JANUARY 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
SERENE plate	Please visit my site, for more recipes sereneplate.com	**1**	**2** START DAY! Creamy Spinach Artichoke Chicken Thighs	**3** Taco Salad	**4** Baked Fish w/ Lemon Cream Sauce	**5** Pad Thai w/ Chicken Satay (two links for each)
6 Pork Roast with Cauliflower Gravy (slow cooker) have a side salad too, w/ a fatty dressing	**7** Lettuce wrapped hamburgers	**8** Jalapeno Popper Chicken Casserole	**9** Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	**10** Pork Egg Roll in a Bowl	**11** Creamy Mushroom Chicken Thighs	**12** Spaghetti Squash w/ Alfredo and shrimp
13 Creamy Tuscan Chicken (slow cooker)	**14** Lettuce wrapped hamburgers	**15** Green Chili Chicken Bake	**16** Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	**17** Taco Salad	**18** Baked Garlic Pork Tenderloin	**19** Brazilian Shrimp Stew w/ Zoodles
20 Lemon Garlic Chicken (slow cooker) have a side salad too, w/ a fatty dressing	**21** Lettuce wrapped hamburgers	**22** Chicken w/ jalapeño cheese sauce	**23** Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	**24** Pork Egg Roll in a Bowl	**25** Baked Fish w/ Lemon Cream Sauce	**26** Thai Red Chicken Curry
27 Crock Pot Loaded Cauliflower Soup (slow cooker)	**28** Lettuce wrapped hamburgers	**29** Baked Salmon with Creamy Dill Sauce	**30** Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	**31** 30 DAYS! YOU DID IT! GO OUT AND CELEBRATE... JUST MAKE GOOD CHOICES!	For current updates, follow me on: facebook.com/SerenePlate sereneplate	

Each recipe has an active link that will take you to the online page where I found it, except the hamburgers. You may need to substitute a few things to make them 100% keto, like xanthan gum for cornstarch/flour etc. I commonly have cauliflower rice, roasted veggies or zoodles as a side dish. I add a fatty dressing or sauce if the main dish doesn't have enough fat. If you have any questions, feel free to email me at sereneplate@gmail.com :)

Chicken   **Beef**   **Pork**   **Fish**