


week of \_\_\_\_\_

*for daily 18 hour intermittent fasting*

## *weekly KETO PLANNER ~ MEALS & EXERCISE at-a-glance*

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
FASTED EXERCISE							
LUNCH 12-1							
DINNER before 7							
PM EXERCISE							

 *meals prepped Sunday pm*

 *meals prepped on Wednesday pm*

THRIVE IN MIDLIFE



for more resources visit [HeatherSerody.com](http://HeatherSerody.com)