

2-WEEK KETO DIET PLAN

Each day includes breakfast, lunch and dinner, along with the macros of each meal

DAY 1	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 2	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 3	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 4	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 5	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 6	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???
DAY 7	BREAKFAST (AM): ??? LUNCH (PM): ??? DINNER (PM): ??? TOTAL MACROS: Protein: ??? Carbs: ??? Fats: ??? Calories: ???

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PRINT & TICK OFF WITH PENCIL

KETO GROCERY LIST

FRUIT & VEGETABLES

-

FATS & OILS

- C**

CARBS

- -
 -
 -
 -
 -

NUTS & SEEDS

- Two empty circles, one above the other, intended for drawing a face.

PROTEIN

- 100 QUESTIONS

CONDIMENTS & SPICES

- Four empty circles arranged vertically, intended for the student to write their name in.

FEEL FREE TO USE YOUR OWN SEASONINGS

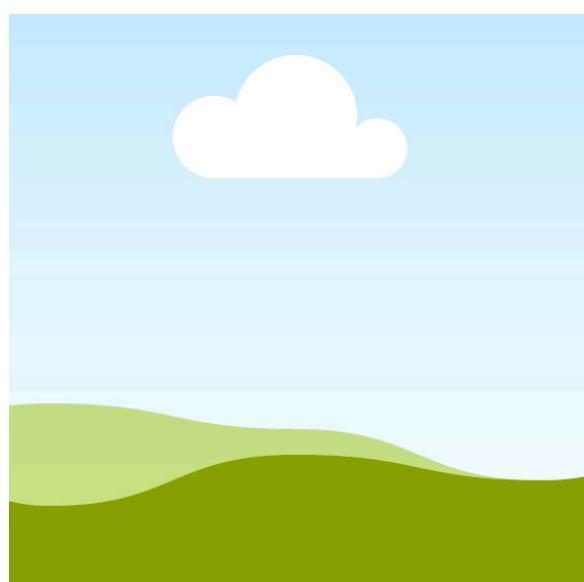
INGREDIENTS & INSTRUCTIONS

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INGREDIENTS

INSTRUCTIONS

