

# Weekly Meal Plan

My weekly meal plans based around low carb/keto and 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.

## MONDAY - MEATBALL CASSEROLE

- 3 Low Carb Tortillas
- ½ Bag of Frozen Pre-Cooked Meatballs (32 ounce package)
- 8 oz Pizza Sauce
- 1 ½ Cup Shredded Cheese

Cook meatballs per instructions on package, let cool enough to be able to handle, then cut in half.

Add all but 3 cup of your sauce to your meatballs.

Pour a small amount of your ½ cup of sauce onto the bottom of your casserole dish, to keep your tortilla from sticking.

Layer your lasagna - Tortilla, ½ meatball mix, ½ cup shredded cheese, tortilla, remaining meatball mixture, ½ cup cheese, tortilla, remaining sauce, remaining cheese.

Bake at 350 for approx. 15 minutes, until your cheese is melted and turns golden brown.

## TUESDAY - TACO SOUP

- 1 lb Ground Beef
- 1 Small Onion, Diced
- 2 Tablespoons Taco Seasoning
- 8 oz Cream Cheese
- 2 Cups Beef Broth
- 1 Cup Heavy Whipping Cream

Add the beef and onion to a sauce pan or dutch oven and cook, crumbling the beef as it browns. Drain the grease. Add the taco seasoning and cream cheese to the beef mixture and stir well over low heat until the beef is coated in the seasoning and the cream cheese has fully melted. Add the remaining ingredients to the pot and cook, stirring occasionally, for 15 minutes. Serve hot with shredded cheddar, avocado, and lime wedges, if desired

## WEDNESDAY - PIZZA CUPS

- Low Carb Tortillas
- 1 Lb Ground Beef
- Mozzarella Cheese
- Pizza toppings of choice

Cut your tortillas \*almost\* in half - leave about an inch of the tortilla in the middle attached. This will make it easier to form your cups. Put tortillas in muffin pan, then add in your meat, pizza sauce, top with shredded cheese and any additional toppings of choice and bake at 375 for approx. 10-15 minutes, until cheese is melted and tortillas start to brown.

## THURSDAY - GRILLED CHEESE & TOMATO SOUP

For the tomato soup:

- 1 Jar Marinara Sauce (watch for hidden sugars)
- ¼ Cup Heavy Whipping Cream

Chaffle Grilled Cheese: (makes two chaffles, for 1 sandwich)

- 1 Egg
- ¼ Tsp Garlic Powder
- ½ Cup Shredded Cheese
- Slice of Cheese

Tomato Soup: Pour the jar of marinara into a medium saucepan, along with the heavy whipping cream. Heat up on medium until soup becomes hot, add any additional seasonings you may prefer, ex. garlic powder, Italian seasoning, etc.

Chaffles: In a small bowl, mix your egg, garlic powder and shredded cheese. Cook for approx. 4 minutes in the mini-dash. Once both chaffles are done, heat a pan on the stove over medium heat, add butter or oil to your pan to avoid sticking, put your grilled cheese in skillet and cook.

## **FRIDAY - LOW CARB PARMESAN DIJON PORK CHOPS**

- 6 Thin Pork Chops
- ⅓ Cup Dijon Mustard
- 3 Tbsp Extra Virgin Olive Oil
- ½ tsp Pink Himalayan Salt
- ½ tsp Black Pepper
- ¾ tsp Garlic Powder
- ¾ tsp Thyme
- ½ Tsp Onion Powder
- ½ Tsp Dried Oregano
- 1 ½ Cups Grated Parmesan Cheese

Combined mustard, olive oil, salt, pepper, garlic powder, thyme, onion powder, dried oregano, and basil to a small bowl, and combine to use as a marinade.

Add pork chops to a Ziploc bag, and pour the marinade mixture on top making sure to cover all of the pork chops and refrigerate overnight.

Preheat oven at 400°F.

Spread Parmesan cheese in a shallow dish and coat both sides of pork chops.

Add a roasting rack on top of a cookie sheet and place pork chops on the rack.

Bake 15 to 20 minutes.