

## The Galveston Diet

### Week 1 Meals & Macros

Day	Meal 1	Snack 1	Meal 2	Snack 2	Macros
Day 1	<p>Egg Scramble:</p> <p>2 eggs 1 cup spinach ½ cup sliced tomato 1 tbsp butter</p> <p>1 cup raspberries</p>	<p>¼ cup walnuts 1 cheese stick</p>	<p>Grilled Chicken Salad:</p> <p>4 oz grilled chicken breast 2 cups mixed lettuce greens ½ cucumber 1 tbsp sunflower seeds ¼ cup feta cheese ½ avocado 2 tbsp olive oil Fresh lemon juice</p>	<p>½ cucumber sliced 2 tbsp creamy salad dressing</p>	<p><b>Net Carbs: 7%</b> <b>Fat: 73%</b> <b>Protein: 20%</b></p>
Day 2	<p>Smoothie:</p> <p>¾ cup plain Greek yogurt 3 tbsp chia seeds ¼ cup almonds ½ cup strawberries</p>	<p>2 oz Crunchy Kale Chips ¼ cup pecans</p>	<p>Burger with Grilled Eggplant:</p> <p>4 oz lean ground beef ½ grilled eggplant 2 cups mixed lettuce greens 1 cup sliced tomato ¼ avocado 2 tbsp olive oil Vinegar of choice</p>	<p>2 halves Deviled Eggs</p>	<p><b>Net Carbs: 11%</b> <b>Fat: 69%</b> <b>Protein: 19%</b></p>
Day 3	<p>Tuna Salad:</p> <p>2 oz canned tuna 1 tbsp chopped red onion 2 tbsp avocado mayo 2 tbsp pecans</p>	<p>6 celery sticks 2 tbsp cream cheese</p>	<p>Steak with Herbed Butter and Broccoli:</p> <p>4 oz lean steak 1 cup broccoli steamed/roasted ½ cup black beans 2 tbsp herbed butter 2 tbsp parmesan</p>	<p>2 tbsp almond butter</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 71%</b> <b>Protein: 20%</b></p>
Day 4	<p>Baked Salmon with Grilled Zucchini Medley:</p> <p>4 oz salmon, baked ½ cup zucchini ½ cup yellow squash 2 tbsp butter</p>	<p>1 bell pepper sliced 2 tbsp creamy salad dressing</p>	<p>Lettuce Leaf Chicken Tacos:</p> <p>2 large Bibb lettuce leaves 3 oz cooked chicken breast 2 tbsp guacamole 2 tbsp sour cream 2 tbsp pico de Gallo ½ cup black beans</p>	<p>1 cheese stick ¼ cup walnuts</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 68%</b> <b>Protein: 23%</b></p>

Day 5	<p>Chef Salad:</p> <p>2 oz canned tuna 2 cups mixed lettuce greens 2 hard boiled eggs ½ avocado, sliced 6 medium black olives 2 tbsp olive oil Vinegar of choice</p>	<p>1 small red apple 2 tbsp creamy peanut butter</p>	<p>Marinated Grilled Shrimp with Asparagus:</p> <p>8 medium grilled shrimp 6 grilled asparagus spears</p>	<p>½ cup raspberries 2 tbsp heavy cream</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 70%</b> <b>Protein: 21%</b></p>
Day 6	<p>Turkey Tacos:</p> <p>2 large iceberg leaves 4 oz ground turkey 2 tbsp onion 2 tbsp tomato sauce ¼ cup shredded cheddar ¼ cup garbanzo beans</p>	<p>2 halves Deviled Eggs ¼ cup pecans</p>	<p>Spaghetti Squash with Mushrooms, Spinach, Goat Cheese and Bacon:</p> <p>1 cup spaghetti squash 1 tbsp olive oil ½ cup mushrooms 1 cup cooked spinach ½ tbsp soy sauce ½ tbsp maple syrup ¼ tsp liquid smoke (optional) 2 slices bacon 2 oz goat cheese</p>	<p>¼ cup walnuts Asian pear</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 70%</b> <b>Protein: 21%</b></p>
Day 7	<p>Smoothie:</p> <p>¾ cup plain Greek yogurt 3 tbsp chia seeds ¼ cup almonds ½ cup strawberries</p>	<p>2 oz goat cheese ½ cucumber sliced</p>	<p>Broccoli and Cheese Chicken Bake</p> <p>4 oz chicken ½ tbsp olive oil 1 cup broccoli ⅛ cup sour cream ⅛ cup heavy cream ¼ cup shredded cheddar ¼ tsp garlic ¼ tsp basil</p>	<p>¼ cup walnuts</p>	<p><b>Net Carbs: 8%</b> <b>Fat: 67%</b> <b>Protein: 25%</b></p>

