

December

Keto Food Calendar

BY LOWCARBPLANNER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
CHICKEN GORGONZOLA	RAMEN	VEGGIE CHILI	MEATBALLS TOMATO SUGO	TARTE FLAMBEE		
ARUGULA PESTO	EGGROLL	FILLED EGGPLANT	FILLED MEATLOAF	ZUCCHINI RISSOTO		
SALMON PASTA	PORKBELLY	COTTAGE PIE	SWEDISH MEATBALLS	PASTA A LA CALABRESE		
PRAWN & GARLIC PASTA	SHABU SHABU	KETO BURGER	CHICKEN TENDERS	CHICKEN NUGGETS		