

EASY KETO MEAL PLAN - WEEK 7

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Easy Frittata Recipe 2.3	Bacon Breakfast Tacos 4.7	BLT Lettuce Wraps (2) 4	
Italian Pinwheels (5) 4.5	Italian Chopped Salad 5.6	Whipped Feta + Charcuterie 0.8+	
Cabbage & Sausage Skillet 5.7	Keto Ravioli 1.3	Buffalo Chicken Soup 4.7	
NET CARBS = 12.5	NET CARBS = 11.6	NET CARBS = 9.5+	
THURSDAY	FRIDAY	BONUS SNACKS	
Bacon Egg & Cheese Rolls 3.3	Bacon Egg Zucchini Bites (5) 1	Keto Gingerbread Latte 1	
Italian Sausage Balls (5) 4	Italian Lettuce Wrap 3.8	Cheesy Zucchini Breadsticks 1.9	
Sausage Cream Cheese Rolls (2) 4.2	Keto Bacon Cheeseburger Skillet 4.8	Keto Lemon Bars 2.4	
NET CARBS = 11.5	NET CARBS = 9.6		