

Day/Date:

weight:

water:

walked:

tea:

Time	BG/Ket	Time	Meal/Activity	Protein	Carbs (Veg)	Fat
			Coffee			
			Broth			
			Breakfast			
			Lunch			
			Dinner			
			Broth			
			Snack			
			Totals			
		Breakfast				Lunch
		Dinner				Snacks

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