

# KETO MEAL PLAN WEEK ONE

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Sausage Egg Muffins	Shrimp Zucchini Salad	Hardboiled Eggs	Air Fryer Stuffed Peppers
TUESDAY	Hemp Seed Oatmeal	Spinach Wrap	Berries & Mixed Nuts	Coconut Lime Salmon
WEDNESDAY	Peanut Butter Waffles	Salmon Nicoise Salad	Cucumber Sticks with Cream Cheese	Marry Me Chicken
THURSDAY	Souffle Omelette	Cabbage Beef Soup	Kale Chips	Chicken Tacos
FRIDAY	Breakfast Egg Muffin	Salmon Broccoli Bake	Olives	Brazilian Coconut Chicken
SATURDAY	Turkey Bacon Egg Fry	Cottage Cheese Bake	Celery sticks with dip	Chicken Bolognese
SUNDAY	Strawberry Cheesecake Smoothie	Crustless Salmon Quiche	Pork Rinds	Beef & Broccoli