

	Monday	Tuesday	Wednesday
Week No. Each Day eat: 2 Healthy Low Carb Meals Per Day with 3 handfuls of Vegetables 1 handful of allowed fruit can replace 1 handful of vegetables once daily and 1 palm size portion of Lean Protein 1 Meal Replacement Shake It Shake or Soup 2 Low Carb Protein Snacks ½ Keto Bar or Keto Crunch Bar ½ serve Shake It Chocolate or Vanilla 1 Soy Keto Bar or A portion of protein the size of 3 of your fingers	Breakfast:	Breakfast:	Breakfast:
	Snack:	Snack:	Snack:
	Lunch:	Lunch:	Lunch:
	Snack:	Snack:	Snack:
	Dinner:	Dinner:	Dinner:

Thursday	Friday	Saturday	Sunday
Breakfast:	Breakfast:	Breakfast:	Breakfast:
Snack:	Snack:	Snack:	Snack:
Lunch:	Lunch:	Lunch:	Lunch:
Snack:	Snack:	Snack:	Snack:
Dinner:	Dinner:	Dinner:	Dinner: