

Meal Plan - It's time to eat!

Sample Meal Plan Week #1

Wednesday – Day #1

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

2 eggs

2 sausage links

½ avocado

1 cup berries

Lunch

3 ounces of beef cooked in coconut oil and drizzle 1 TBSP of olive oil or MCT oil

Mixed greens with cucumber, celery, carrots, celery, bell peppers, tomatoes with 2 tablespoons of olive oil and vinegar, lemon juice

Dinner

3 ounces of meat, chicken, fish, or pork topped with 1 Tbsp olive oil, avocado oil

Steamed broccoli with 1-2 tablespoons of butter and sea salt

Sweet potato with cinnamon and 1 Tbsp. coconut oil, ghee, or grass fed butter

Snacks

1 apple with 1tbsp of Almond butter

1 cup of plain yogurt with chia seeds, ½ cup berries

6 olives

Free snacks: celery, cucumber, lemon water, pickles, olives,

Thursday – Day #2

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

Smoothie – 1 cup almond milk, 1 cup berries, 1 TBSP MCT oil or coconut oil, protein powder (plant based or other be careful with whey)

Lunch

Lunch meat with avocado, mayonnaise, wrapped in lettuce or on a bed of lettuce or green mix

6-8 olives

1 orange

Dinner

½ cup beans with 3 ounces beef, ½ avocado, ¼ cup salsa

Asparagus baked with garlic salt and butter

Salad with olive oil, lemon, vinegar

Snack

Trial mix – ¼ cup of coconut flakes, 15 cashews, 3 Tbps. Sunflower seeds

1 pear

½ cup of yogurt

Pickles

Friday-Day #3

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

3 ounces of ham and 2 sausage links cooked in fat

3

Sauerkraut

Grape tomatoes

Add Primal Kitchen Mayonaise

Lunch

3 ounces Beef strips or bacon cooked in fat (Tallow, Lard, Coconut Oil, Ghee or Butter)

Green salad with apple cider vinegar and olive oil topped with olives

Steamed broccoli, carrots, cauliflower topped with coconut oil, butter or ghee

Dinner

3 ounces Pork Chops with homemade gravy from bacon drippings

½ cup Sauerkraut

Zucchini noodles with olive oil, apple cider vinegar, sea salt, nutritional yeast; [here](#) is how to prep them

1/2 sweet potato, cut up as you do French fries and cook in coconut oil

Snack

Beef jerky

1 cup strawberries

Saturday Day #4

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

Dairy free yogurt mixed cacao nips, toasted coconut flakes

2 eggs

2 chicken sausage cooked in oil

Spinach with olive oil, vinegar and lemon

Lunch

3 ounces cooked chicken mayonnaise and cooked bacon bits

Zucchini noodle with olive oil, salt and pepper

4

olives

Dinner

3 ounces of beef mixed with chopped kale, onions, mushrooms add sea salt

Green salad with ½ avocado, ¼ cup of almonds, grape tomatoes, bell peppers, mushrooms, onions with 1-2 tablespoons of olive oil, apple cider vinegar and lemon

Snack

½ sweet potato with cinnamon and butter

Sunday Day #5

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

Keto Smoothie- 1 cup full fat coconut milk, 1 Tbsp. Coconut oil, handful of berries, 1Tbsp. chia seeds or flax seed, 1 scoop of collagen protein powder or Designs for health Pure Paleo Chocolate Protein

Lunch

4 ounces of baked fish with 1 Tbsp of melted butter and lemon added after cooked

1 cup of salad green mix with 1 Tbsp Olive, Avocado or Primal Kitchen dressing and apple cider vinegar topped with pecans

1 cup of cauliflower, chopped and sautéed in butter, add 1 Tbsp butter after cooked

Hot herbal tea with heavy cream or coconut cream blended add stevia for flavor

20 grapes

Dinner

6 ounces of pulled pork shoulder

Salad greens with high fat dressing or olive oil and vinegar, topped with ¼ cup shredded coconut and 1tsp of chia seeds

½ cup of sauerkraut

Snack

1 apple with 1 Tbsp of nut butter

Lunch meat wrapped in ½ avocado with mayonaise

Day #6 Monday

Drink a cup of bouillon or bone broth – this will help with the electrolytes; look for bouillon without gluten, corn starch and chemicals; I prefer the bone broth and add sea salt, turmeric and onions

Breakfast

2 eggs with onions, mushrooms cooked in oil or butter

4 pieces of bacon

1 cup of spinach with 1 Tbsp of olive oil and vinegar

½ cup berries

Lunch

½ cup cooked black beans with 3 ounces of beef

2 Tbsp of salsa

1 cup Shredded cabbage cooked in butter

Dinner

1 beef patty with grass fed cheese, onions wrapped in a green lettuce leaf

Sweet potato fries, ½ cooked in coconut oil

½ avocado

Green salad with peppers, olives, onions tomatoes, cucumber, with fatty dressing

Snacks

1 cup of yogurt with toasted shredded coconut flakes, cacao nibs, cinnamon, vanilla, dash of stevia

Epic bar

**** Note: Make sure you eat up your Keto Fat Points**