






















Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Breakfast						
Halibut with Ginger Sauce (2) 	Ham and Egg Cups (2) 	Steak and Eggs (2) 	Breakfast Florentine Burger (4) 	Ham and Egg Cups (2) 	Protein Sparing Dutch Baby Apple Pancake (2) 	Soufflé Omelet with Ham and Chives (2) 
Snack/Side/Dessert						
	Peel n Eat Ginger Lime Shrimp (4) 	SCOTCH EGGS (2)  Hot-n-Sour Soup with Pork Meatballs (4) 	Peel n Eat Ginger Lime Shrimp (leftovers) (4) 	Hot-n-Sour Soup with Pork Meatballs (leftovers) (4) 	Keto Greek Avgolemono (4) 	Keto Greek Avgolemono (leftovers) (4) 
Dinner						
Short Rib Tacos (6) 	Stewed Chicken -n- Sausage (4) 	Stewed Chicken -n- Sausage (leftovers) (8) 	Short Rib Tacos (leftovers) (6) 	Short Rib Tacos (leftovers) (6) 	Breakfast Florentine Burger (leftovers) (4) 	BBQ Meatloaf (6) 
Nutrition Facts Per Serving						
Calories (kcal) 588	1044	1715	1205	1044	1127	791
Fat (g) 22	62	121	72	71	74	42
Carbohydrates (g) 11	13	21	12	17	10	6
Protein (g) 81	108	133	125	85	100	94