

**BREAKFAST**

\_\_\_\_\_   
 KETO COMFORT FOOD BREAKFAST RECIPE

OR \_\_\_\_\_   
 L KETO COMFORT FOOD SMOOTHIE OR SLUSHEE RECIPE

OR \_\_\_\_\_   
 | PROTEIN   
 + \_\_\_\_\_   
 | FAT   
 + \_\_\_\_\_   
 | OPTIONAL NONSTARCHY VEGETABLES   
 | OR KETO-FRIENDLY FRUIT   
 + \_\_\_\_\_   
 | OPTIONAL KETO COMFORT FOOD BREAD   
 | OR PASTRY RECIPE

**LUNCH**

\_\_\_\_\_   
 KETO COMFORT FOOD LUNCH RECIPE

OR \_\_\_\_\_   
 L 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   
 + \_\_\_\_\_   
 | OPTIONAL KETO COMFORT FOOD DESSERT RECIPE

**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

**SNACK**

\_\_\_\_\_   
 KETO COMFORT FOOD SNACK RECIPE

OR \_\_\_\_\_   
 L SNACK FROM THE APPROVED LIST (SEE PAGE 103)

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.