

Omelet, Salad, Chicken Wing 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
Mushrooms	1 oz (28g)	7.3	0.1	0.7	1.4	0.4	1
Feta	1 oz (28g)	73.9	6	4	1.1		1.1
Butter	1 T (14g)	100	11.4	0.1	0	0	0
Total		413.7	33.4	23.7	4.3	0.4	3.9

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Romaine Shredded	2 C (94g)	16	0.2	1.2	3	2	1
ribeye strips	4 oz	307	24.8	19.6	0	0	0
Bell Peppers	1/4 C (37.25g)	7.45	0.075	0.325	1.725	0.625	1.1
Olive Oil	1 T	124	14	0	0	0	
Total		454.45	39.075	21.125	4.725	2.625	2.1

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Instant Pot Low-Carb Sweet & Spicy Barbecue Chicken Wings	1 Serving	304	19.5	27.2	7.3	5.7	1.6
Total		304	19.5	27.2	7.3	5.7	1.6

Grand Total		1172.15	91.975	72.025	16.325	8.725	7.6
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Breakfast: 3 Egg Omelet

- I like to sauté my mushrooms first in the butter. Then I would add my eggs that I scrambled in a bowl already. Then when the omelet is about done, I add my feta cheese then.

Lunch: Steak Salad

- Cook the steak to how you like it. To meal prep this for a few days, cook more steak at this time.
- Cut the peppers to your liking and also the romaine.
- Combine salad together.

Dinner: Wings from Real Balanced

- Use this link for the Instant Pot Low-Carb Sweet & Spicy Barbecue Chicken Wings recipe: <https://realbalanced.com/instant-pot-low-carb-sweet-and-spicy-barbecue-chicken-wings/>