monday

b: _____

l: _____

d: _____

tuesday

b: _____

l: _____

d: _____

wednesday

b: _____

l: _____

d: _____

thursday

b: _____

l: _____

d: _____

friday

b: _____

l: _____

d: _____

saturday

b: _____

l: _____

d: _____

sunday

b: _____

l: _____

d: _____

ketocracy

the ketogenic society

produce

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

meats

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

dairy

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

miscellaneous

_____ _____

_____ _____

_____ _____

_____ _____

_____ _____

weekly macros

protein: fat: carbs:

www.ketocracy.com