MACROS



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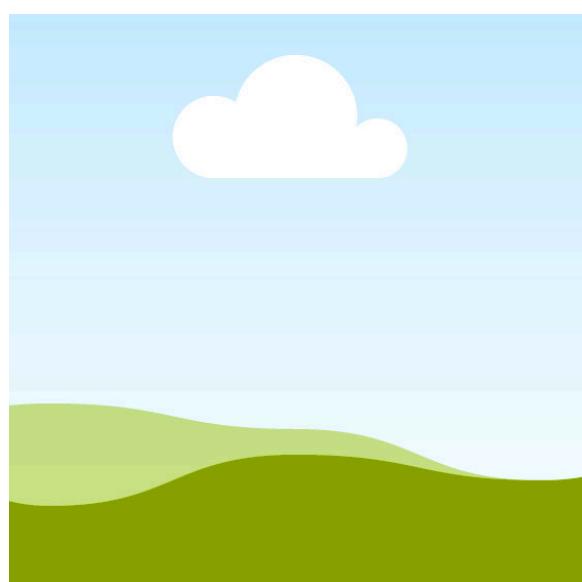
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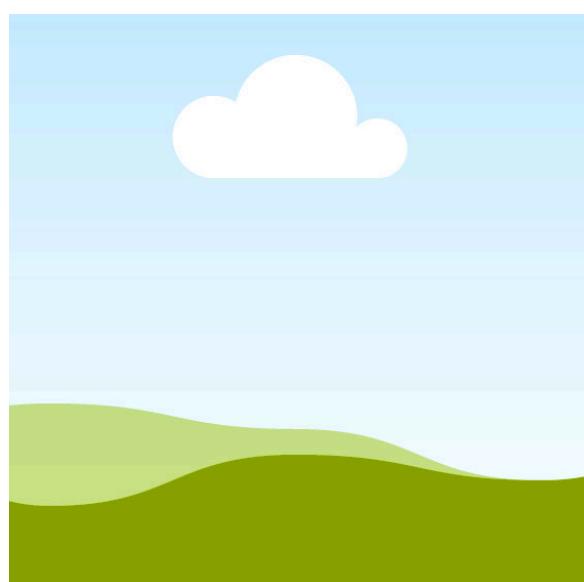
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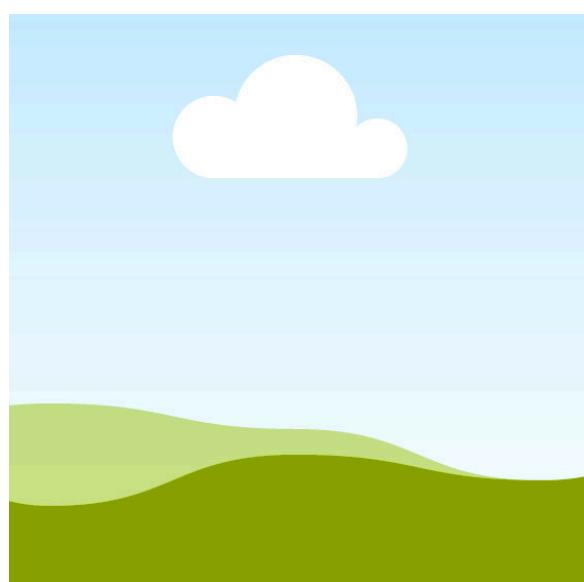
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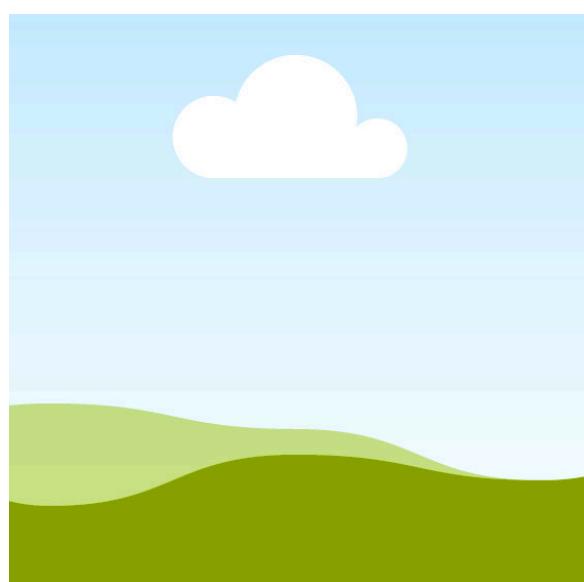
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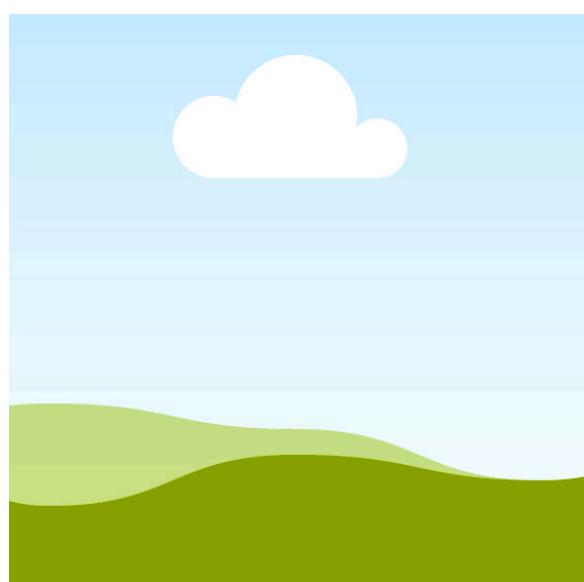
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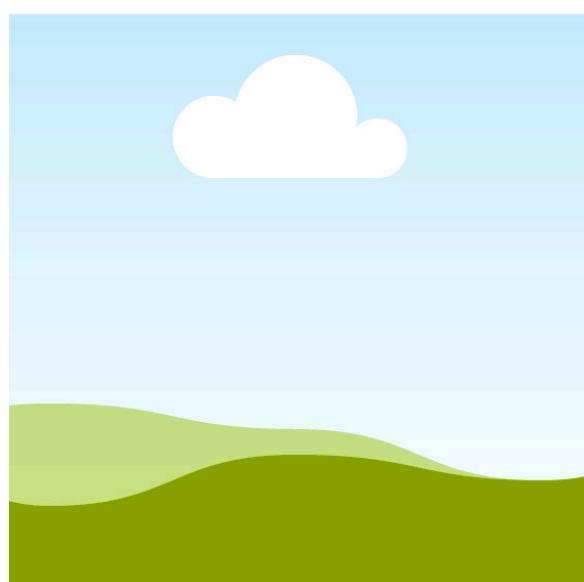
