

## IF Meal Plan (Breakfast & Lunch)

WEEK 37 /6 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>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>1052</b>	<b>76.2</b>	<b>54.9</b>	<b>40.2</b>	<b>21.4</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>Side:</b>	LEMON GARLIC ROASTED BROCCOLI	179	14.3	4.3		6.9
<b>Dessert:</b>	SNICKERDOODLE CUP CAKE	140	12	6	12	2.3
<b>TOTAL</b>		<b>1120</b>	<b>99.54</b>	<b>61.92</b>	<b>40.1</b>	<b>25.3</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>Side:</b>	CAULIFLOWER RICE	81	6	2.3	6	3.5
<b>Dessert:</b>	MINI CHEESECAKE	175	16	3.8	12.8	1.8
<b>TOTAL</b>		<b>1093.5</b>	<b>75.85</b>	<b>70.1</b>	<b>46.7</b>	<b>16.65</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>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>995</b>	<b>71.1</b>	<b>57.9</b>	<b>27.2</b>	<b>20.1</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>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>1027.2</b>	<b>67.4</b>	<b>32</b>	<b>44.2</b>	<b>20.2</b>
<b>Friday - Day 6</b>						
		<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Total Carbs (g)</b>	<b>Net Carbs (g)</b>
<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>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>891</b>	<b>76.3</b>	<b>50.4</b>	<b>26.95</b>	<b>13.7</b>
<b>Saturday - Day 7</b>						
		<b>Calories</b>	<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Total Carbs (g)</b>	<b>Net Carbs (g)</b>
<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>Side:</b>	GREEK SALAD	226	20	5	6	4
<b>Dessert:</b>	PEANUT BUTTER COOKIES	90	7	4	2	1
<b>TOTAL</b>		<b>1104</b>	<b>78</b>	<b>62.5</b>	<b>29.5</b>	<b>20.5</b>

## IF Meal Plan (Lunch & Dinner)

WEEK 37/ 7 days

Sunday - Day 1		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<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>1010</b>	<b>66.97</b>	<b>62.06</b>	<b>45.2</b>	<b>24.4</b>
Monday - Day 2		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<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>	SNICKERDOODLE CUP CAKE	140	12	6	12	2.3
<b>TOTAL</b>		<b>1106</b>	<b>91.54</b>	<b>54.92</b>	<b>32.1</b>	<b>22.3</b>
Tuesday - Day 3		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<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>1171.3</b>	<b>77.5</b>	<b>95.3</b>	<b>34.7</b>	<b>16.1</b>
Wednesday - Day 4		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<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>1094</b>	<b>74.3</b>	<b>68.7</b>	<b>25.8</b>	<b>18.7</b>
Thursday - Day 5		Calories	Fat (g)	Protein (g)	Total Carbs (g)	Net Carbs (g)
<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

		TOTAL	1218.2	84	49	36.3	22.6
<b>Friday - Day 6</b>		<b>Calories</b>		<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Total Carbs (g)</b>	<b>Net Carbs (g)</b>
<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>1206</b>	<b>96.7</b>	<b>80.5</b>	<b>30.8</b>	<b>16.4</b>
<b>Saturday - Day 7</b>		<b>Calories</b>		<b>Fat (g)</b>	<b>Protein (g)</b>	<b>Total Carbs (g)</b>	<b>Net Carbs (g)</b>
<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>1149</b>	<b>91</b>	<b>79.5</b>	<b>26.5</b>	<b>19.5</b>