

**BREAKFAST**

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PROTEIN

+

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FAT

+

\_\_\_\_\_

OPTIONAL NONSTARCHY VEGETABLES  
OR KETO-FRIENDLY FRUIT

+

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OPTIONAL KETO COMFORT FOOD BREAD  
OR PASTRY RECIPE

OR

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KETO COMFORT FOOD BREAKFAST RECIPE

OR

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KETO COMFORT FOOD SMOOTHIE OR SLUSHEE RECIPE

**LUNCH**

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KETO COMFORT FOOD LUNCH RECIPE

OR

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KETO COMFORT FOOD SALAD, SOUP,  
OR STEW RECIPE

OR

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PROTEIN

+

\_\_\_\_\_

NONSTARCHY VEGETABLES

+

\_\_\_\_\_

STARCHY CARBOHYDRATE

+

\_\_\_\_\_

FAT

**DINNER**

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KETO COMFORT FOOD DINNER RECIPE

OR

\_\_\_\_\_

PROTEIN

+

\_\_\_\_\_

NONSTARCHY VEGETABLES

+

\_\_\_\_\_

STARCHY CARBOHYDRATE

+

\_\_\_\_\_

FAT

+

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OPTIONAL KETO COMFORT FOOD DESSERT RECIPE

**MY DAILY NUTRITION**

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TOTAL CALORIES

\_\_\_\_\_

TOTAL GRAMS OF PROTEIN

\_\_\_\_\_

TOTAL GRAMS OF FAT

\_\_\_\_\_

TOTAL GRAMS OF CARBOHYDRATES

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DAILY PERCENTAGE OF PROTEIN

\_\_\_\_\_

DAILY PERCENTAGE OF FAT

\_\_\_\_\_

DAILY PERCENTAGE OF CARBOHYDRATES

**SNACK**

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KETO COMFORT FOOD SNACK RECIPE

OR

\_\_\_\_\_

SNACK FROM THE APPROVED LIST

OR

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FRESH FRUIT SERVING

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.