

EASY KETO MEAL PLAN - WEEK 1

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MONDAY	TUESDAY	WEDNESDAY	NOTES
5-Ingredient Sausage Balls 4	Bacon Egg & Cheese Muffins 4	Pumpkin Chia Seed Pudding 3.6	
Antipasto Salad 5.6	Easy Italian Lettuce Wrap 3.8	Chicken Salad 1.1	
One Pan Cheesy Jalapeno Chicken 5	Keto Chili 8.5	Keto Steak Rolls 4.3	
NET CARBS = 14.6	NET CARBS = 16.3	NET CARBS = 9	
THURSDAY	FRIDAY	BONUS SNACKS	
Easy Baked Eggs 0.8	Grain Free Granola 2.5	Blueberry Chaffle 1.8	
Bacon Cheese-burger Bites 4.2	Easy Keto Pinwheels 4.3	Peanut Butter Fudge Fat Bombs 1.9	
One Pan Sausage and Cabbage 5.7	Keto Pizza Bites 4	Coffee Frappuccino 1.9	
NET CARBS = 10.7	NET CARBS = 10.8		