

KETO START-UP CHECKLIST

Setting yourself up for success is key. Be sure you have all of the supplies listed before starting the ketogenic diet.



1 FOOD SCALE - OPTIONAL

A good scale measures to the tenth of a gram (0.1). Do not order a pocket scale unless you want one for travel. Numerous scale options are available online.

[Charlie Foundation Scale](#)
[US Balance Benchtop Pro Digital Scale](#)

2 BLOOD KETONE METER

Blood ketone testing provides the most accurate level and will be used unless otherwise indicated.

Please purchase a:
[Keto Mojo GK+ Meter](#) (~\$90 'bundle')*
or
[Freestyle Optium Neo Meter](#) by Abbott
(For non-USA only. Search your country.)

3 METER SUPPLIES

Be sure to purchase the **ketone and glucose strips** designed to work with your meter. Purchase 50+ blood ketone and 50 blood glucose strips.

You will need fresh **lancets** each day. Purchase from the meter company OR purchase 'universal lancets'.

4 LAB WORK

Adult Labs:

- Complete blood count (CBC)
- Comprehensive metabolic panel (CMP)**
- Free & total carnitine
- Fasting lipid profile
- Uric acid
- Vitamin D

Optional: HbA1C & fasting insulin, Thyroid panel (if on thyroid medications)

Pediatric Labs:

- All adult labs
- Zinc
- Selenium
- Plasma Amino Acids (if doctor recommends)

Please fax labs to 866-229-3495 or upload to your Healthie portal.

5 MCT SOURCE

MCT oil can boost ketosis and can easily be incorporated into your meals or beverages. There are numerous organic MCT oils available.

*By using this direct link, Keto Mojo will generate a donation to the Keto Hope Foundation.

**CMP = Comprehensive metabolic panel includes blood sugar (glucose) levels, electrolytes and fluid balance, kidney function, and liver function.