

💰 The 7 Day No-Cook Keto Meal Plan on a Budget 💰

	Breakfast	Lunch	Dinner	Snacks	Total Macros
Mon	<p>Bacon and Egg Salad Boats</p> <p>321 cal, 2g net carbs, 26g fat, 18g pro</p>	<p>Spicy Italian Rollups</p> <p>415 cal, 2g net carbs, 33g fat, 25g pro</p>	<p>Tuna Salad Stuffed Avocados</p> <p>429 cal, 4g net carbs, 32g fat, 27g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Tues	<p>Smoked Salmon Rolls</p> <p>334 cal, 3g net carbs, 25g fat, 25g pro</p>	<p>Supreme Pizza Kabobs</p> <p>472 cal, 6g net carbs, 35g fat, 26g pro</p>	<p>Buffalo Chicken Lettuce Boats</p> <p>344 cal, 5g net carbs, 25g fat, 24g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Wed	<p>BLT Boats</p> <p>259 cal, 4g net carbs, 21g fat, 12g pro</p>	<p>Cool Philly Cheese Rollups</p> <p>283 cal, 4g net carbs, 24g fat, 18g pro</p>	<p>Spicy Italian Salad</p> <p>599 cal, 8g net carbs, 47g fat, 33g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Thurs	<p>Smoked Salmon Rolls</p> <p>334 cal, 3g net carbs, 25g fat, 25g pro</p>	<p>Supreme Pizza Kabobs</p> <p>472 cal, 6g net carbs, 35g fat, 26g pro</p>	<p>Buffalo Chicken Lettuce Boats</p> <p>344 cal, 5g net carbs, 25g fat, 24g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Fri	<p>Bacon and Egg Salad Boats</p> <p>321 cal, 2g net carbs, 26g fat, 18g pro</p>	<p>Spicy Italian Rollups</p> <p>415 cal, 2g net carbs, 33g fat, 25g pro</p>	<p>Tuna Salad Stuffed Avocados</p> <p>429 cal, 4g net carbs, 32g fat, 27g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Sat	<p>BLT Boats</p> <p>259 cal, 4g net carbs, 21g fat, 12g pro</p>	<p>Cool Philly Cheese Rollups</p> <p>283 cal, 4g net carbs, 24g fat, 18g pro</p>	<p>Spicy Italian Salad</p> <p>599 cal, 8g net carbs, 47g fat, 33g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>
Sun	<p>Bacon and Egg Salad Boats</p> <p>321 cal, 2g net carbs, 26g fat, 18g pro</p>	<p>Spicy Italian Rollups</p> <p>415 cal, 2g net carbs, 33g fat, 25g pro</p>	<p>Tuna Salad Stuffed Avocados</p> <p>429 cal, 4g net carbs, 32g fat, 27g pro</p>	<p>_____ calories, _____ g net carbs, _____ g fat, _____ g protein</p>	<p>calories: net carbs: fat: protein:</p>

