

Week Two Meal Plan

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This Week's Goal

Weekly Treat

Perfect Keto Cheese Cake

Monday

Breakfast

[3 Ingredient Pancake](#)

Lunch

[BLT Lettuce Wraps](#)

Dinner

[Chicken Enchilada Soup](#)

Snack

Beef Jerky

Tuesday

Breakfast

[90 Sec Bacon, Egg, & Cheese](#)

Lunch

[Buffalo Chicken Dip](#)

Dinner

[Chick-Fil-A Style Nuggets](#)

Snack

Mozzarella Cheese Stick

Wednesday

Breakfast

[Bacon, Egg, & Cheese Casserole](#)

Lunch

[Chick-Fil-A Style Nugget Salad with Avocado Lime Ranch](#)

Dinner

[Cheesy Chicken Fritters](#)

Snack

Pork Rinds & Pimento Cheese

Thursday

Breakfast

[Sausage Ball Puffs](#)

Lunch

[Taco Pizza](#)

Dinner

[Meatloaf Bites with Bacon Cheddar Ranch Broccoli](#)

Snack

Mixed Berries with Whipped Heavy Cream

Friday

Breakfast

[Avocado, Egg, Bacon, Cheddar](#)

Lunch

[Cheesy Breadsticks](#)

Dinner

[Broccoli & Beef with Riced Cauliflower & Yum Yum Sauce](#)

Snack

Pepperoni & Mozzarella

Saturday

Breakfast

[Keto French Toast](#)

Lunch

[90 Sec Personal Pan Pizza](#)

Dinner

[Crock Pot Beef Stew](#)

Snack

Cauliflower & Ranch Dressing

Sunday

Breakfast

[Breakfast Sausage Bake](#)

Lunch

[BBQ Mozzarella Meatballs](#)

Dinner

[Low & Slow Brisket](#)

Snack

[Bacon & Cream Cheese Pinwheels](#)

Deli/Dairy

- Chicken
- Deli Meat: Turkey
- Eggs
- Sausage
- Bacon
- Cheese: Mozzarella or Other 32oz
- Ground Beef/Roast Beef
- Cream Cheese
- Pepperoni
- Beef Jerky

Produce

- Broccoli
- Cauliflower
- Almond or Coconut Flour
- Lettuce
- Tomato
- Spinach
- Pecans
- Riced Cauliflower
- Avocado

Pantry

- Canned Tuna
- Pickles
- Almond or Coconut Flour
- Canned Pumpkin
- Low Carb Tortilla
- Sugar Free Ketchup
- Mustard
- Bacon Bits
- Sugar Free Enchilada Sauce

Other

- Pumpkin Spice
- Pickles
- Almond or Coconut Flour
- Ranch Dressing
- Mayo
- Taco Seasoning
- Buffalo Sauce