal Plan

Exclusive Discounts

- 90% Discount on DietSensor - Keto & Intermittent Fasting App
- 50% Discount on Cinnamon Smartcakes at Smart Baking Company
- 50% Discount at Rapid Fire Mind Body Soul
- 30% Discount on selected products at Organic Plant Medicines
- 20% Discount on Kevala Premium Keto Bundle
- 15% Discount on GOOD TO GO Soft Baked Bars

Apps

- Easy Keto App
- EatHealthy Tracker App
- Cooklist Pro App
- Living Light Weightloss Kickstart App

Training Programs

- The Keto Starter Course
- Keto Jump Start Challenge

Workbook

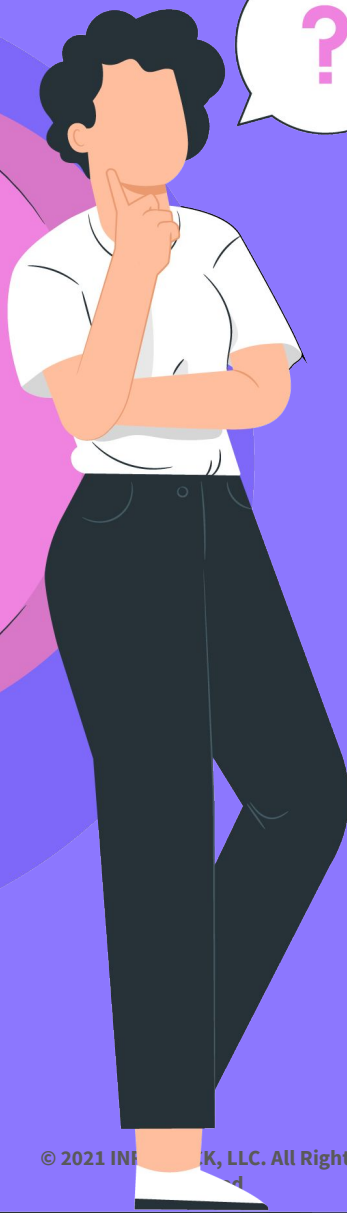
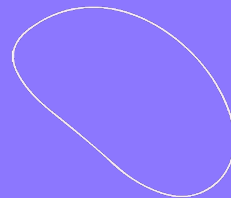
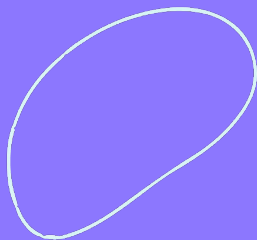
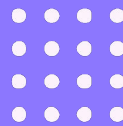
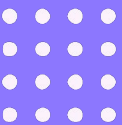
- Feedabrain Keto Nutritional Guides

Online Courses

★ Destination Keto plus Metabolic Syndrome ★

- The Ultimate Guide to Plant-Based Ketogenic Nutrition
- 8-week Sugar Free Revolution Program
- Keto 101 Starter Kit
- Internationally Accredited Diploma in Keto Dietary Advisor
- Keto and IF 30-Day Challenge

Where Should I Start?



Path 1

Turn Your Body into a Fat-Burning Powerhouse

It's time to kiss stubborn weight, tiredness, brain fog, and chronic health issues goodbye. And this is where it begins. Path 1 starts your keto journey with everything you need to understand what ketosis is and how you can use it to bring back a slimmer, healthier, happier you. Let's begin!

1



Keto 101 Starter Kit

Discover exactly what the keto diet is (and isn't) with this simple and fun course that will save you time and steer you clear of the mistakes of going it alone.

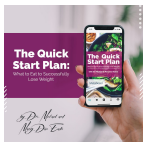
2



Keto-Mojo Beginners Guide to Keto

100+ pages of articles, guides & recipes to help you master a keto diet & lifestyle.

3



The Quick Start Plan: What to Eat to Lose Weight Successfully

A clear and uncomplicated guide to what to eat (and what to avoid) to successfully lose weight.

4



No Fricken Weigh: 21 Days to Lose Weight the Keto Way

21 Days to crowd out the crap and love yourself to health

5



The World's 50 Most Powerful Fat-Burning Foods

Get your metabolism going with these fat-burning foods that aren't just good for weight loss, they're just plain good for you!

6



Keto and IF 30-Day Challenge

This 30-Day challenge includes a grocery list, meal plan, and the bonus Guide to Eating Out Low Carb.

Path 1 Continued

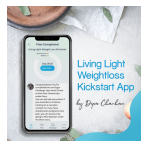
7



Keto Jump Start Challenge

Jumpstart your body to ketosis quickly and start shedding the pounds with our signature Keto4X Meal Plans, coaching and fitness guidance.

