

# CLEAN KETO MEAL PLAN

## Week 1

	<b>Breakfast</b>	<b>Lunch</b>	<b>Dinner</b>
<b>Monday</b>	Eggs, Bacon & Broccoli	Hot Dogs with Veggies	IP Pork Tenderloin with Cauliflower Mash
<b>Tuesday</b>	Bacon & Asparagus Bundles with Eggs	Leftovers	Crispy Baked Chicken Thighs with Roasted Radishes & Brussels
<b>Wednesday</b>	Eggs, Bacon & Broccoli	Hot Dogs with Veggies	Easy Whole30 Taco Bowls
<b>Thursday</b>	Bacon & Asparagus Bundles with Eggs	Leftovers	Easy Shrimp Stir-Fry
<b>Friday</b>	Eggs, Bacon & Broccoli	Keto Snack Plate	BLT Wraps
<b>Saturday</b>	Bacon & Asparagus Bundles with Eggs	Leftovers	Fish & Veggies
<b>Sunday</b>	Scrambled Eggs with Salsa	Keto Snack Plate	Pork Chops with Mushroom Leek Cream Sauce