

Day 1

Breakfast: 192 cal/1 carb/6g protein/17g fat

1 egg fried in 1 Tbsp butter

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 170 cal/7 carb/15g protein/11g fat

1/2 oz almonds (14 almonds)

1/2 C cottage cheese

Lunch: 294 cal/2 carb/43g protein/21g fat

6 slices deli ham, 2 slices colby jack, 1 oz olives

Dinner: 526 cal/4g carbs/15g protein/11g fat

Bacon Sriracha Meatloaf, Green beans

Total Day 1: 1182 cal/14g carbs/96g protein/89g fat

Day 2

Breakfast: 220 cal/1 carb/12g protein/18g fat

2 hard boiled eggs

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 180 cal/6 carb/27g protein/10g fat

1/2 C cottage cheese, 2 slices ham, 1 slice colby jack

Lunch: 472 cal/2 carb/31g protein/36g fat

leftover meatloaf

Dinner: 434 cal/6g carbs/41g protein/26g fat

Chicken Parmesan (see recipes), 1/2 90 second garlic bread (see recipes)

Total Day 2: 1306 cal/15g carbs/111g protein/90g fat

Day 3

Breakfast: 340 cal/2 carbs/8g protein/11g fat

3 strips bacon

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 281 cal/ 2g carbs/13g protein/24g fat

2 babybel cheese wheels, 2 oz pork rinds and 2 T Ranch

Lunch: 296 cal/4g carbs/37g protein/13g fat

leftovers Chicken Parmesan

Dinner: 372 cal/11g carbs/35g protein/16g fat

1.5 servings of beef stew (see recipes)

Total Day 3: 1289 cal/19g carbs/105g protein/82g fat

Day 4

Breakfast: 180 cal/7 carb/12g protein/12g fat

1/2 C cottage cheese

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 215 cal/0 carb/20g protein/14g fat

2 oz pork rinds, 3 turkey meat sticks

Lunch: 248 cal/7g carb/24g protein/10g fat

leftover beef stew - 1 serving

Dinner: 444 cal/6g carb/28g protein/33g fat

Chicken kabobs with sriracha ranch sauce

Total Day 4: 1087 cal/20g carb/84g protein/69g fat

Day 5

Breakfast: 208 cal/1 carb/6g protein/18g fat

1 fried egg, 1 slice avocado

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 180cal/5g carb/8g protein/15g fat

Aldi 100 calorie nut pack, 2 pickle spears, 1 slice muenster

Lunch: 261 cal/3g carbs/25g protein/17g fat

Leftover Chicken Kabob with ranch dressing

Dinner: 282cal/4g carbs/50g protein/29g fat

8 oz sirloin steak, asparagus - 12 spears cooked in butter

Total Day 5: 1145 cal/13g carbs/89g protein/79g fat

Day 6

Breakfast: 240 cal/1 carb/11g protein/21g fat

1 slice cheddar, 1 hard boiled egg

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 150cal/6g carb/16g protein/8g fat

Aldi 100 calorie nut pack

1 Babybel cheese

Lunch: 450 cal/4g carb/29g protein/37g fat

1/2 C cottage cheese, 1 slice colby jack

Dinner: 486 cal/7g carb/20g protein/44g fat

BLT's with 90 second bread

Total Day 6: 1326 cal/18g carb/76g protein/110g fat

Day 7

Breakfast: 483 cal/2 carbs/23g protein/43g fat

2 scrambled eggs

coffee with 1 TBSP Heavy Whipping Cream(HWC) & 1 packet of Stevia

Snacks: 142cal/2g carb/16g protein/12g fat

1 Babybel, 2 pickle spears, 2 T cream cheese, 2 slices ham (wrapped pickle)

Lunch: 293 cal/4g carbs/24g protein/20g fat

Grilled Chicken salad - homemade, 1 breast, cheddar cheese, onion, lettuce, ranch)

Dinner: 409 cal/8g carbs/42g protein/26

Pepperoni Pizza with Chicken/Parmesan Crust - 3 slices

Total Day 7: 1142 cal/17g carbs/95g protein/83g fat