

KETO BINGO

B I N G O

Make a chocolate Fat Bomb	listen to a motivational podcast	Try a new protein	stick to your shopping list	eat a cheese shell taco
go on a walk	make a low carb pizza crust	Order a low carb meal at a restaurant	Make a recipe with Cauliflower	lift weights for 15 minutes
make a weekly meal plan	try a new recipe	FREE	Get rid of non-Keto foods	try a new exercise
make a low carb dip	Meditate for 15 minutes	make homemade cheese crisps	Start a food journal	try a new Keto approved spice
Try a Keto Crock pot recipe	try a vegan Keto meal	research keto foods to avoid	do something you love	Bake a Keto friendly dessert

YOU HAVE WHAT IT TAKES.