

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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KETO GROCERY LIST

FRUIT & VEGETABLES

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

PROTEIN

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

FATS & OILS

- ☐
- ☐

CARBS

- ☐
- ☐
- ☐
- ☐
- ☐
- ☐

NUTS & SEEDS

- ☐
- ☐

CONDIMENTS & SPICES

- ☐
- ☐
- ☐
- ☐

INGREDIENTS & INSTRUCTIONS

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INGREDIENTS

INSTRUCTIONS

MACROS



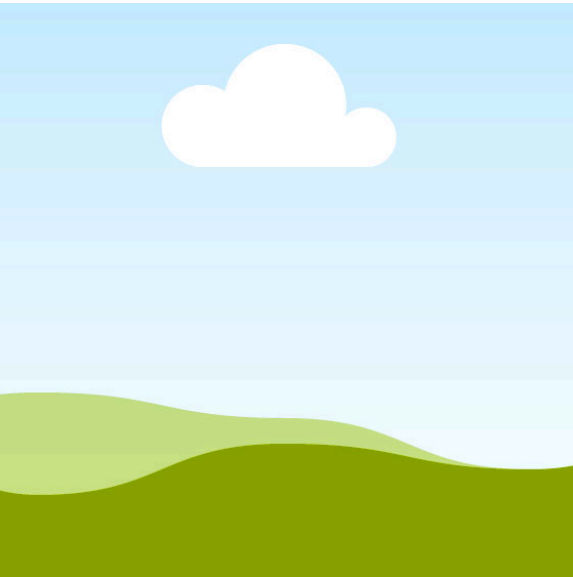
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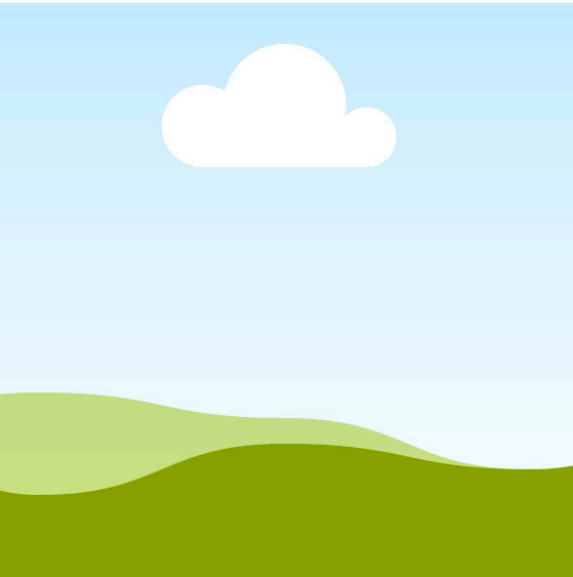
