

2019 FEBRUARY

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>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 :)</p>					1 START DAY! Taco Salad	2 Creamy Spinach Artichoke Chicken Thighs
3 Crock Pot Loaded Cauliflower Soup (slow cooker)	4 Lettuce wrapped hamburgers	5 Parmesan Crusted Pork Chops Air Fryer Meal	6 Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	7 Coconut Chicken Curry Dairy Free Put over Cauliflower Rice	8 Taco Salad	9 Spaghetti Squash w/ Alfredo and shrimp
10 Keto Pulled Pork (slow cooker)	11 Lettuce wrapped hamburgers	12 Mac and Cheese with Pulled Pork (use your leftover pulled pork from the 10th)	13 Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	14 Creamy Tuscan Chicken (or shrimp) Dairy Free Put over Zoodles	15 Taco Salad	16 Baked Fish w/ Lemon Cream Sauce
17 Thai Red Chicken Curry	18 Lettuce wrapped hamburgers	19 Goat Cheese Stuffed Pork Chops	20 Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	21 Creamy Paprika Chicken Skillet Dairy Free Put over Zoodles	22 Taco Salad	23 Brazilian Shrimp Stew w/ Zoodles
24 Lemon Garlic Chicken (slow cooker) have a side salad too, w/ a fatty dressing	25 Lettuce wrapped hamburgers	26 Baked Garlic Pork Tenderloin have a side salad too, w/ a fatty dressing	27 Leftovers or Rotisserie Chicken (add an alfredo or fatty sauce w/ a side of veggies)	28 28 DAYS! YOU DID IT! GO OUT AND CELEBRATE... JUST MAKE GOOD CHOICES!	Valentine's day EXTRAS: • Keto Chocolate Covered Strawberries • Keto Peanut Butter Molten Lava Chocolate Cake	



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Chicken



Beef



Pork



Fish