



The *KETO* Wellness Program

BLOOD SUGAR CHECKLIST

	Task
<input type="checkbox"/>	Mark the date of the next workshop in your calendar, 3 weeks from now (May 7th)
<input type="checkbox"/>	Check the labels of all the condiments in the refrigerator for grams of sugar and ingredient list
<input type="checkbox"/>	Make a list of condiments that should be replaced
<input type="checkbox"/>	Extra Credit- Check the labels of all your spices
<input type="checkbox"/>	Extra, Extra Credit- Check the labels of all the foods in your pantry
<input type="checkbox"/>	Make a list of spices and pantry items that should be replaced
<input type="checkbox"/>	Download the Carb Testing Form
<input type="checkbox"/>	<i>HIGHLY RECOMMENDED</i> Read <i>Wired To Eat</i> by Robb Wolf
<input type="checkbox"/>	(If your blood sugar is stable) Properly prepare a test carb of choice
<input type="checkbox"/>	(If your blood sugar is stable) Test 1 carb every 3-4 days while keeping an accurate food journal!
<input type="checkbox"/>	Complete the Carb Testing Chart (if you are testing)

IF YOUR FASTING BLOOD SUGAR IS STILL HIGH...

	Task
<input type="checkbox"/>	Continue to eat keto and avoid carb testing until your fasting blood sugar is constantly between 80-99mg/dL.
<input type="checkbox"/>	<i>HIGHLY RECOMMENDED</i> Listen to Naturally Nourished Podcast #10- Defining Insulin Resistance and #76- Getting to the Root of Insulin Resistance
<input type="checkbox"/>	<i>HIGHLY RECOMMENDED</i> Read <i>The Diabetes Code</i> by Jason Fung