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7 DAY BALANCED KETO MEAL PLAN

Fuel & Heal Your Body With Healthy Fats

	Breakfast	Lunch	Dinner	Snack
Day 1	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 2	2 Veggie Frittata	2 Vanilla Creme Gummies	2 Slaw with Chicken & Bacon	2 Tropical Coconut Balls
Day 3	3 Eggplant & Bacon Sauté	3 Sardine Salad	3 Chorizo Bowl	3 Jicama Fries
Day 4	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water
Day 5	3 Eggplant & Bacon Sauté	2 Vanilla Creme Gummies	3 Chorizo Bowl	3 Jicama Fries
Day 6	2 Veggie Frittata	3 Sardine Salad	2 Slaw with Chicken & Bacon	2 Tropical Coconut Balls
Day 7	1 Rocket Fuel Latte with Maca	1 Zucchini Pasta Salad & Chicken	1 *Carb Up* Flank Steak, Plantains & Watermelon Salad	1 Mojito Water

Full Meal Plan + Shopping List + Recipes at [KetoVale.com](#)



Fuel & Heal Your Body With Healthy Fats

Full Meal Plan + Shopping List + Recipes at [KetoVale.com](https://ketovale.com)

ketofy.me meal planner

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