## The Galveston Diet

### Week 2 Meals & Macros

Day	Meal 1	Snack 1	Meal 2	Snack 2	Macros
Day 1	<p>Chicken Salad Stuffed Avocado:</p> <p>½ avocado ½ cup shredded chicken 1 tbsp avocado oil mayo 1 tbsp plain Greek yogurt ½ tsp Dijon mustard Parsley Onion Fresh lemon juice</p>	½ cup walnuts	<p>Grilled Pork Chop with Green Beans:</p> <p>4 oz pork chop, grilled 2 cups green beans, cooked 2 tbsp butter ¼ cup almonds</p>	1 cup strawberries 2 tbsp heavy cream	<p><b>Net Carbs: 7%</b> <b>Fat: 70%</b> <b>Protein: 23%</b></p>
Day 2	<p>Spinach, Mushroom and Feta Omelette:</p> <p>2 eggs 1 cup chopped mushrooms ¼ cup feta 1 tbsp butter</p>	⅓ cup guacamole 6 celery sticks	<p>Bacon Avocado Salad:</p> <p>2 cups mixed greens ½ avocado 3 slices nitrate free bacon 3 tbsp pumpkin seeds 6 grape tomatoes ¼ cup blue cheese crumbles 1 tbsp olive oil Fresh lemon juice</p>	1 cup raspberries 1 cheese stick	<p><b>Net Carbs: 8%</b> <b>Fat: 73%</b> <b>Protein: 19%</b></p>
Day 3	<p>BLATT Roll Ups:</p> <p>4 large Bibb lettuce leaves 1 medium avocado 3 slices nitrate free bacon 3 slices nitrate free deli turkey 1 medium tomato, sliced 2 tbsp hummus</p>	1 oz Parmesan crisps ⅓ cup guacamole	<p>Skillet Beef and Zoodles</p> <p>1 ½ zucchini 1 tbsp olive oil 3 oz grass fed ground beef ½ cup beef stock 1 tbsp tapioca flour</p>	2 tbsp almond butter	<p><b>Net Carbs: 10%</b> <b>Fat: 68%</b> <b>Protein: 21%</b></p>
Day 4	<p>Baked Salmon over Mixed Greens:</p> <p>4 oz salmon, baked 2 cups mixed greens 1 tbsp sunflower seeds</p>	1 bell pepper 2 tbsp creamy dressing	<p>TGD Healthy Meatloaf with cauliflower mash:</p> <p>4 oz meatloaf ½ cup mashed cauliflower (frozen for convenience)</p>	1 cheese stick	<p><b>Net Carbs: 9%</b> <b>Fat: 68%</b> <b>Protein: 23%</b></p>

