

	Monday	Tuesday	Wednesday
<b>Week No.</b>  <b>Each Day eat:</b>  <b>2 Healthy Low Carb Meals Per Day with 3 handfuls of Vegetables</b> 1 handful of recommended fruit can replace 1 handful of vegetables once daily <b>and 1 palm-sized portion of Lean Protein</b>  <b>1 Meal Substitute</b> Shake It Shake or Soup  <b>2 Low Carb Protein Snacks</b> ½ Keto Bar or Keto Crunch Bar ½ serve Shake It Chocolate or Vanilla 1 Keto Snack Bar or A portion of protein the size of 3 of your fingers	Breakfast:	Breakfast:	Breakfast:
	Snack:	Snack:	Snack:
	Lunch:	Lunch:	Lunch:
	Snack:	Snack:	Snack:
	Dinner:	Dinner:	Dinner:

Thursday	Friday	Saturday	Sunday
Breakfast:	Breakfast:	Breakfast:	Breakfast:
Snack:	Snack:	Snack:	Snack:
Lunch:	Lunch:	Lunch:	Lunch:
Snack:	Snack:	Snack:	Snack:
Dinner:	Dinner:	Dinner:	Dinner: