

Spaghetti Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Heavy Whipping Cream	1 T	50	5				0
Cream Cheese	2oz	100	20	4	0.8	0	0.8
Large Egg	2	143	10	12.6	0.8		0.8
Total		293	35	16.6	1.6	0	1.6

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Zucchini	Medium (196g)	31.4	0.4	2.4	6.6	2.2	4.4
Rao's Marinara Sauce	1/2 Cup	90	8	1	4	3	1
Ground Beef 80/20	5 oz (uncooked)	355.5	28	24	0	0	0
							0
Total		476.9	36.4	27.4	10.6	5.2	5.4

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Coconut Chicken	1 Serving	255	11	30	8	3	5
Ranch Dressing (optional)	1 T	140	15	0	2	0	2
							0
Total		395	26	30	10	3	7

Grand Total		1164.9	97.4	74	22.2	8.2	14
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Breakfast

Crepes

- Add 2 oz of cream cheese and 2 eggs to a mixing bowl. Blend together with an electric mixture.
- Cook just like regular pancakes.

Lunch

Zucchini Noodle Pasta

- Take your zucchini and make noodles either with a zoodle tool or just cut the zucchini into strips.
- Cook ground beef in a pan. If you plan to eat this way for a few days, cook all of the meat. Portion out the cooked meat and put into containers.
- Place back 1 portion of the beef into the pan for today's meal.

- Add your sauce and cook for a few minutes with the beef.
- Put the prepared zucchini in a sauce pan with the cooked beef and sauce.
- Cook the zucchini for a few minutes to soften it up some and heat.
- Enjoy.

Dinner

Coconut Chicken

- Use this link for the recipe: <https://www.ketokeuhnnutrition.com/keto-recipes/fall-in-love-with-me-coconut-chicken/>