

Name: _____

**Low Carb

Tuesday

Entrée:

Chicken & Dumplings
**Smothered Pork Steak
Burrito w/chili & cheese
Beef Tips w/Rice
Chicken Fried Chicken

Sides:

Mashed Potatoes
Corn
**Green Beans
**Turnip Greens
Candied Yams
Pinto Beans
Mac & Cheese
Cole Slaw
**Cucumber & Onions

Dessert Sides:

Coconut Cream Pie
Peach Cobbler
Banana Pudding
Strawberry Short Cake

Breads:

Roll
Cornbread Muffin
Jalapeno Cornbread

Drink: _____

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