



VARIETY IS KICKASS – WEEK 1 MEAL PLAN

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”	Handful of dry-roasted Macadamia Nuts (Store extra in freezer)	Chicken & Avocado Salad
Tuesday (Day 2)	Baked Cheese & Bacon Breakfast Pie	String Cheese	Salmon Avocado Feta Salad
Wednesday (Day 3)	Vanilla Hazelnut Granola	Handful of Almonds (Store extra in freezer)	Creamy Chicken & Cabbage Casserole
Thursday (Day 4)	Vanilla Cinnamon Hot Chocolate	Hardboiled Egg	Pork Chops Hot Bacon & Cabbage Slaw
Friday (Day 5)	Coconut Lime Yogurt Supreme	Coffee with Heavy Cream	Warm Turkey & Almond Slaw
Saturday (Day 6)	Egg & Bacon Salad	½ avocado	Steak Cilantro Lime Broccoli
Sunday (Day 7)	Ham, Leek & Feta Egg Cups	Cream cheese-filled celery sticks	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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