



Welcome!

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The Mfinity Boost It Challenge is a comprehensive system promoting an active ketogenic lifestyle, which includes meal replacement products and nutritional supplements along with dietary and exercise guidance. The average weight loss expectation is approximately 1-2 lbs. per week, up to 15 lbs. total. Any weight loss in excess of these amounts, although not uncommon, should not be considered as typical, and would require exceptional circumstances and or efforts. Individual results can and will vary dependent upon many factors.

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WEEK 3: Snacking, Fat Bombs, & Cravings

- Watched the Core Video
- Watched the Intro Video
- Listened to Week 1, Week 2
- Have *Make It Keto*



WEEK 3: Snacking, Fat Bombs, & Cravings

You can find all the prior videos at:

<https://www.ketomadeasy.com/resources>

OR

<https://livinghealthytoday.podbean.com/>



Keto Fat/Protein Ratios: the **KEY** to **SUCCESS!**

To be in ketosis your food at **EACH** and **EVERY** meal (not a daily total) needs to have a **2:1** minimum fat to protein ratio and preferably a **3:1** ratio ideally.

- This means that for every 10 grams of protein you need to have at least 20 grams of fat. This is a 2:1 ratio.
- A 3:1 ratio would mean you were eating 30 grams of fat for every 10 grams of protein.
- Which ratio you use often depends on your health concerns, sensitivity to insulin/how your blood sugar is doing, and how much weight you have to lose.





Keto Fat/Protein Ratios: the KEY to SUCCESS!

Top Sources of Healthy Fats:

- Grass Fed Butter
- Organic Coconut Oil
- Organic non-Hydrogenated Lard
- High Quality MCT Oil (don't cook with)
- Cream Cheese
- Heavy Whipping Cream
- Coconut Cream (choose lowest carb)
- Full Fat Sour Cream
- Avocado
- Macadamia Nuts



Top Tips for Why You Are Hungry Between Meals

- **#1 Reason** you are hungry between meals is not eating enough fat with your meal -- Do have dessert or a fat bomb with every meal as a way to increase fat!
- **#2 Reason** is a lack of essential nutrients

The body is designed to eat infrequently (periods of fasting) when we fuel it correctly. As much as possible we want to avoid “grazing” and all-day snacking by solving the root cause.

snacks and fat bombs

TURMERIC AND DILL VEGGIE BARS	136
CUCUMBER KETO BITES	137
SWEET AND SAVORY BACON-WRAPPED SMOKIES ..	137
ROASTED CINNAMON ALMONDS	138
CARAMEL PECAN CLUSTERS	139
LAYERED CARAMEL NUT FAT BOMB BARS	140
KETO JOY FAT BOMBS	142
CHOCOLATE PEANUT BUTTER FAT BOMBS	143
PEANUT BUTTER CARAMEL FAT BOMB BARS	144
STRAWBERRY CHEESECAKE FAT BOMBS	146
CHOCOLATE CHIP COOKIE DOUGH FAT BOMBS	147

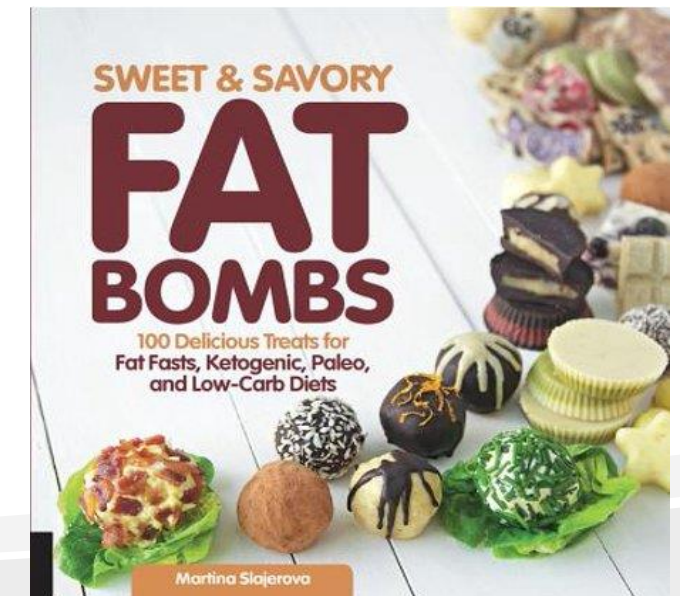
desserts

PUMPKIN ROLL	104
ALMOND POUND CAKE	106
KETO SPONGE CAKE	107
POKE CUPCAKES	108
LEMON POUND CAKE	110
CHOCOLATE ALMOND STRAWBERRY ROLL	111
PINK FIJIAN GINGER LEMON BARS	112
CHOCOLATE SILK PIE	114
VOLCANO CAKE	115
GERMAN CHOCOLATE COOKIES	116
CHOCOLATE CUPCAKES W/MINT CREAM FROSTING	118
LUSCIOUS LEMON ROLL	119
BROWNIE CHEESECAKE	120
PEANUT BUTTER COOKIES OR BON BONS	122
CINNAMON TWISTS OR CINNAMON PIZZA	123
BASIC VANILLA ICE CREAM	124
COCONUT PINEAPPLE ICE CREAM	124
KETOFUEL™ CARAMEL MACADAMIA NUT ICE CREAM	125
CHOCOLATE MOUSSE CUPS	125



