

# EASY KETO MEAL PLAN - WEEK 4

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Lemon Cheese-Cake Parfait 3.4  Buffalo Chicken Bites (4) 3.2  One Pan Cabbage Casserole 7.4	Spinach Bacon Egg Muffins (2) 2  Lunch Skewers (4 of each) 6.5  Keto Taco Soup 5.3	Breakfast Quesadilla 4.7  Pepperoni Cheese Wraps 5.2  Buffalo Chicken Zucchini Boats 4	
NET CARBS = 14	NET CARBS = 13.8	NET CARBS = 13.9	
THURSDAY	FRIDAY	BONUS SNACKS	
Bacon Biscuits & Scrambled Eggs 6.1  Crockpot Crack Chicken 1.1  Sesame Chicken Stir Fry 2	Cinnamon Roll Chaffle 2.3  Lunch Rollups (4) 4  Salmon Patties 4.4	Keto Mocha Frappuccino 3.4  Keto Chips 0  Keto No-Bake Cookies 1.1	
NET CARBS = 9.2	NET CARBS = 10.7		