

# May 2022 | **LOW CARB** Monthly Meal Plan

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>1</b> <a href="#">Herb roasted pork loin, four cheese pesto zoodles</a>	<b>2</b> <a href="#">Broccoli smoked sausage casserole, cauliflower rice</a>	<b>3</b> <a href="#">Spinach alfredo zucchini rolls</a>	<b>4</b> <a href="#">Italian sub stuffed chicken breasts, red pepper spinach salad</a>	<b>5</b> <a href="#">Chicken florentine, zucchini noodles</a>	<b>6</b> <a href="#">Keto stir fry with cabbage</a>	<b>7</b> <a href="#">Brazilian Picanha steak, grilled vegetables</a>
<b>8</b> <a href="#">Mississippi Pot Roast, cauliflower rice, carrots</a>	<b>9</b> <a href="#">Egg roll in a bowl</a>	<b>10</b> <a href="#">Protein noodle lasagna, broccoli</a>	<b>11</b> <a href="#">Peanut chicken tenders, Asian roasted carrots and broccoli</a>	<b>12</b> <a href="#">Nacho chicken casserole</a>	<b>13</b> <a href="#">Bacon chicken, cauliflower mac and cheese</a>	<b>14</b> <a href="#">Classic buffalo wings, raw veggies and dip</a>
<b>15</b> <a href="#">Slow cooker breakfast bake, fruit</a>	<b>16</b> <a href="#">Baked chicken Italian sausage and peppers</a>	<b>17</b> <a href="#">Korean beef bowls</a>	<b>18</b> <a href="#">Philly cheesesteak stuffed peppers</a>	<b>19</b> <a href="#">Beef stroganoff, cauliflower rice, green beans</a>	<b>20</b> <a href="#">Jalapeno popper soup, salad</a>	<b>21</b> <a href="#">Saturday garlic shrimp, grilled vegetables</a>
<b>22</b> <a href="#">Chicken salad, fruit</a>	<b>23</b> <a href="#">Keto chicken parmesan, zucchini noodles</a>	<b>24</b> <a href="#">Crispy chicken thighs, roasted asparagus</a>	<b>25</b> <a href="#">Smothered pork chops, vegetable side</a>	<b>26</b> <a href="#">Keto monterey chicken, broccoli</a>	<b>27</b> <a href="#">Creamy spinach chicken, spaghetti squash</a>	<b>28</b> <a href="#">Oven burgers, carrots</a>
<b>29</b> <a href="#">Grilled chicken wings, salad</a>	<b>30</b> <a href="#">Memorial Day Recipes</a>	<b>31</b> <a href="#">Creamy basil baked sausage, zucchini noodles</a>				