

# SIMPLE

## Low Carb Meal Plan

<http://jennunplugged.com>

|           | B                               | L                                 | D                                     |
|-----------|---------------------------------|-----------------------------------|---------------------------------------|
| Monday    | Easy Low Carb Granola Bars      | Summer Zucchini Pasta             | Cauliflower Chicken Casserole         |
| Tuesday   | Chia & Chocolate Pudding        | Cauliflower Rice Enchilada Bowl   | Crock Pot Pork Chops                  |
| Wednesday | Philly Cheesesteak Omelet       | Turkey BLT Roll Ups               | Stuffed Pepper Soup                   |
| Thursday  | Veggie Frittata                 | Creamy Zucchini "Pasta" w/ Tomato | Shrimp & Snapper Fajita Lettuce Wraps |
| Friday    | Breakfast Parfait               | Cauliflower Crust Pizza           | Low Carb Turkey Chili                 |
| Saturday  | Healthy Chocolate Glazed Donuts | Chicken Taco Zucchini Boats       | Paleo Chicken Bacon Ranch Burgers     |
| Sunday    | Sausage Spinach Egg Stack       | Caprese Garlic Butter Portobellos | Low Carb Stuffed Peppers              |

# Sight Words List Low Carb Recipes Same Day Delivery

**RD Boyd**



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