


MADCREATIONS

Keto lifestyle

MINI PLANNER KIT



The Keto Lifestyle Planner Kit has been created to help you have a more organised keto lifestyle.

For those struggling with weight loss or healthy keto meals these trackers will help you regain control.

Writing down what we eat and planning our meals can help us see what we are eating, identify our good habits and where we need help. Planning ahead helps to make better choices and track macros a whole lot easier.

All documents can be downloaded and printed for each week, day or month. Bundle together in a folder and you can track your keto goals from day-to-day, week-to-week and so on.

The planners include:

- **Shopping Lists** - we have added various formats of shopping lists. So pick your favourites. Print off and have handy in the kitchen to add what you need when you notice it.
- **Mad Creations eBook checklist** - I get so many emails from members asking me if they have a certain eBook etc. Look through the list and mark off all the ones you have. With over 40 titles there is a lot.
- **Weekly Menu** - whether you are using our meal plans or creating your own you can use these to see your weekly plans. Keep them in your folder and use them to refer back to when looking at your weight loss trackers or measurements tracker to see how your eating habits affect your weight loss or ketones.
- **Fitness Tracker** - use the tracker if improving your fitness, strength or just mobility daily. Even the smallest amount of exercise can improve your health and well-being.

- **Measurements Tracker** - if weight loss is a goal I cannot express how much measurements are better than any number on a scale. You may simply be noticing the change in how you feel, move around, less joint problems or how your clothes fit. I know that I have lost over 1 metre of fat from where I measure in my body and that makes me happier than what the scales say. Go and buy yourself a measuring tape.
- **Weight Loss Tracker** - the scales can still motivate and help keep us honest. If you are a weigher then weigh in daily, weekly, monthly whatever is your preference and record your changes. As I mentioned above tape measuring is far more of a "measure" of what is truly going on with your weight loss.

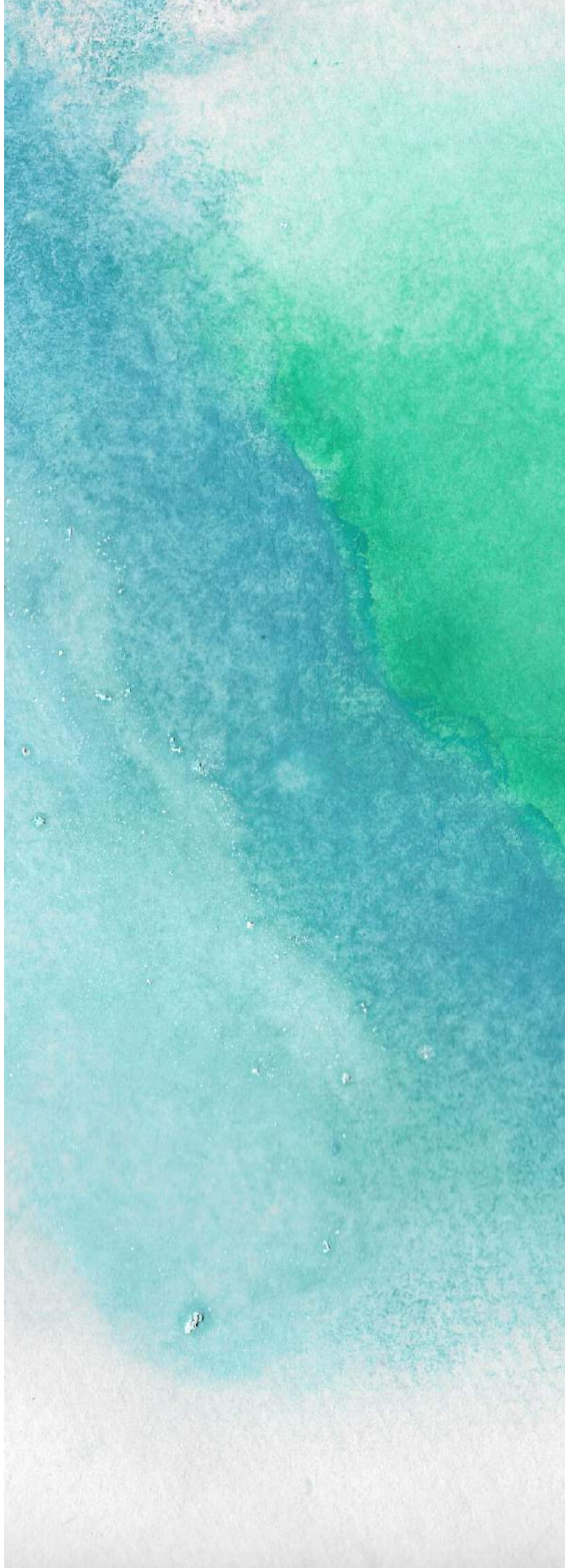
For a more comprehensive tracking bundle please check out our [Ultimate Keto Lifestyle Tracking Kit](#).

