

# KETO DIET LOG

DATE: \_\_\_\_\_

CALORIES (cal)	CARBS (g)	SUGAR (g)	PROTEIN (g)	FAT (g)

BREAKFAST	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

LUNCH	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

DINNER	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

SNACKS	FOOD	CALORIES	CARBS	SUGAR	PROTEIN	FAT

TOTAL						
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