

# 3-6 Day Lasagna Meal Plan

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Breakfast	Amount	Calories	Fat	Protein	Carb	Fiber	Net Carbs
Bacon	2 Slices	140	12	10	0	0	0
Coffee	Your Choice	0	0	0	0	0	0
Butter	1 Tablespoon	102	12	0	0	0	0
Heavy Whipping Cream	2 Tablespoons	100	10	0	0.8	0	0.8
<b>Total</b>		<b>342</b>	<b>34</b>	<b>10</b>	<b>0.8</b>	<b>0</b>	<b>.8</b>
Lunch	Amount	Calories	Fat	Protein	Carb	Fiber	Net Carbs
Hard Boiled Eggs	3	215	14	19	1	0	1
Walnuts	2 Tablespoons	100	10	3	2	1	1
Romaine	1 Cup Shredded-50g	8		.6	1.5	1	0.5
Avocado or Olive Oil	1 Tablespoon	124	14	0	0	0	0
Wholly Guacamole	1 pouch	100	9	1	5	3	2
<b>Total</b>		<b>547</b>	<b>47</b>	<b>23.6</b>	<b>9.5</b>	<b>5</b>	<b>4.5</b>
Dinner	Amount	Calories	Fat	Protein	Carb	Fiber	Net Carbs
4 Cheese Keto Lasagna	1 serving	504	37	37	3	0	3
<b>Total</b>		<b>504</b>	<b>37</b>	<b>37</b>	<b>3</b>	<b>0</b>	<b>3</b>

## Breakfast

### Bacon

- Preheat oven to 350 F. Get a baking sheet out and lay down aluminum foil. Using aluminum foil will help with clean up. Lay out the bacon on the baking sheet with the foil. Oven times will vary due to thickness of your bacon but I like to start at 15 minutes then add another 10 minutes or judge with how the bacon looks. Once cooled, place in storage container and place in fridge.

### Coffee

- Brew your coffee then add in the butter and heavy whipping cream. Use blender to combine everything. You can also use an immersion blender or a mini electric frother whisk.

## Lunch

### Hard Boiled Eggs

- Place your eggs in a pot and fill with cold water to cover the eggs. Bring water to boil. Turn the heat off. Let sit for 13 minutes with the lid on. Place pot in the sink and run cold water on the eggs. Once the eggs/water are cooled, place eggs in a storage container such as the original container and place in fridge.

### Lettuce

- Wash and cut romaine lettuce. I have found that washed and cut lettuce only last for about 3-4 days.

### Salad

- Combine everything together in a bowl and enjoy

## Dinner

### 4 Cheese Keto Lasagna

- Use this link for the recipe: <https://www.ketokeuhnnutrition.com/keto-recipes/four-cheese-keto-lasagna/>
- The recipe will make 6 servings. Cut the recipe in half if you only want a 3 day meal plan.