I am sure that many of you will find a lot of these trackers very helpful when trying to improve your overall health, well-being and fitness. Plus those inventory lists are just "gold" in allowing to reduce food waste.

Good luck getting organised and please share your organisational skills on our Facebook Group to inspire others to do the same.

Happy tracking!

xo





Shopping List

The image shows a blank shopping list template. It consists of two vertical columns of lined paper, each with 20 horizontal lines. The columns are separated by a central vertical line. The entire template is enclosed in a light blue border with rounded corners and small arrowheads pointing inwards at the corners.

Shopping List

VEGETABLES

SPICES / CONDIMENTS

DAIRY

PANTRY

MEAT

HOUSEHOLD / MISC

eBook Checklist

- | | |
|--|--|
| <input type="checkbox"/> #KETOBUDGET | <input type="checkbox"/> MEALPLAN SERIES WEEK 1 |
| <input type="checkbox"/> #KETOEGGFAST | <input type="checkbox"/> MEALPLAN SERIES WEEK 2 |
| <input type="checkbox"/> AMOUR | <input type="checkbox"/> MEALPLAN SERIES WEEK 3 |
| <input type="checkbox"/> AUSSIE ICONS | <input type="checkbox"/> MEALPLAN SERIES WEEK 4 |
| <input type="checkbox"/> FAN FAVES | <input type="checkbox"/> MEALPLAN SERIES WEEK 5 |
| <input type="checkbox"/> FAST & FRESH | <input type="checkbox"/> MEALPLAN SERIES WEEK 6 |
| <input type="checkbox"/> FAST KETO | <input type="checkbox"/> MEALPLAN SERIES WEEK 7 |
| <input type="checkbox"/> FLAVOUR | <input type="checkbox"/> MEALPLAN SERIES WEEK 8 |
| <input type="checkbox"/> FRESH & EASY | <input type="checkbox"/> MEALPLAN SERIES WEEK 9 |
| <input type="checkbox"/> KETO BREAD | <input type="checkbox"/> MEALPLAN SERIES WEEK 10 |
| <input type="checkbox"/> KETO COMFORT FOOD | <input type="checkbox"/> MEALPLAN SERIES WEEK 11 |
| <input type="checkbox"/> KETO CRACKERS & COOKIES | <input type="checkbox"/> MEALPLAN SERIES WEEK 12 |
| <input type="checkbox"/> KETO EATS | <input type="checkbox"/> MEALPLAN SERIES WEEK 13 |
| <input type="checkbox"/> KETO FOR BEGINNERS I | <input type="checkbox"/> MEALPLAN SERIES WEEK 14 |
| <input type="checkbox"/> KETO FOR BEGINNERS II | <input type="checkbox"/> MEALPLAN SERIES WEEK 15 |
| <input type="checkbox"/> KETO LIFE | <input type="checkbox"/> MEALPLAN SERIES WEEK 16 |
| <input type="checkbox"/> KETO SUMMER | <input type="checkbox"/> MEALPLAN SERIES WEEK 17 |
| <input type="checkbox"/> KETO UNDER 30 | <input type="checkbox"/> MEALPLAN SERIES WEEK 18 |
| <input type="checkbox"/> LUNCH TIME KETO | <input type="checkbox"/> MEALPLAN SERIES WEEK 19 |
| <input type="checkbox"/> MAD CHRISTMAS | <input type="checkbox"/> MEALPLAN SERIES WEEK 20 |
| <input type="checkbox"/> REAL FOOD REAL FAST | |
| <input type="checkbox"/> SALUT | |
| <input type="checkbox"/> SAVOUR | |
| <input type="checkbox"/> SIMPLY KETO | |
| <input type="checkbox"/> THE HEALTHY FAMILY | |
| <input type="checkbox"/> THE ULTIMATE KETO FOR BEGINNERS | |

Weekly Menu

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

NOTES

MADCREATIONS

<https://madcreationshub.com>

Fitness Tracker

[illegible]

Weight Loss Tracker

GOAL WEIGHT _____

[illegible]

Measurements Tracker

GOAL MEASUREMENTS

DATE	CHEST	WAIST	HIPS	ARMS	THIGHS	CALVES	SIZE
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[illegible]

Keto lifestyle mini planning Kit

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Nutritional information provided is only to be used as a guide and may vary due to brands, products, or programs used. It is recommended that you calculate your own nutritional macros to suit your needs.

Please seek professional healthcare or medical advice before making any dietary changes.

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Created by Dave Hunter & Megan Ellam

For more trackers, meal plans and recipes join us @ <https://madcreationshub.com>



Keto Trackers

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