

# 6 Reasons

TO EAT WHOLE-FOODS WHILE ON

# A Keto Diet



We recommend eating a mostly whole-foods diet for several reasons

01

KNOW WHAT'S IN  
YOUR FOOD



02

EFFICIENT  
MEAL PREP



03

BETTER FOR  
YOUR HEALTH



04

AVOID HIDDEN  
INGREDIENTS



05

LESS  
EXPENSIVE



06

BETTER  
TASTE

