

Keto Mealplan 1500 Cal 49%f 28%p 23%c

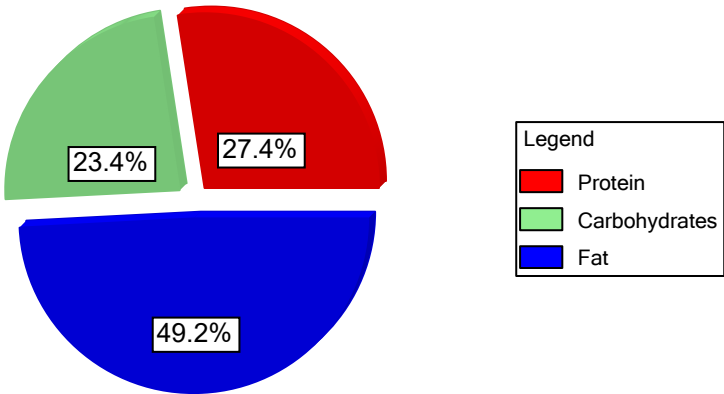
Daily Plan Averages

Calories: 1501 kCal
Protein: 27.4%
Carbohydrates: 23.4%
Fat: 49.2%

Fat: 97 grams
Carbohydrates: 104 grams
Protein: 122 grams
Saturated Fat: 29 grams
Cholesterol: 493 mgs
Fiber: 27 grams
Sodium: 1296 mgs

First Number is daily amount
*-Number in () is recommended daily amount

Nutritional Breakdown for Meal Plan



Provided By: Maxine Johnson

Consult a qualified health professional before starting any exercise and/or nutrition program.

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Day 1:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
Breakfast:										
Mixed Berries	1/2 Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8	
Water, plain	1 Cup	0	0	0	0	0	0	0	1	
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95	
Meal Total:		49.5	4.5	19.4	10.3	0.5	50	6.1	96.8	
Snack:										
Nuts, cashew nuts, raw	2 oz	313.6	24.9	17.1	10.3	4.4	0	1.9	6.8	
Apples, Raw	1/2 medium (2-3/4 dia) (approx 3 per lb)	35.9	0.1	9.5	0.2	0	0	1.7	0.7	
Meal Total:		349.4	25	26.6	10.5	4.4	0	3.5	7.5	
Lunch:										
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	4 oz	213.1	8.8	0	31.3	3.6	96.3	N/A	74.8	
Asparagus, cooked, boiled, drained, with salt	4 spears (1/2" base)	13.2	0.1	2.5	1.4	0	0	1.2	144	
Yam, cooked, boiled, drained, or baked, with salt	4 oz	129.3	0.2	30.6	1.7	0	0	4.4	276.7	
Butter, salted	2 tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5	
Meal Total:		423.4	16.8	33.1	34.5	8.5	116.7	5.6	550	
Snack:										
Celery, raw	5 stalk(s), small (5 long)	13.6	0.1	2.5	0.6	0	0	1.4	68	
Organic Peanut Butter	2 Tbsp	190	16	7	8	2	0	3	0	
Meal Total:		203.6	16.1	9.5	8.6	2	0	4.4	68	
Dinner:										
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3	
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7	
Fish, salmon, coho, wild, cooked, moist heat	5 oz	260.7	10.6	0	38.8	2.3	80.7	0	75.1	
Meal Total:		415.5	26.8	3	39.7	5.2	80.7	1.1	82.1	

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N/A = Nutritional Information Not Available

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Day 1:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Whole Milk Yogurt	1/3	Cup	58	2.7	4.9	3.6	1.8	11.2	0	55.8
Water, plain	3/4	Cup	0	0	0	0	0	0	0	0.8
Meal Total:			68	6.7	14.9	13.6	2.3	61.2	4	151.6
Total Nutritional Values:			1510	96	107	117	23	309	25	956

