

Keto Meal Plan - Week Three

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MON	Bacon Guacamole + 2 Hard-Boiled Eggs	Easy Seared Scallops*	Keto Meat Pie
TUES	2 Eggs (your favorite way) + 3 Easy Breakfast Sausage Patties	Buffalo Chicken Meatballs* + Celery + Low-carb Ranch or Blue Cheese Dressing	Reverse Sear Filet Mignon with Garlic Herb Compound Butter + Instant Pot Broccoli
WED	Bacon Guacamole* + 2 Hard-Boiled Eggs*	Keto Meat Pie*	Chicken Tacos in Lettuce Wraps
THURS	2 Eggs (your favorite way) + 3 Easy Breakfast Sausage Patties*	Chicken Tacos in Lettuce Wraps*	Sheet Pan Fajitas with Steak
FRI	Bacon Guacamole* + 2 Hard-Boiled Eggs*	Keto Meat Pie*	Lemon Pepper Wings
SAT	Breakfast Casserole	Chicken Tacos in Lettuce Wraps*	Creamy Shrimp Salad + Heirloom Tomato Salad
SUN	Keto French Toast + Air Fryer Bacon	Sheet Pan Fajitas with Steak*	Everything Bagel Chicken with Scallion Cream Cheese Sauce

SNACKS

- Keto Granola
- Air Fryer Zucchini Chips
- Bacon Chips
- Buttery Toasted Pecans
- Avocado Chips
- Cream Cheese Fat Bombs
- Keto Coleslaw
- Keto Chocolate Pudding
- Perfect Deviled Eggs with Bacon

DAILY CARB TOTALS

- MONDAY
18g net carbs total
- TUESDAY
20g net carbs total
- WEDNESDAY
20g net carbs total
- THURSDAY
18g net carbs total
- FRIDAY
15g net carbs total
- SATURDAY
13g net carbs total
- SUNDAY
18g net carbs total

Carb counts shown are based on 40 Aprons recipes and do not reflect any alterations (differences in brands, product substitutions or eliminations, etc.) or additions (i.e. keto buns, keto bread, etc.) you might make. For the most accurate nutritional information, be sure to log your food and specific ingredients in a tracker.

Snacks are optional! Consider them if you're feeling hungry and you're under your daily carb goals. If not, don't worry about them!

*indicates leftovers