

2019 MARCH

Sun	Mon	Tue	Wed	Thu	Fri	Sat
<p>Each underlined recipe has an active link that will take you to the online page where I found it. 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! <u>Taco Salad</u>	2 <u>Baked Fish w/ Lemon Cream Sauce</u>
3 <u>Pork Carnitas Tacos w/ Avocado Salsa Verde</u>	4 <u>Creamy Spinach Artichoke Chicken Thighs</u>	5 <u>Parmesan Crusted Pork Chops</u> Air Fryer Meal	6 <u>Lettuce wrapped stuffed hamburgers</u>	7 <u>Creamy Mushroom Chicken Thighs</u>	8 Leftovers or Rotisserie Chicken (w/ an <u>alfredo or fatty sauce</u> w/ a <u>side of veggies</u>)	9 <u>Spaghetti Squash w/ Alfredo and shrimp</u>
10 <u>Keto Pulled Pork</u> (slow cooker) have a side salad too, w/ a fatty dressing	11 <u>Creamy Tuscan Chicken (or shrimp)</u> Dairy Free Put over Zoodles	12 <u>Mac and Cheese with Pulled Pork</u> (use your leftover pulled pork from the 10th)	13 <u>Taco Salad</u>	14 <u>Coconut Chicken Curry</u> Dairy Free Put over Cauliflower Rice	15 Leftovers or Rotisserie Chicken (w/ an <u>alfredo or fatty sauce</u> w/ a <u>side of veggies</u>)	16 <u>Baked Fish w/ Lemon Cream Sauce</u>
17 <u>Healthy Shepherds Pie</u>	18 <u>Creamy Paprika Chicken Skillet</u> Dairy Free Put over Zoodles	19 <u>Goat Cheese Stuffed Pork Chops</u>	20 <u>Lettuce wrapped stuffed hamburgers</u>	21 <u>Green Chili Chicken Bake</u>	22 Leftovers or Rotisserie Chicken (w/ an <u>alfredo or fatty sauce</u> w/ a <u>side of veggies</u>)	23 <u>Brazilian Shrimp Stew w/ Zoodles</u>
24 <u>Lemon Garlic Chicken</u> (slow cooker) have a side salad too, w/ a fatty dressing	25 <u>Thai Red Chicken Curry</u>	26 <u>Baked Garlic Pork Tenderloin</u> have a side salad too, w/ a fatty dressing	27 <u>Taco Salad</u>	28 <u>Chicken w/ jalapeño cheese sauce</u>	29 Leftovers or Rotisserie Chicken (w/ an <u>alfredo or fatty sauce</u> w/ a <u>side of veggies</u>)	30 <u>Baked Salmon with Creamy Dill Sauce</u>
31 31 DAYS! YOU DID IT! GO OUT AND CELEBRATE!	 Please visit my site, for more recipes sereneplate.com		For current updates, follow me on:  facebook.com/SerenePlate  sereneplate		 Chicken  Beef  Pork  Fish	