	<p>¼ cup garbanzo beans 2 tbsp olive oil Fresh lemon juice</p>		<p>½ tbsp butter</p>		
Day 5	<p>TGD Caprese Salad with Avocado:  ½ avocado 1 tomato diced 4 oz fresh mozzarella 1 tbsp chopped fresh basil Sea salt Fresh lime juice</p>	<p>1 small red apple 1 tbsp creamy peanut butter</p>	<p>TGD Florentine Chicken Casserole  4 oz chicken breast 1 tsp sun dried tomatoes in oil 2 fresh basil leaves 1 tbsp chopped onion 1 tbsp chopped celery ¼ cup chicken stock 2 oz baby spinach 1 ½ oz cream cheese 2 slices provolone cheese 1 tsp olive oil</p>	<p>1/3 cup walnuts</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 68%</b> <b>Protein: 23%</b></p>
Day 6	<p>Grilled Steak Salad:  3 oz lean grilled steak 2 cups mixed greens ½ medium cucumber ½ cup fresh mushrooms 1 tbsp sunflower seeds ¼ cup feta ½ avocado 1 tbsp olive oil Fresh lemon juice</p>	<p>Deviled Eggs (2 halves)</p>	<p>Chicken Alfredo with Crispy Bacon:  4 oz chicken breast ¼ cup spinach ½ cup broccoli florets 1 slice bacon crumbled ½ tbsp butter ¼ cup heavy cream Salt and pepper to taste</p>	<p>¼ cup pecans 1 Asian pear</p>	<p><b>Net Carbs: 6%</b> <b>Fat: 69%</b> <b>Protein: 25%</b></p>
Day 7	<p>Smoothie:  ¾ cup plain Greek yogurt 3 tbsp chia seeds ¼ cup walnuts ½ cup raspberries</p>	<p>2 oz goat cheese ½ sliced cucumber</p>	<p>Chicken Cordon Bleu with Brussels Sprouts:  ¾ cup cooked shredded chicken 1 oz uncured ham ½ oz butter ¾ oz cream cheese ½ oz swiss cheese 1 cup Brussels sprouts 1 tbsp olive oil</p>	<p>¼ cup pecans</p>	<p><b>Net Carbs: 7%</b> <b>Fat: 74%</b> <b>Protein: 19%</b></p>

## The Galveston Diet

### Week 3 Meals & Macros

Day	Meal 1	Snack 1	Meal 2	Snack 2	Macros
Day 1	<p>Baked Lemon Caper Wild Caught Salmon with Asparagus and Cauliflower Rice:</p> <p>4 oz salmon 10 spears of asparagus ½ cup cauliflower rice (frozen for convenience - cook according to directions) 2 tbsp ghee ½ lemon 2 tbsp capers</p>	<p>Greek Yogurt Parfait:</p> <p>¾ cup plain Greek yogurt ¼ cup blueberries ¼ cup walnuts 3 tbsp chia seeds</p>	<p>Asian Beef Noodle Stir-fry:</p> <p>4 oz hanger steak ½ cup zucchini noodles 1 tbsp sesame seeds 2 ½ tsp liquid amino acids ½ tbsp ghee</p>	<p>Green Almond Butter Smoothie:</p> <p>½ scoop low carb protein powder 1 tbsp almond butter 1 cup kale ¼ cup blueberries ice</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 66%</b> <b>Protein: 25%</b></p>
Day 2	<p>Turkey and Cauliflower Rice Stuffed Bell Pepper:</p> <p>3 oz lean ground turkey ½ red bell pepper ¼ cup cauliflower rice 2 oz shredded cheddar cheese 1 clove garlic 1 tbsp coconut oil</p>	<p>6 celery sticks 2 tbsp almond butter</p>	<p>Sauteed Lemon Garlic Scallops with Spaghetti Squash and Roasted Brussels Sprouts topped with Avocado:</p> <p>4 ounces scallops ½ clove garlic ½ lemon ½ cup spaghetti squash ½ tbsp butter ½ avocado 1 cup Brussels sprouts, halved</p>	<p>2 Chocolate Pumpkin Energy Bites:</p> <p>½ cup almond butter ¼ cup cacao powder ¼ cup melted coconut oil 2 tbsp pumpkin puree Stevia to taste</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 70%</b> <b>Protein: 21%</b></p>
Day 3	<p>Sirloin Spinach and Blue Cheese Salad topped with Pecans:</p> <p>3 oz sirloin steak 2 cups fresh spinach leaves 1 oz blue cheese 1 tbsp olive oil 2 tbsp chopped pecans ½ lemon ½ tbsp ghee</p>	<p>Raspberry Almond Smoothie:</p> <p>½ cup plain Greek yogurt ½ cup kale ¼ cup raspberries 1 tbsp almond butter 1 tbsp chia seeds</p>	<p>Pumpkin Chicken Curry with Cauliflower Rice:</p> <p>1/2 cup unsweetened coconut milk 1 tbsp coconut oil 2 oz chicken breast ¼ red bell pepper ½ cup cauliflower rice ⅓ cup pumpkin puree curry fresh Thai basil other spices of choice</p>	<p>Chocolate Avocado Pudding:</p> <p>¼ cup unsweetened cacao powder 1 medium avocado 10 drops liquid stevia ½ tbsp vanilla extract 1 tsp pink Himalayan salt</p>	<p><b>Net Carbs: 7%</b> <b>Fat: 72%</b> <b>Protein: 21%</b></p>
Day 4	<p>Cheese and Veggie Omelet:</p>	<p>Chia Seed Pudding:</p>	<p>Lemon Thyme Halibut with</p>	<p>Stuffed Cremini</p>	

