

Make Your Own Meal Plan

Breakfast options *(click photo for recipe)*



Savory Breakfast Cookies

2.9g per cookie



Mini Pumpkin Muffins

0.7g per muffin



Caprese Quiche

3.2g per serving



Chocolate Zucchini Bread

3.6g per slice



Sausage Cheese Mini Muffins

1g per muffin



Breakfast Burritos

2.3g per serving



Dark Chocolate Protein Smoothie

2.5g per serving



Bacon Cheddar Scones

3.g per scone



Coffee or Tea Chia Breakfast Pudding

4.9g per serving



Pumpkin Protein Smoothie

4.6g per serving



Breakfast Ham Tacos

0.7g per serving



Chocolate Chip Biscotti

2.g per serving



Blueberry Chaffles

3.g per chaffle



Breakfast Pizza

2.1g per serving



Banana Bread Granola

1.7g per serving

Lunch / Dinner options *(click photo for recipe)*



Zucchini Noodle & Beef Casserole

4.5g per serving



Antipasta Coleslaw

3.7g per serving



Eggroll in a Bowl

6.2g per serving



Broccoli Cauliflower Salad

1.9g per serving



Chopped Spinach Salad

3.9g per serving



Vegetable & Sausage Soup

3.7g per serving



Broccoli Cheese Blender Soup

4.3g per serving



Pepper & Cheese Zucchini Noodles

3.9g per serving



Turkey Meatballs

0.3g per meatball



Kielbasa & Cabbage Noodles Skillet

6.8g per serving



Mexican Chicken Casserole

6g per serving



Spicy Salmon

4.3g per serving



Chicken Enchilada bowl

7.1g per serving



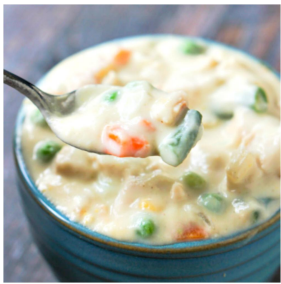
Keto Ground Beef and Broccoli

5.1g per serving



Ham Barbecue on Chaffle Bun

6.2g per serving



Chicken Pot Pie Soup

5.2g per serving



Cheese Stuffed Pizza Burgers

3.6g per serving



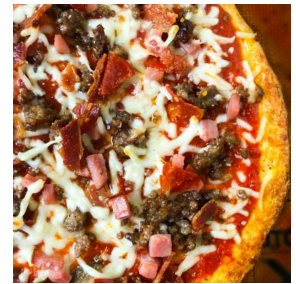
Garlic Pulled Pork in the Slow Cooker

1.3g per serving



Creamy Seafood Chowder

6g per serving



Meat Lovers Pizza

3.7g per serving

Sweets & Snacks *(click photo for recipe)*



Lemon Cheesecake Mousse

2.9g per serving



Loaded Cauliflower Bites

3.5g per serving



Crispbread Crackers

1.5g per piece



Chocolate Coconut Protein Balls

0.5g per piece



Blueberry Blender Ice Cream

6.5g per serving



Butterbeer (alcohol and non-alcohol)

1.4g per serving



5 Ingredient Chocolate Cookies

1.9g per cookie



Buffalo Chicken Cheese Chips

2.2g per batch



Pizza Waffles

0.9g per waffle



Blueberry Microwave Muffin

3.4g per serving



Gyro Meat Crackers

0.9g per 10 cracker



Microwave Cupcake for One

2.9g per serving



Italian Parmesan Crisps

0.6g per crisp



Mini Strawberry Pretzel Salads

2.4g per serving



Chocolate Chip Fudge

1.3g per serving

Below is an example of how you can create your own menu plan using the grid above. So the recipes you would have to make that week would be:

- Breakfast Cookies - makes 12 cookies (you have 6 this week so freeze the other 6)
- Broccoli Blender Soup - makes 2 servings (double this batch and freeze for 2 lunches)
- Chocolate Fudge - makes 12 pieces (you have 6 this week so freeze the other 6)
- Asian Salmon - makes 6 servings (you have 2 this week but repurpose leftovers for the weekend)
- Carrot Muffins - makes 16 muffins - (you have 6 this week so freeze the other 10)
- Mexican Casserole - makes 6 servings (you have 3 this week so freeze the other 3)
- Parmesan Crisps - makes 12 pieces (you have 6 this week so save 6 for the weekend)
- Cheesy Zucchini Noodles - makes 4 servings (you have 2 this week so freeze the other 2)
- Turkey Meatballs - makes 30 meatballs (you have 8 this week so freeze the other 22)

From there you can decide how many servings you want and what the net total carb count will be for the day.

	Breakfast	Lunch	Dinner	Snack	Total Carbs
Monday	2 breakfast cookies	broccoli soup	Asian salmon	2 chocolate fudge	
	5.8	4.3	4.3	2.6	17
Tuesday	3 pumpkin muffins	Asian salmon	Mexican casserole	3 parmesan crisps	
	2.1	4.3	6	1.8	14.2
Wednesday	2 breakfast cookies	broccoli soup	Mexican casserole	2 chocolate fudge	
	5.8	4.3	6	2.6	18.7
Thursday	3 pumpkin muffins	Mexican casserole	cheesy zucchini noodles	3 parmesan crisps	
	2.1	6	3.9	1.8	13.8
Friday	2 breakfast cookies	cheesy zucchini noodles	8 turkey meatbals	2 chocolate fudge	
	5.8	3.9	6.4	2.6	18.7

So to use this menu planner go to the grid at the top and pick a couple breakfasts, lunches, dinners and snacks. Fill them in the grid below along with how many servings you will want and what the carb count will be for each meal. Then add the row up for each day to see your total carbs for the day.

Then click on the pictures of the recipes you are going to make for the week and print the recipe cards. Note you can use the Jump To Recipe button at the top to take your right to the recipe card. Make a master grocery list and shop on the weekends. Eventually you will build up a few freezer meals from leftovers that will make your meal planning easier going forward.

Try to make recipes that you can eat a few times in the week or that you can freeze the leftovers for another day. For example if you have salmon for 2 meals but have leftovers, you can eat it on top of a salad, turn it into salmon salad or make it into salmon cakes.

	Breakfast	Lunch	Dinner	Snack	Total Carbs
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					