

WEEKLY MEAL PLAN

5/31-6/6

MON

Mixed Grill for Memorial Day
Grilled Zucchini

TUES

Breakfast- Almond Milk w/ Protein Powder
(for World Milk Day)
Chicken Sausage w/ Pasta and a Salad

WED

Surf & Turf-Baked Chicken Breasts and/or
Tilapia over Cauliflower Rice
Baked Asparagus

THU

Breakfast for Dinner
Keto in Pearl's Pancakes, Chicken Breakfast
Sausage, and Eggs (for Egg Day)

FRI

Cauliflower Pizza + Extra Cheese
(for Cheese Day)
Baked Green Beans with a Side Salad

SAT

Pork Chops with Sweet Potato
Sautéed Zucchini
Dessert: Doughnuts for Doughnut Day

SUN

Cheeseburgers
Broccoli and a movie
(for Drive-in Movie Day)

THINGS TO BUY

PROTEIN

- Eggs
- Pre-made Frozen Burgers
- Chicken Sausage
- Bratwursts/Hot Dog/Kielbasa
- Breakfast Protein
- Tilapia
- Chicken breasts
- Protein Powder
- Pork Chops

DAIRY

- Full Fat Greek Yogurt
- Mozzarella Cheese
- Almond Milk (or regular milk)

FRUIT

- Berries
- Lemon

VEGGIES

- Asparagus
- Frozen green beans
- Frozen broccoli
- Sweet potato
- Zucchini
- Frozen Cauliflower Rice
- Romaine/salad toppings

MISC

- Frozen Cauliflower Pizza
- Doughnuts

NOTES:

Breakfast: Meat + Eggs + Yogurt/Berries
or Protein Shake

Lunch: Leftovers or Salad w/ Protein or
Protein + Cheese Wrap