






















Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7	
Breakfast							
 Breakfast Chili (12)	 Breakfast Chili (leftovers) (12)	 Breakfast Chili (leftovers) (12)	 Breakfast Chili (leftovers) (12)	 Breakfast Chili (leftovers) (12)	 Creamiest Keto Scrambled Eggs (2)	 Ham and Egg Cups (2)	
Dinner							
 Hunan Beef stuffed Peppers (4)	 Tom Ka Gai Chicken (4)	 Hunan Beef stuffed Peppers (leftovers) (4)	 Smothered Bacon and Mushroom Burgers (4)	 REUBEN PORK CHOPS (4)	 Smothered Bacon and Mushroom Burgers (leftovers) (4)	 REUBEN PORK CHOPS (leftovers) (4)	
Side Dish							
 Keto Greek Avgolemono (4)	 Keto Greek Avgolemono (leftovers) (4)	 Tom Ka Gai Chicken (leftovers) (4)	 SIMPLE CRAB SALAD (2)	 DECONSTRUCTED EGG ROLL (6)	 SIMPLE CRAB SALAD (leftovers) (2)	 DECONSTRUCTED EGG ROLL (leftovers) (6)	
Nutrition Facts Per Serving							
Calories (kcal)	1195	1193	1398	1392	1360	1350	1280
Fat (g)	88	87	101	106	108	107	99
Carbohydrates (g)	27	18	33	18	18	12	12
Protein (g)	74	85	90	91	79	84	86