

Conquering Keto: From a Mom's Perspective

★ GOLDEN RULE

- Plan ahead, and cook ahead. It really helps to make the diet not as overwhelming

- Hospital days

★ What's in my kitchen?

- Spatulas, spatulas, spatulas
- Small bowls
- Compartment plates
- Dixie cups
- Souffle cups
- Scales
- Candy molds
- Frosting tips



★ Picky eater? Get creative!!!

- Use molds to make fat bombs
 - Purchase from Amazon, candy stores, craft stores (Michael's)
 - Add stevia drops or no sugar syrup to sweeten heavy cream (Walden Farms, Sweet Leaf)
 - Slightly brown cooked goods to make them crunchy.

