The *Keto* Wellness Program

MICRONUTRIENTS CHECKLIST

	Task
☐	Mark you calendar with the next workshop date: June 4th
☐	Listen to the Chris Kressor interview with Chris Masterjohn (Revolution Health Radio)
☐	If you tested poorly to zinc, listen to the Chris Masterjohn Lite Podcast #80
☐	Aim to modify your meals so that they include all the colors of the rainbow
☐	Suggested- visit a farmers market and purchase local produce
☐	Suggested- start planning your meals around the local, season vegetables (instead of the protein)