

# Keto Chicken Arroz Caldo Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Eggs	4 (200g)	232.5	15.9	18.9	1.8	0	1.8
Heavy Whipping Cream	1 T	51.8	5.6	0.3	0.4		0.4
Butter	2 T (14g)	100	11.4	0.1	0	0	0
<b>Total</b>		<b>384.3</b>	<b>32.9</b>	<b>19.3</b>	<b>2.2</b>	<b>0</b>	<b>2.2</b>

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Bacon	6 Slices	420	36	30	0	0	0
broccoli	1 Cup (91g)	30.9	0.3	2.6	6	2.4	3.6
Shredded Cheddar Cheese	1 oz	113	9.3	7	0.4	0	0.4
<b>Total</b>		<b>563.9</b>	<b>45.6</b>	<b>39.6</b>	<b>6.4</b>	<b>2.4</b>	<b>4</b>

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Keto Chicken Arroz Caldo by Miss Messy Eater	1 Serving	258	19	14.7	5.3	1.5	3.8
Hard Boiled Eggs	3	175	11.9	14.2	1.35	0	1.35
<b>Total</b>		<b>433</b>	<b>30.9</b>	<b>28.9</b>	<b>6.65</b>	<b>1.5</b>	<b>5.15</b>

<b>Grand Total</b>		<b>1381.2</b>	<b>109.4</b>	<b>87.8</b>	<b>15.25</b>	<b>3.9</b>	<b>11.35</b>
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## **Breakfast: Coffee and Eggs**

- Have some black coffee or add some butter and heavy whipping cream.
- Make your eggs with the butter or the heavy whipping cream if you left that out of your coffee.

## **Lunch: Bacon and Broccoli**

- I like to cook my bacon in the oven to make life easier. I get a cookie sheet and lay down aluminum foil for easy clean up. I then lay the bacon down and cook it at 350 F for about 20 to 25 minutes. Times will vary to your liking.
- Bake or steam your broccoli then sprinkle some cheese on top

## **Dinner: Wings from Real Balanced**

- Use this link for the Keto Chicken Arroz Caldo recipe:  
<http://mismessyeater.com/2018/03/15/keto-chicken-arroz-caldo/>