

Day 1

Breakfast: 2 cal/2 carbs

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

Snack: 250 cal/8 carb/18g protein/17g fat

1/2 oz almonds (14 almonds), 1/2 C cottage cheese

Lunch: 336 cal/1 carb/21g protein/29g fat

1/4 lb burger w/ cheddar cheese, mayo, mustard, lettuce, onion - no bun

Snack: 140 cal/23g protein/6g fat

1/2 can tuna, 2 oz pork rinds

Dinner: 475 cal/3g carbs/32g protein/10g fat

8oz New York Strip w/ 1 tbsp bleu cheese butter, 4 grilled shrimp

Total Day 1: 1,231 cal/12g carbs/124g protein/15g fat

Day 2

Breakfast: 2 cals/2 carbs

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

Snack: 70 cals/9 carb/9g protein

1/2 C plain greek yogurt w/ stevia packet and ¼ C blueberries

Lunch: 302 cals/4 carb/52g protein/7g fat

4 oz grilled chicken w/ 2 tbsp salsa, ½ C cottage cheese

Snack: 156 cal/1g carb/13g protein/11g fat

2 hard boiled eggs - or any way you like

Dinner: 542 cals/6g carbs/52g protein/33g fat

Chicken Cordon Bleu, side salad w/ ranch, 9 spears asparagus

Total Day 2: 1,122 cals/21g carbs/126g protein/56g fat

Day 3

Breakfast: 2 cal/2 carbs

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

Snack: 167 cal/4 carbs/17g protein/9g fat

½ C cottage cheese, ½ oz almonds

Lunch: 325 cal/3g carbs/19g protein/25g fat

Taco salad – 2 C lettuce, 4 oz ground beef, 1 tbsp sour cream, 2 tbsp salsa

Snack: 60 cal/17g protein/15g fat

½ can tuna, 1 hard boiled egg

Dinner: 462 cal/4g carbs/15g protein/1g fat

Blackened salmon w/ avocado cream sauce, 8 grilled shrimp

Total Day 3: 1,124 cal/10g carbs/67g protein/89g fat

Day 4

Breakfast: **2 cal/2 carbs**

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

Snack: **190 cal/2 carbs/6g protein/15g fat**

1 oz almonds, 5 dill pickle spears

Lunch: **364 cal/3g carbs/39g protein/22g fat**

4 oz Grilled chicken lettuce wrap (or deli chicken) w/ 1 tbsp mayo, 1 tbsp mustard, 1 slice red onion, 2 slices tomato, 1 slice havarti

Snack: **142 cal/3g carbs/14g protein/7g fat**

1 /2 Cup cottage cheese, 8 large black olives

Dinner: **453 cal/7g carbs/34g protein/30g fat**

Fathead lasagna

Total Day 4: 1,183 cal/16g carbs/93g protein/79g fat

Day 5

Breakfast: 2 cal/2 carbs

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

Snack: 320cal/1g carb/27g protein/22g fat

2 hard boiled eggs, 1 serving avocado chicken salad (see recipes)

Lunch: 370 cal/3g carbs/37g protein/23g fat

Fast food – Wendy’s Asiago Chicken Club- No bun

Snack: 102 cal/1g carbs/12g protein/6g fat

2 servings Laughing Cow cheese, 2 sticks celery

Dinner: 411 cal/7g carbs/53g protein/18g fat

Grilled chicken kabobs - ½ green pepper, 1/3 red onion, 6oz chicken, w/ 2 TBSP ranch

Total Day 5: 1,255 cal/13g carbs/129g protein/74g fat

Day 6

Breakfast: 2 cal/2 carb

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

Snack: 60 cal/7g carb/9g protein/0g fat

½ plain greek yogurt, 1 stevia packet, 2 tbsp blueberries

Lunch: 417 cal/3g carb/35g protein/28g fat

2 servings Avocado Chicken Salad (see my recipe), 2 oz pork rinds, 2 TBSP salsa

Snack: 82 cal/3 Carb/14g protein/1g fat

½ C cottage cheese

Dinner: 526 cal/8g carb/65g protein/27g fat

8 oz grilled pork chop, 10 medium grilled shrimp, side salad w/ 1 TBSP ranch

Total Day 6: 1,137 cal/123g carb/61g protein/142g fat

Day 7

Breakfast: 2 cal/2 carb

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

Snack: 180cal/8g carb/20g protein/7g fat

Birthday cake One bar

Lunch: 302 cal/4g carb/28g protein/18g fat

Leftover pork chop – 4 oz

Snack: 190 cal/4g carb/10g protein/11g fat

2 slices Havarti cheese, 1 oz sliced deli ham

Dinner: 319 cal/5g carb/45g protein/15g fat

Chicken gyros with fathead pitas (see recipes)

Total Day 6: 1,044 cal/19g carb/105g protein/60g fat