

KETO DIET

RESULTS

30-Day Meal Plan

Week 1 Nutrition

DAY 1

1596 Calories
Fat - 144 g (80%)
Protein - 61 g (15%)
Carb - 21 g (5%)
Fiber - 5 g
Sugar - 3 g
NET CARBS - 16 g

DAY 2

1574 Calories
Fat - 132 g (75%)
Protein - 77 g (19%)
Carb - 23 g (6%)
Fiber - 11 g
Sugar - 7 g
NET CARBS - 12 g

DAY 3

1525 Calories
Fat - 135 g (77%)
Protein - 60 g (15%)
Carb - 30 g (8%)
Fiber - 18 g
Sugar - 6 g
NET CARBS - 13 g

DAY 4

1647 Calories
Fat - 140 g (76%)
Protein - 71 g (17%)
Carb - 29 g (7%)
Fiber - 10 g
Sugar - 10 g
NET CARBS - 20 g

DAY 5

1879 Calories
Fat - 149 g (71%)
Protein - 100 g (21%)
Carb - 38 g (8%)
Fiber - 16 g
Sugar - 12 g
NET CARBS - 23 g

DAY 6

1524 Calories
Fat - 126 g (72%)
Protein - 72 g (18%)
Carb - 37 g (10%)
Fiber - 16 g
Sugar - 11 g
NET CARBS - 21 g

DAY 7

1846 Calories
Fat - 162 g (78%)
Protein - 65 g (14%)
Carb - 36 g (8%)
Fiber - 19 g
Sugar - 8 g
NET CARBS - 17 g

AVERAGE

1656 Calories
Fat - 141 g (76%)
Protein - 72 g (17%)
Carb - 31 g (7%)
Fiber - 14 g
Sugar - 8 g
NET CARBS - 17 g