

ALL DAY KETO MEAL PLAN						
WEEK 37/ 7 days						
	Sunday - Day 1	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	ROASTED ASPARAGUS WITH EGG AND HOLLANDAISE	291	26	9	5	3
<b>Lunch:</b>	CREAMY CHICKEN CURRY	290	15	28	3	3
<b>Side:</b>	KETO VEGAN FLATBREAD	132	6.6	6	14.6	5.2
<b>Dinner:</b>	KETO BEEF VEGETABLE MASALA	249	16.77	16.16	10	6
<b>Side:</b>	TOFU SALAD	101	5.6	5.9	7.6	5.2
<b>Dessert:</b>	NO BAKE CHOCOLATE CHEESECAKE	238	23	6	10	5
	<b>TOTAL</b>	<b>1301</b>	<b>92.97</b>	<b>71.06</b>	<b>50.2</b>	<b>27.4</b>
	Monday- Day 2	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	KETO CREAM CHEESE PANCAKES	387	40	21	12	6
<b>Lunch:</b>	KETO CHICKEN CHILI	260	21.34	24.92	11.4	7.9
<b>Side:</b>	CHEESY DROP BISCUIT	154	11.9	5.7	4.7	2.2
<b>Dinner:</b>	KETO CAJUN CHICKEN ZUCCHINI BOATS	373	32	14	4	3
<b>Side:</b>	LEMON GARLIC ROASTED BROCCOLI	179	14.3	4.3		6.9
<b>Dessert:</b>	STRAWBERRY DOUGHNUT HOLES	80	6.8	2.3	4.2	1.9
	<b>TOTAL</b>	<b>1433</b>	<b>126.34</b>	<b>72.22</b>	<b>36.3</b>	<b>27.9</b>
	Tuesday - Day 3	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	CREAMY KETO CHIA PUDDING	253.5	19.35	7.8	15	2.55
<b>Lunch:</b>	LAMB KABOBS WITH RED PEPPER CUCUMBER SALAD	470	25	54	6	5
<b>Side:</b>	BABA GHANOUSH	114	9.5	2.2	6.9	3.8
<b>Dinner:</b>	CREAMY PARMESAN CHICKEN WITH CAULIFLOWER RICE	412.3	27	35.3	9	5.5
<b>Dessert:</b>	MINI CHEESECAKE	175	16	3.8	12.8	1.8
	<b>TOTAL</b>	<b>1424.8</b>	<b>96.85</b>	<b>103.1</b>	<b>49.7</b>	<b>18.65</b>
	Wednesday - Day 4	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	KETO ALMOND BREAD FRENCH TOAST	239	23	7	5	3
<b>Lunch:</b>	CHICKEN CORDON BLEU	373	19.4	39	4.3	5.3
<b>Side:</b>	KETO CAULIFLOWER MASH	59	1	5	2	1
<b>Dinner:</b>	CLASSIC TUNA MELTS	338	26.2	17.8	3.6	1.6
<b>Side:</b>	ROASTED VEGETABLE TRAY	113	7	2	11	8
<b>Dessert:</b>	KETO CHEESE CAKE BROWNIES	211	20.7	4.9	4.9	2.8
	<b>TOTAL</b>	<b>1333</b>	<b>76.6</b>	<b>70.8</b>	<b>25.9</b>	<b>18.9</b>
	Thursday - Day 5	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	CHIA PUDDING WITH BLUEBERRIES	288	22.4	8	18.9	5.4
<b>Lunch:</b>	MUSHROOM RISOTTO	263	20	13	11	7
<b>Side:</b>	KETO GARLIC BREAD	174	14	6	4	2
<b>Dinner:</b>	KETO PERSONAL PEPPERONI PIZZA	479	39	25	11	7.8
<b>Side:</b>	GARDEN SALAD	192.2	1	2	3	3.2
<b>Dessert:</b>	CHOCO CHIP COOKIES	110	10	3	7.3	2.6
	<b>TOTAL</b>	<b>1506.2</b>	<b>106.4</b>	<b>57</b>	<b>55.2</b>	<b>28</b>
	Friday - Day 6	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	EGGS BENEDICT	286	24.6	12.9	4.15	2.3
<b>Lunch:</b>	SPICY CHICKEN TANDOORI	393	27.1	32.5	2.8	2.2
<b>Side:</b>	KETO PARSNIP FRIES	35	10	0	6	4
<b>Dinner:</b>	ASIAN BEEF SALAD	601	45	43	8	5
<b>Side:</b>	CAULIFLOWER RICE	81	6	2.3	6	3.5
<b>Dessert:</b>	CHOCOLATE FUDGE BROWNIE	96	8.6	2.7	8	1.7
	<b>TOTAL</b>	<b>1492</b>	<b>121.3</b>	<b>93.4</b>	<b>34.95</b>	<b>18.7</b>
	Saturday - Day 7	Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<b>Breakfast:</b>	EASY CURRIED TOFU SCRAMBLE WITH BAGEL	279	5	11	9	6
<b>Lunch:</b>	CHICKEN IN MUSHROOM SAUCE	509	34	40	6	5
<b>Side:</b>	KETO ZOODLES	0	12	2.5	6.5	4.5
<b>Dinner:</b>	KETO BEEF BOURGUIGNON	324	18	28	6	5
<b>Side:</b>	GREEK SALAD	226	20	5	6	4
<b>Dessert:</b>	PEANUT BUTTER COOKIES	90	7	4	2	1
	<b>TOTAL</b>	<b>1428</b>	<b>96</b>	<b>90.5</b>	<b>35.5</b>	<b>25.5</b>