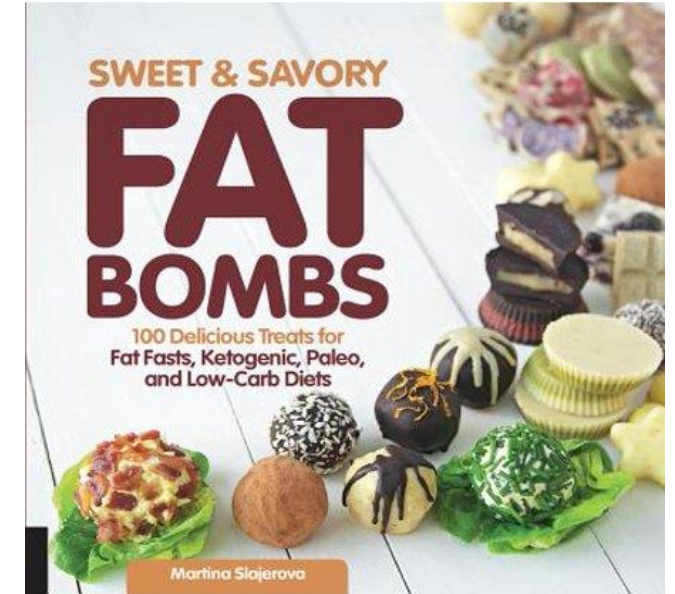
RESOURCES:

- *Make It Keto Cookbook*
- *Sweet and Savory Fat Bombs Cookbook*
by Martina Slajerova (amazon.com)
- <https://www.ketomadeasy.com/snacks-fat-bombs>
- <https://www.ketomadeasy.com/desserts>
- <https://www.ketomadeasy.com/icecream>
- This video



RESOURCES:

- 60 FREE Fat Bomb Recipes by Martina Slajerova
<https://www.ketomadeasy.com/single-post/sweet-savory-fat-bombs>



Defeat the Munchies!

I am craving....	I need more...
Salt	SALT!
Chocolate	Magnesium
Nuts	More Fat
Physically Full; Just Looking for Something	Minerals

Defeat the Munchies!

I'm physically full but just looking for something...

You need more Minerals!!!



Defeat the Munchies!

MINERAL GARDEN Keto Fruits & Vegetables

- 70+ Plant Minerals
- 29 Fruits & Vegetables
- Grapeseed Extract
- Only 5g of Carbs!
- **Use 1 -2 oz. Daily or as needed**

Available at www.WellnessSpringsInc.com.



Why Minerals?



Dr. Pauling

Dr. Linus Pauling

2 time Nobel Prize Laureate

“You can trace every sickness, every disease and every ailment to a mineral deficiency.”

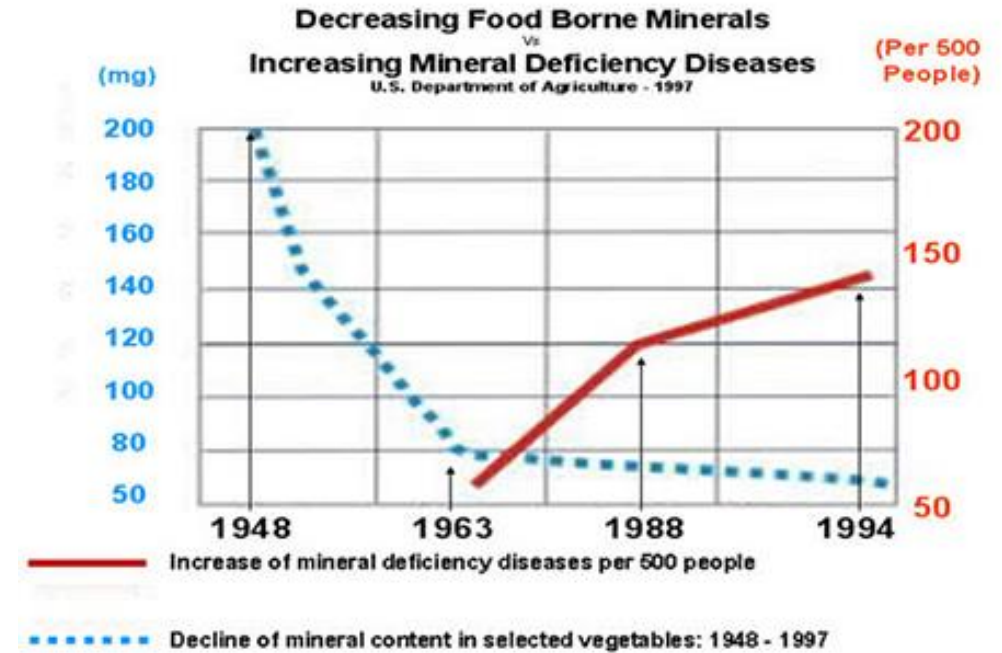
Dr. Gary Price–Todd

MD and best-selling Author

“Our bodies need at least 60 minerals each day in order to maintain a disease and ailment free state.”

