


## \$75/Week Budget Keto Meal Plan — SouthernSavers.com

	Breakfast	Lunch	Dinner
<b>Monday</b>	Coffee w/cream, scrambled eggs, bacon	Low-carb egg salad with no-carb cheese crackers	Chicken with herb butter and leafy greens
<b>Tuesday</b>	Coffee w/cream, cream cheese pancakes, fresh berries	Leftover egg salad and cheese crackers	Balsamic chicken thighs, cauliflower rice, broccoli
<b>Wednesday</b>	Coffee w/cream, scrambled eggs, bacon	Leftover egg salad and cheese crackers	Easy keto lettuce wraps, fruit
<b>Thursday</b>	Coffee w/cream, cream cheese pancakes, fresh berries	Turkey/cheddar lettuce wraps with avocado	Crispy chicken thighs, cauliflower mac and cheese, brussels sprouts
<b>Friday</b>	Coffee w/cream, scrambled eggs, bacon	Turkey/cheddar lettuce wraps with avocado	Meatballs, alfredo sauce, zucchini noodles
<b>Saturday</b>	Coffee w/cream, cream cheese pancakes, fresh berries	Turkey/cheddar lettuce wraps with avocado	Bacon-wrapped chicken, broccoli
<b>Sunday</b>	Coffee w/cream, scrambled eggs, bacon	Leftovers!	Beef stroganoff, cabbage noodles, brussels sprouts