8



Living Light Weightloss Kickstart App

28-Day self-guided Weight Loss Kickstart Program which gives you everything you need to be successful, without the overwhelm of trying to figure it out yourself!

9



90% Discount on DietSensor

Keto & Intermittent Fasting App - Your personal diet plan, plus nutrition advice, water intake and exercise tracker.

10



50% Discount at Rapid Fire Mind Body Soul

Delicious, nutrient-dense beverages designed to provide energy, promote physical and mental performance, burn more fat and satisfy your hunger.

Congratulations!

You have reached the end of Path 1 where you have discovered the secret of ketosis and how to switch on your metabolism to naturally burn off fat and unwanted weight...and now onto Path 2 where you can level up to speed with meal plans that not only help you hit the weight you want but keep you there...

Path 2

Heal Yourself From the Inside Out

Jump onto Path 2 where a host of tools are ready and waiting to help make your keto journey a cinch. Packed with meal plans, shopping lists, pantry inventory tools and recipes galore, you'll also uncover how the keto diet can control or even reverse metabolic and chronic illnesses. Are you ready to eat your way to great health? Let's go!

1

The Keto Starter Course



Learn how to lose weight and improve your health eating amazing, tasty foods from the keto lifestyle expert who has helped hundreds of thousands of clients over the last 23+ years.

2

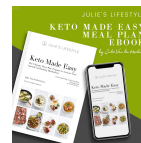


Destination Keto plus Metabolic Syndrome

Discover the benefits of a ketogenic lifestyle plus how to beat metabolic syndrome and turn your life around!

3

Julie's Lifestyle Keto Made Easy Meal Plan



The ultimate 15 day keto meal plan program including detailed day-to-day meal plans, shopping lists & 27 easy recipes.

4



Easy Keto App

Delivers fully customizable keto meal plans with an easy to use, drag-and-drop interface.

5



Cooklist Pro App (12 month subscription)

Complete keto meal plans handcrafted by in-house nutritionists plus thousands of keto recipes and premium features.

Path 2 Continued

6



Feedabrain Keto Nutritional Guides

Learn about specific brain-supporting nutrients, how these nutrients affect you, and what you can eat to support your brain function.

7



The Ultimate Guide to Plant-Based Ketogenic Nutrition

Reverse ongoing health problems naturally, through the best of plant-based ketogenic food medicines.

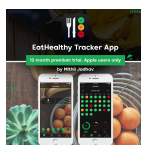
8



8-week Sugar Free Revolution Program

Change your life in 8 weeks by breaking the emotional ties that keep you from beating your sugar and carb addictions.

9



EatHealthy Tracker App (12 month premium trial, Apple users only)

Simple diet tracking - Track your healthy, unhealthy and very unhealthy days.

Congratulations!

You have reached the end of Path 2 and changed your life from the inside out. You are in control of what you eat, and know what to feed your body to feel and look great plus beat back chronic health problems like diabetes! Are you ready to move onto the next Path?

Path 3

Goodies Galore

It's time to treat yourself to all the good things you deserve. You've changed your diet, beat back on sugar and carb cravings, created meal plans you love, shopped smart and fed your brain the nutrients it loves. Congratulations, you've come a very long way and your body loves you for it. And now, for the final Path...

1



Keto Fast Food Survival Guide

How to order low carb at the 25 most popular fast food chains in America.

2



Keto Party Plan

Celebrate your special occasion without suffering consequences on the scale.

3



Keto Dough: Biscuits, Breads, Bagels, Crackers and Pretzels

Do you miss bread? Pretzels? Crackers? Here are 16 simple recipes to quell the cravings and keep you on plan.

4



Keto Cookies - 35 Recipes For Every Day And The Holiday Season

The ultimate keto cookbook of mouthwatering cookie recipes that yield perfect results time after time.

5



50% Discount on Cinnamon Smartcakes at Smart Baking Company

Smart Baking Company products are gluten-free, keto friendly, low calorie, and delicious.

Path 3 Continued

6



15% Discount on GOOD TO GO Soft Baked Bars

The perfect, feel-good snack that tastes like cake and has only 2g or sugar or less.

7



30% Discount on selected products at Organic Plant Medicines

30% off Qi Energy & Protein Adaptogenic Superpowder and our Organic Coconut Cream Power bundle.

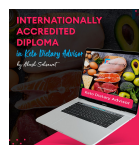
8



22% Discount on Kevala Premium Keto Bundle

New and innovative products that serve as basic ingredients in a healthy diet.

9



Internationally Accredited Diploma in Keto Dietary Advisor

An accredited keto advisory diploma for anyone who wants to design a variation of the Ketogenic Diet for themselves and their clients.

Congratulations!

