

# 4 Day Keto Cinnamon Butter Chicken Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Large Eggs	2	143	10	12.6	0.8	0	0.8
Jones Pork Sausage Patties	2	220	20	20	0	0	0
Heavy Whipping Cream	1 Table	50	5	0	0.4	0	0.4
<b>Total</b>		<b>413</b>	<b>35</b>	<b>32.6</b>	<b>1.2</b>	<b>0</b>	<b>1.2</b>

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Romaine	1 Cup Shredded	8	0	1	2	1	1
Sunflower kernels (seeds)	1 oz	163	13.9	5.4	6.7	3.1	3.6
cheddar cheese	1 oz	113	9.3	7	0.4	0	0.4
Avocado Oil	1 T	124	14	0	0	0	0
<b>Total</b>		<b>408</b>	<b>37.2</b>	<b>13.4</b>	<b>9.1</b>	<b>4.1</b>	<b>5</b>

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Cinnamon Butter Chicken	1 thigh	401	25	41	0	0	0
Broccoli	185g/2 Cups	62	1	5	12	5	7
Butter	2 T	204	23	0	0	0	0
<b>Total</b>		<b>667</b>	<b>49</b>	<b>46</b>	<b>12</b>	<b>5</b>	<b>7</b>

<b>Grand Total</b>		<b>1488</b>	<b>121.2</b>	<b>92</b>	<b>22.3</b>	<b>9.1</b>	<b>13.2</b>
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## Breakfast

### Coffee

- Have some heavy whipping cream with your coffee if you wish. You don't need coffee if you don't drink it. You could also have some tea if you want.

### Pork and Eggs

- Prepare your eggs as you like
- I get the pork in the freezer section. I cook these sausages on the skillet.

## Lunch

### Salad

- When I prepare my salads for the next day I keep my seeds and oil in 2 separate containers. This helps keep the seeds or nuts still crunchy when you put them on your salad. I also keep the oil separate because this keeps the rest of the ingredients fresher.

## **Dinner**

### Cinnamon Butter Chicken

- Use this link for the recipe: <https://www.ketokeuhnnutrition.com/keto-recipes/cinnamon-butter-chicken-thighs/>

### Broccoli with Butter

- Steam your broccoli then add the butter when you are eating it.