



LEFTOVERS ARE KICKASS – WEEK 1

Week 1 (Day 1-7)	Meal 1	Meal 2 (optional, only if hungry)	Dinner If you choose to eat a fat bomb, eat it with your meal, not as a dessert.
Monday (Day 1)	Hot & Nutty “Cereal”	Your choice from Meal 2 Selections (Note: this week’s menu will leave you with a half avocado, so you can eat that here if you want!)	Chicken & Avocado Salad
Tuesday (Day 2)	Baked Cheese & Bacon Breakfast Pie (Save 2nd serving in fridge)	Leftover Chicken & Avocado Salad	Steak Cilantro Lime Broccoli
Wednesday (Day 3)	Leftover Hot & Nutty “Cereal”	Leftover Cilantro Lime Broccoli	Creamy Chicken & Cabbage Casserole
Thursday (Day 4)	Leftover Baked Cheese & Bacon Breakfast Pie	Leftover Creamy Chicken & Cabbage Casserole	Pork Chops Hot Bacon & Cabbage Slaw
Friday (Day 5)	Coconut Lime Yogurt Supreme	Leftover Hot Bacon & Cabbage Slaw	Warm Turkey & Almond Slaw
Saturday (Day 6)	Leftover Coconut Lime Yogurt Supreme	Leftover Warm Turkey & Almond Slaw	Salmon Avocado Feta Salad
Sunday (Day 7)	Ham, Leek & Feta Egg Cups (Save 2nd serving in fridge and freeze the rest until called for again)	Leftover Avocado Feta Salad	Prawns with Leeks & Lemon Pepper

This worksheet is provided for readers of **KICKASS KETO: Your 28-Day Quick Start Guide To Health, Fat-Burning, & Weight Loss**

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