

EASY KETO MEAL PLAN - WEEK 9

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Strawberry Pancakes (2) 4.6 Sheet Pan Fajitas 4.4 Broccoli Cheddar Chicken Skillet 6.6	Cheddar Garlic Biscuits (3) 5.7 Cheesy Chicken Stuffed Peppers 4.4 Crab Cakes (2) & Asparagus Salad 4.5	Strawberry Cheesecake Parfaits 4.6 Asparagus Salad 3.9 Philly Cheese-steak Skillet 4.3	
NET CARBS = 15.6	NET CARBS = 14.6	NET CARBS = 12.8	
THURSDAY	FRIDAY	BONUS SNACKS	
Jalapeno Cheddar Chaffles 1.5 Greek Chicken Kabobs (2) 3.5 Buffalo Chicken Zucchini Boats 4.1	Mushrooms Swiss Omelette 2.8 Sausage Veggie Sheet Pan 6.2 Taco Cups (3) 5.7	Chocolate Almond Crockpot Candy 2.5 Mozzarella Sticks (2) 1.8 Ham & Cheese Biscuits 1.9	
NET CARBS = 9.1	NET CARBS = 14.7		