

CLEAN KETO MEAL PLAN

Week 2

	Breakfast	Lunch	Dinner
Monday	Hardboiled Eggs with Sausage	Easy Shredded Chicken Salad	Instant Pot Pork Carnitas
Tuesday	Creamy Scrambled Eggs with Salsa	Leftovers	Easy Whole30 Chicken Milanese
Wednesday	Low Carb Protein Shake	Easy Shredded Chicken Salad	Shrimp & Sausage Skillet
Thursday	Hardboiled Eggs with Sausage	Leftovers	Buffalo Chicken Casserole
Friday	Low Carb Protein Shake	Keto Snack Plate	Whole30 Beef & Broccoli
Saturday	Creamy Scrambled Eggs with Salsa	Leftovers	Chicken Sausage & Veggies
Sunday	Hardboiled Eggs with Sausage	Keto Snack Plate	Caramelized Onion Stuffed Burgers