

# Low Carb Yum's Sheet Pan Chicken with Vegetables

## 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
All Natural Milk Pork Breakfast Sausage Patties	2 Patties	240	24	8	0	0	0
<b>Total</b>		<b>494</b>	<b>53</b>	<b>8</b>	<b>0.4</b>	<b>0</b>	<b>0.4</b>

Lunch	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Chicken Thighs	2	420	17.4	19.6			0
Spinach	2 Cups (60g)	13.8	0.2	1.8	2.2	1.4	0.8
Avocado Oil	2 T	248	28				
Cheddar Cheese	1 oz (28g)	113	9.3	7	0.4		0.4
<b>Total</b>		<b>794.8</b>	<b>54.9</b>	<b>28.4</b>	<b>2.6</b>	<b>1.4</b>	<b>1.2</b>

Dinner	Amount	Calories	Fat	Protein	Carbs	Fiber	Net Carbs
Super Easy Sheet Pan Chicken with Vegetables	1 Servings	248	14	22	9	5	4
<b>Total</b>		<b>248</b>	<b>14</b>	<b>22</b>	<b>9</b>	<b>5</b>	<b>4</b>

<b>Grand Total</b>		<b>1536.8</b>	<b>121.9</b>	<b>58.4</b>	<b>12</b>	<b>6.4</b>	<b>5.6</b>
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### Breakfast: Fatty Coffee and Sausages

### Lunch: Spinach Salad and Chicken Thighs

- Cook your thighs in the oven or on the stove top. Eat them on the side of the spinach salad or on it.

### Dinner: Easy Sheet Pan Chicken with Vegetables by Low Carb Yum

- Use this link for the Easy Sheet Pan Chicken with Vegetables recipe: <https://lowcarbyum.com/super-easy-sheet-pan-chicken/>