# The Keto Whole Foods Challenge

June 1 - 30, 2020



# The Keto Whole Foods Challenge YOUR GUIDE



Welcome to the Whole Foods Keto Challenge! For the month of June, we challenge you to get back to keto basics, become more intune with you body, and learn about potential food sensitivities.

### What?

30 Day Keto Whole Foods Challenge

### When?

June 1st through June 30th, 2020.

### Who?

Anyone can take part, but exclusive content and support will be available for Curve Members at www.jointhecurve.com.

# Why?

The following outline the intent of this Whole Foods Challenge:

- · Challenge yourself, not compete with others.
- · Help those that need to get back to the basics after struggling during the COVID 19 lockdown.
- · Identify food sensitivities.

### How?

Avoid the following foods:

- Alcohol
- · Grains, beans, legumes (peanuts), soy. (keto bread, keto cookies)
- Dairy
- · Sugar, sweeteners, and sugar alcohols. · Additives like carrageenan, MSG etc.
  - · Baked goods or replacement desserts.

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### What Can I Eat?

Enjoy the following foods:

- · All keto-friendly whole foods.
  - Meats
  - Vegetables
  - Nuts
  - Berries.
- · Spices and extracts without additives.
- · Additional fats
  - Ghee (Butter is not allowed)
  - Oils
  - Animal fats

## **ACTION ITEMS**

### 1. Identify Your Strictness

For example, the small amount of additives that may be found in bacon or pork rinds may be an item that you allow in your Whole Foods Keto Challenge.

- 2. Check out the additional PDFs for a Friendly Food List and Favorite Snacks
- 3. Curve Members can go to the Community forum thread for support, recipe ideas, and to ask questions.