

# WEEK 1 – Track Your Keto Points

## Saturday

Fat           

Protein      

Carbs        

## Sunday

Fat           

Protein      

Carbs        

## Monday

Fat           

Protein      

Carbs        

## Tuesday

Fat           

Protein      

Carbs        

## Wednesday

Fat           

Protein      

Carbs        

## Thursday

Fat           

Protein      

Carbs        

## Friday

Fat           

Protein      

Carbs        

Fat = 14 grams            Protein = 10 grams            Carbs = 20 grams

## Sample Day

Breakfast	Lunch	Dinner	Snacks	Fat	Protein	Carb
2eggs, 2 bacon, ½ avocado, coffee, butter, MCT oil F=5 P=2 C=1/4	½ sweet potato with 2 oz ground beef, 1Tbsp salsa, 2 Tbsp Ranch Dressing F=3 P=2 C=1	3 oz salmon, 1 c roasted carrots, onions in coco oil, salad with 1 Tbsp Olive oil and vinegar F=2 P=2 C=1	3 oz Turkey lunchmeat, mustard, ½ avocado, 1 T. Mayo; 1Berries, Celery 2 T almond butter F=3.5 P=2 C=1.25	13	8	3.75