

My Keto Meal plan that helped me lose 20 pounds in 3 months

Breakfast

- 3 eggs
- Tablespoon Butter
- Pepperoni
- Shredded cheese
- Spoonful of Coconut oil

Lunches

- Baby Spinach
- Ranch dressing (full fat)
- Hard boiled eggs
- Broccoli
- Cucumber
- Crockpot Pulled pork
- Grilled chicken

Dinners

- Guacamole
- Spinach salad
- Roasted veggies in Olive Oil
- Grilled Salmon
- Hot dogs (no bun)
- Cheeseburger (no bun)
- Mozzarella fried in butter with pepperoni

Snacks: Quest bar, RSP meal replacement, 10 cashews, string cheese, pork rinds, baby carrots