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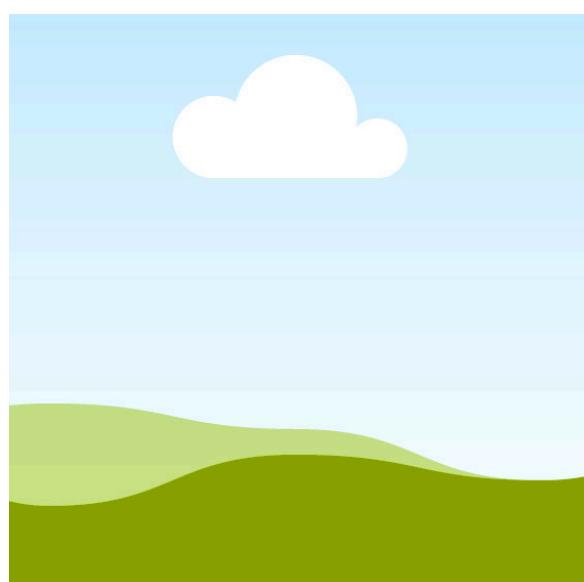
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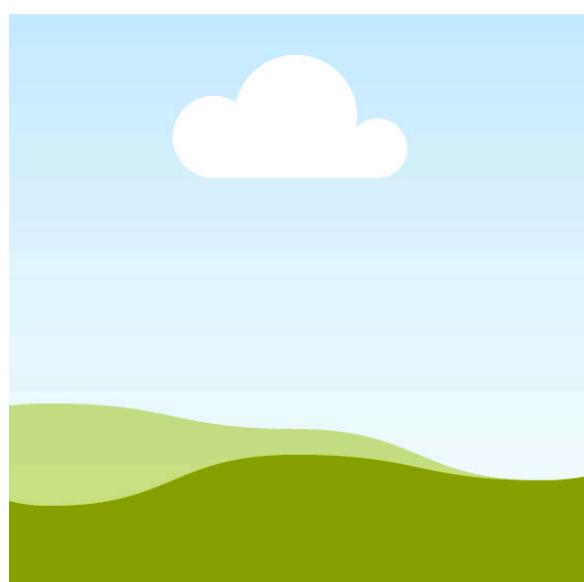
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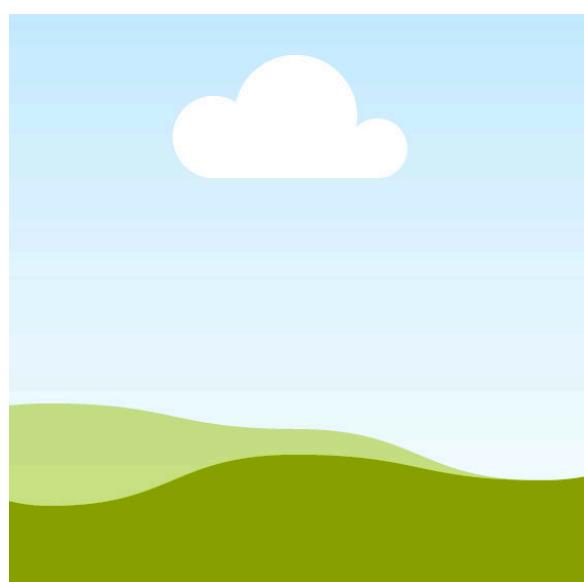
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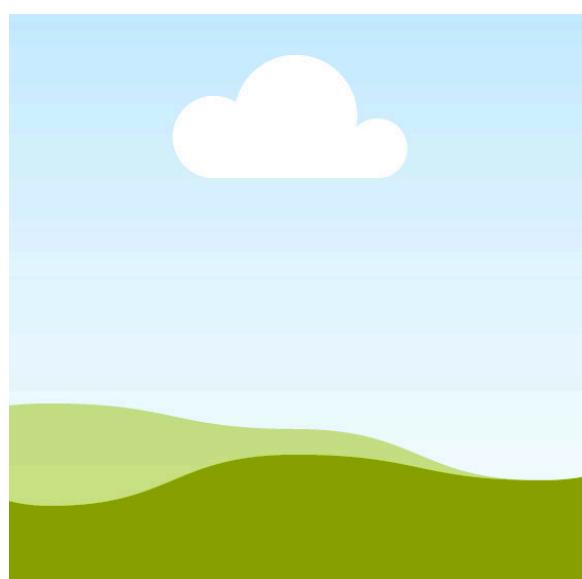
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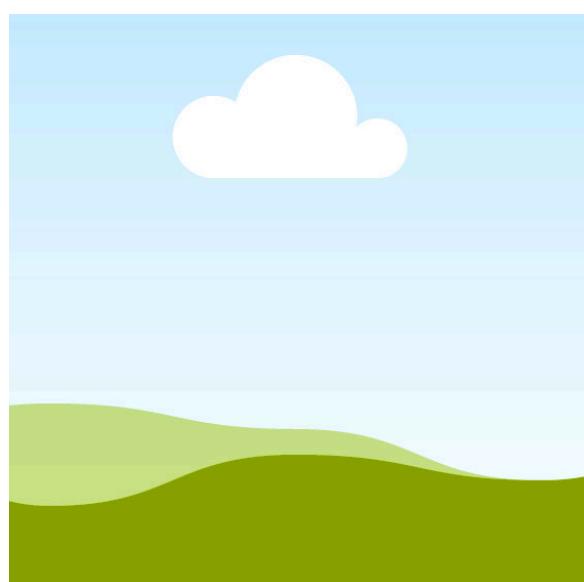
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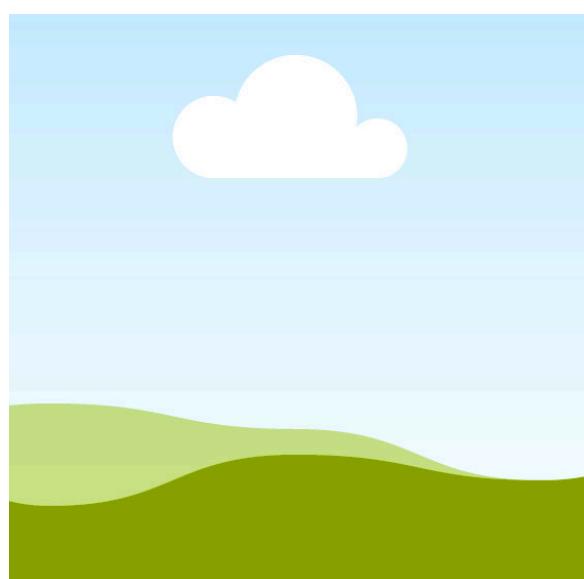
