

Week: _____

☐ Mon ☐ Tue ☐ Wed ☐ Thu ☐ Fri ☐ Sat ☐ Sun

Meal 1

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD/Fasting: _____ Hours

| TIME | ITEMS | CALORIES | NET CARBS | TOTAL CARBS | FIBER | FAT | PROTEIN |
|------|-------|----------|-----------|-------------|-------|-----|---------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Meal 2

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD/Fasting: _____ Hours

| TIME | ITEMS | CALORIES | NET CARBS | TOTAL CARBS | FIBER | FAT | PROTEIN |
|------|-------|----------|-----------|-------------|-------|-----|---------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Meal 3

☐ Breakfast ☐ Lunch ☐ Dinner ☐ OMAD/Fasting: _____ Hours

| TIME | ITEMS | CALORIES | NET CARBS | TOTAL CARBS | FIBER | FAT | PROTEIN |
|------|-------|----------|-----------|-------------|-------|-----|---------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Snacks

| TIME | ITEMS | CALORIES | NET CARBS | TOTAL CARBS | FIBER | FAT | PROTEIN |
|------|-------|----------|-----------|-------------|-------|-----|---------|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |

Ketone Readings: _____ AM _____ PM

GLUCOSE READINGS: _____ AM _____ PM