

SIMPLE

Low Carb Meal Plan

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

Sight Words List Low Carb Recipes This Week

Marco Cascella



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