Ketogenic Program Menu Planning Worksheet

	Ketogenic	Program M	enu Planning Worksh	eet
Calorie Plan:				
Daily Servings Allowed				
Cetogenic Shakes or Soup			Ketogenic Shakes or Soup	00000000000
Dil/Fat			Oil/Fat	00000000000
luts/Seeds			Nuts/Seeds	00000000000
rotein		Breakfast	Protein	00000000000
Dairy			Dairy	00000000000
Nonstarchy Vegetables			Nonstarchy Vegetables	00000000000
			Ketogenic Shakes or Soup	00000000000
Additional Notes			Oil/Fat	0000000000
			Nuts/Seeds	00000000000
		Lunch	Protein	0000000000
			Dairy	0000000000
			Nonstarchy Vegetables	00000000000
			Ketogenic Shakes or Soup	0000000000
			Oil/Fat	0000000000
			Nuts/Seeds	0000000000
		Dinner	Protein	000000000000
			Dairy	0000000000
			Nonstarchy Vegetables	0000000000
			Ketogenic Shakes or Soup	0000000000
			Oil/Fat	0000000000
			Nuts/Seeds	0000000000
		Snacks	Protein	0000000000
			Dairy	0000000000
			Nonstarchy Vegetables	0000000000
Calorie Plan: Daily Servings Allowed		-		
Cetogenic Shakes or Soup			Ketogenic Shakes or Soup	00000000000
)il/Fat			Oil/Fat	00000000000
uts/Seeds		Breakfast	Nuts/Seeds	00000000000
rotein			Protein	00000000000
airy			Dairy	00000000000
onstarchy Vegetables			Nonstarchy Vegetables	00000000000
			Ketogenic Shakes or Soup	00000000000
dditional Notes			Oil/Fat	00000000000
		Lunch	Nuts/Seeds	00000000000
			Protein	00000000000
			Dairy	00000000000
			Nonstarchy Vegetables	00000000000
			Ketogenic Shakes or Soup	00000000000
			Oil/Fat	00000000000
		Dinner	Nuts/Seeds	00000000000
			Protein	00000000000
			Dairy	00000000000
			Nonstarchy Vegetables	00000000000
			Ketogenic Shakes or Soup	00000000000
			Oil/Fat	00000000000
		Snacks	Nuts/Seeds	00000000000
			Protein	00000000000
			Dairy	00000000000
			Nonstarchy Vegetables	0000000000