



1.5 Supplies & Measurements

Don't grocery shop yet.

Urine Keto Strips (affiliate link):

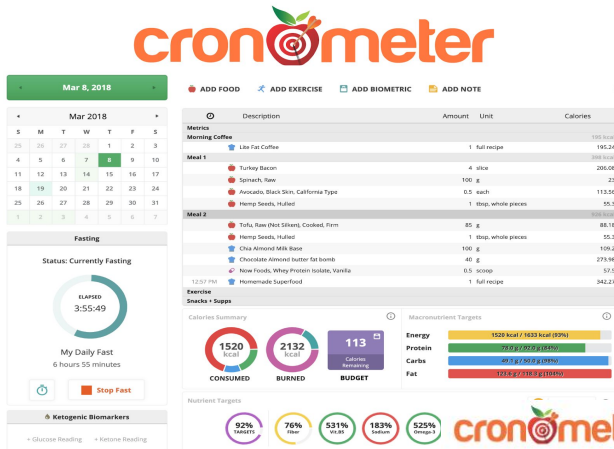
<https://amzn.to/2L2HCUo>

Fridge Guide -

[FREE VERSION](#) Click [this link](#) for the printable free version.

Or Purchase

[Quality KETO Guide: Move your food choices from good to Better to BEST](#)



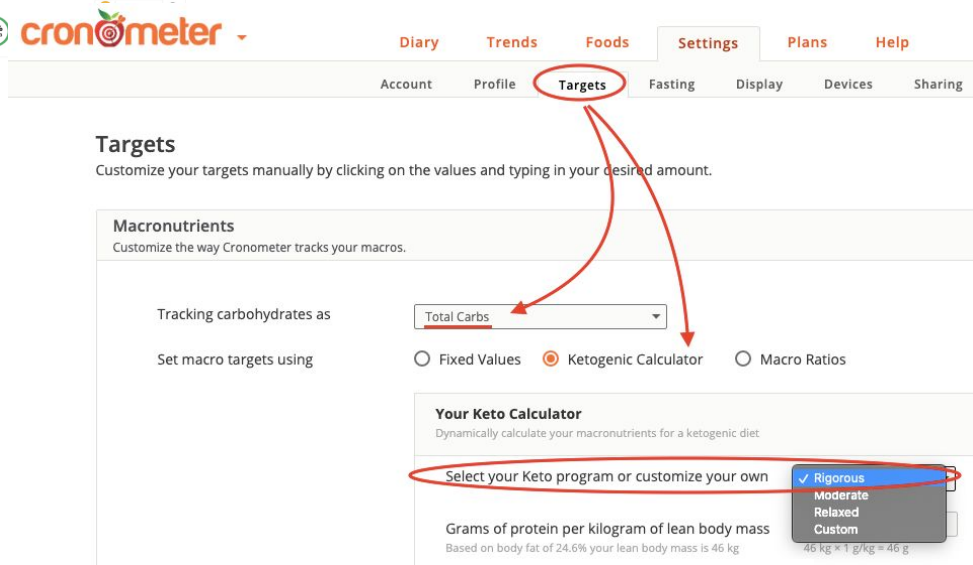
TRACKING APP

1. Download the Free [Cronometer](#)

[App](#)

2. Set your **TARGETS** to total carbs

3. Select Keto calculator to rigorous





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4. Track your carbs for 3 days

Measure your waist circumference and neck circumference.

Measure your blood pressure at the pharmacy

Measure your shin thumbprint. Post a picture of your thumbprint [to the other Neurons](#).

Buy [Dr Boz Keto Combo](#) [BHB Ketones-In-A-Can](#)

Or [Ketones-In-A-Capsule](#)

Although I don't talk about this in the videos, my favorite test for patients to follow is one you do yourself. Omega 3 Index is very fun to watch over the course of the first year of keto. It costs \$100 but has been one of the greatest teachable moments for my keto students. If you have the resources, [order the test](#). No doctor-order needed. After you order the test, the lab sends you a kit to prick your finger. Blot your blood onto the sponge-card & mail back to the lab. They measure the type of fats you used to make your red blood cells. The education is bountiful!