

# Ready to Level-up?

Find out if you're fully fat-adapted

Curious to know if you're fully fat-adapted? I've got you boo, take this 5-minute quiz and leave the guesswork to me.

1. Are you consuming more than 50 grams of carbs per day?

Yes

No

2. Are you consuming more than 90 grams of protein per day?

Yes

No

3. Have you failed to incorporate healthy dietary fat into every meal?

Yes

No

4. Have you decided NOT to track your macros?

Yes

No



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5. Do you experience hanger (irritability when hungry) often?

Yes

No

6. Do you have difficulty concentrating when you're hungry?

Yes

No

7. Do you snack excessively (6-7 times a day)?

Yes

No

8. Do you crave something sweet after meals despite feeling full?

Yes

No

9. Do you generally experience a mid-afternoon crash?

Yes

No



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10. Do you often experience light-headedness when standing up?

Yes

No

11. Are you craving starches (bread, pasta, cereal) at every meal?

Yes

No

12. Are you still wondering when the weight-loss will begin?

Yes

No

If you answered 'no' to the majority of the questions asked, you're likely fully fat-adapted. Congrats! You're ready to level-up your keto diet.

If you answered 'yes' to the majority of the questions asked, I wouldn't suggest moving on just yet. Remember, there's no shame in taking it slow. I'd rather you have a FULL grasp on the foundational information (Module 1 and 2) before moving on to the advanced strategies.

