

# Weekly Meal Plan

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

web **Week 4** site, [cookingketowithkristie.com](http://cookingketowithkristie.com)) lets you see the whole week at a glance.

	BREAKFAST	LUNCH	DINNER	PREP & COOKING TASKS
SUNDAY	Keto Pancakes page 240 w/ Simple Syrup page 244	KeDough Pizza page 216	Simple Pulled Pork page 304 w/ BBQ sauce page 195 & Mom's Creamy Coleslaw page 366	
MONDAY	Southwestern Frittata page 234	Big Mac Salad page 283 Thousand Island Dressing page 211	Open faced taco for two page 280	
TUESDAY	Leftover pancakes	Skillet Pizza page 314	Leftover pulled pork with Baked Cauli mac & cheese page 368	
WEDNESDAY	Leftover Frittata	Leftover Big Mac Salad	Chicken Philly Cheesesteak Casserole page 322	
THURSDAY	One-Minute French Toast page 242 with simple syrup	Taco Soup page 302	Baked Salmon w/ Dill sauce page 334 Roasted Broccoli page 351	

FRIDAY	Breakfast Pizza page 238	Leftover Cheesesteak casserole	Lemon Mushroom Chicken page 326 w/ Cauli Rice page 343	
SATURDAY	Coffee with eggs and breakfast sausage page 224	Leftovers	Leftovers	

KETO LIVING Day by Day