

# W E E K L Y M E A L P L A N

COUNTESSEOFFLOWCARB.COM

## MON

PERFECT KETO BAR REPLACEMENT  
SOLA BUN + BLUE CHEESE HAMBURGER +  
PICKLES

## TUES

LEFTOVER SOLA BUN + BLUE CHEESE  
HAMBURGER + PICKLES  
GRILLED HALIBUT + BUTTER + STEAMED  
CAULIFLOWER RICE

## WED

LEFTOVER GRILLED HALIBUT +  
BUTTER + STEAMED CAULIFLOWER  
RICE // DINNER - CHEESEBURGERS

## THU

LEFTOVER CHEESEBURGERS +  
HOUSE SALAD // DINNER - CHICKEN  
THIGHS + STEAM BROCCOLI + BUTTER

## FRI

LEFTOVER CHICKEN THIGHS + STEAM  
BROCCOLI + BUTTER // DINNER -  
PERFECT KETO BAR REPLACEMENT

## SAT

PERFECT KETO BAR REPLACEMENT  
DINNER - OUTBACK 22 OZ BONE IN  
RIBEYE + SALAD

## SUN

LEFTOVER OUTBACK 22 OZ BONE IN  
RIBEYE + SALAD  
BLUE CHEESE HAMBURGERS + SOLA  
PARFAIT

## THINGS TO BUY

PSOLA LOW CARB HAMBURGER BUNS  
SOLA LOW CARB GRANOLA FOR PARFAIT

## NOTES: