Day #1 MORNING	Day #2	
 Fat/Oils 	MORNING	
o Protein	Fat/Oils	
o Carbs	o Protein	
Coffee/tea/shake	o Carbs	
Or Bone broth	Coffee/tea/shake	
Of Bottle Brotti	Or Bone broth	
LUNCH	LUNCH	
o Fat/Oils	E .40"	
o Protein		
o Carbs	© 110t0111	
	o Carbs	
DINNER	DINNER	
o Fat/Oils	o Fat/Oils	
o Protein	- ∩ Protein	
o Carbs	- Carbs	
SNACKS	SNACKS	
o Fat/Oils	- o Fat/Oils	
Protein	- Protein	
o Carbs	- Carbs	
FRUITS	FRUITS	
Serving1	Serving1	
o Serving 2	o Serving 2	
WATER	WATER	
Total ounces	o Total ounces	
Sleep:	_ Sleep:	
Exercise:	Exercise:	
Cravings:	- Cravings:	
BIVI S/DIgestion:	BM's/Digestion:	
Energy:	- Fnerav	
Mood/Hormones:	Mood/Hormones:	
Notes/Motivation/Aha moment:	Notes/Motivation/Aha moment:	

Date:____ Weekly Weigh in:____ My 3 Power Words or Affirmation:_____

Keto Fats-13 Keto Protein-7 Keto Carb-2

Day #3 MORNING	Day #4 MORNING	
o Fat/Oils	o Fat/Oils	
o Protein	o Protein	
o Carbs	o Carbs	
 Coffee/tea/shake 	 Coffee/tea/shake 	
Or Bone broth	Or Bone broth	
LUNCH	LUNCH	
o Fat/Oils	o Fat/Oils	
o Protein	o Protein	
o Carbs	o Carbs	
DINNER	DINNER	
o Fat/Oils	o Fat/Oils	
o Protein	o Protein	
o Carbs	o Carbs	
Odibo		
SNACKS	SNACKS	
o Fat/Oils		
o Protein		
o Carbs	o Carbs	
FRUITS	FRUITS	
o Serving1		
o Serving 2		
WATER	WATER	
Total ounces		
Sleep:	Sleep:	
Exercise:	Exercise:	
Cravings:	_ Cravings:	
BM's/Digestion:	_ BM's/Digestion:	
Energy:	Energy:	
Mood/Hormones:	Mood/Hormones:	
Notes/Motivation/Aha moment:	Notes/Motivation/Aha moment:	
	_	

Date:____ Weekly Weigh in:____ My 3 Power Words or Affirmation:_____

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Keto Fats-13 Keto Protein-7 Keto Carb-2

Day #5 MORNING Fat/Oils Protein Carbs Coffee/tea/shake Or Bone broth	Day #6 MORNING Fat/Oils Protein Carbs Coffee/tea/shake Or Bone broth	
LUNCH	LUNCH	
Fat/OilsProteinCarbs	Fat/OilsProteinCarbs	
 Fat/Oils Protein Carbs SNACKS	Fat/OilsProteinCarbs	
Fat/OilsProteinCarbs	Fat/OilsProteinCarbs	
FRUITS Serving1 Serving 2	FRUITS Serving1 Serving 2	
WATER o Total ounces	WATER o Total ounces	
Sleep:	Sleep: Exercise: Cravings: BM's/Digestion: Energy: Mood/Hormones: Notes/Motivation/Aha moment:	

Date:____ Weekly Weigh in:____ My 3 Power Words or Affirmation:_____

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Keto Fats-13 Keto Protein-7 Keto Carb-2

	_ Weekly Weigh in:	My 3 Power Words or Affirmation:
	y #7	
IVIC	PRNING	
	o Fat/Oils	
	o Protein	
	o Carbs	
	Coffee/tea/shake Cr Bana broth	
	Or Bone broth	
LU	NCH	
	o Fat/Oils	
	o Protein	
	o Carbs	
DIN	INER	
	o Fat/Oils	
	o Protein	
	o Carbs	
SN	ACKS	
	o Fat/Oils	
	o Protein	
	o Carbs	
FR	UITS	
	o Serving1	
	o Serving 2	
	TER	
	o Total ounces	
Sle	ep:	
Exe	ercise:	
Cra	ıvıngs:	
BM	's/Digestion:	
Ene	ergy:	
Мо	od/Hormones:	
Not	tes/Motivation/Aha moment:	