

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