

Keto Meal Plan - Week Two

WEEK OF _____

	BREAKFAST	LUNCH	DINNER
MON	Italian Breakfast Casserole	Egg Roll in a Bowl*	Fajita Salad with Steak
TUES	Keto Granola* + Unsweetened Yogurt	Lemon Garlic Salmon*	Keto Meatloaf + Roasted Cauliflower Steaks
WED	Italian Breakfast Casserole*	Fajita Salad with Steak*	Brined Chicken Wings + Celery + Low-carb Ranch
THURS	Keto Granola* + Unsweetened Yogurt	Keto Meatloaf*	Baked Shrimp + Cilantro-Lime Cauliflower Rice
FRI	Italian Breakfast Casserole*	Brined Chicken Wings*	Easy Seared Scallops + Balsamic Brussels Sprouts with Bacon
SAT	Keto Granola* + Unsweetened Yogurt	Keto Meatloaf*	Keto Egg Drop Soup
SUN	Italian Breakfast Casserole*	Baked Shrimp*	Buffalo Chicken Meatballs + Celery + Low-carb Ranch or Blue Cheese Dressing

- SNACKS**
- Cauliflower Chips
 - Air Fryer Fried Pickles
 - Air Fryer Hard Boiled Eggs
 - Bacon Chips
 - Buttery Toasted Pecans
 - Avocado Chips
 - Keto Cheese Chips
 - Perfect Deviled Eggs with Bacon

DAILY CARB TOTALS

- **MONDAY**
22g net carbs total
- **TUESDAY**
19g net carbs total
- **WEDNESDAY**
19g net carbs total
- **THURSDAY**
14g net carbs total
- **FRIDAY**
20g net carbs total
- **SATURDAY**
17g net carbs total
- **SUNDAY**
14g 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