

EASY KETO MEAL PLAN - WEEK 5

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MONDAY	TUESDAY	WEDNESDAY	NOTES
Sausage Cream Cheese Pinwheels (2) 4.2 Chopped Thai Chicken Salad 3.1 One Pan Green Chili Chicken 3.6	Keto Blueberry Muffins 4.3 Pepperoni Chaffles (2) 4 Steak and Eggs with Cheddar Garlic Biscuits (2) 4.9	Bacon Egg & Cheese Tortilla 4.7 Thai Chicken Collard Wrap 5 Chicken Bacon Ranch Pizza 3.3	
NET CARBS = 10.9	NET CARBS = 13.2	NET CARBS = 13	
THURSDAY	FRIDAY	BONUS SNACKS	
Sausage Cheese Egg Muffins (3) 2.7 Ham and Cheese Pinwheels 4 Sausage and Cabbage Foil Pack 6.5	Keto Breakfast Pizza 4.6 Tuna Salad 1.8 Pepperoni Pizza Bites (4) 4	Simple Iced Coffee 2 Chili Cheese Collard Chips 1 Strawberry Cheesecake Parfait 4.6	
NET CARBS = 13.2	NET CARBS = 10.4		