

CLEAN KETO MEAL PLAN

Week 4

| | Breakfast | Lunch | Dinner |
|------------------|------------------------------------|------------------|--------------------------------------|
| Monday | Pancetta & Asparagus Egg Muffins | Keto Snack Plate | Keto Taco Bake |
| Tuesday | Keto Breakfast Shake | Leftovers | Creamy Tomato Basil Chicken Skillet |
| Wednesday | Eggs, Kale, and Sausage (or bacon) | Salad | Keto Spicy Chicken Tenders |
| Thursday | Pancetta & Asparagus Egg Muffins | Leftovers | Asian Sheet Pan Salmon & Green Beans |
| Friday | Eggs, Kale, and Sausage (or bacon) | Keto Snack Plate | Philly Cheesesteak Stuffed Mushrooms |
| Saturday | Keto Breakfast Shake | Leftovers | Chimichurri Chicken |
| Sunday | Eggs, Kale, and Sausage (or bacon) | Leftovers | Chicken Thighs with Creamed Spinach |