



LEFTOVERS ARE KICKASS – WEEK 4 MEAL PLAN

Week 4 (Days 22-28)	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 22)	Leftover Pecan Nutmeg “Oatmeal”	Leftover Prawns with Leeks & Lemon Pepper	Bunless Burgers Avocado & Walnut Salad
Tuesday (Day 23)	Leftover Ham, Leek & Feta Egg Cups	Leftover Avocado & Walnut Salad	Double Pork Fried “Rice”
Wednesday (Day 24)	Leftover Vanilla Hazelnut Granola	Leftover Double Pork Fried “Rice”	Pork Shoulder Rosemary Olive Cabbage
Thursday (Day 25)	Pork Lover’s Scramble	Leftover Rosemary Olive Cabbage	Montana Hash
Friday (Day 26)	No More Death by Chocolate Frappe	Leftover Montana Hash	Lamb Chops Leek & Cauliflower Risotto
Saturday (Day 27)	Salmon Avocado Omelet	Leftover Leek & Cauliflower Risotto	Creamy Cajun Sausage Skillet
Sunday (Day 28)	Vanilla Cinnamon Hot Chocolate	Leftover Creamy Cajun Sausage Skillet	Pork Chops Lemon Hazelnut Leeks

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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