

# 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.

## TUESDAY - DINNER, BBQ PORK CHOPS & SALAD

- Pork Chops
- BBQ Sauce
- Salad

Season pork chops to your liking, then cook 14-16 minutes at 400, pull out and brush on BBQ sauce, then place back in over for 2-3 minutes. Serve with salad & your favorite dressing.

## WEDNESDAY - DINNER, (JALAPENO POPPER) PIG-N-A-BLANKET

For these, I do regular pigs-n-a-blanket for the kids and add the jalapeno to mine.

DOUGH: (if you don't care about it being lower carb, you can use crescent rolls)

- 1  $\frac{3}{4}$  Cup Shredded Mozzarella Cheese
- 2 Tbs Cream Cheese
- $\frac{3}{4}$  Cup Almond Flour
- 1 Egg

STUFFING:

- 6 Oz Cream Cheese
- 1 Bag Real Bacon Bits
- 2 Cups Shredded Sharp Cheddar
- $\frac{1}{2}$  Tsp Garlic Powder
- 1-2 Jalapeno (optional)
- 2 Package Hot Dogs

For the dough: Put your 1  $\frac{3}{4}$  cup of shredded mozzarella and 2 tbs cream cheese in a microwave safe bowl, heat on high 1 minute and stir, continue to heat at 30 second intervals until fully melted and smooth. Add in Almond Flour and mix then add in 1 egg. Allow dough to cool for a couple minutes prior to handling. Roll dough out on pan and put in freezer for approx. 5 min (this will make it easier to cut and wrap your poppers).

For the stuffing: Beat your cream cheese until light and fluffy. Fold in the shredded cheddar, bacon bits and garlic seasoning. Cut your jalapenos in half and remove seeds and guts.

Cut your dough into strips approx. 1/2" wide, you will wrap these strips around your hot dogs for regular pigs-n-a-blanket. For your Jalapeno Popper ones, place stuffing in the jalapeno then top with your hot dog - wrap dough strips around.

Place on a baking sheet lined with parchment paper and bake at 350 for approx. 20 minutes, or until the crust becomes a golden brown.

## THURSDAY - DINNER, LOW CARB QUESO CHICKEN TACO'S

- 2-3 lbs Boneless Skinless Chicken Breasts
- 1 Can Rotel
- 1 oz Taco Seasoning
- 15 oz Salsa con Queso
- Low Carb Tortillas
- Toppings, sour cream, lettuce, etc.

Lightly spray the inside of a 5-6 quart slow cooker (or use a liner).

Lay your chicken breasts in the bottom of the prepared slow cooker.

Sprinkle taco seasoning over chicken.

Pour rotel over chicken.

Cook on high for approx. 4 hours.

Once the chicken is finished cooking, shred chicken.

Pour container of salsa con queso over the top of the chicken and stir to thoroughly combine.

## **FRIDAY - BREAKFAST, STRAWBERRY CHAFFLES**

Ingredients make two chaffles in a mini-dash.

- - 1 Egg
- - 1/2 Cup Mozzarella
- - 1 tsp Sugar Free Strawberry Jell-O
- - Toppings: Sugar free cool whip & strawberries

Combine ingredients (minus your toppings) and cook in mini-dash or waffle maker until done.

## **FRIDAY- LUNCH, TACO STICKS**

DOUGH: (if you don't care about it being lower carb, you can use crescent rolls)

- 1 ¾ Cup Shredded Mozzarella Cheese
- 2 Tbs Cream Cheese
- ¾ Cup Almond Flour
- 1 Egg

Stuffing:

- 1 lb ground beef
- Cheese Sticks
- 2 Tbs Cream Cheese
- 2 Tbs Taco Seasoning

For the dough: Put your 1 ¾ cup of shredded mozzarella and 2 tbs cream cheese in a microwave safe bowl, heat on high 1 minute and stir, continue to heat at 30 second intervals until fully melted and smooth. Add in Almond Flour and mix then add in 1 egg. Allow dough to cool for a couple minutes prior to handling. Roll dough out on pan and put in freezer for approx. 5 min (this will make it easier to cut and wrap your poppers).

For the stuffing: Cook your burger and season with taco seasoning. Once fully cooked add in cream cheese and stir until melted.

Cut your dough into approx.. 1 ½ inch strips, place taco meet and cheese stick inside, then seal the dough around.

Place on a baking sheet lined with parchment paper and bake at 350 for approx. 20 minutes, or until the crust becomes a golden brown.