



The *KETO* Wellness Program

MICRONUTRIENTS CHECKLIST

	Task
<input type="checkbox"/>	Listen to the Chris Kressor interview with Chris Masterjohn (Revolution Health Radio)
<input type="checkbox"/>	If you tested poorly to zinc, listen to the Chris Masterjohn Lite Podcast #80
<input type="checkbox"/>	Aim to modify your meals so that they include all the colors of the rainbow
<input type="checkbox"/>	Suggested- visit a farmers market and purchase local produce
<input type="checkbox"/>	Suggested- start planning your meals around the local, season vegetables (instead of the protein)