

Lchf Low Carb High Fat Diet

dot2trot low carb, high fat weekly menu - sunday monday tuesday wednesday thursday friday saturday net
carbs 1g 1g 1g 1g 1g 1g 0g net carbs 5.1g 5.1g 3.7g 4g 5.1g 10g net carbs 2.5g 1.5g 2g net carbs 9g 9.6g 8.1g 6g
9g 7.4g 10-15g total carbs 15.1g 15.7g 15.3g 11g 16.6g 18.4g