+ Indicates Item has Recipe

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Day 2:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
Breakfast:										
Mixed Berries	1/2 Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8	
Egg, whole, cooked, scrambled	2 large	203.7	14.9	2.7	13.5	4.5	429.4	0	341.6	
Meal Total:		243.3	15.4	12.1	13.9	4.5	429.4	2.1	342.4	
Snack:										
Water, plain	1 1/2 Cup	0	0	0	0	0	0	0	1.5	
Grapefruit	1/2 medium (approx 4 dia)	41	0.1	10.3	0.8	0	0	1.4	0	
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95	
Meal Total:		51	4.1	20.3	10.8	0.5	50	5.4	96.5	
Lunch:										
Broccoli, cooked, boiled, drained, with salt	1 cup(s), chopped	54.6	0.6	11.2	3.7	0.1	0	5.1	408.7	
Butter, salted	2 tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5	
Fish, salmon, coho, wild, cooked, dry heat	5 oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2	
Meal Total:		319.3	14.4	11.2	37	6.5	98.3	5.1	545.4	
Snack:										
Granny Smith Apple	1/2 raw, with skin	55.9	0.3	14.5	0.2	0.1	0	2.6	0	
Raw Pumpkin Seeds	1 oz	150	13	5	7	3	0	4	5	
Whole Milk Yogurt	1/2 Cup	87.9	4.1	7.4	5.4	2.7	16.9	0	84.6	
Meal Total:		293.8	17.4	26.9	12.6	5.8	16.9	6.6	89.6	
Dinner:										
CHICKEN LIGHT & DARK MEAT ONLY-ROASTED	4 oz	215.5	8.4	0	32.8	2.3	100.9	0	97.5	
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3	
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7	
Wild rice, cooked	1/2 cup(s)	82.8	0.3	17.5	3.3	0	0	1.5	2.5	
Butter, salted	2 tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5	
Meal Total:		521	32.5	20.5	37.1	10.1	121.3	2.6	161.5	

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Day 2:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Meal Total:			10	4	10	10	0.5	50	4	96.5
Total Nutritional Values:			1438	88	101	121	28	766	26	1332

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Day 3:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Whole Milk Yogurt	1	Cup	175.9	8.1	14.9	10.8	5.4	33.8	0	169.1
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Meal Total:			225.4	12.6	34.3	21.1	6	83.8	6.1	264.9
Snack:										
Granny Smith Apple	1/2	raw, with skin	55.9	0.3	14.5	0.2	0.1	0	2.6	0
Cottage Cheese creamed, large or small curd	1/2	cup(s), large curd (not packed)	102.9	4.5	3.5	11.7	1.8	17.8	0	382.2
Meal Total:			158.8	4.9	18	11.9	1.9	17.8	2.6	382.2
Lunch:										
Green Beans - Cooked w/ Salt	1	cup(s)	35.1	0.2	7.9	2	0.1	0	4	330.8
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4	oz	260.7	14.4	0	30.7	5.7	75.9	0	64.6
Sauerkraut, Raw	2	Tablespoons	2.6	0	1.3	0	0	0	0.9	98.6
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Sweet potato, cooked, baked in skin, without salt	3	oz	76.5	0.1	17.6	1.7	0	0	2.8	30.6
Meal Total:			442.7	22.4	26.8	34.5	10.6	96.3	7.7	579
Snack:										
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Organic Coconut Oil	1	Tbsp	120	14	0	0	12	0	0	0
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Peanut butter, chunk style, with salt	2	tbsp(s)	188.5	16	6.9	7.7	2.6	0	2.6	155.5
Meal Total:			318.5	34	16.9	17.7	15.1	50	6.6	252
Dinner:										
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Fish, salmon, coho, wild, cooked, dry heat	5	oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2
Meal Total:			351.8	22.2	3	34.1	4.4	77.9	1.1	89.2

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Day 3:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:									
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Meal Total:		10	4	10	10	0.5	50	4	96
Total Nutritional Values:		1507	100	109	129	38	376	28	1663

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Day 4:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:									
Avocado	1/2 avocado	160.8	14.7	8.6	2	2.1	0	6.7	7
Egg(s) (Without salt)	1 large egg(s)	71.5	5	0.4	6.3	1.6	211.5	0	70
Parmesan Cheese - Grated	1 tbsp(s)	21.6	1.4	0.2	1.9	0.9	4.4	0	76.4
Meal Total:		253.8	21.1	9.2	10.2	4.6	215.9	6.7	153.5
Snack:									
Nectarines, raw	1 fruit (2-1/2" dia)	59.8	0.4	14.3	1.4	0	0	2.3	0
Cheese, cottage, creamed, large or small curd	1/2 cup(s), small curd (not packed)	110.2	4.8	3.8	12.5	1.9	19.1	0	409.5
Meal Total:		170.1	5.3	18.2	14	2	19.1	2.3	409.5
Lunch:									
Garden Salad	1 cup(s)	5.6	0.1	1.1	0.4	0	0	0.6	3.4
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Beef, ground, 80% lean meat / 20% fat, patty, cooked, broiled	1 1/2 serving (3 oz)	345.5	22.7	0	32.8	8.6	116	0	95.6
Meal Total:		494.8	38.8	1.9	33.3	11.5	116	0.6	99.3
Snack:									
Granny Smith Apple	1 raw, with skin	111.8	0.7	29	0.4	0.1	0	5.1	0
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Water, plain	1 Cup	0	0	0	0	0	0	0	1
Meal Total:		121.8	4.7	39	10.4	0.6	50	9.1	96
Dinner:									
Fish, salmon, pink, cooked, dry heat	5 oz	211.1	6.3	0	36.2	1	94.9	0	121.8
Asparagus, cooked, boiled, drained, with salt	5 spears (1/2" base)	16.5	0.2	3.1	1.8	0	0	1.5	180
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Avocado	1/2 avocado	160.8	14.7	8.6	2	2.1	0	6.7	7
Meal Total:		543.3	37.3	14.7	40.9	6.1	94.9	9.4	315.9

