

CLEAN KETO MEAL PLAN WEEK TWO

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Eggs + Bacon	Chicken Salad over Greens	PaleoValley Beef Stick	Instant Pot Healthy Jambalaya
TUESDAY	Low Carb Yogurt Parfait	Low Carb Wrap	Veggies with Ranch	Crispy Chicken Cutlets
WEDNESDAY	Low Carb Smoothie	Chicken Salad over Greens	PaleoValley Beef Stick	Chicken Fajitas
THURSDAY	Eggs + Bacon	Low Carb Snack Plate	Berries & Mixed Nuts	Air Fryer Buffalo Chicken Wings
FRIDAY	Protein Bar	Leftovers	Veggies with Ranch	Low Carb Taco Salad
SATURDAY	Breakfast Tacos	Loaded Up Salad	Berries & Mixed Nuts	The Best Baked Chicken Thighs
SUNDAY	Low Carb Smoothie	Leftovers	PaleoValley Beef Stick	Air Fryer Steak with Herb Butter