Date: \_\_\_\_\_\_ Blood Glucose: Weight:

Nutri Keto Food Journal

|  |  |  |  |
| --- | --- | --- | --- |
|  | Fat | Protein | Carbohydrate |
| Daily Allowance of Macro Nutrients: |  |  |  |
| Breakfast |  |
| Food | Quantity |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
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|  |  |  |  |  |
| Sub Total Breakfast |  |  |  |
| Lunch |  |
| Food | Quantity |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
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|  |  |  |  |  |
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|  |  |  |  |  |
| Sub Total Lunch |  |  |  |
| Dinner |  |
| Food | Quantity |  |  |  |
|  |  |  |  |  |
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|  |  |  |  |  |
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|  |  |  |  |  |
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|  |  |  |  |  |
| Sub Total Dinner |  |  |  |
| Daily Total |  |  |  |
|  |  |  |  |