

EASY KETO MEAL PLAN - WEEK 2

WWW.THEBESTKETORECIPES.COM

MONDAY	TUESDAY	WEDNESDAY	NOTES
Coconut Muffins 4.7	Broccoli Cheddar Egg Muffins (3) 3	Keto Bagels 3.4	
Turkey Club Sandwich 4.6	Chaffle Pizzas 1.8	Turkey Roll-Up 3.9	
One Pan Bacon Cheeseburger Skillet 4.8	Sausage & Green Beans 5.9	One Pan Lasagna 4.3	
NET CARBS = 14.1	NET CARBS = 10.7	NET CARBS = 11.6	
THURSDAY	FRIDAY	BONUS SNACKS	
Ham Quiche Cups (3) 2.4	Bacon Cheddar Chaffles 2.2	Avocado Chaffle Toast 4.8	
Broccoli Salad with Bacon 4.2	Turkey Wrap 3	Marinated Shrimp 0.5	
Sesame Pork & Green Beans 5.1	Slow Cooker Ranch Chicken 1	Keto Peanut Butter Fudge 2.2	
NET CARBS = 11.7	NET CARBS = 6.2		