the Ketogenic Reset

SUPPLEMENTS WEEKLY LOG

DATE	NAME	PHASE	ZONE

	MON	TUES	WED	THURS	FRI	SAT	SUN	NOTES
MORNING SUPPS								
SUPPS & FIRST MEAL								
SUPPS AFTER FIRST MEAL								
SECOND MEAL								
SUPPS AFTER 2ND MEAL								
SUPPS & THIRD MEAL								
SUPPS AFTER THIRD MEAL								
SUPPS BEFORE BED								
WATER POTASS FIBER HERBS SPICES								