

EASY KETO MEAL PLAN - WEEK 8

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Ham and Swiss Biscuits 3.2	Air Fryer Eggs 3.8	Ham, Cheddar, Jalapeno Bites (2) 2.2	
Cacio e Pepe Zoodles 2	Cheddar Stuffed Meatballs (6) 3.6	Taco Salad 7.5	
One Pan Lasagna 4.3	Cheeseburger Zucchini Boats 4.8	Cajun Pork Chops & Fried Cabbage 3.7	
NET CARBS = 9.5	NET CARBS = 12.2	NET CARBS = 13.4	
THURSDAY	FRIDAY	BONUS SNACKS	
Ham and Cheese Chaffles 1.2	Ham, Broccoli, Cheese Scramble 2.1	Keto Candied Bacon 0.8	
Turkey Lettuce Wrap 4.2	Easy Lunch Roll Ups (3) 3	Turkey Roll Ups 3.9	
Keto Pizza Soup 7.1	Buffalo Chicken Taquitos (3) 0.1	Peanut Butter Fudge 2	
NET CARBS = 12.5	NET CARBS = 5.2		