	<p>2 eggs 1 oz shredded cheese ¼ cup white onion ½ cup broccoli ½ cup spinach ½ avocado</p>	<p>¼ cup chia seeds 1 tbsp flax seeds ½ cup coconut milk 1 tbsp pecans cinnamon</p>	<p>Butternut Squash, Pumpkin Seeds, and Brussel Sprouts:  4 oz halibut Thyme ½ lemon 2 tbsp coconut oil ¼ cup sauteed butternut squash ½ cup Brussel sprouts 1 tbsp pumpkin seeds</p>	<p>Mushrooms:  4 large cremini mushrooms 2 tsp ghee 2 tbsp goat cheese 1 slice of chopped turkey bacon 1 tbsp chives</p>	<p><b>Net Carbs: 8%</b> <b>Fat: 72%</b> <b>Protein: 20%</b></p>
Day 5	<p>Peppered Shrimp Lettuce Wraps:  5 pieces large shrimp 2 large Bibb lettuce leaves ½ tbsp ghee ½ cup cabbage 2 tsp cilantro 1 tbsp creamy dressing</p>	<p>Baked Eggs in Avocado:  2 eggs 1 avocado 1 tbsp goat cheese 1 slice of chopped turkey bacon 1 tbsp chives</p>	<p>Chicken Satay with Steamed Sesame Broccoli:  4 oz chicken 1 tbsp almond butter 2 tsp tamari ½ cup coconut milk 1 clove garlic 1 cup broccoli 1 tbsp sesame seeds ½ tbsp ghee curry powder, cayenne pepper and cilantro to taste lime juice</p>	<p>Tomato Basil Feta Soup:  3 Roma tomatoes 1 tbsp cream ½ tbsp ghee 1 tbsp feta cheese 2 tbsp onion 2 tbsp chopped fresh basil lime juice</p>	<p><b>Net Carbs: 10%</b> <b>Fat: 68%</b> <b>Protein: 12%</b></p>
Day 6	<p>Rosemary Baked Chicken with Mashed Cauliflower and Broccoli:  3 oz chicken with skin ½ cup mashed cauliflower 1 tsp rosemary 1 tbsp ghee ½ cup broccoli ½ cup bell pepper 1 tbsp chives 2 tsp olive oil</p>	<p>Chocolate Strawberry Smoothie:  1 scoop protein powder 1 cup kale ½ cup strawberries 1 tbsp flax seeds 1 tbsp almond butter 1 tbsp cacao powder ½ cup coconut milk ice</p>	<p>Warm Zucchini Noodle Pasta with Meat Sauce and Goat Cheese  1 zucchini spiralized ¼ cup crushed tomatoes with basil 1 tbsp ghee 1 oz goat cheese 2 oz ground beef ½ tbsp minced onion ½ green pepper 1 tbsp minced garlic</p>	<p>1 cucumber 1 tbsp cashew butter 1 tbsp coconut flakes</p>	<p><b>Net Carbs: 12%</b> <b>Fat: 69%</b> <b>Protein: 19%</b></p>

