WEEKLY KETO MEAL PLANNER

Sunday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Monday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Tuesday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Wednesday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Thursday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Friday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

Saturday	Breakfast	Lunch	Dinner	Snacks	Total
Net Carbs / Protein	/	/	/	/	/
Calories					

Water*

NOTES

GROCERY LIST	
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Water*

Drink half your body weight in ounces. (if you weigh 200 pounds, drink 100 ounces)
1 glass of water = 1 cup = 8 ounces = 236.59 mL

Benefits of staying hydrated

- Alleviates keto flu symptoms
- Helps with digestion and boosts metabolism
- Reduces appetite
- Improves skin health
- Positive impact on energy levels, mood, and brain performance

Find more keto info, ideas, and printables at PlanKetogenic.pro

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