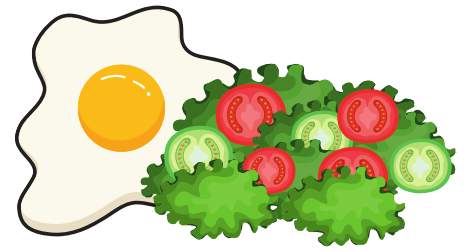








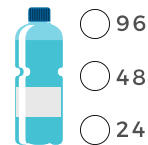
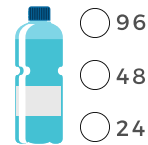
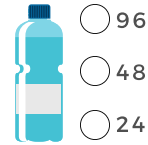
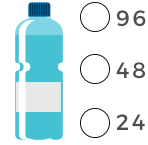


KETO MEALS

WEEKLY PLANNER



MONDAY               B L D S	CALORIES CARBS
TUESDAY               B L D S	CALORIES CARBS
WEDNESDAY             B L D S	CALORIES CARBS
THURSDAY              B L D S	CALORIES CARBS
FRIDAY              B L D S	CALORIES CARBS
SATURDAY             B L D S	CALORIES CARBS
SUNDAY               B L D S	CALORIES CARBS



NOTES:

GROCERIES: