

Gracefully
Strong ♥

Gracefully *Strong* ♥

30-DAY STRICT KETO FOOD + SYMPTOM TRACKER



NOURISH YOUR BODY

LEARN WITH WISDOM.
ACT WITH GRACE.

SIMPLE FOOD.
REAL RESULTS.
DEEPLY
NOURISHING.



Grace ♥
Strength ♥
Purpose ♥



REAL FOOD
REAL FREEDOM



LISTEN TO
YOUR BODY



TRACK • LEARN
ACT WITH GRACE



30 DAYS TO
RESET & RENEW



BETTER ENERGY
BETTER YOU

Batyah Ha Melek ♥

Gracefully Strong

30-DAY STRICT KETO FOOD & SYMPTOM TRACKER

A practical food, wellness & body-response journal for women



Identify your personal triggers & patterns



Simple, strict keto guidance for real-life women



Track meals, symptoms, timing & relief used



30 DAYS to discover what works for you

Gracefully Strong 30-DAY STRICT KETO FOOD & SYMPTOM TRACKER

A practical food, wellness & body-response journal for women

Track. Learn. Heal.
One day at a time.

Knowledge is Power.
Tracking is Freedom.

WHAT'S INSIDE?

STRICT KETO GUIDE

Whole foods.
Real results.
Simple &
Sustainable.



Easy-to-follow keto foundations, food lists, hidden carbs & plate builder.

7-DAY KETO MENU

7-DAY KETO MENU



Complete 7-day menu with delicious meal ideas & substitutions.

DAILY TRACKER PAGES

Daily Food & Symptom Tracker



30 daily pages to log meals, supplements, symptoms, timing & relief used.

WEEKLY REVIEWS

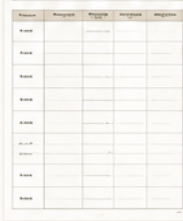
Weekly Review



Reflect, review & spot patterns at Days 7, 14, 21 & 30.

TRIGGER DETECTIVE

Trigger Detective



Track suspected triggers across multiple exposures with clarity.

RESULTS & INSIGHTS

30-Day Results



Compare, learn & create your personal "Keep, Caution, Investigate" lists.

DESIGNED FOR WOMEN WHO WANT TO...



Reduce symptoms & inflammation



Balance energy & mood



Improve digestion & bloating



Support hormones, stress & sleep



Feel confident in their food choices

"When you track with intention, your body shows you the way."

WHAT'S IN DEMAND?

- Women-focused keto resources
- Simple, practical meal plans (not complicated)
- Symptom & trigger tracking tools
- Hormone, bloating, skin, energy support
- Printable / digital formats
- Holistic approach: food + lifestyle + self-awareness

Women don't just want another diet.
They want answers, clarity
& a plan that works for real life.

HOW THIS IS DIFFERENT

- Strict keto focus – fewer variables, clearer results
- Timing-based symptom tracking (20 min & 1 hour) – unique & powerful
- Built-in relief & effectiveness tracker
- Weekly reviews + pattern analysis
- Trigger Detective – track, test, confirm patterns
- Beautiful, calming design that feels supportive, not clinical
- Created by a woman, for women

MARKET VALUE COMPARISON

PRODUCT TYPE	PAGES	PRICE (NZD)
Simple Keto Meal Plan (eBook)	20-40	\$9 - \$14
Keto Recipe Ebooks	30-80	\$12 - \$24
Keto Tracker / Journal	20-40	\$8 - \$18
Comprehensive Keto Programs	60-120+	\$29 - \$79
OUR 30-DAY STRICT KETO TRACKER (THIS PRODUCT)	45-55	\$15 - \$19

RECOMMENDED PRICE:
NZD \$17

- High value
- Affordable
- Competitive
- Profitable



Printable PDF
A4 Size



Instant
Download



Use on Tablet,
iPad or Print



30 Days to
Transform



Yours to Keep
Forever

Small daily steps.
Big lasting change.

