

# Keto Diet Plan

Patient information	
Full name:	
Age:	
Current weight:	
Height:	
Medical history:	
Goals of this diet plan:	
Monday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

<b>Tuesday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
<b>Wednesday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

<b>Thursday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
<b>Friday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

<b>Saturday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
<b>Sunday meal plan</b>	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

## Notes