

KETO IT SIMPLE WEEK PLAN

MON	BREAKFAST	LUNCH	DINNER
MEAT			
VEG/SALAD			
SAUCE/SNACK			
TUES			
MEAT			
VEG/SALAD			
SAUCE/SNACK			
WED			
MEAT			
VEG/SALAD			
SAUCE/SNACK			
THU			
MEAT			
VEG/SALAD			
SAUCE/SNACK			
FRI			
MEAT			
VEG/SALAD			
SAUCE/SNACK			
SAT			
MEAT			
VEG/SALAD			
SAUCE/SNACK			
SUN			
MEAT			
VEG/SALAD			
SAUCE/SNACK			

KETO IT SIMPLE WEEK PLAN

THINGS TO BUY

MON

THU

GOALS

SUN