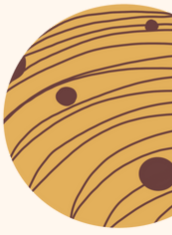




Preset Keto Package - 6 Meals: April 22nd - April 28th

# Weekly Eating Guide

	<b>Lunch</b>	<b>Dinner</b>	<b>Snack</b>
<b>Day 1</b>	Protein Pocket : Buffalo Popper	Marry Me Chicken	Chocolate Almond Bullet
<b>Day 2</b>	Taco Soup	Southwest Chicken with Roasted Vegetables	Chocolate Almond Bullet
<b>Day 3</b>	Protein Pizza : Pesto Mediterrean	Kimchi Pork Stew on Cauliflower Rice	Chocolate Almond Bullet



Preset Keto Package : April 22nd - April 28th

# Weekly Macro Tracking

Day	CALORIES	FAT (g)	TOTAL CARBS (g)	FIBRE (g)	NET CARBS (g)	PROTEIN (g)
1	1130	86	23	8	15	71
2	1050	85	35	9	19	46
3	1060	80	28	10	18	64

As all our food is made fresh with zero preservatives, some meals will require freezing based on the Freeze by Date. We recommend letting your sauce thaw after freezing (do not heat) and shaking or stirring them before consumption. Do not microwave the sauce containers.



**ketolibrium**