

# Keto Meals

## WEEKLY PLANNER

MONDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

TUESDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

WEDNESDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

THURSDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

FRIDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

SATURDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

SUNDAY

B  
L  
D  
S

calories

carbs

water

96 48 24

NOTES

GROCERIES