

Keto Daily Planner

Breakfast

Carbs: _____ Fat: _____ Protein: _____ Calories: _____

Lunch

Carbs: _____ Fat: _____ Protein: _____ Calories: _____

Dinner

Carbs: _____ Fat: _____ Protein: _____ Calories: _____

Snacks

Carbs: _____ Fat: _____ Protein: _____ Calories: _____

Total: Carbs: _____ Fat: _____ Protein: _____ Calories: _____

Kasey Trenum

Weekly Meal Planner

Monday	Breakfast	Lunch	Dinner	Notes
Tuesday	Breakfast	Lunch	Dinner	Notes
Wednesday	Breakfast	Lunch	Dinner	Notes
Thursday	Breakfast	Lunch	Dinner	Notes
Friday	Breakfast	Lunch	Dinner	Notes
Saturday	Breakfast	Lunch	Dinner	Notes
Sunday	Breakfast	Lunch	Dinner	Notes

Weekly **Shopping List**

Produce

Pantry

Deli

Dairy

Frozen

Other

30-Day Keto Challenge

Day 1

_____ Net Carbs
_____ Water
_____ Exercise

Day 2

_____ Net Carbs
_____ Water
_____ Exercise

Day 3

_____ Net Carbs
_____ Water
_____ Exercise

Day 4

_____ Net Carbs
_____ Water
_____ Exercise

Day 5

_____ Net Carbs
_____ Water
_____ Exercise

Day 6

_____ Net Carbs
_____ Water
_____ Exercise

Day 7

_____ Net Carbs
_____ Water
_____ Exercise

Day 8

_____ Net Carbs
_____ Water
_____ Exercise

Day 9

_____ Net Carbs
_____ Water
_____ Exercise

Day 10

_____ Net Carbs
_____ Water
_____ Exercise

Day 11

_____ Net Carbs
_____ Water
_____ Exercise

Day 12

_____ Net Carbs
_____ Water
_____ Exercise

Day 13

_____ Net Carbs
_____ Water
_____ Exercise

Day 14

_____ Net Carbs
_____ Water
_____ Exercise

Day 15

_____ Net Carbs
_____ Water
_____ Exercise

Day 16

_____ Net Carbs
_____ Water
_____ Exercise

Day 17

_____ Net Carbs
_____ Water
_____ Exercise

Day 18

_____ Net Carbs
_____ Water
_____ Exercise

Day 19

_____ Net Carbs
_____ Water
_____ Exercise

Day 20

_____ Net Carbs
_____ Water
_____ Exercise

Day 21

_____ Net Carbs
_____ Water
_____ Exercise

Day 22

_____ Net Carbs
_____ Water
_____ Exercise

Day 23

_____ Net Carbs
_____ Water
_____ Exercise

Day 24

_____ Net Carbs
_____ Water
_____ Exercise

Day 25

_____ Net Carbs
_____ Water
_____ Exercise

Day 26

_____ Net Carbs
_____ Water
_____ Exercise

Day 27

_____ Net Carbs
_____ Water
_____ Exercise

Day 28

_____ Net Carbs
_____ Water
_____ Exercise

Day 29

_____ Net Carbs
_____ Water
_____ Exercise

Day 30

_____ Net Carbs
_____ Water
_____ Exercise

Kasey Trenum

Body Progress

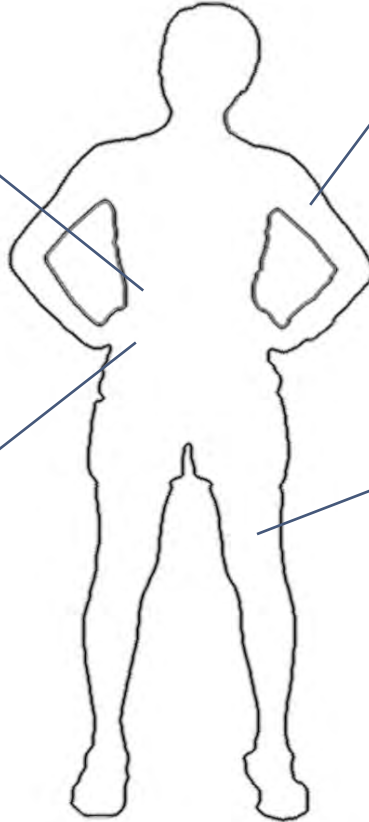
Month: _____

Waist

	Actual	Goal
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____

Arms

	Actual	Goal
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____



Hips

	Actual	Goal
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____

Thighs

	Actual	Goal
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____

Weight

	Actual	Goal
Week 1	_____	_____
Week 2	_____	_____
Week 3	_____	_____
Week 4	_____	_____