

Salmon and Pizza Soup Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Avocado	1/2 C (pureed)	192	17.7	2.25	10	7.8	2.2
Eggs	3	215	14	19	1	0	1
Bacon	2 slices	140	12	10	0	0	0
Heavy Whipping Cream	1 T	50	5	0	0.4	0	0.4
Total		597	48.7	31.25	11.4	7.8	3.2

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Pizza Soup	2 servings	550	44	28	10	2	8
Total		550	44	28	10	2	8

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Wild Atlantic Salmon	6 oz	242	10.8	33.8	0	0	0
Pesto	1 T	68.5	6.5	0.5	2	0.4	1.6
snap green beans 4" long	10 beans	17.1	0.1	1	3.9	1.9	2
Butter	1 T	100	11.4	0.1	0	0	0
Total		259.1	10.9	34.8	3.9	1.9	3.6

Grand Total		1474.6	110.1	94.55	27.3	12.1	14.8
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Breakfast

- I have the heavy whipping cream here for your coffee.
- Prepare your eggs and bacon to your liking

Lunch

- Use this link for the Pizza Soup recipe: <https://www.ketokeuhnnutrition.com/keto-recipes/pizza-soup/>

Dinner

- Sauté the beans in a pan on the stove with the butter. Cook to your preference. I like mine with a crunch still
- Salmon cooking
 - Preheat oven to 350 F.
 - For easy cleaning, line cookie tray with aluminum foil. Spray or drizzle the pan with oil (I did not account for the oil in the plan, as using spray will give less fat. If you want more fat, use olive oil or avocado oil)

- Salt and pepper salmon
- Place salmon on the tray.
- Spread the pesto on top of the salmon
- Cook for 20 minutes or until fish flakes easily with fork