

Mama Loves to Eat

KETO MEAL PLAN

MONDAY

Easy Cod Recipe with Garlic Herb Butter & Green beans with bacon

TUESDAY

Garlic Butter Steak Bites with Cajun Seasoning & Parmesan Asparagus

WEDNESDAY

Keto Meatloaf with cheese
Cauliflower Mashed Potatoes
Keto Cheddar Bay Biscuit

THURSDAY

Keto Taco Cups
Avocado Salsa

FRIDAY

Kielbasa and Sauerkraut Skillet Recipe
Parmesan Green Beans

SATURDAY

Keto Sausage Burgers with Keto Gravy
Loaded Cauliflower Bake

SUNDAY

Keto Pork Stir Fry Recipe
Cauliflower Fried Rice

NOTES

SHOPPING LIST