

CLEAN KETO MEAL PLAN

Week 3

	Breakfast	Lunch	Dinner
Monday	Eggs, Kale, and Sausage (or bacon)	Keto Egg Salad	No-Bean Chili
Tuesday	Pancetta & Asparagus Egg Muffins	Leftovers	IP Creole Shrimp & Sausage
Wednesday	Eggs, Kale, and Sausage (or bacon)	Keto Egg Salad	Stewed Tomato & Chicken Skillet
Thursday	Pancetta & Asparagus Egg Muffins	Leftovers	Salisbury Steak Meatballs with Mushroom Gravy
Friday	Eggs, Kale, and Sausage (or bacon)	Keto Egg Salad	Chicken Fajita Skillet
Saturday	Pancetta & Asparagus Egg Muffins	Leftovers	Braised Cabbage with Kielbasa & Bacon
Sunday	Eggs, Kale, and Sausage (or bacon)	Leftovers	Fish Taco Bowls