Day 7	<p>Buffalo Blue Cheese Chicken Tenders on Kale Salad:</p> <p>1 oz blue cheese  3 oz chicken  2 tbsp buffalo sauce  1 cup kale</p>	<p>Easy Breakfast Bowl:</p> <p>1 egg  1 cup spinach  2 slices turkey bacon  ½ red bell pepper  2 stalks of asparagus  2 tsp ghee</p>	<p>Wild Caught Salmon with Creamed Spinach and Baked Delicate Squash:</p> <p>3 oz salmon  1 cup spinach  2 tbsp heavy cream  1 tbsp ghee  ½ delicate squash</p>	<p>Artichoke and Goat Cheese Dip with Broccoli:</p> <p>2 canned artichoke hearts  1 tbsp goat cheese  1 oz spinach  2 oz cream cheese  ⅛ cup parmesan cheese  ⅛ cup mozzarella cheese  2 tbsp olive oil  2 tbsp diced garlic cloves  ½ cup broccoli</p>	<p><b>Net Carbs: 7%</b>  <b>Fat: 70%</b>  <b>Protein: 23%</b></p>
-------	---	--	---	---	---

## The Galveston Diet

### Week 4 Meals & Macros

Day	Meal 1	Snack 1	Meal 2	Snack 2	Macros
Day 1	<p>Sardines in Olive Garlic Sauce over Zoodles:</p> <p>4 oz sardines 1 zucchini, spiralized 1 tbsp olive oil 2 tbsp black olives</p>	<p>Chocolate Raspberry Smoothie:</p> <p>1 cup unsweetened coconut milk 2 tbsp cacao powder ½ cup raspberries 1 cup spinach 1 scoop low carb protein powder</p>	<p>Blackened Tofu with Sesame Broccoli Slaw:</p> <p>3 oz extra firm tofu ½ cup broccoli slaw 1 tbsp sesame seeds 1 tbsp coconut oil</p>	<p>Traditional Deviled Eggs with Bell Pepper:</p> <p>2 hard boiled eggs 1 tbsp avocado mayo ⅛ tsp turmeric 1 cup pepper slices</p>	<p><b>Net Carbs: 8%</b> <b>Fat: 74%</b> <b>Protein: 18%</b></p>
Day 2	<p>Mussels in Garlic Cream Sauce:</p> <p>4 oz mussels 1 tbsp ghee 1 clove garlic ¼ cup heavy cream ½ cup cauliflower rice Fresh lemon juice</p>	<p>Strawberry Rose Chia Seed Pudding:</p> <p>3 tbsp chia seeds ½ cup unsweetened coconut milk ¼ cup strawberries 1 tbsp pistachios 2-3 drops rosewater</p>	<p>Lemon Caper Chicken:</p> <p>4 oz chicken breast 1 tbsp ghee ½ cup sauteed onions ½ cup green beans 2 tbsp slivered almonds, toasted ¼ tbsp capers Fresh lemon juice</p>	<p>Turkey Wraps:</p> <p>2 large lettuce leaves 2 oz turkey 1 tbsp olive oil 1 tbsp vinegar Dried herbs of choice</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 71%</b> <b>Protein: 20%</b></p>
Day 3	<p>Lamb Chop with Zucchini and Mint:</p> <p>4 oz lamb chop 1 cup zucchini/summer squash 2 tbsp olive oil 2 tbsp chopped fresh mint</p>	<p>Spicy Poached Egg and Avocado:</p> <p>1 poached egg ½ avocado ¼ cup salsa</p>	<p>Curry Lentil Dal:</p> <p>½ cup lentils 1 cup unsweetened coconut milk 1 tbsp coconut oil ⅛ tsp turmeric ⅛ tsp garam masala ⅛ tsp coriander ½ cup spinach 2 tbsp cubed paneer (or Monterey jack)</p>	<p>Beef Jerky:</p> <p>3 ounces high quality beef jerky</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 68%</b> <b>Protein: 23%</b></p>
Day 4	<p>Pork Stir Fry:</p> <p>4 oz pork loin 1 tbsp olive oil ½ cup cabbage</p>	<p>Coffee Cocktail:</p> <p>1 cup coffee 1 tbsp MCT oil 1 scoop collagen powder</p>	<p>Poached Herb Salmon with Roasted Asparagus:</p> <p>4 oz salmon, poached 1 cup roasted asparagus</p>	<p>Chocolate Pumpkin Energy Bites (2 balls per serving):</p> <p>½ cup almond butter</p>	<p><b>Net Carbs: 9%</b> <b>Fat: 69%</b></p>



