

WEEKLY MEAL PLAN

Week 1

SAT. & SUN.	MONDAY, 6/14	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Paris Baguette Salad 2 chicken breasts	1 Paris Baguette Salad 2 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g salmon 200 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	<i>Dr. Becky's Salad</i> 128 g salad greens 0.5 avocado, slice 3 tbsp feta 2 tbsp walnuts 2 tbsp sunflower 1.5 tbsp dressing	1 Paris Baguette Salad 2 chicken breasts

Week 2

SUNDAY	MONDAY, 6/21	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 hot dogs 200 g kimchi	1 Paris Baguette Salad 2 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	sauerkraut 2 hot dogs	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	Mrs. Cerasani's lunch (800 cal)	1 Paris Baguette Salad 3 chicken breasts

Week 3

SUNDAY	MONDAY, 6/28	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
soegogi muguk	keto tortillas keto hummus	1 Paris Baguette Salad 2 chicken breasts 1 stick haloumi	125 g chorizo 100 g oi-muchim 1 stick haloumi	tomato soup 2 chicken breasts	kimchi-jjigae 1 large hot dog	trail mix beef jerky Dream Cacao

Week 4

SUNDAY	MONDAY, 7/5	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Paris Baguette Salad 2 chicken breasts 1 stick haloumi	1 Paris Baguette Salad 2 chicken breasts 1 stick haloumi	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g shabu beef 100 g broccoli 2 tbsp soy sauce	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 3 chicken breasts	1 Paris Baguette Salad 3 chicken breasts

Week 5

SUNDAY	MONDAY, 7/12	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
200 g pulled pork 200 g cole slaw	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g salmon 100 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette

Week 6

SUNDAY	MONDAY, 7/19	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
keto fettuccine 100 g alfredo sauce 2 chicken breasts 100 g spinach	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	3 eggs 2 pc bacon 100 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 2 chicken breasts	1 Paris Baguette salad 2 pc bacon, crumbled 2 chicken breast

Week 7

SUNDAY	MONDAY, 7/26	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
350 g shrimp 1 avocado, sliced	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	125 g chorizo 100 g oi-muchim	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette

Week 8

SUNDAY	MONDAY, 8/2	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2 cod fillets 200 g oi-kimchi	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g salmon 100 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 3 chicken breasts	1 Paris Baguette Salad 3 chicken breasts

Week 9

SUNDAY	MONDAY, 8/9	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
2-3 keto pancakes 1 egg 2 slices bacon	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g salmon 100 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	1 Paris Baguette Salad 3 chicken breasts	1 Paris Baguette Salad 3 chicken breasts

Week 10

SUNDAY	MONDAY, 8/16	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
keto burger bun burger patty slice tomato lettuce muenster cheese mayonnaise	1 Paris Baguette Salad 3 chicken breasts	<i>Kev's Salad</i> 2 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 3 tbsp feta 1 chicken breast 2 tbsp vinaigrette	200 g salmon 100 g asparagus	<i>Kev's Salad No Feta, with Olives</i> 1 tbsp nut mix 1 cucumber, sliced 4 cherry tomatoes 50 g black olives 100 g tuna 2 tbsp vinaigrette	CHEAT DAY	