

WEEK 3 – Track Your Keto Points

Saturday

Fat

Protein

Carbs

Sunday

Fat

Protein

Carbs

Monday

Fat

Protein

Carbs

Tuesday

Fat

Protein

Carbs

Wednesday

Fat

Protein

Carbs

Thursday

Fat

Protein

Carbs

Friday

Fat

Protein

Carbs

Fat = 14 grams Protein = 10 grams Carbs = 20 grams

13 Keto Fat points 7 Keto Protein points 2 Keto Carb points