You have completed the final Path and are now a fully fledged Keto Lifestyle Expert! You've come a long way since you started out on Path 1. You've gained an understanding of what ketosis is and learned how to turn your metabolism into a fat burning machine plus manage (or even reverse) ongoing health problems with the healing power of the keto diet. Welcome to a healthier, slimmer, and more energetic you!



What's Your Goal?



I want to know how to start the keto diet from zero.

- 👉 The Keto Starter Course
- 👉 Keto 101 Starter Kit
- 👉 Keto-Mojo Beginners Guide to Keto
- 👉 Keto Fast Food Survival Guide
- 👉 Keto Jump Start Challenge

I want to lose weight. For good.

👉 **Destination Keto plus Metabolic Syndrome** 🙌

- 👉 The Quick Start Plan: What to Eat to Lose Weight Successfully
- 👉 No Fricken Weigh: 21 Days to Lose Weight the Keto Way
- 👉 The World's 50 Most Powerful Fat-Burning Foods
- 👉 Keto and IF 30-Day Challenge
- 👉 EatHealthy Tracker App (12 month premium trial, Apple users only)
- 👉 Living Light Weightloss Kickstart App
- 👉 90% Discount on DietSensor - Keto & Intermittent Fasting App

I want fresh keto recipes to add to my meal plans.

- 👉 Keto Party Plan
- 👉 Julie's Lifestyle Keto Made Easy Meal Plan
- 👉 Easy Keto App
- 👉 Cooklist Pro App

I love to bake and want to bake the keto way!

- 👉 Keto Dough: Biscuits, Breads, Bagels, Crackers and Pretzels
- 👉 Keto Cookies - 35 Recipes For Every Day And The Holiday Season

I want to boost my brain and improve mental clarity.



Feedabrain Keto Nutritional Guides



50% Discount at Rapid Fire Mind Body Soul

I'm keto but thinking of going vegan or vegetarian, is it possible to have both?



The Ultimate Guide to Plant-Based Ketogenic Nutrition

I need to beat my craving for sugary treats.



8-week Sugar Free Revolution Program

I would like to level up my keto and become an accredited keto coach!



Internationally Accredited Diploma in Keto Dietary Advisor

I'm looking for tasty keto goodies and treats to enjoy.



50% Discount on Cinnamon Smartcakes at Smart Baking Company



30% Discount on selected products at Organic Plant Medicines



22% Discount on Kevala Premium Keto Bundle



15% Discount on GOOD TO GO Soft Baked Bars



Quick Start Action Plans

Quick Start Action Plans

Over the next few pages, you'll find various action plans. Read the description at the top of each plan to identify the right Quick Start Action Plan plan to help you achieve your Practical Meditation goals.

1. Keto 101: Let's Get Started! Action Plan

[Jump to Page 18](#)

2. Lose Weight Fast Action Plan

[Jump to Page 19](#)

3. Take Back Control of My Health Action Plan

[Jump to Page 20](#)

4. Have it All + Next Level Action Plan

[Jump to Page 21](#)

Keto 101: Let's Get Started! Action Plan

If you are just starting out and want to know how to transition into a keto diet, this action plan is for you. We've put together the best resources to help you discover what keto is, how it works to boost your metabolism and take you from burning carbs to ketones - plus what to eat and what to avoid. You'll learn how to prepare meals the keto way and discover new and delicious recipes that will kickstart the healing of your body from the inside out and get you on the right track to losing weight, fast. You can use this action plan with the following action plans once it's completed.

1. Start Here

Keto 101 Starter Kit

Understand the difference between good fats and bad fats and how to use the good ones to boost your metabolism so you start to lose weight.



Keto-Mojo Beginners Guide to Keto

100+ pages of articles, guides & recipes to help you master a keto diet & lifestyle.



2. Get the Meal Plans and Recipes

The Keto Starter Course

Get your blueprint to learn the best cooking techniques to create meals that will heal you from the inside out.



Julie's Lifestyle Keto Made Easy Meal Plan

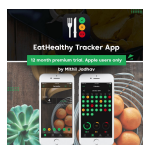
The ultimate 15 day keto meal plan program including detailed day-to-day meal plans, shopping lists & 27 easy recipes.



3. Eat right and track it!

EatHealthy Tracker App

Simple diet tracking - Track your healthy, unhealthy and very unhealthy days.



22% Discount on Kevala Premium Keto Bundle

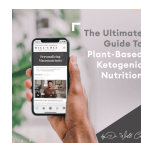
Stock up on these organic keto staples packed with good fats, for a good deal less.



4. Heal Your Body with Plants

The Ultimate Guide to Plant-Based Ketogenic Nutrition

Reverse ongoing health problems naturally, through the best of plant-based ketogenic food medicines.