Mineral Depletion in Vegetables 1940-1991

Sodium	-49%
Potassium	-16%
Magnesium	-24%
Calcium	-46%
Iron	-27%
Copper	-76%



Data collected from Medical Research Council 1940 and the Ministry of Agriculture, Fisheries and Food

Mineral Content of an Apple

80 year decline



Mineral (Raw with Skin)	1914	1963	1992	% Change (1914-1992)
Calcium	13.5 mg	7.0 mg	7.0 mg	-48.15
Phosphorus	45.2 mg	10.0 mg	7.0 mg	-84.51
Iron	4.6 mg	0.3 mg	0.18 mg	-96.09
Potassium	117.0 mg	110.0 mg	115.0 mg	-1.71
Magnesium	28.9 mg	8.0 mg	5.0 mg	-82.70

Defeat the Munchies!

MINERAL GARDEN

Keto Fruits & Vegetables

- 70+ Plant Minerals
- 29 Fruits & Vegetables
- Grapeseed Extract
- Only 5g of Carbs!
- **Use 1 -2 oz. Daily or as needed**





Sport & Go Drive

“More Get-up & Go!”

- Energy Supporting herbs
- Methylated B-Vitamins
- Ashwagandha for thyroid support
- 70+ Plant Minerals
- Rhodiola for cortisol support



**New label: same Tropical Ginger
Twist Sport and Go we love!**

Benefits of **ASHWAGANDHA**



The root and leaves of the plant are most commonly used for their medicinal properties, and it's the presence of withanolides, a group of steroidal lactones, that contribute to the herb's health benefits.

10 Benefits of Ashwaganda

1. Supports healthy thyroid function
2. Supports healthy adrenal function
3. Combats stress and anxiety
4. Supports healthy mood
5. Supports healthy blood sugar
6. Supports brain health & memory
7. Boosts immune function
8. Supports increased stamina and endurance
9. May help increase muscle strength
10. Supports healthy hormonal balance

Tools For Success: Core Nutrition

Core Pack

- Inflammation
- Detox
- Digestion
- Energy & Stress
- Superfoods & Antioxidants
- Immune Support
- Thyroid & Kidney Support
- Cardiovascular & Circulation Support
- Support Healthy Blood Sugar Levels



Stop the Munchies!

Your Advantage – It's Easy and Delicious!

1-2 KetoFUEL™ shakes a day

Made with REAL FOOD, KetoFUEL tastes great & supports the ideal macro-nutrient ratios needed to keep you in Ketosis, and lessen your food bill.

- Non-GMO Dairy
- Grass-fed Whey
- Whole Eggs
- MCT Oil (from coconut & palm oil)
- Organic Turmeric, Ginger, Cinnamon
- Sea Salt, Stevia



Your Advantage – It's Easy and Delicious!



1-2 BURN™ Keto Energy Capsules/day

These “Keto Energy Capsules” are herbs that help manage appetite & cravings while promoting ketosis & sustained energy, increased focus throughout your day.

BURN Metabolic Accelerator

- **Boosts fat-burning** by reducing appetite and cravings
- Provides increased and **sustained energy**
- **Heightened focus** through the day

Provide Adequate Fuel



****New label: same Tropical Ginger Twist Sport and Go we love!!****



Kick is an Exogenous Ketone* energy drink for even more energy, fewer cravings, more blood sugar support & better results!

***865 articles on exogenous ketone(s) indexed in PubMed.gov as of 12/21/2017**



Keto Kofi

- **Intermittent Fasting**
- **When you are too busy for breakfast**
- **In between meals**
- **Increasing fat without carbs or protein**
- **Supports healthy blood sugar levels**



WEEK 3: Snacking, Fat Bombs, & Cravings

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OR

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RESOURCES:

- www.WellnessSpringsInc.com – *Keto Made Easy* Cookbook, *Is Keto Right for Me?*, *QeLe*, *Relax*, & *Mineral Garden*
- www.ketomadeez.com – Getting Started Tab, Keto recipes and FAQs
- www.livingyourketolife.com – Jennifer's recipe subscription site
- Core Nutrition and Keto Products
- My Contact Info – info@WellnessSpringsInc.com
- Living Healthy Today Podcast – <https://livinghealthytoday.podbean.com/>

4 Weeks to Keto Program Outline



Week 1: Breakfast

Week 2: Lunch & Eating Out

Week 3: Snacking and Fat Bombs

Week 4: Dinner, FAQs, & Maximizing Results