



# Welcome!

Hi, I'm Villi! I'm so glad you're here. After losing 55 kg through the Keto lifestyle and overcoming type 2 diabetes, I'm passionate about helping others achieve lasting health transformation. As a Certified Keto coach, I'm here to support you every step of the way!





# 8 Common Keto Mistakes That Could Be Holding You Back"

Welcoming intro explaining how the keto diet can transform their health and weight, but without the right approach, they might not see the results they hope for. This PDF will help them avoid common mistakes and set them up for success on their keto journey.



### 1. Tracking Your Macros Makes a Big Difference

- One of the biggest mistakes people make in keto is not tracking their macronutrients. It's essential to make sure you're eating the right balance to stay in ketosis.
- What to do instead: Track your fats 70%, proteins 25%, and carbs 5%.

### 2. Protein Isn't the Key to Success

- Why it matters: Too much protein can kick you out of ketosis, preventing fat loss.
- What to do instead: Focus on moderate protein intake and make sure your fats are the star of the show.

### 3. Make Healthy Fats Your Best Friend

- Why it matters: Healthy fats fuel your body and keep you full.
- What to do instead: Embrace avocado, olive oil, and coconut oil in your meals for optimal energy and support.

### 4. Don't Forget Your Electrolytes

- Why it matters: Keto increases the excretion of vital minerals, and lack of electrolytes can lead to fatigue and cramps.
- What to do instead: Stay hydrated and supplement with magnesium, potassium, and sodium-rich foods and sparkling water.

### 5. Beware of Hidden Carbs

- Why it matters: Even "keto" foods from the market can have hidden sugars and carbs.
- What to do instead: Always check labels, and don't buy processed foods, to avoid unwanted carbs sneaking into your meals.

### 6. Fibre is Your Digestive helper

- Why it matters: A lack of fibre can cause digestive issues.
- What to do instead: Include high-fiber, low-carb foods like leafy greens, chia seeds, avocado and flaxseeds in your meals.

### 7. Avoid Keto Junk Food

- Why it matters: Processed Keto foods can prevent your progress, leading to cravings and nutrient gaps.
- What to do instead: Stick with whole, fresh-cooked foods that nourish your body and keep you in ketosis.

### 8. Make It Personal to You

- Why it matters: Keto is not one-size-fits-all. Tailoring your plan to your body and goals is crucial.
- What to do instead: Work with a coach who can guide you and customize your keto plan to fit your lifestyle and needs.

# Keto Lifestyle



⚠️ Reminder: This isn't just a diet—it's a choice for health!

"Ready to avoid these mistakes and finally see the results you've been waiting for? Let's work together on a personalized keto meal plan that fits your unique needs. Click below to book your free consultation today!"

Ready to Kickstart Your Keto Lifestyle? Start your Keto journey today with the right knowledge, tools, and support.

🌟 Join Me On Instagram: For daily inspiration, recipes, and all the tips to keep you motivated! @KetoWithVilli

Fuel your body, love the result!