



VARIETY IS 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)	Pork Lover’s Scramble	Can of Sardines or Salmon	Chicken Smoky Creamed Mushrooms
Tuesday (Day 9)	No More Death by Chocolate Frappe	Leftovers of a Past Meal	Double Pork Fried “Rice”
Wednesday (Day 10)	Creamy Lemon Coconut Cereal	Sliced Deli Meats	Lamb Chops Celery & Cucumber Salad with Herbs
Thursday (Day 11)	Coconut Lime Lassi	Jerky or Full-fat Greek Yogurt	Montana Hash
Friday (Day 12)	Pecan Nutmeg “Oatmeal”	Salami Slices	Pork Shoulder Orange Pecan Brussels & Cabbage
Saturday (Day 13)	Mushroom & Pancetta Frittata	Pork Rinds	Creamy Cajun Sausage Skillet
Sunday (Day 14)	Salmon Avocado Omelet	Handful of Macadamia Nuts	Bunless Burgers 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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