

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	

Tuesday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Wednesday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

Thursday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Friday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

Saturday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	
Sunday meal plan	
Breakfast	
Mid-morning snack	
Lunch	
Afternoon snack	
Dinner	

Notes