

# **THE BENEFACTORY'S KETO GUIDE**

***7 Lessons to  
Be Your Best Version  
on Keto***



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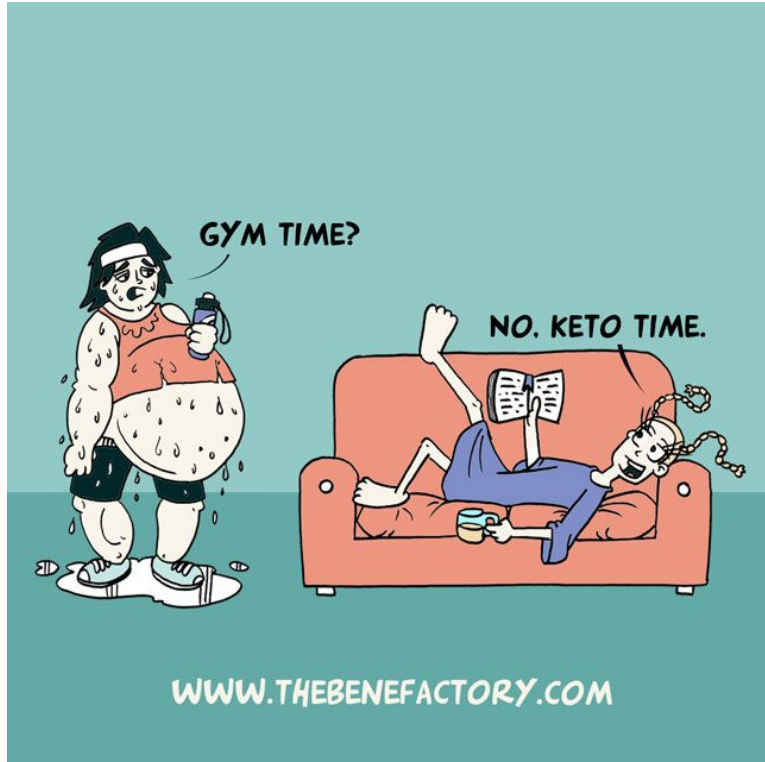
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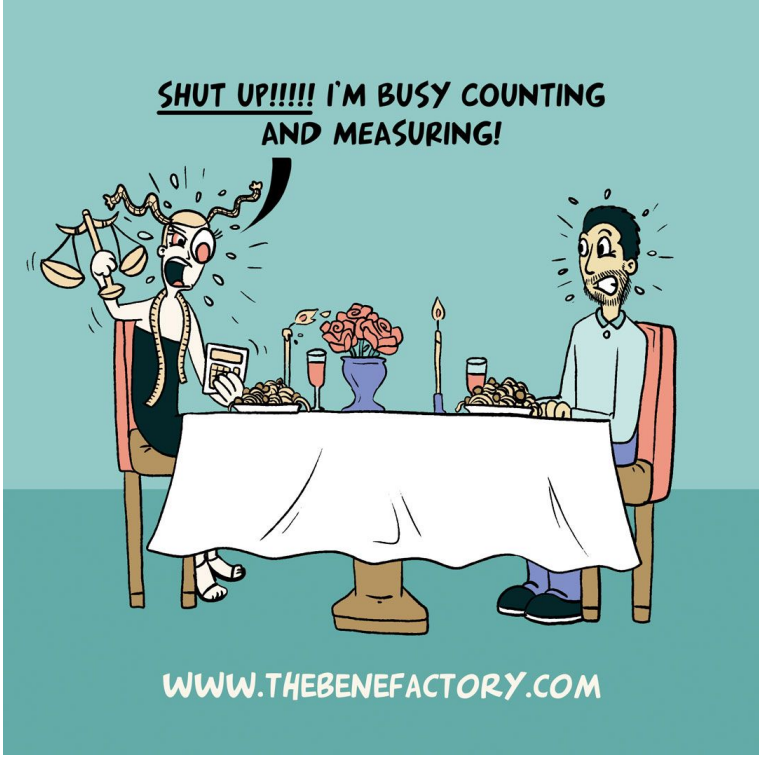
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 \ ] Z Y " s 6 i h s X c b f f i s k c f f m s ! s X c ] b [ s \_ Y h c s X c Y g b f f i s  
 f Y e i ] f Y s m e i s h c s a c j Y s ] b h c s U s W j Y " s \ g h s Z c \ c k s  
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 g d Y Y V X Y g s U h s g c W U ' s ] j Y b h g s i b ' Y g g s m e i s \ U j Y s t r e " s  
 < c d Y Z \ " m z d Y c d \ Y s k ] \ s U W W Y d h s m e i f s B c z h \ U b \_ s  
 m e i s U b X s V e i \ X b h s W U f Y s \ Y g g s U V c i h s k \ m s m e i s  
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 d Y c d \ Y s d Y f g ] g h s k ] h \ s h \ Y ] f s c Z Y f g " s a s c b s U s X ] Y h s  
 Z c f s \ Y U ' h s f Y U g c b g s g \ c i \ X s V Y s \ b c i [ \ " s f k \ ] W X s  
 a ] [ \ h s g Y h c Z s [ c g g ] d s U V c i h s k \ U h g s [ c ] b [ s c b s  
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& " 9 U h Z c f ' G U h U h c b ' 6 Y Z c f Y ' h \ Y ' 9 j Y b h s

