



VARIETY IS 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)	Hot & Nutty “Cereal”	String Cheese	Chicken & Avocado Salad
Tuesday (Day 16)	Baked Cheese & Bacon Breakfast Pie	Handful of Almonds	Salmon Avocado Lime Zoodles
Wednesday (Day 17)	Vanilla Hazelnut Granola	Hardboiled Egg	Creamy Chicken & Cabbage Casserole
Thursday (Day 18)	Vanilla Cinnamon Hot Chocolate	Decaf Coffee with Heavy Cream	Pork Chops Lemon Hazelnut Leeks
Friday (Day 19)	Coconut Lime Yogurt Supreme	½ avocado	Warm Turkey & Almond Slaw
Saturday (Day 20)	Egg & Bacon Salad	Cream cheese-filled celery sticks	Steak Avocado & Walnut Salad
Sunday (Day 21)	Ham, Leek & Feta Egg Cups	Can of Sardines or Salmon	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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