


Day 2 Keto-Protein Focus

Breakfast 5:00 am

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drinking water

8 fl oz 0 cal

 **protein pancakes** ▶

RECIPE

2 serving 99 cal

strawberries

1/2 Cup(s) 27 cal

Meal Totals

Cal 126 Carb 18g Pro 9g Fat 2g Fluid 11fl oz

Post-workout 8:00 am

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whey protein powder

2 Scoop 225 cal

Meal Totals

Cal 225 Carb 2g Pro 52g Fat 1g Fluid 0fl oz

Snack 10:00 am

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smooth peanut butter, no salt

2 Tbsp 188 cal

drinking water

16 fl oz 0 cal

apples

1 medium 72 cal

Meal Totals

Cal 260 Carb 25g Pro 8g Fat 16g Fluid 20fl oz

Lunch 1:00 pm

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drinking water

16 fl oz 0 cal



RECIPE

lettuce-wrapped turkey burgers ▶

2 serving 335 cal

olive oil

1 1/2 Tbsp 179 cal

tomatoes

1 plum tomato 11 cal

Meal Totals

Cal 525 Carb 8g Pro 31g Fat 42g Fluid 25fl oz

Cal 1,509 Carb 66g Pro 128g Fat 85g Fluid 75fl oz



Dinner 6:00 pm

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drinking water

16 fl oz 0 cal

olive oil

1 1/2 Tbsp 179 cal

chicken breast, cooked

3 oz 140 cal

sweet potato, no salt, baked

1 small 54 cal

Meal Totals

Cal 373 Carb 12g Pro 28g Fat 23g Fluid 19fl oz