

# Day 1

**Breakfast: 350 cal/2 carbs/13g protein/31g fat**

2 eggs fried in 1 Tbsp butter

1 slice of avocado

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

**Snack: 90 cal/1 carb/3g protein/9g fat**

1/2 oz almonds (14 almonds)

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

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

**Snack: 80 cal/8g protein/5g fat**

serving of pork rinds (2oz)

**Dinner: 450 cal/2g carbs/37g protein/31g fat**

Cheddar Shell Tacos - 2 tacos (find in recipes) w/ sour cream, onion, tomato, avocado

**Total Day 1: 1,307 cal/13g carbs/82g protein/105g fat**

## Day 2

**Breakfast: 506 cal/3 carbs/17g protein/46g fat**

Breakfast sandwich :

90 second bread (see recipes)

1 fried egg

1 strip bacon

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

**Snack: 82 cal/3 carb/14g protein/1g fat**

1/2 C cottage cheese

**Lunch: 348 cal/3 carb/32g protein/22g fat**

taco salad from leftovers - lettuce, beef, cheddar, sour cream, hot sauce

**Snack: 140 cal/1g carb/27g protein/9g fat**

slice of muenster cheese, 4 slices deli ham

**Dinner: 344 cal/3g carbs/36g protein/20g fat**

Mozzarella Meatball Bake (see recipes) - 3 meatballs

**Total Day 2: 1420 cal/13g carbs/162g protein/98g fat**

## Day 3

**Breakfast:** 185 cal/1 carbs/13g protein/14g fat

1 eggs scrambled in butter w/ 2 tbsp salsa

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

**Snack:** 122 cal/9g protein/10g fat

2 babybel cheese wheels

**Lunch:** 344 cal/3g carbs/36g protein/20g fat

leftovers -Mozzarella Meatball Bake (see recipes) - 3 meatballs

**Snack:**120 cal/17g protein/15g fat

1 tbsp cream cheese and 1/2 oz of pork rinds

**Dinner:** 524 cal/1g carbs/34g protein/41g fat

Cheeseburger on 90 Second Bun (see recipes) - 1/4 lb burger w/ cheddar cheese, mayo, mustard, lettuce, onion

**Total Day 2: 1,124 cal/10g carbs/67g protein/89g fat**

## Day 4

**Breakfast: 200 cal/3 carbs/11g protein/17g fat**

2 strips of bacon, 1 hard boiled egg

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

**Snack: 100 cal/4 carb/11g protein/5g fat**

1/2 C cottage cheese

**Lunch: 280 cal/7g carbs/27g protein/16g fat**

mixed green salad with 4oz chicken and 2 T ranch

**Snack: 170 cal/2g carbs/6g protein/16g fat**

1 oz roasted almonds (28 almonds)

**Dinner: 490 cal/2g carbs/37g protein/36g fat**

Blackened Salmon cooked in butter

6 spears of asparagus sauteed in butter

**Total Day 4: 1,350 cal/20g carbs/144g protein/129g fat**

## Day 5

Breakfast: **190 cal/2 carbs/12g protein/15g fat**

2 hard boiled eggs

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

Snack: **100cals/3g carb/3g protein/9g fat**

Aldi 100 calorie nut pack

Lunch: **355 cal/2g carbs/13g protein/33g fat**

90 Second Bread (see recipes) grilled cheese

Snack: **122 cal/1g carbs/9g protein/10g fat**

2 pickle spears and 1 Babybel

Dinner: **282cals/5g carbs/32g protein/11g fat**

Grilled chicken breast, 1 C of green beans with butter, side salad w/ Ranch

Dessert

1/2 C Halo Top ice cream - **80cals/8g carbs/5g protein/3g fat**

**Total Day 5: 1,129 cal/21g carbs/77g protein/81g fat**

## Day 6

Breakfast: **370 cal/2 carbs/17g protein/32g fat**

2 eggs fried in butter, slice of cheddar cheese

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

Snack: **161cals/3g carb/7g protein/14g fat**

Aldi 100 calorie nut pack

1 Babybel cheese

Lunch: **249 cal/2g carbs/13g protein/33g fat**

Avocado Chicken Salad (see my recipe) in lettuce

Snack: **100 cal/17g protein/19g fat**

celery sticks and 2 T garden veggie cream cheese

Dinner: **577 cal/5g carbs/36g protein/44g fat**

Cheesesteak Sloppy-Joe w/ 90 Second Bun

**Total Day 6: 1,457 cal/12g carbs/80g protein/142g fat**

## Day 7

**Breakfast: 483 cal/2 carb/23g protein/43g fat**

2 egg omelette w/ 2 slices of provolone cooked in 1 T butter

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

**Snack: 100cal/3g carb/3g protein/9g fat**

1/2 C cottage cheese

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

Leftover Cheesesteak Sloppy -Joe no bun

**Snack: 148 cal/4g carb/10g protein/11g fat**

2 pickle spears wrapped in 2 T cream cheese and 2 slices of deli ham

**Dinner: 502 cal/2g carb/50g protein/30g fat**

Grilled chicken thighs w/ skin (2)

side salad w/ 2 T ranch

**Total Day 6: 1,535 cal/15g carb/114g protein/111g fat**