

Date: \_\_\_\_\_ Weekly Weigh in: \_\_\_\_\_ My 3 Power Words or Affirmation: \_\_\_\_\_

**Day #1**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake  
Or Bone broth  
\_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_  
Exercise: \_\_\_\_\_  
Cravings: \_\_\_\_\_  
BM's/Digestion: \_\_\_\_\_  
Energy: \_\_\_\_\_  
Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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

**Day #2**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake  
Or Bone broth  
\_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_  
Exercise: \_\_\_\_\_  
Cravings: \_\_\_\_\_  
BM's/Digestion: \_\_\_\_\_  
Energy: \_\_\_\_\_  
Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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Date: \_\_\_\_\_ Weekly Weigh in: \_\_\_\_\_ My 3 Power Words or Affirmation: \_\_\_\_\_

**Day #3**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake  
Or Bone broth  
\_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_

Exercise: \_\_\_\_\_

Cravings: \_\_\_\_\_

BM's/Digestion: \_\_\_\_\_

Energy: \_\_\_\_\_

Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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

**Day #4**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake  
Or Bone broth  
\_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_

Exercise: \_\_\_\_\_

Cravings: \_\_\_\_\_

BM's/Digestion: \_\_\_\_\_

Energy: \_\_\_\_\_

Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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Date: \_\_\_\_\_ Weekly Weigh in: \_\_\_\_\_ My 3 Power Words or Affirmation: \_\_\_\_\_

**Day #5**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake \_\_\_\_\_
- Or Bone broth \_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_

Exercise: \_\_\_\_\_

Cravings: \_\_\_\_\_

BM's/Digestion: \_\_\_\_\_

Energy: \_\_\_\_\_

Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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

**Day #6**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake \_\_\_\_\_
- Or Bone broth \_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_

Exercise: \_\_\_\_\_

Cravings: \_\_\_\_\_

BM's/Digestion: \_\_\_\_\_

Energy: \_\_\_\_\_

Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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Date: \_\_\_\_\_ Weekly Weigh in: \_\_\_\_\_ My 3 Power Words or Affirmation: \_\_\_\_\_

**Day #7**

**MORNING**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_
- Coffee/tea/shake  
Or Bone broth  
\_\_\_\_\_

**LUNCH**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**DINNER**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**SNACKS**

- Fat/Oils \_\_\_\_\_
- Protein \_\_\_\_\_
- Carbs \_\_\_\_\_

**FRUITS**

- Serving 1 \_\_\_\_\_
- Serving 2 \_\_\_\_\_

**WATER**

- Total ounces \_\_\_\_\_

Sleep: \_\_\_\_\_

Exercise: \_\_\_\_\_

Cravings: \_\_\_\_\_

BM's/Digestion: \_\_\_\_\_

Energy: \_\_\_\_\_

Mood/Hormones: \_\_\_\_\_

Notes/Motivation/Aha moment:

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