

4 Day Keto Pizza Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Coffee	You Choose	0	0	0	0	0	0
Heavy Whipping Cream	1 Table	49	5	0	1	0	1
Large Eggs	3	206	14	19	1	0	1
Butter	2.5 Table	261	29	0	0	0	0
Total		516	48	19	2	0	2

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Mayo	2 Table	188	20	0	2	0	2
Bacon	4 Slices	184	16	10	0	0	0
Tomato Slices 1/8" (10g)	2 Slices	4	0	0.2	0.8	0.2	0.6
Romaine Leaf	2	4.8	0	0.3	0.9	0.6	0.3
Total		380.8	36	10.5	3.7	0.8	2.9

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
KKN Pizza Crust	1 Serving	247	11	37	0	0	0
Shredded Mozzarella	1oz	78.6	5	8	0.4	0	0.4
Pesto	1 Table	68.5	6.5	0.5	2	0.4	1.6
Total		394.1	22.5	45.5	2.4	0.4	2

Snacks	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Hard Boiled Egg	1	70.6	5	6	0.4	0	0.4
Mayo	1 Table	94	10	0	1	0	1
Pickle Spear	1	1.6	0	0	0.4	0	0.4
Total		166.2	15	6	1.8	0	1.8

Grand Total		1457.1	121.5	81	9.9	1.2	8.7
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Breakfast: Eggs with your coffee

Eggs

- Cook the eggs to your liking and incorporate the butter to the eggs or to your coffee

Coffee

- Brew your coffee then add in as much butter as you like and the heavy whipping cream. Use a blender to combine everything.

Lunch: BLT

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.

The BLT

- Get your romaine leaf out and spread the mayo on there. Then add your tomato slice and bacon. Feel free to make two BLTs or wrap up everything with the two leaves. Or heck, just make it into a salad instead of a sandwich.

Dinner: Pizza

- Use this link for the recipe: <https://www.ketokeuhnnutrition.com/keto-recipes/zero-carb-pizza-crust/>
 - This recipe will make 4 servings. You could make 8 crusts and have 2 pizzas instead. Also, maybe you need to adjust your macros and you can lower your protein by not having a full 1 serving of this recipe.
- Once the crust is done add your sauce and cheese. Place into oven and remove once the cheese melts to your liking.

Snacks

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.
- For the mayo, I like to add it to the top of my eggs and eat away. Or you can cut up the egg and mix in the mayo that way.