

KETO DIET RESULTS

30-Day Meal Plan

Week 4 Meal Planner

	BRUNCH	SNACK	DINNER
DAY 1	Bulletproof Coffee	Chocolate Chip Cookies (3 Servings)	Chicken Cabbage Stir-Fry
DAY 2	Swedish Seed Bun & Cream Cheese †	Salami, Walnuts, Cheddar & Roasted Peppers	Chicken Cabbage Stir-Fry
DAY 3	Sausage Mushroom Quiche (3 Muffins)	Chocolate Chip Cookies (2 Servings)	Bunless Burgers & Avocado (2 Servings)
DAY 4	Bulletproof Coffee	Salami, Walnuts, Cheddar & Roasted Peppers	Spicy Tuna Cakes
DAY 5	Sausage Mushroom Quiche (2 Muffins)	Raspberry Cocoa Shake	Bunless Burgers & Avocado
DAY 6	Swedish Seed Bun & Cream Cheese †	Chocolate Chip Cookies (3 Servings)	Garlic Lime Wings
DAY 7	Sausage Mushroom Quiche (3 Muffins)	Raspberry Cocoa Shake	Garlic Lime Wings

* **PLEASE NOTE:** Unless noted otherwise, the nutrition facts for each meal are for 1 serving according to the recipe. Recipes are in order of when they first appear in the meal planner.

† Serving size for Cream Cheese is 1 oz (30 g)