

EASY KETO MEAL PLAN - WEEK 10

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Breakfast Casserole 1.2	Keto Blueberry Muffins 4.3	Breakfast Hot Pocket 5	
Spinach Cheese Bites (5) 4	Pizza Bagels 4.6	Jalapeno Poppers (4) 2.4	
One Pan Jalapeno Chicken 4.3	Pizza Stuffed Peppers 5	Salmon Broccoli Sheet Pan 5	
NET CARBS = 9.5	NET CARBS = 13.9	NET CARBS = 12.4	
THURSDAY	FRIDAY	BONUS SNACKS	
Egg Bites (3) 1.3	Blueberry Chaffles 1.8	Sugar-Free Lemonade 2	
Pizza Bites (5) 4	Chicken Tenders (2) 1.1	Cake Mix Cookies 1.1	
Asian Chicken Lettuce Wraps 3.4	Shrimp & "Grits" 4.4	Ham & Cheese Biscuits 1.9	
NET CARBS = 8.7	NET CARBS = 7.3		