

Banana Bread Breakfast 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
Butter	1 T	102	11	0	0	0	0
Banana Bread	2/10 loaf	222	16	10	8	4	4
Total		467	37	22.6	8.8	4	4.8

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Hamburger (80/20)	5 oz	355.5	28	24	0	0	
Romaine Leaf	1	1	0	0.1	0.2	0.1	
Cheddar Cheese	1 oz	113	9.3	7	0.4	0	
Total		469.5	37.3	31.1	0.6	0.1	0

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Ribeye	4 oz	307	24.8	19.6	0	0	
Butter	2 T	204	22	0	0	0	0
Portabella Mushrooms	1 oz	7.3	0.1	0.7	1.4	0.4	
Asparagus	1 C (134g)	26.8	0.2	2.9	5.3	2.8	
Total		545.1	47.1	23.2	6.7	3.2	0

Grand Total		1481.6	121.4	76.9	16.1	7.3	4.8
--------------------	--	---------------	--------------	-------------	-------------	------------	------------

Breakfast

- Make the eggs the way you enjoy
- Make the banana bread found here → <https://www.ketokeuhnnutrition.com/keto-recipes/keto-banana-bread/>

Lunch

- Cook hamburger to your liking. I like placing the slice of cheese on top when the hamburger is close to being done to melt it a little

Dinner

- Cook the steak in some butter
- Sauté the veggies in the same pan as the steak when the steak is finished
- Add the butter were ever you like best