

5-WEEK KETO DIET PLAN

*Each day includes breakfast, lunch and dinner, along with the macros of each meal (per portion size)

DAY 1	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 2	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 3	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 4	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 5	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 6	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 7	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal

5-WEEK KETO DIET PLAN

*4 days includes breakfast, lunch and dinner, while every other day is an intermittent fast

DAY 1	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 2	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 3	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 4	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 5	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 6	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 7	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal

5-WEEK KETO DIET PLAN

*4 days are intermittent fasting days, while every other day had lunch, breakfast and dinner

DAY 1	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 2	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 3	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 4	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 5	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 6	BREAKFAST (?? AM): ?? LUNCH (?? PM): ?? DINNER (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 7	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal

5-WEEK KETO DIET PLAN

*You are intermittent fasting on 2 meals for the whole week

DAY 1	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 2	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 3	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 4	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 5	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 6	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 7	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal

5-WEEK KETO DIET PLAN

*You are intermittent fasting on a smaller eating window

DAY 1	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 2	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 3	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 4	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 5	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 6	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal
DAY 7	MEAL 1 (?? PM): ?? MEAL 2 (?? PM): ?? TOTAL MACROS: Protein: ~??g Carbs: ~??g Fats: ~??g Calories: ~??kcal

KETO GROCERY LIST

FRUIT & VEGETABLES

- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???

PROTEIN

- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???
- ???

BUTTER & OILS

- ???
- ???
- ???
- ???

CARBS

- ???
- ???
- ???
- ???
- ???
- ???

NUTS & SEEDS

- ???
- ???
- ???
- ???
- ???

AN OVERVIEW OF KETO

???

PURPOSE

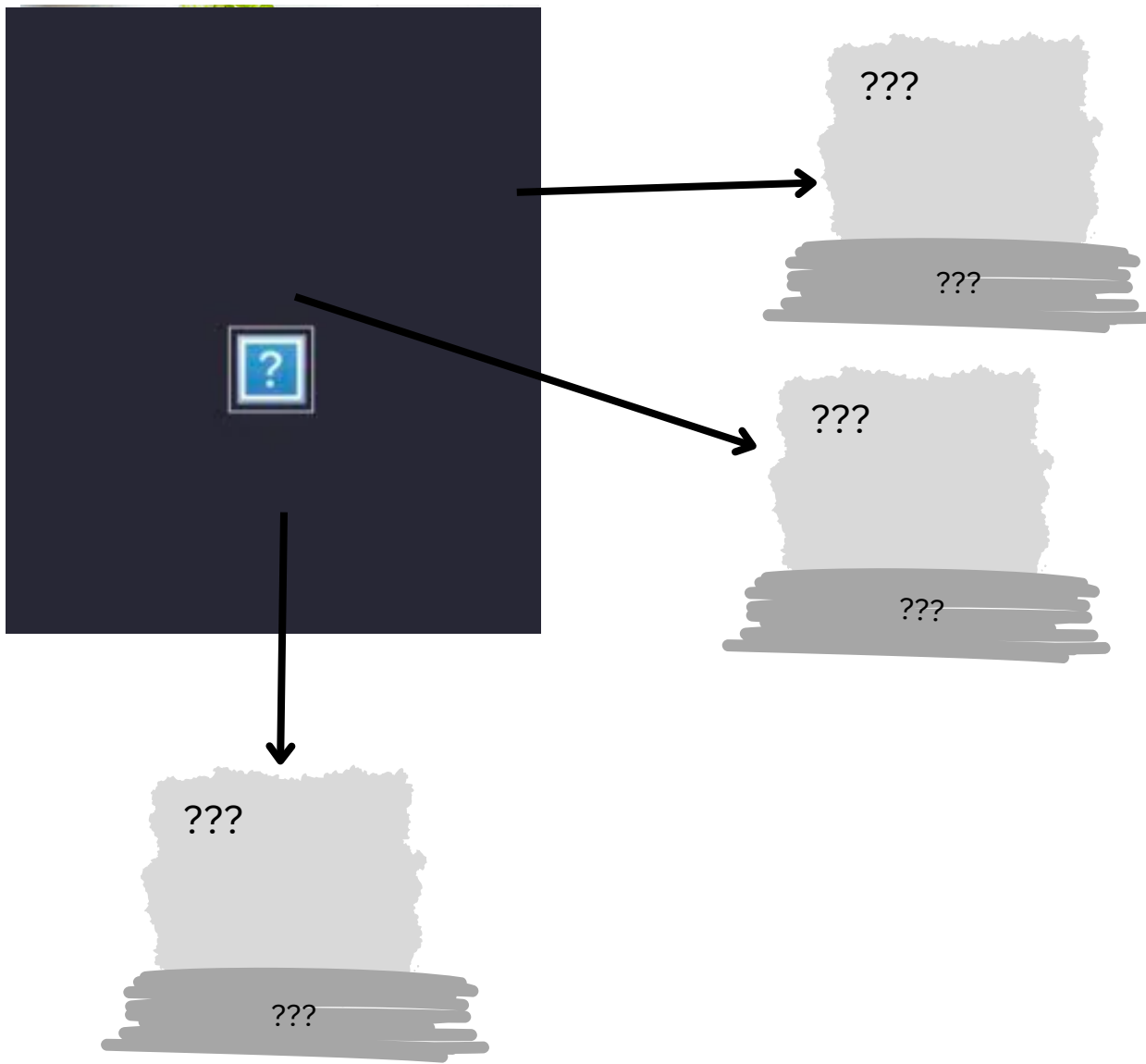
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DISTRIBUTION OF MACROS

???

AN OVERVIEW OF KETO

???



???

???

AN OVERVIEW OF KETO

???

WHY A CALORIE DEFICIT IS QUESTIONABLE

???

INSULIN

???

EVERYONE REACTS DIFFERENTLY TO CARBS

???

Common Q & As

DO I HAVE TO FOLLOW THE EXACT MEAL TIMES?

???

WHAT IF I EAT A MEAL THAT ISN'T ON THE PLAN?

???

WHY ARE SPECIFIC FRUITS PICKED?

???

Common Q & As

WHAT IF THE MEALS AREN'T ENOUGH FOR ME?

???

MOST OF THE DAYS ARE OVER 50G CARBS, SO DOES THAT PREVENT KETOSIS?

???

IS THERE A SPECIFIC SEASONING I MUST USE?

???

FOODS TO AVOID AT ALL COSTS

GENERAL FOODS

- ???

COMMON INDIVIDUAL FOODS

- ???