

Low Carb Meal Plan

RaisingDexters.com

	BREAKFAST	LUNCH	SNACKS	DINNER
MONDAY	Eggs and Bacon	Inside-Out Sandwiches	Pepperoni and Cheese Sticks	Grilled Chicken with Broccoli and Cheese
TUESDAY	Bacon and Avocado Slices	Inside-Out Sandwiches or Leftovers	Low-Carb Veggies with Low-Carb Dip	Chicken, Vegetable, and Cheese Casserole
WEDNESDAY	Scrambled Eggs with Ham and Cheese	Inside-Out Sandwiches or Leftovers	Pepperoni with Cheese Stick	Hamburger (no ketchup or bun), Dill Pickle Slice, and Green Beans
THURSDAY	Boiled Eggs with a Sausage Patty	Inside-Out Sandwiches	Low-Carb Veggies with Low-Carb Dip	Bacon Cheeseburger Casserole
FRIDAY	Scrambled Eggs with Sausage and Cheese	Inside-Out Sandwiches or Leftovers	Pork Rinds	Skillet Pizza
SATURDAY	Triple Zero Yogurt Cup	Inside-Out Sandwiches or Leftovers	Pork Rinds	Polish Sausage with Peppers and Onions
SUNDAY	Bulletproof Coffee	Inside-Out Sandwiches or Leftovers	Low-Carb Veggies with Low-Carb Dip	Chili Cheese Polish Sausage Bake