

Weekly Meal Plan

Week 3

Having a visual guide to what you plan to eat for the week helps you see how many servings of food you need, which affects how much food you buy and when you cook. A chart like this (also available for download from my website, cookingketowithkristie.com) lets you see the whole week at a glance.

	BREAKFAST	LUNCH	DINNER	PREP & COOKING TASKS
SUNDAY	Western Quiche page 231	Pork Rind Nachos page 260 Queso page 200	Fatty Burgers page 276 Parmesan Peppercorn page 210	Bake bacon Brown ground beef (for pork rind nachos) Brown sausage (for minute mug omelets) Make burgers Make Parmesan Peppercorn
MONDAY	Minute Mug Omelet page 222	Leftover burgers	Pork ribs page 306 Ranch Cauli Mash 345	Pork ribs in crockpot in morning Make cauli mash
TUESDAY	Sweet Dutch Baby page 246	Antipasti Platter page 268	Taco Bake page 312	Make Taco Bake Brine chicken
WEDNESDAY	Eggs in Purgatory page 230	Leftover quiche	Pickle-brined Chicken Tenders page 318 with Parmesan Peppercorn	Make chicken tenders
THURSDAY	Coffee, Bacon, Scrambled Eggs	Leftover ribs	Roast chicken page 316 Broccoli Alfredo page 333	Roast chicken Make chicken salad with leftover chicken
FRIDAY	Pizza Skillet Scramble page 228	Chicken salad page 328	Mississippi Roast page 296 Skillet page 349	Put roast in crockpot in the am. Make mushrooms
SATURDAY	Breakfast Pizza page 238	Leftover roast	Shredded Mexican Chicken page 329	Put chicken in the crockpot in the am Make extra KeDough crusts for next week