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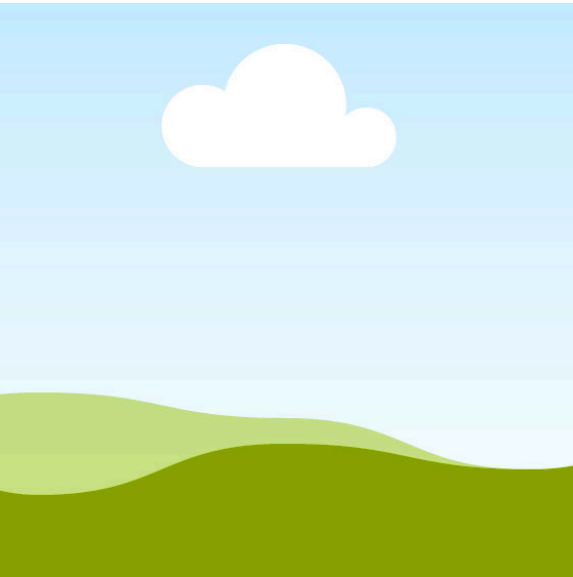
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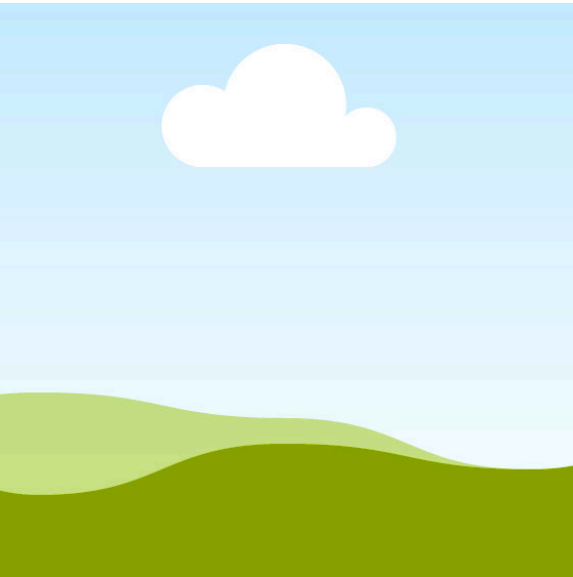
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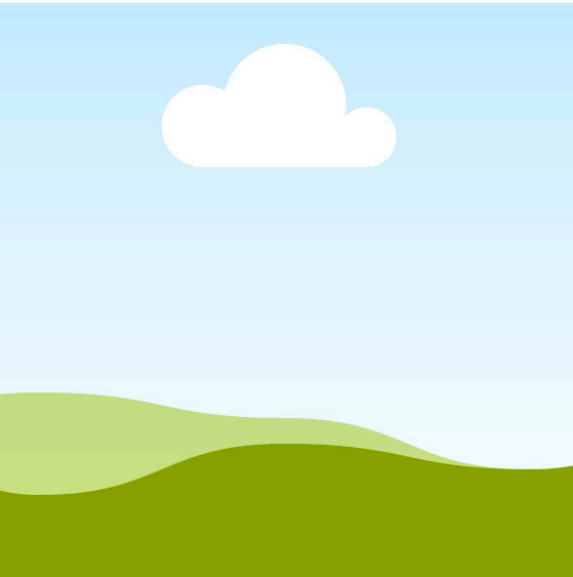
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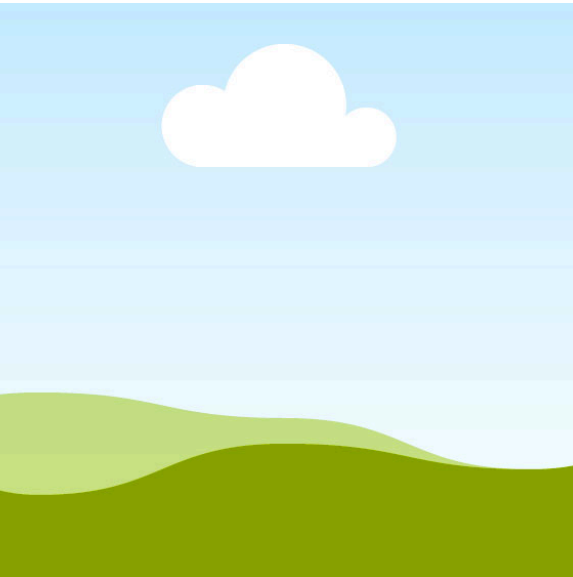
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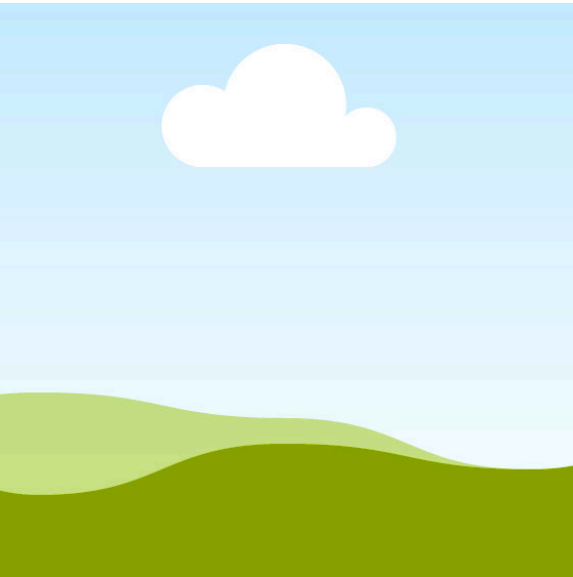
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FEEL FREE TO USE YOUR OWN SEASONINGS

MEAL PREPPING TIPS

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