

7

DAY BALANCED KETO MEAL PLAN

Fuel & Heal Your Body With Healthy Fats

	Breakfast	Lunch	Dinner	Snack
Day 1	¹ Rocket Fuel Latte with Maca	¹ Zucchini Pasta Salad & Chicken	¹ *Carb Up* Flank Steak, Plantains & Watermelon Salad	¹ Mojito Water
Day 2	² Veggie Frittata	² Vanilla Creme Gummies	² Slaw with Chicken & Bacon	² Tropical Coconut Balls
Day 3	³ Eggplant & Bacon Sauté	³ Sardine Salad	³ Chorizo Bowl	³ Jicama Fries
Day 4	¹ Rocket Fuel Latte with Maca	¹ Zucchini Pasta Salad & Chicken	¹ *Carb Up* Flank Steak, Plantains & Watermelon Salad	¹ Mojito Water
Day 5	³ Eggplant & Bacon Sauté	² Vanilla Creme Gummies	³ Chorizo Bowl	³ Jicama Fries
Day 6	² Veggie Frittata	³ Sardine Salad	² Slaw with Chicken & Bacon	² Tropical Coconut Balls
Day 7	¹ Rocket Fuel Latte with Maca	¹ Zucchini Pasta Salad & Chicken	¹ *Carb Up* Flank Steak, Plantains & Watermelon Salad	¹ Mojito Water

Full Meal Plan + Shopping List + Recipes at KetoVale.com

30 Day Low Carb Diet Solution

Huangqi Zhang



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