

# FAQ

## 28-Day Keto Accountability Program

### Who is this program for?

This program is designed specifically for women seeking support in losing weight, balancing blood sugar, controlling cravings, increasing energy, gaining confidence, and improving their overall quality of life.

The vast majority of my clients are notorious yo-yo dieters. Most have successfully tried keto in the past but failed to keep up with it long-term. And all of them are focused on living a life of vitality by improving metabolic and cellular health.

### What will I learn?

- How to accurately calculate your macros
- The best way to track your macros
- Intuitive eating (how to listen and respond to your body's needs)
- How to best combat cravings

- Eating more is likely what you need to reduce body fat effectively
- That you can 100% drop weight without killing yourself at the gym
- How to lose weight without going hungry
- Reducing body fat is way more important than losing weight
- And so, SO much more

### **What will I get?**

- **90-minute 1-1 coaching call** (discuss health goals and map a plan of action)
- **Daily text support** (personalized support and accountability)
- **4, 30-minute group coaching calls** (connect with your coach and community)
- **Weekly and monthly progress report(s)** (added accountability)
- **Bonus material** (Getting Started Checklist, 28-Day Ketogenic Roadmap)
- **60-minute exit strategy call** (setting you up for sustainable success)

## **How long will it take to get through this program?**

This program will take you one month to complete. The program officially kicks off the day of our onboarding coaching call and wraps up the day of our exit coaching call.

Some clients feel they need extended support (through the holidays, a significant life event, etc.) In this case, I offer a one-month extension at the end of the program for an additional \$197.00. If you're interested in extending your program, I'd be happy to discuss the details with you.

## **How much time should I put into this per week?**

This all depends on you— your schedule, your lifestyle, and your level of commitment. Making significant lifestyle changes does take time and energy. But more importantly, it takes patience. I recommend committing whatever amount of time you feel ready to give. The important thing is that you stick with it.

Consistency trumps intensity.

Instead of stacking unreal expectations, I approach diet by showing up and giving it what I've got— on the daily.

## **Do you offer a payment plan?**

Nope. Sorry. Currently, this program is offered at a one-time fee of \$297 (\$344 if you bundle it with [Keto Crush](#)).

### **Is this program for beginners?**

Not exactly. This is not a 'how-to' program. If you're brand new to keto, you'd be better off beginning with my signature eCourse, [Keto Crush](#).

If you're interested in a comprehensive 'how-to' program and proper accountability and support, I offer a bundle package ([Keto Crush](#) + my [28-Day Keto Accountability Program](#)) at a discount.

### **What if I've 'tried keto before and failed?'**

Perfect! I'd say the majority of my clients have tried keto in the past and failed to maintain results.

This program is designed with sustainability as the top priority. Although I can't guarantee sustainable success, my ultimate goal is to set you up for long-term ketogenic success.

### **Does this program accommodate Vegans and Vegetarians?**

I've gotta be honest— if you're interested in a ketotarian diet— I'm not your coach.

If you're looking for guidance in navigating a clean ketotarian diet, I'd recommend checking out [Dr. Will Cole](#).

### **Is this program good for diabetics?**

Absolutely! I've helped numerous pre (and full-blown) diabetics in helping them drop A1C levels, navigate best-choice foods, and improve insulin resistance. That said, it's always wise to consult your doctor before making dietary lifestyle changes.

### **How will you hold me accountable?**

This accountability program is designed to offer you support in various ways. We will engage in two powerful 1-1 coaching calls throughout the program. The first is designed to understand your health goals (and concerns) and to map your keto plan of action. The second coaching call will set you up for dietary success beyond our time together.

But that's not all, you'll also receive access to four group coaching calls (one per week). These calls (hosted by Zoom) are an excellent opportunity to connect with your coach and community in real-time.

Additionally, you'll receive weekly check-ins and monthly metrics. The purpose of these check-ins is to track your metrics (body fat, weight, and skeletal muscle mass— if applicable), establish connection and rapport (so I can better assist and support your process), and provide quality data for troubleshooting your diet (if

necessary).

Beyond that, I'll be checking in on you daily via text message offering support or answering questions and concerns that crop up along the way.

### **I have an auto-immune disease— is keto a good idea?**

First of all, I'm not a doctor— and it's always wise to consult your physicians before beginning any nutrition, supplement, or lifestyle program (especially when taking prescription or over-the-counter medications).

That said, I do promote a high-protein ketogenic diet. My approach is essentially keto meets carnivore. And (clean) high-protein keto and carnivore diets have been shown to aggressively boost the immune system resulting in improved gut health and autoimmune response.

### **I suffer from kidney disease— am I a good candidate for your program?**

Probably not. Again, I'm not a doctor.

However, you should be aware that there aren't many studies on the effects of keto on individuals suffering from kidney disease. But given that significant protein restriction is a hallmark of therapy for poor kidney function, and I promote a high-protein ketogenic diet—

it is essential if you have advanced kidney disease that you work closely with a qualified medical professional to establish an individualized diet that is best for you and your condition.

### **Do you only work with Mamas?**

No, not exclusively.

But there is something to the name, Keto for Mamas. I'm out to help strong mamas live their BEST lives! I understand that by empowering women to live healthier and happier lives, their children's lives will inevitably improve as well. And that is wildly gratifying work.

Don't get me wrong; I'm not opposed to working with women who aren't mothers.

Alternatively, I seldomly work with men. Not a hard no— but I recommend men schedule a [free 30-minute keto strategy session](#) beforehand to be sure we're a good fit.

### **Can I extend the length of the program?**

If you're looking for an intimate (and intense) ketogenic experience designed to transform your relationship with food forever, I suggest looking at my [Exclusive Experience](#).

Alternatively, I offer a one-month add-on at the end of the program for an additional \$197. We can discuss this option during our exit coaching call (or sooner) if you desire.

**My hormones are all out of wack— is this program a good fit?**

100% yes!

According to Dr. Anna Cabeca,

“A properly executed ketogenic diet can help restore balance to out-of-whack female sex hormones. In my practice, I've also seen it mitigate weight gain, hot flashes, near-zero energy, low sex drive, bone loss, mood swings, and other troublesome symptoms associated with perimenopause, menopause, PMS, and post-menopause.”

Yes ladies yes!!!

**How often is this program offered?**

I offer four enrollment periods throughout the year.

**1st Enrollment Period:** January 11th

**2nd Enrollment Period:** March 23rd

**3rd Enrollment Period:** May 27th

**4th Enrollment Period:** September 20th

These dates are not set in stone. But don't worry; I'll always keep you updated on open enrollment via your inbox. And I do make the occasional exception. Email me at [info@ketoformamas.com](mailto:info@ketoformamas.com) to inquire.