

**Low Carb
Paleo/
Dairy-free
Keto**

**7 DAY
MEAL
PLAN**

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HEALTHY EATING PLAN

| | BREAKFAST | LUNCH | DINNER | DRINKS | TOTAL MACROS: |
|-------|---|--|--|--|--------------------------------|
| MON | 2 PASTURE RAISED EGGS 3 APPLGATE CHICKEN MAPLE SAUSAGES 1/2 CUP BERRIES | 4 OZ OF SALMON 1 CUP LETTUCE, 1/2 SLICED AVOCADO, SPLASH LEMON JUICE, PINCH OF SALT | 4 OZ STEAK (STRIPS) COOKED IN GHEE 1 CUP OF CAULIFLOWER MASH TOPPED WITH 1 TBSP BUTTER | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 72.8 C: 37.2 P: 84.6 |
| TUES | EGGS BAKED IN AVOCADO (1 AVOCADO, 2 PASTURE RAISED EGGS, SALT, PEPPER) | CHICKEN SALAD (6 OZ GRILLED CHICKEN DICED, 2 CUPS LETTUCE, SLICED ONION, 1/2 CUCUMBER SLICED, OLIVE OIL | SAUTEED CHICKEN LIVERS (4 OZ) WITH SIDE OF SAUTEED SPINACH (1 CUP) IN 1 TBSP OF GHEE | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 49 C: 33.6 P: 73.1 |
| WED | BONE BROTH PROTEIN SHAKE (CUP OF COCONUT MILK & 1/2 CUP OF STRAWBERRIES) | TUNA SALAD (1 TIN TUNA, LETTUCE, 2 HARDBOILED EGGS, ONION, MAYO, & LEMON JUICE) | 5 OZ LAMB CHOP PAN GRILLED, 4 OZ SWEET POTATO FRIES | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 85.7 C: 44.4 P: 104.3 |
| THURS | 2 PASTURE RAISED EGGS, 4 BACON STRIPS, AND COFFEE WITH MCT OIL | 4 OZ PORK CHOP PAN GRILLED 1 CUP OF SAUTEED BRUSSEL SPROUTS WITH 1 TBSP OF GHEE | 4 OZ GRILLED SIRLOIN STEAK 1 CUP BAKED ASPARAGUS | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 60.4 C: 13 P: 87.1 |
| FRI | BONE BROTH PROTEIN SHAKE (CUP OF COCONUT MILK & 1/2 CUP OF STRAWBERRIES) | 4 OZ OF SALMON 1 CUP LETTUCE, 1/2 SLICED AVOCADO, SPLASH LEMON JUICE, PINCH OF SALT | 5 OZ LAMB CHOP PAN GRILLED, 4 OZ SWEET POTATO FRIES | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 83.3 C: 41.2 P: 81.6 |
| SAT | BREAKFAST BURGER WITH AVOCADO BUNS (1AVOCADO, TOMATO SLICES, 1 EGG, LETTUCE, TWO SLICES OF BACON. | TUNA SALAD (1 CAN TUNA, PRIMAL KITCHEN MAYO, 1 SCALLION CHOPPED, 1 DILL PICKLE CHOPPED, MUSTARD) | BACON WRAPPED BRUSSEL SPROUTS (WRAP 8 STRIPS BACON AROUND 8 SPROUTS, BAKE AT 350 DEG FOR 25 MINS.) | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 96.8 C: 27.6 P: 92.8 |
| SUN | 2 EGGS WITH 1 CUP MUSHROOMS AND 4 SLICES OF BACON | SAUSAGE AND ZUCCHINI SKILLET (4 AG ORGANICS SAUSAGES, 2 ZUCCHINI DICED, BELL PEPPER DICED, SALT, PEPPER) | 4 OZ SALMON COOKED OVER GHEE 1 CUP BAKED ASPARAGUS WITH SALT AND PEPPER | WATER, TEA, SPARKLING WATER, KOMBUCHA, COCONUT WATER | F: 47.4 C: 31 P: 100.9 |

F = FATS C = CARBS P = PROTEINS



APPROVED FOOD

- Lean meats and poultry
- Eggs
- Seafood and shellfish
- Fruits
- Vegetables
- Nuts and seeds
- Health Fats

FOODS TO AVOID

- Grains (wheat, oats, rye, barley, quinoa)
- Dairy
- Legumes (including peanuts)
- Starches (pasta, rice, bread, cookies, cereal)
- All processed foods and sugar

TIPS & SUGGESTIONS

- Poultry (and poultry products such as chicken broth) and eggs should be free-range, hormone and antibiotic-free
- Beef (and beef products such as bone broth) should be grass-fed, organic when possible
- Consume healthy fats that are unprocessed and unrefined (coconut, olive, avocado, sesame, grass-fed butter) avoid canola, corn, vegetable, peanut, soybean and grape seed oil
- Fruits & vegetables should be organic when possible especially berries, apples, peaches, nectarines, grapes, cucumber, tomatoes, spinach, kale, squash, celery
- To add more flavor and variation try healthy seasonings, fresh/dried herbs, cayenne pepper, chili powder, cinnamon, cumin, curry, garlic, ginger, nutmeg, paprika, saffron, turmeric, vinegar, and fresh lemon or lime juice