

LCHF DIVA

14-DAY LCHF LIFE PLANNER

75% FAT 20% PROTEIN 5% CARBS

UNDATED - PRINT IT WHEN YOU NEED IT

LCHFDiva.com

Your 14-Day Starting Point

Use what helps you. This planner is a place for honest information, not perfect handwriting or perfect days.

My main goal

Start date	Starting weight (optional)	Daily net-carb goal

Measurements (optional)

Date	Waist	Hips	Chest	Thigh	Arm

My reasons for doing this

Foods and meals that make this easier

LCHF DIVA METHOD	75% FAT	20% PROTEIN	5% CARBS
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Week 1 Meal Plan

Plan enough to make the next choice easier. Change it when life changes.

Day	Breakfast	Lunch	Dinner	Snack / prep
Day 1				
Day 2				
Day 3				
Day 4				
Day 5				
Day 6				
Day 7				

Prep ahead

Week 1 Grocery List

Shop your kitchen first, then write only what you need.

MEAT & EGGS	DAIRY & FATS
LOW-CARB VEGETABLES	PANTRY & EXTRAS

Notes / substitutions

DAY 1

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 2

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 3

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 4

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 5

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 6

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 7

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

Week 1 Review

Look for patterns, not reasons to punish yourself.

Average net carbs	Average fat	Average protein	Weight change (optional)

My biggest win

Meals I want to repeat

What felt difficult

One change for next week

Non-scale victories

☐ Better energy ☐ Less hunger ☐ Better sleep ☐ Clothes fit differently ☐ Stayed consistent

Week 2 Meal Plan

Plan enough to make the next choice easier. Change it when life changes.

Day	Breakfast	Lunch	Dinner	Snack / prep
Day 8				
Day 9				
Day 10				
Day 11				
Day 12				
Day 13				
Day 14				

Prep ahead

Week 2 Grocery List

Shop your kitchen first, then write only what you need.

MEAT & EGGS	DAIRY & FATS
LOW-CARB VEGETABLES	PANTRY & EXTRAS

Notes / substitutions

DAY 8

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 9

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 10

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 11

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 12

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 13

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

DAY 14

75% FAT | 20% PROTEIN | 5% CARBS

DATE	WEIGHT (OPTIONAL)	SLEEP	ENERGY 1-5	HUNGER 1-5

Meals

Meal	Food, drink, and amount	Notes
Breakfast		
Lunch		
Dinner		
Snacks		

Daily nutrition totals

Calories	Fat	Protein	Total carbs	Fiber	Sugar alcohols	Net carbs

TOTAL CARBS - FIBER - SUGAR ALCOHOLS = NET CARBS

WATER	MOVEMENT	MOOD / CRAVINGS
☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6 ☐ 7 ☐ 8+		

What went well today?

Notes for tomorrow

Week 2 Review

Look for patterns, not reasons to punish yourself.

Average net carbs	Average fat	Average protein	Weight change (optional)

My biggest win

Meals I want to repeat

What felt difficult

One change for next week

Non-scale victories

☐ Better energy ☐ Less hunger ☐ Better sleep ☐ Clothes fit differently ☐ Stayed consistent

Your 14-Day Check-In

You finished the pages. Now use what you learned to make the next stretch easier.

End date	Ending weight (optional)	Total change (optional)

What I learned about my hunger, energy, and cravings

My favorite meals and recipes

What I will keep doing

Progress is information. Keep the lesson, adjust the plan, and continue.

This planner follows the LCHF Diva method and is for general educational use. It is not individualized medical care.