26 common mistakes

✓ Doing Intermittent Fasting without keto
✓ Eating when not hungry
✓ Too much or too little protein (3-6 oz per meal)
✓ Omitting vegetables (7-10 cups)
✓ Kale or spinach without lemon each day
✓ Weight focused not waist focused
✓ Omit minerals/B vitamins when keto adapting
✓ Hidden carbs — read labels
✓ Worrying about cholesterol/fat
✓ Combining protein or fat and refined carbs or sugar
✓ Counting calories not insulin
✓ Doing keto and IF halfway