

Weekly Meal Plan

My weekly meal plans are made for myself and two kids. Lunch's are single servings, and dinners are typically 3-4 servings. Make adjustments as needed for your family size.

TUESDAY - DINNER TACO TUESDAY

- SMALL LOW CARB TORTILLA
- 1 LB GROUND BEEF
- 2 TBS TACO SEASONING
- FAVORITE TACO TOPPINGS

COOK GROUND BEEF WITH TACO SEASONING, PUT MEAT MIXTURE AND TOPPINGS IN TORTILLA.

WEDNESDAY - LUNCH, STUFFED SAUSAGE

- SAUSAGE LINKS
- CREAM CHEESE
- JALAPENOS
- SHREDDED CHEESE

CUT SAUSAGE LINKS IN HALF, THEN SPLIT IN THE MIDDLE (DO NOT CUT ALL THE WAY THROUGH. STUFF WITH CREAM CHEESE AND JALAPENOS. PLACE IN CASSEROLE DISH THEN TOP WITH SHREDDED CHEESE, BAKE AT 350 UNTIL CHEESE IS MELTED AND BROWNING.

WEDNESDAY - DINNER, CAULIFLOWER SAUSAGE BAKE

- 1 BAG OF FROZEN RICED CAULIFLOWER (10-12 OZ)
- 1 LB SAUSAGE
- 8 OZ CREAM CHEESE
- 2 TBS TACO SEASONING
- 1 CUP SHREDDED CHEESE

COOK SAUSAGE AND TACO SEASONING UNTIL DONE, THEN STIR IN CREAM CHEESE UNTIL MELTED. COOK RICED CAULIFLOWER AS PER INSTRUCTIONS ON PACKAGE. COMBINE SAUSAGE AND RICE MIXTURE INTO CASSEROLE DISH THEN TOP WITH SHREDDED CHEESE. BAKE ON 350 UNTIL CHEESE IS FULLY MELTED AND BROWNING.

THURSDAY - LUNCH, PORK RIND NACHOS

- PORK RINDS
- ROTEL
- VELVEETA POUCH

HEAT UP VELVEETA WITH ROTEL, AND EITHER DIP YOUR CHIPS OR POUR ON TOP.

THURSDAY - DINNER, BBQ MEATBALLS WITH BROCCOLI & CHEESE

- 1 LB GROUND MEAT
- 1 EGG
- 1 ¼ CUP ALMOND FLOUR
- ½ CUP SHREDDED CHEESE
- BBQ SAUCE (I USE SUGAR FREE)
- ¼ CUP ONION
- FROZEN BAG BROCCOLI
- VELVEETA CHEESE POUCH

COMBINE ALL INGREDIENTS (MINUS BROCCOLI AND VELVEETA) AND ROLL INTO BITE SIZE BALLS, PLACE IN OILED MUFFIN PAN AND BAKE ON 375 FOR APPROX 25 MINUTES (UNTIL MEAT IS COOKED THROUGH) BRUSH ON BBQ SAUCE OR DIP.

COOK YOUR BROCCOLI AS PER INSTRUCTIONS ON PACKET, TOP WITH VELVEETA CHEESE.

FRIDAY - BREAKFAST (FOR KIDS) OMELETS

- EGGS
- PEPPERONI
- CREAM CHEESE
- SHREDDED CHEESE

COOK EGGS IN OMELET FASHION, STUFF WITH PEPPERONI, CREAM CHEESE AND SHREDDED CHEESE.

FRIDAY- LUNCH, CHEESEBURGER MUFFIN WITH PORK RINDS (REGULAR CHIPS FOR KIDS)

- 1 LB GROUND MEAT (I USE TURKEY)
- 1 CUP SHREDDED CHEESE
- DICED ONION TO TASTE *OPTIONAL*
- 4 OZ CREAM CHEESE

MIX YOUR BURGER, ONION, SHREDDED CHEESE & CREAM CHEESE TOGETHER. FORM INTO BALLS AND PLACE IN MUFFIN PAN. BAKE AT 450 FOR APPROX. 20 MINUTES. SERVE WITH YOUR FAVORITE BURGER TOPPINGS AND CONDIMENTS.

SNACKS

- CHEESE STICKS
- PORK RINDS
- PEPPERONI
- BANANAS