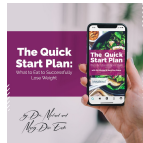
Lose Weight Fast Action Plan

The keto diet is one of the most powerful, proven ways to lose weight, shed fat, and gain muscle definition, fast. It's part of the reason celebs like Halle Berry use it: to stay young looking, trim, and healthy. In this action plan, you'll get detailed guidance from top physicians and nutritionists who know exactly what foods to eat to get your metabolism working for you instead of against you, plus enjoy the benefit of keto-friendly coffees and teas to keep you sharp, energetic, and burning fat all day long.

1. Start Here

The Quick Start Plan: What to Eat to Lose Weight Successfully.

Your clear and uncomplicated guide to what to eat (and what to avoid) to successfully lose weight.



Living Light Weightloss Kickstart App

28-Day self-guided Weight Loss Kickstart Program which gives you everything you need to be successful, without the overwhelm of trying to figure it out yourself!



2. Lose Weight, Without the Deprivation

No Fricken Weigh: 21 Days to Lose Weight the Keto Way

Heal your body with these powerful foods and get stronger in just 21 days.



Cooklist Pro App

Complete keto meal plans handcrafted by in-house nutritionists plus thousands of keto recipes and premium features.



3. Grab Your Ultimate Cheat Sheet

The World's 50 Most Powerful Fat-Burning Foods

Boost your metabolism with these delicious, natural, fat-burning foods.



90% Discount on DietSensor - Keto & Intermittent Fasting App

Your personal diet plan, plus nutrition advice, water intake and exercise tracker.



4. Burn More Fat with these Metabolism Boosters

50% Discount at Rapid Fire Mind Body Soul



Keto and IF 30-Day Challenge

Jumpstart your body to ketosis quickly and start shedding the pounds with our signature Keto4X Meal Plans, coaching and fitness guidance.



Take Back Control of My Health Action Plan

If you struggle with chronic diseases like diabetes, acne, chronic fatigue, or inflammation, this is where you'll learn all you need to know to feel better, brighter, and lighter, and faster than you'd expect. Beat back cravings for sugar and carbs, take back control of your relationship with food, discover the connection between your gut and brain, boost your mind with the right foods, and enjoy empowering herbal cellular healing products created at an ethical, organic apothecary. Ready, set, go!

1. Start Here



★★★★ Destination Keto plus Metabolic Syndrome

Discover the benefits of a ketogenic lifestyle plus how to beat metabolic syndrome and turn your life around!



Easy Keto App

Delivers fully customizable keto meal plans with an easy to use, drag-and-drop interface.



2. Beat Carb and Sugar Cravings for Good

8-week Sugar Free Revolution Program

End the cycle that causes food to control your life, thoughts and feelings. For good.



3. Pamper Yourself from the Inside Out

30% Discount on selected products at Organic Plant Medicines

Give your body the best with organic, wild-crafted, and ethically grown herbal products.



4. Feed Your Brain with a Healthy Gut

Feedabrain Keto Nutritional Guides

Discover exactly what to eat to optimize your brain into full gear.



Have It All + Next Level Action Plan

Now you can have it all with mouth watering, zero-carb cinnamon cakes and delicious recipes to please a crowd. Bring back bread, crackers, pretzels, cookies, and biscuits into your keto lifestyle with super popular keto dough recipes guaranteed to fill your life with savory goodies. If you are brand new to keto, we recommend starting with the “Keto 101: Let’s Get Started! Action Plan” before jumping into the fully loaded Keto Master Coach diploma course.

1. Start Here

Keto Party Plan

Zero deprivation! Seven unique and delicious recipes that will wow your guests from appetizer to dessert!



Keto Fast Food Survival Guide

How to order low carb at the 25 most popular fast food chains in America.



2. Who Says You Can't Have Pretzels and Cookies?

Keto Dough: Biscuits, Breads, Bagels, Crackers and Pretzels

Jam packed with some of the very best keto dough recipes you will ever try.



Keto Cookies - 35 Recipes For Every Day And The Holiday Season

The ultimate keto cookbook of mouthwatering cookie recipes that yield perfect results time after time.



3. Zero Carb Cake Just for You

50% Discount on Cinnamon Smartcakes at Smart Baking Company

Treat yourself to delicious cinnamon cakes minus the carbs from Smart Baking Company.



15% Discount on GOOD TO GO Soft Baked Bars

The perfect, feel-good snack that tastes like cake and has only 2g or sugar or less.



4. Go Keto All The Way!

Internationally Accredited Diploma in Keto Dietary Advisor

The only course you need to become a Keto Master Coach.



Going low carb has never been easier!

Embark - or continue! - on your Keto journey and get the body, mind, and health you want, for good! You've got this!

Questions, comments, concerns?

Please don't hesitate to reach out to our support team at infostack.io/support.

[Go to infostack.io/support →](https://infostack.io/support)

