



VARIETY IS 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)	Pork Lover’s Scramble	Leftovers of a Past Meal	Chicken Leek & Cauliflower Risotto
Tuesday (Day 23)	No More Death by Chocolate Frappe	Sliced Deli Meats	Double Pork Fried “Rice”
Wednesday (Day 24)	Creamy Lemon Coconut Cereal	Jerky or Full-fat Greek Yogurt	Lamb Chops Rosemary Olive Cabbage
Thursday (Day 25)	Coconut Lime Lassi	Salami Slices	Montana Hash
Friday (Day 26)	Pecan Nutmeg “Oatmeal”	Pork Rinds	Pork Shoulder Bacon Parmesan Brussels Sprouts
Saturday (Day 27)	Mushroom & Pancetta Frittata	Handful of Macadamia Nuts	Creamy Cajun Sausage Skillet
Sunday (Day 28)	Salmon Avocado Omelet	String Cheese	Bunless Burgers Mushroom Risotto

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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