The Gracefully 3-Point Food Response Method

Track what happens next - not just what you ate.

1

BEFORE

Rate the symptoms you already have before the meal.

2

20 MINUTES

Notice early changes without deciding what caused them.

3

1 HOUR

Record whether symptoms are better, unchanged or worse.

4

NEXT MORNING

Optional: note delayed changes that feel worth remembering.

WISE INTERPRETATION

One reaction is a clue, not a verdict. Look for repetition, timing and context.

Your goal is clearer information - not a perfect score.

Build Your Own Gracefully Meal

Choose one from each column. Keep it simple enough to learn from.

PROTEIN

- Beef
- Lamb
- Eggs
- Fish / seafood

LOW-CARB VEG

- Leafy greens
- Broccoli
- Cauliflower
- Courgette
- Cabbage
- Mushrooms

HEALTHY FAT

- Avocado
- Olive oil
- Coconut oil
- Olives

FLAVOUR

- Salt + pepper
- Lemon
- Fresh herbs
- Garlic (optional)

MY FAVOURITE COMBINATION

Budget Keto Made Simple

Eat well. Spend less. Repeat ingredients intelligently.

AFFORDABLE PROTEINS

- Eggs
- Beef mince
- Slow-cook beef cuts
- Tinned sardines / salmon
- Frozen low-carb vegetables

BUDGET-FRIENDLY STAPLES

- Cabbage
- Seasonal leafy greens
- Cauliflower
- Olive oil in larger bottles
- Leftovers planned into tomorrow

SMART SHOPPING RHYTHM

- Plan 3-4 core dinners before shopping.
- Buy what is on special only when it fits your plan.
- Cook once, use twice: dinner can become tomorrow's first meal.
- Freeze portions before they become forgotten leftovers.

Day 1 - Food + Symptom Check-In

Keep it short and practical. A few words and numbers are enough.

Date / time	Meal
Foods + ingredients	
Supplements / medicines + timing	
Symptoms BEFORE eating (0-10)	
About 20 minutes after: symptoms + 0-10	
About 1 hour after: symptoms + 0-10	
Better / same / worse	
Relief used	
How much did relief help? (0-10)	
Next-morning notes (if relevant)	
Notes / possible trigger / exact onset time	

Tip: the exact time a symptom begins can be as useful as the symptom itself.

Gracefully Strong

nourish. reset. rise 

Creamy Coconut Matcha Protein Cup

Prep time: 5 minutes

| Approx. net carbs: 2–4 g

| Serves: 1



INGREDIENTS

- 1 tsp matcha
- 150 ml unsweetened coconut milk
- 100–150 ml hot water
- 1 tsp coconut oil (optional)

METHOD

1. Whisk matcha with a splash of hot water until smooth.
2. Warm coconut milk and remaining water; combine.
3. Add coconut oil if using and whisk or blend until frothy.

Gracefully note

Keep it unsweetened during the reset.
Pair with eggs or another protein if using it as a first meal. 

TRACK IT

Before ____ / 10

20 min ____ / 10

1 hour ____ / 10

Make again? YES / INVESTIGATE / NO

GRACEFULLY STRONG

You've Started.

Now Discover the Full Pattern.

The complete 30-day edition takes you from one useful check-in to a full month of consistent tracking, weekly reflection and personal insights.

THE COMPLETE PREMIUM EDITION INCLUDES

- 30 individual Food + Symptom Check-In pages
- 4 weekly pattern reviews
- 30-day symptom trend graph
- Trigger Detective + Food or Something Else?
- Personal Keto Safe-Lane + final Pattern Map
- 60-minute weekly prep + budget keto guidance
- 10 full-page illustrated Gracefully recipes

Learn with Wisdom. Act with Grace.

Simple food. Clearer patterns. A rhythm that works for you.

Batyah Ha Melek