

Tasteaholics Beef Crack Slaw Meal Plan

By: Keto Keuhn Nutrition

Breakfast	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Butter	2 T	204	24	0	0	0	0
Heavy Whipping Cream	1 T	50	5		0.4		0.4
MCT Oil	1 T	126	15				0
Total		380	44	0	0.4	0	0.4

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Hamburger (80/20)	5 oz raw weight	355.5	28	24	0	0	0
Romaine Leaf	1	1	0	0.01	0.2	0.1	0.1
Bacon	2 strips	140	12	10	0	0	0
Total		496.5	40	34.01	0.2	0.1	0.1

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Easy Crack Slaw	1 serving	350	27	24			4
Total		350	27	24	0	0	4

Grand Total		1226.5	111	58.01	0.6	0.1	4.5
--------------------	--	---------------	------------	--------------	------------	------------	------------

Breakfast: Fatty Coffee

- If you are new to MCT oil, please start small, such as 1 teaspoon instead of 1 tablespoon.
- Blend your coffee and everything else in a blender.

Lunch: Bacon Burger

- Cook your hamburger and bacon to your liking. Eat with a romaine leaf as your bread. Or heck, make it into a salad.

Dinner: Crack Slaw from Tasteaholics

- Use this link for the Easy Crack Slaw recipe: <https://www.tasteaholics.com/recipes/video/easy-crack-slaw-video/>