



The Keto **Whole Foods** Challenge

June 1 - 30, 2020



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:

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