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Day 4:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:									
Water, plain	1 Cup	0	0	0	0	0	0	0	1
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Meal Total:		10	4	10	10	0.5	50	4	96

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Total Nutritional Values: 1594 111 93 119 25 546 32 1170

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Day 5:

		Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)	
Breakfast:										
Mixed Berries	1/2 Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8	
Water, plain	1 Cup	0	0	0	0	0	0	0	1	
SP Complete Vanilla or Chocolate	4 Rounded Tablespoons	10	4	10	10	0.5	50	4	95	
Meal Total:		49.5	4.5	19.4	10.3	0.5	50	6.1	96.8	
Snack:										
Nuts, cashew nuts, raw	2 oz	313.6	24.9	17.1	10.3	4.4	0	1.9	6.8	
Apples, Raw	1/2 medium (2-3/4 dia) (approx 3 per lb)	35.9	0.1	9.5	0.2	0	0	1.7	0.7	
Meal Total:		349.4	25	26.6	10.5	4.4	0	3.5	7.5	
Lunch:										
Lamb, Australian, imported, fresh, leg, sirloin chops, boneless, separable lean only, trimmed to 1/8" fat, cooked, broiled	4 oz	213.1	8.8	0	31.3	3.6	96.3	N/A	74.8	
Asparagus, cooked, boiled, drained, with salt	4 spears (1/2" base)	13.2	0.1	2.5	1.4	0	0	1.2	144	
Yam, cooked, boiled, drained, or baked, with salt	4 oz	129.3	0.2	30.6	1.7	0	0	4.4	276.7	
Butter, salted	2 tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5	
Meal Total:		423.4	16.8	33.1	34.5	8.5	116.7	5.6	550	
Snack:										
Celery, raw	5 stalk(s), small (5 long)	13.6	0.1	2.5	0.6	0	0	1.4	68	
Organic Peanut Butter	2 Tbsp	190	16	7	8	2	0	3	0	
Meal Total:		203.6	16.1	9.5	8.6	2	0	4.4	68	
Dinner:										
Vinegar and Oil	2 tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3	
Garden Salad	2 cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7	
Fish, salmon, coho, wild, cooked, moist heat	5 oz	260.7	10.6	0	38.8	2.3	80.7	0	75.1	
Meal Total:		415.5	26.8	3	39.7	5.2	80.7	1.1	82.1	

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Day 5:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Whole Milk Yogurt	1/3	Cup	58	2.7	4.9	3.6	1.8	11.2	0	55.8
Water, plain	3/4	Cup	0	0	0	0	0	0	0	0.8
Meal Total:			68	6.7	14.9	13.6	2.3	61.2	4	151.6
Total Nutritional Values:			1510	96	107	117	23	309	25	956

