


EASY KETO DINNERS



KORI'S KITCHEN

 *let's get cooking*

KORIS-KITCHEN.COM

WELCOME

This delectable and nutritious meal plan has been crafted to allow you to savor the joy of cooking, fostering connections, and crafting easy dinners inspired by cuisines from around the world. Enjoy!



KETO MEAL PLAN

Let's get cooking



MONDAY
SHREDDED CHICKEN



TUESDAY
BEEF AND BROCCOLI



WEDNESDAY
CHICKEN KABOBS



THURSDAY
SESAME SALMON



FRIDAY
LAMB CHOPS



WEEKEND
LEFTOVERS



SIDE IDEAS
SIMPLE GREEN SALAD



SIDE IDEAS
STEAMED ARTICHOKE



SIDE IDEAS
LEMON KALE SALAD