

BREAKFAST

BLACK COFFEE, GREEN TEA, OR LEMON WATER
(SPECIFY WHICH YOU CHOOSE)

LUNCH

KETO COMFORT FOOD LUNCH RECIPE

OR _____
└ KETO COMFORT FOOD SALAD, SOUP, OR STEW RECIPE

OR _____
└ PROTEIN
+ _____
└ NONSTARCHY VEGETABLES
+ _____
└ FAT

DINNER

KETO COMFORT FOOD DINNER RECIPE

OR _____
└ PROTEIN
+ _____
└ NONSTARCHY VEGETABLES OR KETO
COMFORT FOOD SIDE RECIPE
+ _____
└ FAT

SNACK

KETO COMFORT FOOD SNACK RECIPE

OR _____
└ SNACK FROM THE APPROVED LIST

MY DAILY NUTRITION

TOTAL CALORIES

TOTAL GRAMS OF PROTEIN

TOTAL GRAMS OF FAT

TOTAL GRAMS OF CARBOHYDRATES

DAILY PERCENTAGE OF PROTEIN

DAILY PERCENTAGE OF FAT

DAILY PERCENTAGE OF CARBOHYDRATES

Watch your portions when planning meals. The recipes are portion controlled for you, so you don't have to worry about measuring things out. The portion sizes of my recipes can also teach key lessons, like what a single portion of protein or veggies really should look like.