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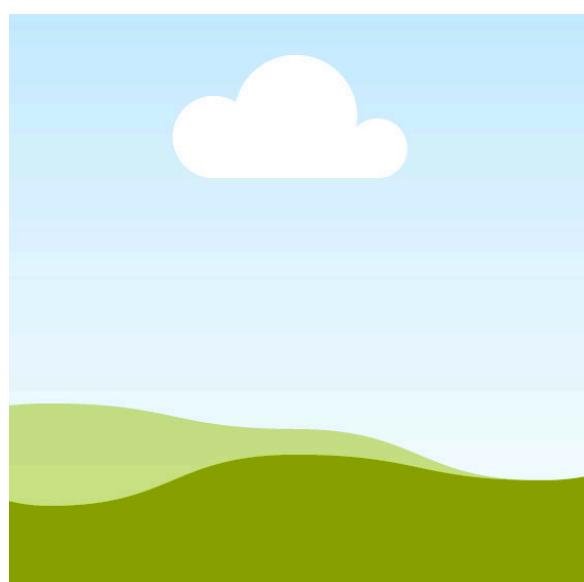
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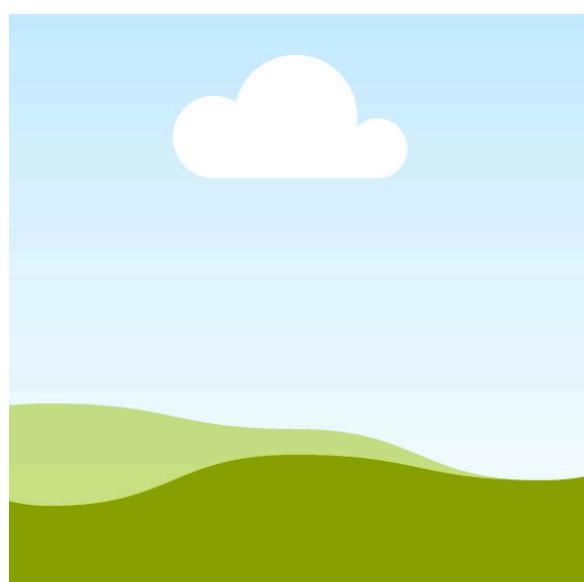
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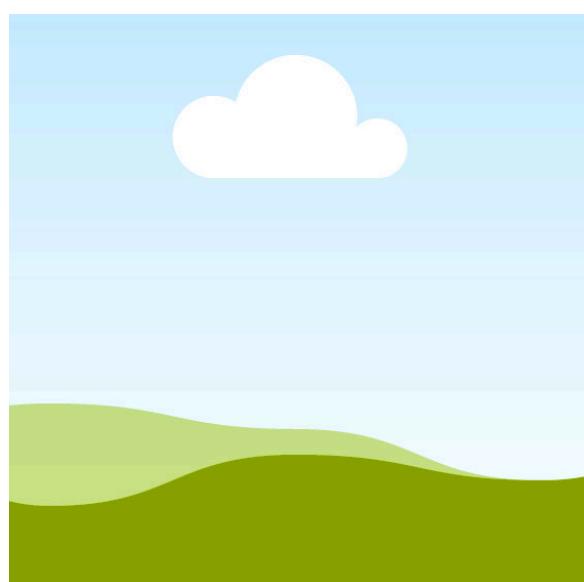
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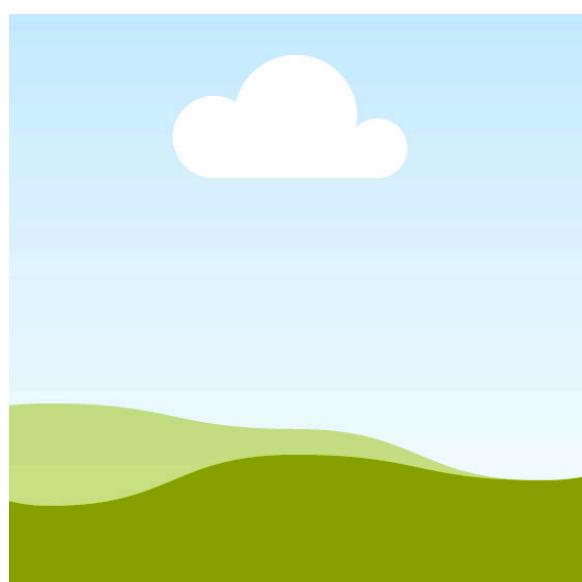
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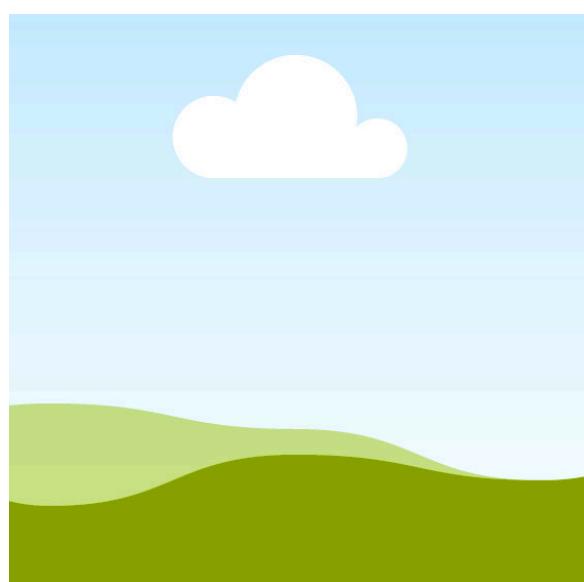
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MEAL PREPPING TIPS

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