

MEAL PLANNER

FROM: 01 / 09 / TO: 01/15 /

	BREAKFAST	LUNCH	DINNER
THU	Easy Egg Scramble with baby arugula p. 102	LO Pork Tenderloin	Tuscan Chicken p. 208 and Mashed Cauliflower p. 246 or Zoodles
FRI	Broccoli, Bacon, & Cheese Egg Muffins p. 92	LO Chicken and Cauliflower	Parmesan-Crusted Salmon Bake p. 224 with Asparagus
SAT	LO Egg muffins	Quick & Easay Personal Pan Pizza p. 180 with side salad & ranch	Filet Mignons with Gorgonzola Sauce p. 164
SUN	Scrambled eggs with avocado slices p. 102	LO Cordon Bleu	Keto Chili p. 156 with side salad
MON	Lox & Cream Cheese Sliders p. 106	Chili Cheese Dogs p. 160	Grilled Chicken & Bacon Ranch Kabobs p. 198 and zucchini cooked in butter
TUE	Eggs Benedict p. 104	LO Kabobs	Sunny-Side-Up Burgers p. 178 with Pork Rinds
WED	Easy Egg Scramble p. 102	LO Burgers	Tina's Slow Cooker Salsa Chicken Lettuce Wraps p. 206 & Cilantro Lime Cauliflower Rice p. 243