

MONDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CRUSTLESS PIZZA

TUESDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING
DINNER: CHICKEN STROGANOFF
AND SIDE OF CHOICE WITH 1
TABLESPOON BUTTER

WEDNESDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CRUSTLESS PIZZA

THURSDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CHICKEN STROGANOFF
AND SIDE OF CHOICE WITH 1
TABLESPOON BUTTER

FRIDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CRUSTLESS PIZZA

SATURDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CHICKEN STROGANOFF
AND SIDE OF CHOICE WITH 1
TABLESPOON BUTTER

SUNDAY

BREAKFAST: CINNAMON DONUT MUFFIN

LUNCH: SALAD GREENS
4 OUNCES CHICKEN THIGHS
28G CHEESE
2 TABLESPOONS DRESSING

DINNER: CRUSTLESS PIZZA

*Keto meal plan
for one*

**BREAKFAST ITEMS
(SKIP IF YOU DO NOT EAT
BREAKFAST)**

2.5 CUPS ALMOND FLOUR
BAKING SODA
SALT
1 CUP GRANULAR SWEETENER
3 EGGS
8 OUNCES FF PLAIN GREEK
YOGURT
1/4 CUP BUTTER
CINNAMON

EVERYTHING FOR YOUR
FAVORITE COFFEE

CRUSTLESS PIZZA

1 POUND GROUND BREAKFAST
SAUSAGE
1 CUP LOW SUGAR MARINARA
SAUCE
2 CUPS SHREDDED MOZZARELLA
1/2 GREEN BELL PEPPERS
4 OUNCES MUSHROOMS *
TURKEY PEPPERONI
BLACK OLIVES (OPTIONAL)

SALADS

ENOUGH LETTUCE, CHEESE, AND
DRESSING FOR 7 SALADS
7 BONELESS SKINLESS CHICKEN
THIGHS

YOU CAN ADD SOME OPTIONAL
TOPPINGS LIKE BACON PIECES
OR SEEDS, BUT BE AWARE THEY
WILL ADD TO THE CALORIE
COUNT

CHICKEN STROGANOFF

AVOCADO OIL
3 CHICKEN BREAST
1/2 ONION, DICED OR 1/2 CUP
FROZEN DICED ONION
8 OUNCES MUSHROOMS *
3 CLOVES GARLIC
1 CUP HEAVY CREAM
1 TABLESPOON DIJON MUSTARD
1 CUP CHICKEN BROTH
DRIED DILL
1 TEASPOON LEMON JUICE

**I put stars by the items that are
in multiple recipes.**

*Shopping
List*

How to use this meal plan

This meal plan is around 1150 calories per day. This leaves room for coffee and a nice snack if you desire one. I recommend planning a snack for the times you would tend to eat off plan in the past. (mid afternoon or after dinner for most of us!)

I recommend having on hand the following items for easy prepping:

- kitchen scale - weighing your food is imperative for accuracy
- equal sized containers for easily dividing out food.
- A positive mindset while you're prepping and eating your food!

Before the start of the week, carve out about an hour to make your muffins and prep your chicken for the salads. I put all of the boneless skinless chicken thighs on a sheet tray, season them however sounds good, and bake them at 375F for about 20 minutes or an internal meat thermometer reads 165F.

You can choose to prep everything in one day or you can wait to prep the crustless pizza on Monday night and chicken stroganoff on Tuesday night. But if you know you're going to be busy those nights, and you might default to takeout, prep ahead!

IF YOU HAVE LEFTOVERS AT THE END OF THE WEEK, FREEZE FOR A LATER DATE.

If one of the recipes is something you think your family would eat as well, I would double it.

If you have any questions, please drop them in the Facebook members only group!

Why this meal plan works - it's simple. We think we want a lot of variety each week until we have to cook it all, lol!

Recipes

Crustless pizza: <https://jenniferbanz.com/crustless-pizza>

Chicken stroganoff: <https://jenniferbanz.com/keto-chicken-stroganoff> (I would serve with a steamed vegetable topped with butter)

muffins: <https://jenniferbanz.com/keto-cinnamon-donut-muffins>