

Main/Side	Name	Summary / Recipe	Rating
M	Sandwich- Turkey	Keto Bread/Mayo/Cucumber/Onion/Lettuce/Oil/Deli Turkey	10/10
M	Sandwich- Salami	Keto Bread/Mayo/Pickle/Onion/Lettuce/Provolone/Oil/Salami	8/10
M	Sandwich- Chicken	Keto Bread/Mayo/Lettuce/Tomato/Chicken Breast	9/10
M	Sandwich- Burger	Keto Bread/Ketchup/Lettuce/Onion/Ground Beef Patties	7/10
M	Sandwich- Tuna	Keto Bread/Mayo/Tuna/Cucumber/Onion/Lettuce	8/10
M	Sandwich- Panini	Keto Bread/Provolone Cheese/Ham/Pepperoni	5/10
M	Sandwich- Roast Beef	Keto Bread/Roast Beef/Glazed Onions/Provolone/Au Jus	10/10
M	Beef- Beef and Broccoli	<a href="#">Recipe</a>	4/10
M	Beef- Steak	Steak with Steak Sauce	10/10
M	Beef- Tacos	Keto Tortilla Ground Beef/Lettuce/Onion/Sour Cream/Salsa	8/10
M	Pork- Mushroom Gravy	<a href="#">Recipe</a>	10/10
M	Pork- Cordon Bleu	Pork Panko/Swiss Cheese/Ham/Pork Chops	6/10
M	Pork- Parmesan	Eggs/Salt/Pepper/Tomato Sauce	9/10
M	Pork- Italian Sausage	Gianelli Mild Italian Sausage	10/10
M	Chicken- Rotisserie	Wegmans Barbeque Rotisserie Chicken	9/10
M	Chicken- Tacos	Keto Tortilla/Lettuce/Onion/Sour Cream/Salsa/Chicken Breast	8/10
M	Chicken- Sweet and Sour	<a href="#">Recipe</a>	4/10
M	Chicken- Cordon Bleu	Pork Panko/Swiss Cheese/Ham/Chicken Breast	8/10
M	Chicken- Wings	Frank's Red Hot Buffalo Sauce	10/10
M	Pizza- Pepperoni	Keto Tortilla/Monterey Jack/Tomato Sauce/Turkey Pepperoni	10/10
M	Pizza- Tonno	Keto Tortilla/Monterey Jack/Tomato Sauce/Tuna/Onion	10/10
M	Pizza- Ham	Keto Tortilla/Monterey Jack/Tomato Sauce/Ham	10/10
M	Breakfast	Bacon/Eggs/Keto Bread French Toast/Sausage	10/10
S	Coleslaw	Cabbage/Mayo/Vinegar White/Vinegar Apple	10/10
S	Cauliflower Cheese Bake	<a href="#">Recipe</a>	8/10
S	Baked Zucchini	Zucchini/Butter/Garlic Salt	6/10
S	Egg Drop Soup	Chicken Broth/Egg/Chicken/Sesame Oil	8/10
S	Baked Asparagus	Asparagus/Butter/Parmesan Cheese	8/10
S	Shrimp- Yum Yum	Shrimp/Ketchup/Mayo/Sriracha	8/10
S	Spaghetti Bolognese	<a href="#">Recipe</a>	9/10