

THE KETO 90 *lifestyle*

FIND MORE INFO AT YGYBETTERHEALTH.COM

DAILY NUTRITION LOG

MONDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

TUESDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

WEDNESDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

THURSDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

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DAILY NUTRITION LOG

FRIDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

SATURDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES

SUNDAY

MEAL	FAT	CARBS	PROTEIN
Breakfast			
Snack			
Lunch			
Snack			
Dinner			
TOTAL			

NOTES