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Day 6:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Egg, whole, cooked, scrambled	2	large	203.7	14.9	2.7	13.5	4.5	429.4	0	341.6
Meal Total:			243.3	15.4	12.1	13.9	4.5	429.4	2.1	342.4
Snack:										
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Grapefruit	1/2	medium (approx 4 dia)	41	0.1	10.3	0.8	0	0	1.4	0
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Meal Total:			51	4.1	20.3	10.8	0.5	50	5.4	96.5
Lunch:										
Broccoli, cooked, boiled, drained, with salt	1	cup(s), chopped	54.6	0.6	11.2	3.7	0.1	0	5.1	408.7
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Fish, salmon, coho, wild, cooked, dry heat	5	oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2
Meal Total:			319.3	14.4	11.2	37	6.5	98.3	5.1	545.4
Snack:										
Granny Smith Apple	1/2	raw, with skin	55.9	0.3	14.5	0.2	0.1	0	2.6	0
Raw Pumpkin Seeds	1	oz	150	13	5	7	3	0	4	5
Whole Milk Yogurt	1/2	Cup	87.9	4.1	7.4	5.4	2.7	16.9	0	84.6
Meal Total:			293.8	17.4	26.9	12.6	5.8	16.9	6.6	89.6
Dinner:										
CHICKEN LIGHT & DARK MEAT ONLY-ROASTED	4	oz	215.5	8.4	0	32.8	2.3	100.9	0	97.5
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Wild rice, cooked	1/2	cup(s)	82.8	0.3	17.5	3.3	0	0	1.5	2.5
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Meal Total:			521	32.5	20.5	37.1	10.1	121.3	2.6	161.5

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Day 6:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Meal Total:			10	4	10	10	0.5	50	4	96.5
Total Nutritional Values:			1438	88	101	121	28	766	26	1332

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Day 7:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Breakfast:										
Mixed Berries	1/2	Cup	39.5	0.5	9.4	0.3	0	0	2.1	0.8
Whole Milk Yogurt	1	Cup	175.9	8.1	14.9	10.8	5.4	33.8	0	169.1
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Meal Total:			225.4	12.6	34.3	21.1	6	83.8	6.1	264.9
Snack:										
Granny Smith Apple	1/2	raw, with skin	55.9	0.3	14.5	0.2	0.1	0	2.6	0
Cottage Cheese creamed, large or small curd	1/2	cup(s), large curd (not packed)	102.9	4.5	3.5	11.7	1.8	17.8	0	382.2
Meal Total:			158.8	4.9	18	11.9	1.9	17.8	2.6	382.2
Lunch:										
Green Beans - Cooked w/ Salt	1	cup(s)	35.1	0.2	7.9	2	0.1	0	4	330.8
Beef, top sirloin, steak, separable lean and fat, trimmed to 1/8" fat, select, cooked, broiled	4	oz	260.7	14.4	0	30.7	5.7	75.9	0	64.6
Sauerkraut, Raw	2	Tablespoons	2.6	0	1.3	0	0	0	0.9	98.6
Butter, salted	2	tsp(s)	67.8	7.7	0	0.1	4.9	20.3	0	54.5
Sweet potato, cooked, baked in skin, without salt	3	oz	76.5	0.1	17.6	1.7	0	0	2.8	30.6
Meal Total:			442.7	22.4	26.8	34.5	10.6	96.3	7.7	579
Snack:										
Water, plain	1 1/2	Cup	0	0	0	0	0	0	0	1.5
Organic Coconut Oil	1	Tbsp	120	14	0	0	12	0	0	0
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Peanut butter, chunk style, with salt	2	tbsp(s)	188.5	16	6.9	7.7	2.6	0	2.6	155.5
Meal Total:			318.5	34	16.9	17.7	15.1	50	6.6	252
Dinner:										
Garden Salad	2	cup(s)	11.2	0.1	2.2	0.9	0	0	1.1	6.7
Vinegar and Oil	2	tbsp(s)	143.7	16	0.8	0	2.9	0	0	0.3
Fish, salmon, coho, wild, cooked, dry heat	5	oz	196.9	6.1	0	33.2	1.5	77.9	0	82.2
Meal Total:			351.8	22.2	3	34.1	4.4	77.9	1.1	89.2

Provided By: Maxine Johnson

N/A = Nutritional Information Not Available

Consult a qualified health professional before starting any exercise and/or nutrition program.

Keto Mealplan 1500 Cal 49%f 28%p 23%c

Day 7:

			Calories (kCal)	Fat (grams)	Carbohydrates (grams)	Protein (grams)	Sat. Fat (grams)	Cholesterol (grams)	Fiber (grams)	Sodium (mgs)
Snack:										
SP Complete Vanilla or Chocolate	4	Rounded Tablespoons	10	4	10	10	0.5	50	4	95
Water, plain	1	Cup	0	0	0	0	0	0	0	1
Meal Total:			10	4	10	10	0.5	50	4	96
Total Nutritional Values:			1507	100	109	129	38	376	28	1663

+ Indicates Item has Recipe

Provided By: Maxine Johnson

N/A = Nutritional Information Not Available

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