

# EASY KETO MEAL PLAN - WEEK 6

WWW.THEBESTKETORECIPES.COM

MONDAY	TUESDAY	WEDNESDAY	NOTES
Cream Cheese Chaffles (2) 2.6  Chicken Broccoli Cheddar Hot Pocket 3.1  Easy Keto Chili 8.5	Chorizo Breakfast Scramble 5  Keto Pigs in a Blanket 2.1+  Tuna Zoodle Casserole 3.4	Three-Cheese Keto Biscuits (2) 4  Chicken Bacon Lettuce Wrap 1.7  Sausage Green Bean Sheet Pan Dinner 5.9	
<b>NET CARBS = 14.2</b>	<b>NET CARBS = 10.5+</b>	<b>NET CARBS = 11.6</b>	
THURSDAY	FRIDAY	BONUS SNACKS	
Chorizo Sausage Balls (4) 4  Broccoli Salad with Bacon 4.2  Asian Chicken Lettuce Wraps 3.4	Toasted Coconut Granola 2.5  Chicken Pesto Stuffed Peppers 5.5  Keto Shrimp & Grits 4.4	Air Fryer Bacon 0.1  Hot Cocoa & Espresso Whipped Cream 3.6  Chocolate Strawberry Cheesecake Fat Bombs 0.8	
<b>NET CARBS = 11.6</b>	<b>NET CARBS = 12.4</b>		