



week \_\_\_\_\_

day \_\_\_\_\_

date \_\_\_\_\_

	protein	carbs	protein
	size	(grams)	(grams)
<b>breakfast</b>	<input type="checkbox"/> protein		
	<input type="checkbox"/> <i>fruit or grain (1)*</i>		
	<input type="checkbox"/> beverage		
	<input type="checkbox"/> <b>lindora protein snack</b>		
<b>lunch</b>	<input type="checkbox"/> protein		
	<input type="checkbox"/> <i>vegetable (1)*</i>		
	<input type="checkbox"/> <i>2 c. lettuce/greens*</i>		
	<input type="checkbox"/> <i>fruit (1)*</i>		
	<input type="checkbox"/> beverage		
	<input type="checkbox"/> <b>lindora protein snack</b>		
<b>dinner</b>	<input type="checkbox"/> protein		
	<input type="checkbox"/> <i>vegetable (1)*</i>		
	<input type="checkbox"/> <i>2 c. lettuce/greens*</i>		
	<input type="checkbox"/> <i>fruit (1)*</i>		
	<input type="checkbox"/> beverage		
	<input type="checkbox"/> <b>lindora protein snack</b>		
<b>Total ▶</b>			

weight \_\_\_\_\_

**eat better.**

keto reading:

N T S M L X

water: (8) 10-oz. glasses

1 2 3 4 5 6 7 8

supplements:

- capsio-lin+
- amino defense
- stay weight
- pro fiber
- multi-vitamin
- potassium
- sotari

**move more.**

steps \_\_\_\_\_

activity \_\_\_\_\_

total minutes \_\_\_\_\_

**stress less.**

hours of sleep: \_\_\_\_\_

today I feel...

1 2 3 4 5  
exhausted rested

glysom

**\*Important:** high protein days should **not** include any grains, fruits or vegetables.