	<p>1 clove garlic  1/2 cup mushrooms  Tamari  1 orange sliced</p>	<p>1/2 tsp vanilla extract  1/4 cup mixed nuts  1/4 cup blueberries</p>	<p>2 tbsp olive oil  1 tsp sesame seeds</p>	<p>1/4 cup cacao powder  1/4 cup melted coconut oil  2 tbsp pumpkin puree  Stevia to taste</p>	<p><b>Protein: 22%</b></p>
Day 5	<p>Chicken in Peanut Sauce:</p> <p>4 oz chicken breast  2 tbsp peanut butter  2 tsp tamari  1/2 cup unsweetened coconut milk  1 clove garlic  1 cup sauteed zucchini/squash  2 tbsp coconut oil</p>	<p>Chocolate Orange Smoothie:</p> <p>1 cup unsweetened coconut milk  2 tbsp cacao powder  1/2 fresh orange sliced  1 tbsp MCT oil  1 scoop low carb protein powder</p>	<p>Zoodles with Beef and Mushroom Marinara:</p> <p>2 oz lean ground beef  1 small tomato  1/2 cup mushrooms  1 cup zucchini, spiralized  1/4 tsp Italian seasoning  1 tablespoon olive oil</p>	<p>1 cucumber  2 tbsp almond butter</p>	<p><b>Net Carbs: 9%</b>  <b>Fat: 68%</b>  <b>Protein: 23%</b></p>
Day 6	<p>Stuffed Peppers:</p> <p>3 oz lean ground turkey  1/2 red bell pepper  1/4 cup mushrooms  1 clove garlic  Seasoning of choice  1 tbsp olive oil  2 oz shredded Monterey jack</p>	<p>Blueberry Yogurt Smoothie:</p> <p>2 oz plain Greek yogurt  1/2 cup kale  1/2 cup blueberries  2 tbsp almond butter  1 tbsp chia seeds</p>	<p>Steak with Mushroom Sauce:</p> <p>3 oz lean steak  1 cup spinach  2 tbsp heavy cream  1/2 cup mushroom  1 tbsp ghee</p>	<p>Asparagus with "Hollandaise Sauce":</p> <p>1 cup fresh asparagus  2 tsp ghee  1 tbsp avocado mayo  1 tsp Dijon mustard  2 egg yolks  White vinegar</p>	<p><b>Net Carbs: 7%</b>  <b>Fat: 71%</b>  <b>Protein: 22%</b></p>
Day 7	<p>Smoked Salmon "Bagel":</p> <p>2 oz smoked salmon  2 tbsp cream cheese  1/2 cup sprouts  1 cauliflower "steak"</p>	<p>Greek Yogurt Parfait:</p> <p>3/4 cup plain Greek yogurt  1/4 cup strawberries  1/4 cup walnuts  3 tbsp chia seeds</p>	<p>Pork Dumplings:</p> <p>3 oz ground pork  1/2 cup shredded carrots  1 tbsp coconut oil  1/4 tsp minced ginger root  1 clove garlic  Steamed cabbage leaves  Tamari</p>	<p>2 oz Crunchy Kale Chips</p>	<p><b>Net Carbs: 9%</b>  <b>Fat: 70%</b>  <b>Protein: 21%</b></p>

