

Daily Carbohydrate Count

Ketogenic Diet = 20 or below carbs daily ----- Low Carb Diet = 20 to 50 carbs daily ----- Liberal Low Carb Diet = 50 to 100 carbs daily
Snacking between meals will always trigger insulin, the amount of insulin response depends on the type of foods/drinks consumed

Week 1

Your Carbohydrate Daily Goal is _____

Date	Meal 1	Meal 2	Meal 3	Other Food / Drink	Total Daily Carbs
Mon					
Tues					
Weds					
Thur					
Fri					
Sat					
Sun					

Week 2

Date	Meal 1	Meal 2	Meal 3	Other Food / Drink	Total Daily Carbs
Mon					
Tues					
Weds					
Thur					
Fri					
Sat					
Sun					

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Mon					
Tues					
Weds					
Thur					
Fri					
Sat					
Sun					

Week 2

Date	Meal 1	Meal 2	Meal 3	Other Food / Drink	Total Daily Carbs
Mon					
Tues					
Weds					
Thur					
Fri					
Sat					
Sun					