



Pleasure *by* Mouth

LOW CARB. FULL PLEASURE.



14-DAY LOW-CARB LIFE PLANNER



MEALS



NUTRITION



WATER



PROGRESS

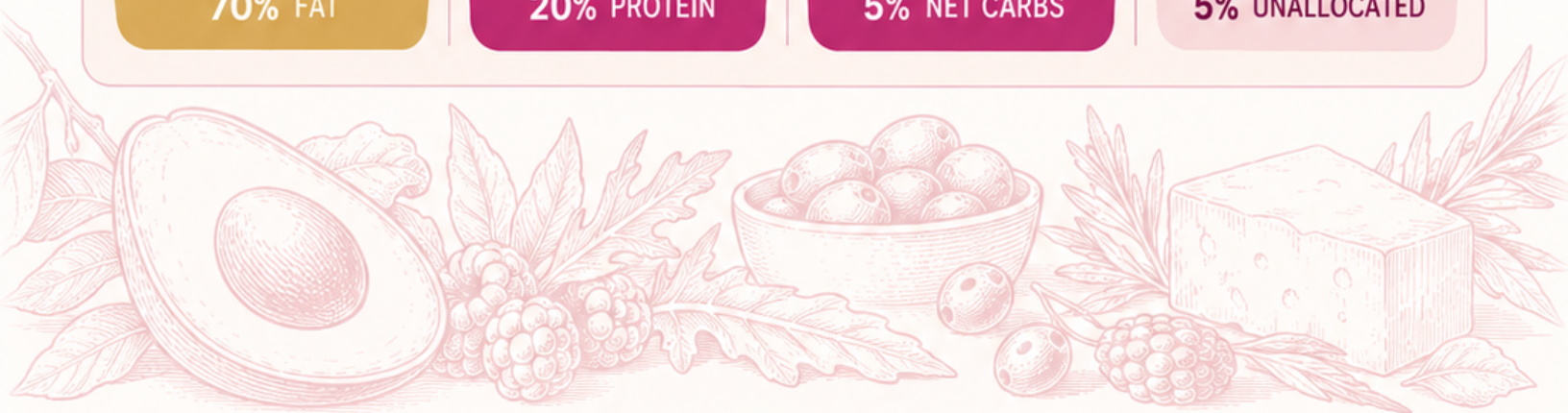
UNDATED – PRINT IT WHEN YOU NEED IT

70% FAT

20% PROTEIN

5% NET CARBS

5% UNALLOCATED





Your Starting Point

Use what helps you. This planner is a place for honest information, not perfect handwriting or perfect days.



MY MAIN GOAL

START DATE

STARTING WEIGHT (OPTIONAL)

DAILY NET-CARB GOAL

MEASUREMENTS (OPTIONAL)

Date	Waist	Hips	Chest	Thigh	Arm

MY REASONS FOR DOING THIS

FOODS AND MEALS THAT MAKE THIS EASIER

**PLEASURE BY MOUTH
METHOD**

70% FAT

20% PROTEIN

5% NET CARBS



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LOW-CARB LIVING. A MORE DELICIOUS YOU.



Week 1 Meal Plan

Plan enough to make the next choice easier. Change it when life changes.



DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				



PREP AHEAD





Week 1 Grocery + Prep

Shop smart. Prep once. Make the week delicious.



WEEK OF _____

MEALS TO PREP _____

USE FIRST _____

TREAT / SPLURGE _____

PROTEIN

meat • eggs • deli • easy grab-and-go

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRODUCE

fresh • frozen • herbs • low-carb favorites

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY + FATS

cream • cheese • butter • oils • avocado

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY + EXTRAS

sweeteners • sauces • seasonings • snacks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Tip: circle what you already have, star what needs prep, and use the website calculator when you want to double-check net carbs.





DATE _____ MAIN GOAL _____ PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

○ ○ ○ ○ ○ ○ ○ ○ ○ ○



DAY 2

Plan it. Track it. Enjoy the bite.