## The Galveston Diet

### Week 5 Meals & Macros

Day	Meal 1	Snack 1	Meal 2	Snack 2	Macros
Day 1	<b>Curry Mackerel:</b> 4 oz mackerel 1 tbsp coconut oil ¼ cup coconut milk 1 tsp curry powder 1 cup spinach ½ cup tomatoes	<b>Blackberry Greek Yogurt Parfait:</b> ½ cup plain Greek yogurt ¼ cup blackberries ¼ cup pecans Cinnamon	<b>Pork and Green Bean Saute</b> 4 oz pork loin 1 cup green beans ½ tsp sesame seeds 2 tsp tamari 1 tbsp olive oil 1 clove garlic ½ tsp ginger root	<b>Green Tea Refresher:</b> 1 scoop collagen 2 tbsp cashew butter ¼ cup blueberries 1 tsp matcha green tea powder 1 cup unsweetened almond milk	<b>Net Carbs: 8%</b> <b>Fat: 68%</b> <b>Protein: 24%</b>
Day 2	<b>Beef Portobellos:</b> 2 large portobello mushrooms 4 oz lean ground beef 1 cup cauliflower rice 1 clove garlic 2 tbsp parmesan cheese 1 cup fresh spinach Italian seasoning to taste	<b>Coffee Cocktail &amp; Turkey Lettuce Wraps:</b> 8 oz coffee 1 tbsp MCT oil 1 scoop collagen Sprinkle of cinnamon 2 large lettuce leaves 2 oz nitrate free deli turkey or cooked ground turkey 2 tbsp cream cheese ½ avocado sliced Chives to taste	<b>Shrimp Scampi:</b> 3 oz shrimp 1 tbsp olive oil 1 tbsp butter 1 clove garlic 1 cup zucchini spiralized Fresh lemon juice Pinch of red pepper flakes Fresh flat leaf parsley chopped	<b>Chocolate Cinnamon Apple Bites:</b> 2 tbsp almond butter 1 tbsp cacao powder 1 tbsp coconut oil 1 tbsp unsweetened apple butter Pinch salt Dash of almond extract Sprinkle of cinnamon Stevia to taste	<b>Net Carbs: 6%</b> <b>Fat: 68%</b> <b>Protein: 25%</b>
Day 3	<b>Chicken Caesar Salad:</b> 3 oz chicken breast 3 oz romaine lettuce 1 tbsp olive oil 1 tbsp olive oil mayonnaise 1 clove garlic Dash of liquid aminos Fresh lemon juice	<b>Peanut Butter Cup Smoothie:</b> 2 oz plain Greek yogurt 2 tbsp cacao powder 2 tbsp peanut butter 1 tbsp ground flaxseeds Dash of vanilla extract	<b>Tofu Stir Fry:</b> 3 oz extra firm tofu, seared ¼ bell pepper ¼ onion 1 tbsp olive oil 1 clove garlic 1 tsp fresh ginger root 2 tbsp fresh orange juice ½ cup riced cauliflower	<b>Citrus Avocado Salad:</b> 1 avocado ½ grapefruit or orange 1 tbsp olive oil ½ tbsp vinegar 1 tbsp blue cheese	<b>Net Carbs: 12%</b> <b>Fat: 69%</b> <b>Protein: 19%</b>
Day 4	<b>Avocado Toast:</b>	<b>Overnight Nut Salad:</b>	<b>Trout with Dill Sauce:</b>	<b>Zucchini Boats:</b>	

