

CLEAN KETO MEAL PLAN WEEK ONE

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Eggs, Bacon & Greens	Tuna Salad	Chomps	Creole Shrimp with 'Cheesy' Grits
TUESDAY	Low Carb Smoothie	Low Carb Wrap	Veggies with Ranch	InstantPot Pork Carnitas
WEDNESDAY	Eggs, Bacon & Greens	Leftovers	Chomps	Air Fryer Chicken Breast
THURSDAY	Yogurt Parfaits	Shredded Chicken Salad	Berries & Mixed Nuts	Salisbury Steak Meatballs with Mushroom Gravy
FRIDAY	Low Carb Smoothie	Leftovers	Chomps	Instant Pot Butter Chicken
SATURDAY	Breakfast Tacos	Low Carb Wrap	Hardboiled Eggs	Air Fryer Blackened Salamon
SUNDAY	Yogurt Parfaits	Big Ol' Salad	Chomps	Baked Italian Meatballs