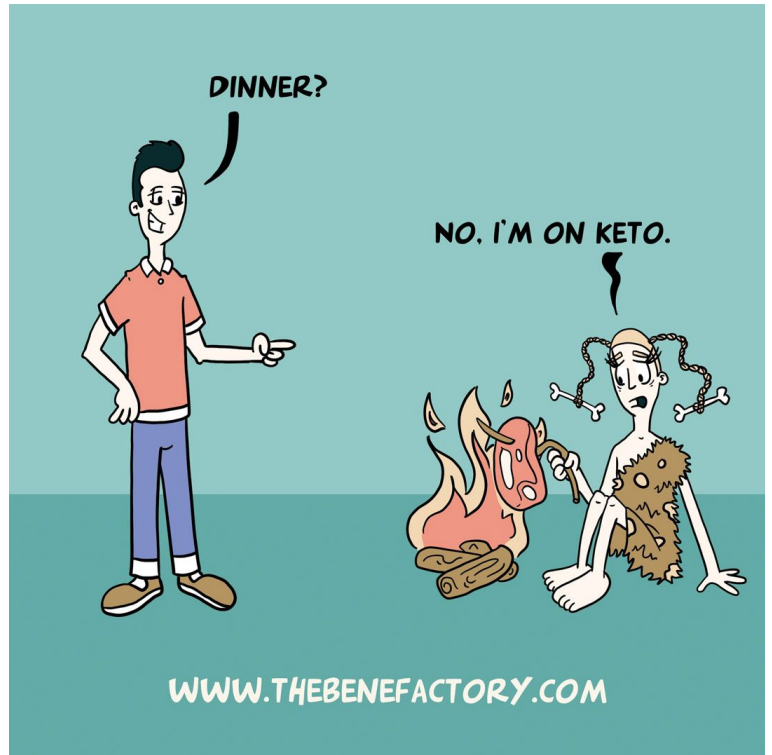
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 f h \ Y s a Y h U V c ' ] V e g h U h Y s k \ ] W X s ] g s h \ Y s [ c U ' s c Z s h \ Y s  
 \_ Y h c s X ] Y h s h i f b g s c Z s W U j ] b [ g z ] a d f c j Y g s  
 V e [ b ] h j Y s z \ b W ] c b s U b X s ] j Y g s U s Z U b h U g h ] V e b Y f [ m s  
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 9 U h ] b [ s U s b ] W s \_ Y h c s a Y U ' s g h U ] [ \ h s V Y Z c f Y s h \ Y s  
 d U f m s k ] \ s \ Y ' d s m e i s f Y g ] g h s h Y a d h U h ] c b g " s  
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 V e a d U f Y X s k ] h s U s g h U b X U f X s X ] Y h s i s M e i s t g h s \ U j Y s  
 h c s a U \_ Y s U s ' ] h Y s V ] h s c Z s U b s Y Z c f h s h c s a U \_ Y s ] h s  
 \ U d d Y b " s

s



Z s m e i f Y s [ c ] b [ s c i h s c s Y U h s k ] h s z f ] Y b X g z c Z Y f s c s  
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 \ U g s \ Y U ' h \ m s c d h ] c b g " s f 5 ' h \ c i [ \ s m e i s d f c V U V ' m s  
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 c f ' f U g g ! Z Y X ' a Y U h k ] h \ j Y [ Y h U V ' Y g k c f \_ g k Y " " s  
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Z s m e i f Y s [ c ] b [ s h c s U s d U f m s V f ] b [ s g c a Y s  
 a U W X U a ] U s b i h g s h \ U h s m e i s W U b s b ] V V ' Y s c b " s C f s  
 d f Y d U f Y s U s b ] W s \_ Y h c s X Y g g Y f h s h \ U h s m e i s W U b s ' c c \_ s  
 Z c f k U f X s h c s Y b ' e n ] b [ s c b W s m e i s s ] Y h s V U W \ s \ c a Y z  
 U g ' m e i f f Y k U f X ' Z c f ' g h U m ] b [ ' c b ' h f U W \_ s