DATE _____ | MAIN GOAL _____ | PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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DAY 3

Plan it. Track it. Enjoy the bite.



DATE _____ | MAIN GOAL _____ | PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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DAY 4

Plan it. Track it. Enjoy the bite.



DATE _____ MAIN GOAL _____ PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

○ ○ ○ ○ ○ ○ ○ ○ ○ ○



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DAY 5

Plan it. Track it. Enjoy the bite.



DATE _____ MAIN GOAL _____ PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





DAY 6

Plan it. Track it. Enjoy the bite.



DATE _____ MAIN GOAL _____ PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





DAY 7

Plan it. Track it. Enjoy the bite.



DATE _____ | MAIN GOAL _____ | PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

○ ○ ○ ○ ○ ○ ○ ○ ○ ○



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Week 1 Review

Look for patterns, not reasons to punish yourself.

Plan it. Track it. Enjoy the bite.



AVERAGE NET CARBS

AVERAGE FAT

AVERAGE PROTEIN

WEIGHT CHANGE

(optional)



MY BIGGEST WIN



MEALS I WANT TO REPEAT



WHAT FELT DIFFICULT



ONE CHANGE FOR NEXT WEEK



NON-SCALE VICTORIES

- ☐ Better energy ☐ Less hunger ☐ Better sleep ☐ Clothes fit differently ☐ Stayed consistent





Week 2 Meal Plan

Plan enough to make the next choice easier. Change it when life changes.



DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

 PREP AHEAD



Week 2 Grocery + Prep

Shop smart. Prep once. Make the week delicious.



WEEK OF _____

MEALS TO PREP _____

USE FIRST _____

TREAT / SPLURGE _____

PROTEIN

meat • eggs • deli • easy grab-and-go

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PRODUCE

fresh • frozen • herbs • low-carb favorites

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

DAIRY + FATS

cream • cheese • butter • oils • avocado

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

PANTRY + EXTRAS

sweeteners • sauces • seasonings • snacks

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

Tip: circle what you already have, star what needs prep, and use the website calculator when you want to double-check net carbs.





DATE _____ MAIN GOAL _____ PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

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FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





DATE _____ | MAIN GOAL _____ | PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

FIBER

SUGAR ALCOHOLS

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WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



DATE _____ | MAIN GOAL _____ | PREP FIRST _____

MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

CARB + MACRO TRACKER

Total carbs • fiber • sugar alcohols • net carbs • protein • fat

TOTAL CARBS

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MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

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BREAKFAST

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BREAKFAST

LUNCH

DINNER

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MEALS + BITES _____

BREAKFAST

LUNCH

DINNER

SNACKS / DRINKS

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NET CARBS

PROTEIN

FAT

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Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Week 2 Review

Look for patterns, not reasons to punish yourself.

Plan it. Track it. Enjoy the bite.



AVERAGE NET CARBS

AVERAGE FAT

AVERAGE PROTEIN

WEIGHT CHANGE

(optional)



MY BIGGEST WIN



MEALS I WANT TO REPEAT



WHAT FELT DIFFICULT



ONE CHANGE FOR NEXT WEEK



NON-SCALE VICTORIES

☐

Better energy

☐

Less hunger

☐

Better sleep

☐

Clothes fit differently

☐

Stayed consistent



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Your 14-Day Check-In

You finished the pages. Now use what you learned to make the next stretch easier.



END DATE

ENDING WEIGHT (OPTIONAL)

TOTAL CHANGE (OPTIONAL)



WHAT I LEARNED ABOUT MY HUNGER, ENERGY, AND CRAVINGS



MY FAVORITE MEALS AND RECIPES



WHAT I WILL KEEP DOING



Progress is information.

Keep the lesson, adjust the plan, and continue.

This planner is for general educational use. It is not individualized medical care.



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