



## 3 Day Keto Diet Plan

	<b>Day 1</b>	<b>Day 2</b>	<b>Day 3</b>
<b>Breakfast</b>	Black Forest Chia Pudding	Low Carb Biscuit with Fried Egg	Buttered English Muffin
<b>Lunch</b>	Turkey Bacon Roll-Ups with Ranch	Smoked Salmon Spinach Salad with Ranch	Turkey Swiss Cheese Sub on Romaine with Sub Oil
<b>Dinner</b>	Chicken Cordon Blue	Buffalo Tuna Salad	Jalapeno Cheddar Burger on Spinach
<b>Snack</b>	Keto Cup of Noodles (aka Egg Drop Soup)	Cheesecake Mousse	Guacamole with Bacon Dippers

Check out this meal plan on The Keto Queens here for detailed recipes and macro information!

<https://theketoqueens.com/free-keto-diet-plan/>