ONE WEEK KETO MENU PLANNER

TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKAST					
LUNCH					
DINNER					
		TUESDAY WEDNESDAY Image: Constraint of the second	TUESDAY WEDNESDAY THURSDAY Image: Im	TUESDAY WEDNESDAY THURSDAY FRIDAY Image: State of the state of t	TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY Image: Saturday Image: Saturday Image: Saturday Image: Saturday Image: Saturday Image: Saturday Image: Saturda

KEEP TO THESE DAILY NEEDS - POTASSIUM (4700mg) - MAGNESIUM (440mg) - SALT (1TSP) - B12 - 2.4 (mcg) - WATER (8-10 CUPS)

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