Chicken Meal Plan

Created by: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Jones Dairy Farm All Natural Pork Sausage Patties	2	220	20	10	0	0	0
Large (50g) Eggs, scrambled	2	143	10	12.6	0.8	0	0.8
Heavy Whipping Cream w/ Coffee	2 T	50	5	0	0.8	0	0.8
White Mushrooms 1/2 C	35 g	7.7	0.1	1.1	1.15	0.3	0.85
Butter	1 T	100	11.4	0.1	0	0	0
Total		**520.7**	**46.5**	**23.8**	**2.75**	**0.3**	**2.45**

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Chopped Romaine	50 g	10	0	1	2	1.5	0.5
Olive Oil	1 T	124	14	0	0	0	0
Red Pesto Artichoke Chicken	1 serv	228	14	23	2	0	2
Total		**362**	**28**	**24**	**4**	**1.5**	**2.5**

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Chicken Breast	**4 oz**	123.2	1.2	26	0	0	0
Asparagus (medium Spears 16 g each)	**7 spears**	**22.4**	**0**	**2.8**	**4.2**	**2.1**	2.1
Zucchini (1 Cup Chopped)	124g	19.8	0.2	1.5	4.2	1.4	2.8
Coconut Oil	2 T	216	24	0	0	0	0
Total		**381.4**	**25.4**	**30.3**	**8.4**	**3.5**	**4.9**

Grand Total		**1264.1**	**99.9**	**78.1**	**15.15**	**5.3**	**9.85**

Breakfast

Eggs, sausage and coffee

- Eggs: cook in butter to your preference. Or save the butter for your coffee. You pick. I like scrambled eggs so I like to cook the mushrooms some in the pan then add the eggs. If you are not a fan of this, feel free to have the mushrooms for dinner.
- Cook the Jones' sausages until they are cooked inside. I'm sure you knew that though. ☺

Lunch

Red Pesto Artichoke Chicken

- Follow the recipe here: https://www.ketokeuhnnutrition.com/keto-recipes/red-pesto-artichoke-chicken/

Dinner

Chicken and Veggies

- I like to cook this on 350 F and cook for around 30 minutes. Play around with the time and temp though.
- Cut veggies up and put into a large bowl. Add coconut oil and mix. Put on a sheet pan with aluminum foil. Sprinkle with salt and pepper.
- Place chicken on another sheet pan with aluminum foil. Sprinkle with salt and pepper. Cooking will vary depending on the chicken thickness. Make sure the inside is white and reaches 165 F.
- If you are not cooking a large batch of this, you may be able to cook both on one sheet pan.