

Name: _____

**Low Carb

Monday

Entrée:

Fried Chicken

Meatloaf

Beef Liver w/Onions

**Grilled Pork Chops

Chicken Fried Steak

Sides:

Mashed Potatoes

Corn

**Green Beans

Fried Potatoes

**Boiled Cabbage

Purple Hull Peas

White Beans

Broccoli w/Cheese

**Cucumber & Onions

Dessert Sides:

Chocolate Cake

Blackberry Cobbler

Oatmeal Cake

Strawberry Short Cake

Breads:

Roll

Cornbread Muffin

Jalapeno Cornbread

Drink: _____

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