

ONE WEEK KETO MENU PLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
BREAKFAST						
LUNCH						
DINNER						

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

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