



Pleasure *by* Mouth

LOW CARB. FULL PLEASURE.



30-DAY LOW-CARB LIFE PLANNER



MEALS



NUTRITION



WATER



PROGRESS

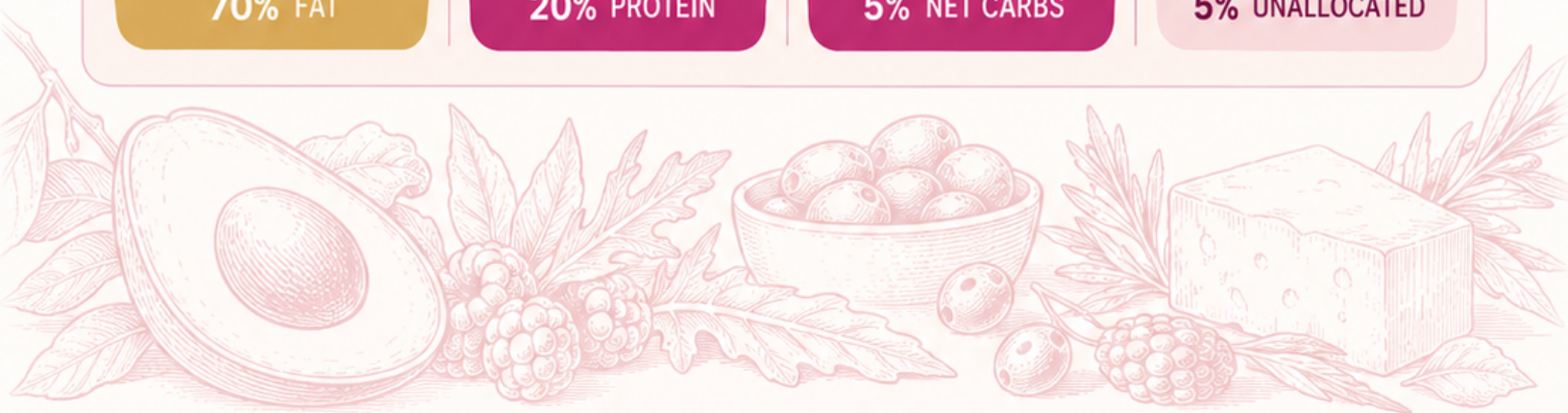
UNDATED – PRINT IT WHEN YOU NEED IT

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



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.



30-Day Overview

Use each box for a meal-plan note, net-carb total, weigh-in, non-scale victory, or anything you want to see at a glance.



DAY 1	DAY 2	DAY 3	DAY 4	DAY 5
DAY 6	DAY 7	DAY 8	DAY 9	DAY 10
DAY 11	DAY 12	DAY 13	DAY 14	DAY 15
DAY 16	DAY 17	DAY 18	DAY 19	DAY 20
DAY 21	DAY 22	DAY 23	DAY 24	DAY 25
DAY 26	DAY 27	DAY 28	DAY 29	DAY 30

● MY FOCUS FOR THESE 30 DAYS





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.



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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.



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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.



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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.



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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

FAT

HOW IT FELT

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





Week 3 Meal Plan

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



DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
Day 15				
Day 16				
Day 17				
Day 18				
Day 19				
Day 20				
Day 21				



PREP AHEAD





Week 3 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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

○ ○ ○ ○ ○ ○ ○ ○ ○ ○





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





Week 3 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 4 Meal Plan

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



DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
Day 22				
Day 23				
Day 24				
Day 25				
Day 26				
Day 27				
Day 28				



PREP AHEAD





Week 4 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

FIBER

SUGAR ALCOHOLS

NET CARBS

PROTEIN

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

NET CARBS

PROTEIN

FAT

HOW IT FELT

Hunger • cravings • energy • wins • tomorrow



WATER

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





Week 4 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 5 Meal Plan

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



DAY	BREAKFAST	LUNCH	DINNER	SNACK / PREP
Day 29				
Day 30				

PREP AHEAD



Week 5 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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐





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

☐ ☐ ☐ ☐ ☐ ☐ ☐ ☐



Week 5 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





Your 30-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.



Pleasure *by* Mouth

LOW-CARB LIVING. A MORE DELICIOUS YOU.