



LEFTOVERS ARE KICKASS – WEEK 2 MEAL PLAN

| Week 2 (Days 8-14) | 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 8) | Egg & Bacon Salad | Leftover Prawns with Leeks & Lemon Pepper | Bunless Burgers Orange Pecan Brussels & Cabbage |
| Tuesday (Day 9) | No More Death by Chocolate Frappe | Leftover Orange Pecan Brussels & Cabbage | Double Pork Fried “Rice” |
| Wednesday (Day 10) | Leftover Egg & Bacon Salad | Leftover Double Pork Fried “Rice” | Lamb Chops Celery & Cucumber Salad with Herbs |
| Thursday (Day 11) | Vanilla Hazelnut Granola | Leftover Celery & Cucumber Salad with Herbs | Montana Hash |
| Friday (Day 12) | Salmon Avocado Omelet | Leftover Montana Hash | Chicken Mushroom Risotto |
| Saturday (Day 13) | Vanilla Cinnamon Hot Chocolate | Leftover Vanilla Hazelnut Granola | Creamy Cajun Sausage Skillet |
| Sunday (Day 14) | Pork Lover’s Scramble | Leftover Creamy Cajun Sausage Skillet | Pork Shoulder Crunchy Winter Slaw |

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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