








Keto Meal Weekly Planner



	Breakfast		Lunch		Dinner		Snacks		
Mon									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Tue									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Wed									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Thu									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Fri									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Sat									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24
Sun									water 
	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	Cals:	Carbs:	96 48 24