

MY WEEKLY *Keto* PLAN



ARTICHOKE
 ARUGULA
 ASPARAGUS
 BOK CHOY
 BROCCOLI
 BRUSSELS SPROUTS
 CABBAGE
 CARROT
 CAULIFLOWER
 CELERY
 CUCUMBER
 EGGPLANT
 ENDIVE
 GARLIC
 GREEN BEAN
 JALAPENO
 KALE
 LETTUCE
 MUSHROOMS
 OKRA
 ONION
 PARSLEY
 PEPPERS
 PUMPKIN
 RADISH
 SNOW PEA
 SOY BEAN
 SPAGHETTI SQUASH
 SPINACH
 ZUCCHINI



ANCHOVY
 BASS
 BURBOT
 CARP
 CAVIAR
 CLAMS
 CRAB
 FLOUNDER
 HADDOCK
 HALIBUT
 HERRING
 LOBSTER
 MACKEREL
 MUSSELS
 OYSTERS
 SALMON
 SARDINES
 SHRIMP
 SOLE
 TILAPIA
 TROUT
 TUNA



BACON
 BEEF HOT DOGS
 BOLOGNA
 CORNED BEEF
 FILET MIGNON
 GROUND BEEF
 HAM
 LAMB CHOPS
 LIVERWURSE
 PASTRAMI
 PEPPERONI
 PORK CHOPS
 PORK LOIN
 PROSCIUTTO
 RIBEYE
 RIBS
 ROAST BEEF
 ROUND STEAK
 SIRLOIN STEAK
 VEAL
 VENISON



ALMOND BUTTER
 ALMOND OIL
 AVOCADO OIL
 BUTTER
 COCOA BUTTER
 COCONUT OIL
 FLAX SEED OIL
 GRAPE SEED OIL
 HEMP SEED OIL
 MACADAMIA OIL
 MAYONNAISE
 MCT OIL
 OLIVE OIL
 SUNFLOWER BUTTER
 WALNUT OIL



AMERICAN
 BLUE
 CHEDDAR
 COTTAGE
 CREAM
 FETA
 GOUDA
 MOZZARELLA
 PARMESAN
 PROVOLONE
 RICOTTA
 SWISS



ALMONDS
 BRAZIL NUTS
 CHIA SEEDS
 COCONUT
 FLAX SEEDS
 HAZELNUTS
 HEMP SEEDS
 MACADAMIA NUTS
 PECANS
 PISTACHIOS
 PUMPKIN SEEDS
 SESAME SEEDS
 SUNFLOWER SEEDS
 WALNUTS



EGGS
 CHICKEN BREAST
 CHICKEN LEGS
 CHICKEN WINGS
 TURKEY
 TURKEY BACON

MY WEEKLY *Keto* PLAN

RECIPE _____

Ingredients	Directions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CARBS _____ FAT _____ PROTEIN _____

RECIPE _____

Ingredients	Directions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CARBS _____ FAT _____ PROTEIN _____

MY WEEKLY *Keto* PLAN

RECIPE _____

Ingredients	Directions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CARBS _____ FAT _____ PROTEIN _____

RECIPE _____

Ingredients	Directions
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

CARBS _____ FAT _____ PROTEIN _____

MY WEEKLY *Keto* PLAN

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

MY WEEKLY *Keto* PLAN

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

MY WEEKLY *Keto* PLAN

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

MY WEEKLY *Keto* PLAN

CARB grams _____ FAT grams _____ PROTEIN grams _____	
B _____	
L _____	
D _____	
SNACKS	CHALLENGES
EXERCISE	

STRUGGLES THIS WEEK

WINS THIS WEEK

END OF THE WEEK WEIGHT

WEIGHT LOSS GOAL NEXT WEEK
