

Name: _____

Date: _____

I love keto

A T P A G A B M O M K R U S G T L S F P S L S Q
G V A L T M W E U Q S N I Q P T U U E L L B K Z
N I E T O R P N G S B S P R O F L D O T H Y V Y
Q G O B M W C W K D O L E H F F T W R I V O S E
K H T G H A D I D T K T V I O R C F N I O P V Y
P A L G S P U G E M T E C T E A C M N T L U C T
F L B V K E J K B U M I E W R O N I Q O V G A N
L W J C O P P C B G E K O B I P K Q R V C F V V
W A M C N X D T A N J L K I X O T N V V H A W E
X M E X B F U B T D F A G D Y Q P N A G R H B T
T C V V J N Q P L I J N I L U S N I I U P N F Y
R E S Y A N R M L H Q A V Y C Y O H T S O P C L
O Y F E F O Y U Q A D H V J B B X V F N P X J O
P T P A T G A U F E M R B P R O H I Z A W H X R
P F H E S C W K K R F S T R A W B E R R I E S T
U M I R F W D N P L O L Z G B R A C U A Q J A C
S N G N I T S A F T N E T T I M R E T N I C D E
D H S R U S V E A Y X Y R H R E T J B X K P V L
Q G W T A F H A V C T P M J O G F K U H Z E H E
O I H V A A F N O M I A J G L A N G G C P N P U
G R C L A T X E C O C U V M E X E R C I S E H U
G R O V V W B L A L V A Z D N W J J C O W R R X
F H S C A L W Z D G M C E Y E Z D X R N Y G A S
C B P X Z D Q V O G Y M E E D Q O O K H O Y I Z

intermittent fasting
strawberries
exercise
avocado
ketoflu
support
carb

sufficient protein
cauliflower
high fat
fatbomb
ketosis
energy
safe

peanut butter
electrolyte
low carb
insulin
protein
bacon
fat