

# JANUARY 2020 \*KETO\* MEAL PLAN

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Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 <a href="#">Slow cooker pulled pork, Mexican coleslaw</a>	2 <a href="#">Nacho chicken casserole</a>	3 <a href="#">Pumpkin and prosciutto pizza</a> , side salad	4 <a href="#">Saturday garlic shrimp</a> , zucchini noodles
5 <a href="#">Herb roasted pork loin, four cheese pesto zoodles</a>	6 <a href="#">Thai chicken soup with zucchini noodles</a>	7 <a href="#">Baked chicken Italian sausage and peppers</a> , green beans	8 <a href="#">Cheesy broccoli and sausage casserole</a>	9 <a href="#">Peanut chicken tenders, Asian roasted carrots and broccoli</a>	10 <a href="#">Egg roll in a bowl</a>	11 <a href="#">Lemon garlic fish</a> , asparagus
12 <a href="#">Slow cooker breakfast bake</a> , berries	13 <a href="#">White chicken chili, keto southern style cornbread</a>	14 <a href="#">Instant pot bang bang chicken</a> , cauliflower rice	15 <a href="#">Korean beef bowls</a> , broccoli	16 <a href="#">Italian sub stuffed chicken breasts, red pepper spinach salad</a>	17 <a href="#">Classic buffalo wings</a> , raw veggies and low carb dressing	18 <a href="#">Sausage shrimp stir fry</a>
19 <a href="#">Bacon, egg, and cheese biscuit casserole</a> , berries	20 <a href="#">Spinach alfredo zucchini rolls</a> , side salad	21 <a href="#">Garlic mushroom chicken, bacon wrapped green beans</a>	22 <a href="#">Philly cheesesteak stuffed peppers</a>	23 <a href="#">Easy oven fajitas</a> , salad, cauliflower rice	24 <a href="#">Keto chili, keto southern style cornbread</a>	25 <a href="#">Smothered pork chops</a> , green beans
26 <a href="#">Slow cooker bacon cheeseburger pie</a> , berries	27 <a href="#">Protein noodle lasagna</a> , broccoli	28 <a href="#">Garlic butter chicken bites with zucchini noodles</a>	29 <a href="#">Creamy basil baked sausage</a> , asparagus	30 <a href="#">Crispy chicken thighs, cauliflower mac and cheese</a>	31 <a href="#">Low carb pepperoni pizza</a> , salad	