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 G c s X c b h s k c f f m s \_ Y h c s X c Y g b h s f Y e i ] f Y s m e i s h c s  
 a c j Y s ] b h c s U s W j Y " s \ g h s d i h s h \ Y g Y s h \ f Y Y s g h Y d g s  
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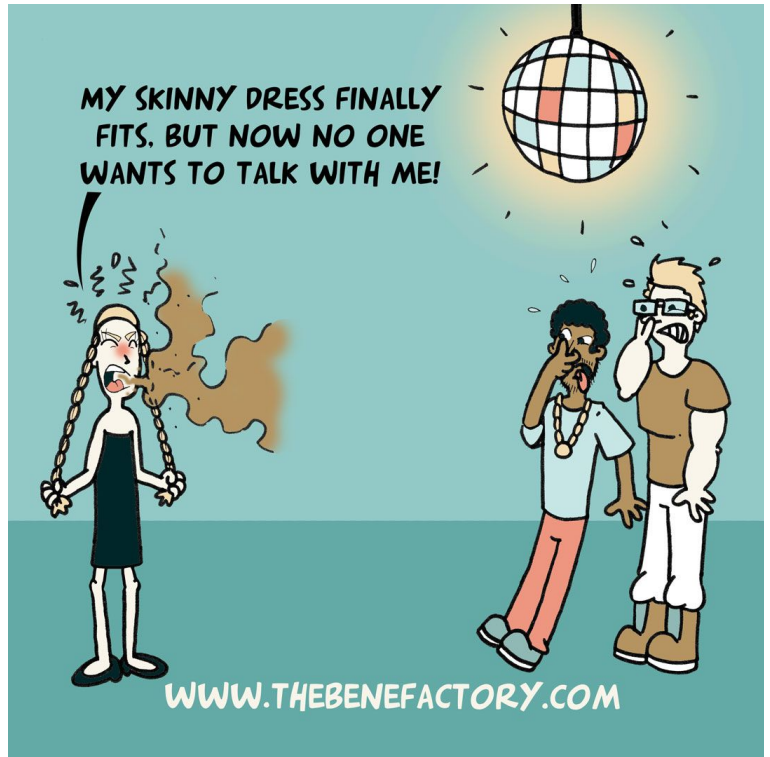
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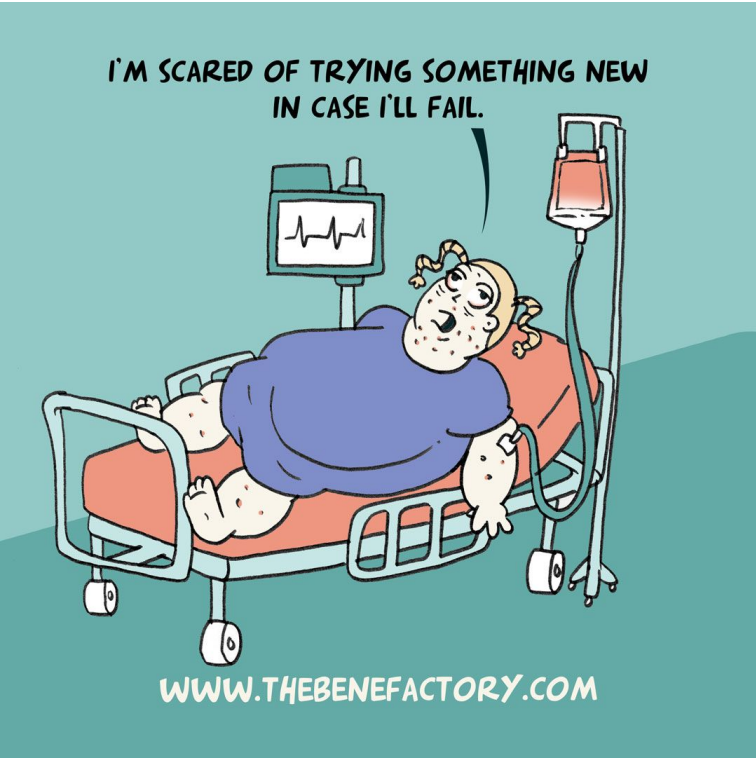
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 a mš ŽYUfcsZsk \Uhs k ci `Xs \UddYbs ]žs sX]Xb hs  
 V\Ub [ Y"sH\Uhs k Ugs ŽUfca cfYsgWf mšs sfYU`]nYXs  
 h\Uhs a mš`]Zys k Ugs Uhs XUb [ Yfs Vi hs Yj Ybs ]žs s  
 k ci `Xb hšX]YšZcfšUšk \]Yžh\Ysei U`]mšcZsa mš]Zys  
 k Ugb hšfYU`mšk cfh\sh\YsYZcfhšcZs`j] ]b[ "s sk Ugs  
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 \_YYdsYl dYf]a Yb]h]b[ šcšf mš]bXš]bXsgca Yh ]b[ s  
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