



LEFTOVERS ARE KICKASS – WEEK 3 MEAL PLAN

Week 3 (Days 15-21)	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 15)	Pecan Nutmeg “Oatmeal”	Leftover Crunchy Winter Slaw	Chicken & Avocado Salad
Tuesday (Day 16)	Mushroom & Pancetta Frittata	Leftover Chicken & Avocado Salad	Salmon Avocado Lime Zoodles
Wednesday (Day 17)	Coconut Lime Lassi	Leftover Avocado Lime Zoodles	Steak Smoky Creamed Mushrooms
Thursday (Day 18)	Leftover Mushroom & Pancetta Frittata	Leftover Smoky Creamy Mushrooms	Creamy Chicken & Cabbage Casserole
Friday (Day 19)	Creamy Lemon Coconut Cereal	Leftover Creamy Chicken & Cabbage Casserole	Chicken Bacon Parmesan Brussels Sprouts
Saturday (Day 20)	Leftover Ham, Leek & Feta Egg Cups	Leftover Bacon Parmesan Brussels Sprouts	Warm Turkey & Almond Slaw
Sunday (Day 21)	Leftover Creamy Lemon Coconut Cereal	Leftover Warm Turkey & Almond Slaw	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**

Williamson, Brian; Brown, Carrie; Jay, Rekka; Ketovangelist LLC, publisher; 3 January 2018; 164 pages. Visit kickassketo.org for info