

EASY KETO MEAL PLAN - WEEK 3

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Sausage and Biscuit 3.9	Chocolate Chip Muffins 3.6	Sausage Jalapeno Chaffles 1.8	
Taco Bites (4) 3.6	BLT Wraps (2) 4	Keto Pizza Pinwheels (5) 4.5	
One Pan Mushroom Chicken 2.3	Taco Zoodle Casserole 5.6	Sausage Cream Cheese Rolls (2) 4.2	
NET CARBS = 9.8	NET CARBS = 13.2	NET CARBS = 10.5	
THURSDAY	FRIDAY	BONUS SNACKS	
Chocolate Chip Protein Pancakes 3.4	Eggs in the Air Fryer 0.6	Prosciutto Egg Toast 2.4	
Chicken Bacon Ranch Wrap 1.7	Prosciutto Skewers (4 each) 4	Marinated Mozzarella 0.3	
Blackened Chicken 1	Pepperoni Pizza Bites (4) 4	Cheesecake Brownies 2.4	
NET CARBS = 11.7	NET CARBS = 8.6		