	<p>2 hard boiled eggs  1 large cauliflower steak  ½ avocado  Fresh lemon juice  Smoked paprika to taste  Paprika to taste  Sea salt to taste</p>	<p>½ cup chia seeds  1 cup almond milk  Dash of vanilla extract  2 tbsp walnuts  1 tbsp pumpkin seeds  Cinnamon or pumpkin pie spice to taste</p>	<p>4 oz grilled trout  2 tbsp olive oil mayonnaise  1 tsp mustard  2 tbsp fresh dill  Fresh lemon juice  ¼ cup shredded carrot  ½ cup green beans  2 tbsp toasted almonds</p>	<p>1 large zucchini  1 tbsp olive oil  2 tbsp goat cheese  ¼ cup onion  ½ cup spinach  Fresh chives</p>	<p><b>Net Carbs: 8%</b>  <b>Fat: 72%</b>  <b>Protein: 20%</b></p>
Day 5	<p>Turkey Lettuce Wraps:    2 oz nitrate free deli turkey  2 large Bibb lettuce leaves  1 oz Swiss cheese  1 tbsp olive oil based mayonnaise</p>	<p>Coffee &amp; Poached Egg:    8 oz black coffee  Sprinkle of cinnamon  1 egg  ½ avocado sliced  Smoked paprika and chives to taste</p>	<p>Moussaka:    3 oz. chicken  1 tbsp olive oil  2 tbsp onion  Dash of cinnamon  2 tbsp heavy cream  1 cup cauliflower mashed with ¼ cup heavy cream  1 small eggplant</p>	<p>Broiled Tomato Bites:    2 small tomatoes  ½ tbsp olive oil  1 tbsp grated parmesan</p>	<p><b>Net Carbs: 12%</b>  <b>Fat: 72%</b>  <b>Protein: 16%</b></p>
Day 6	<p>Lentil Stuffed Pepper:    ¼ cup cooked lentils  1 tbsp olive oil  Mrs. Dash Southwestern blend  1 cup riced cauliflower  1 bell pepper  2 tbsp grated parmesan</p>	<p>Blueberry Pie Smoothie:    2 scoops collagen  1 cup spinach  1 scoop MCT oil  ½ cup blueberries  2 tbsp chia seeds  2 tbsp ground flax seeds  2 tbsp almond butter  Dash of almond extract  Pinch of nutmeg</p>	<p>Catfish with Olive Relish:    4 oz catfish  Grill seasoning  2 tbsp olive oil (divided)  1 small diced tomato  1 oz chopped olives  1 cup spinach  Chives to taste</p>	<p>Stuffed Celery:    2 celery stalks  2 tbsp almond butter</p>	<p><b>Net Carbs: 11%</b>  <b>Fat: 69%</b>  <b>Protein: 20%</b></p>
Day 7	<p>Chicken Pad Thai:    4 oz chicken breast  1 tbsp coconut oil  1 garlic clove  1 tsp ginger root  1 cup zucchini noodles  Fresh lime juice  Tamari to taste  Pinch chili flakes</p>	<p>Spinach, Mushroom &amp; Cheese Omelet:    2 eggs  1 tbsp water  2 tbsp grass fed butter  1 cup spinach  1 cup mushrooms  1 oz Swiss cheese</p>	<p>Cod with Hazelnut Sauce &amp; Asparagus    4 oz cod filet  1 tbsp grass fed butter  2 tbsp roasted hazelnuts  Fresh lemon juice  2 cups roasted asparagus spears</p>	<p>Creamy Avocado Dip with Veggies:    1 avocado  1 tbsp olive oil  mayonnaise  Fresh lemon juice  Fresh cilantro  1 bell pepper</p>	<p><b>Net Carbs: 7%</b>  <b>Fat: 67%</b>  <b>Protein: 26%</b></p>

