

## Dot2Trot.com Low Carb, Weekly Menu - 24 Hour Fasting Edition

Dec 18-24	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Breakfast</b>	2 C Coffee w/2 tsp Heavy Cream	1 C coffee, 2 tsp heavy cream	1 C Bone Broth, Green Tea	1 C Bone Broth, Green Tea	1 C Bone Broth, Green Tea	1 C Bone Broth, Green Tea	1 C Bone Broth, Green Tea
<b>Total Carbs</b>	<1g	<1g	1g	1g	1g	1g	1g
<b>Lunch</b>	Cucumber & Mint Infused Water, Green Tea	Cucumber & Mint Infused Water, Green Tea	Water, Green Tea, Iced Herbal Tea	Water, Green Tea, Iced Herbal Tea	Water, Green Tea, Iced Herbal Tea	Water, Green Tea, Iced Herbal Tea	Water, Green Tea, Iced Herbal Tea
<b>Total Carbs</b>	0g	0g	0g	0g	0g	0g	0g
<b>Dinner</b>	Chicken Stuffed Peppers, Strawberry & Kale Salad	Steak Fajitas with Guacamole & Pico de Gallo	Hot Wings, Pear & Arugula Salad 2 Tbsp Balsamic Vinaigrette	Mini Frittatas, Strawberry & Kale Salad	Bacon Burger with 1/2 avocado, Pear & Arugula Salad with 2 Tbsp Balsamic Vinaigrette	Mushroom & Prosciutto Omelete, 3C Mixed Greens w/2 tbsp Oil & Vinegar	Chop Salad, Chicken Thighs w/Skin
<b>Total Carbs</b>	20g	10	22g	22g	20g	14g	16g
<b>TOTAL CARBS</b>	<b>20g</b>	<b>10g</b>	<b>22g</b>	<b>23g</b>	<b>20g</b>	<b>14g</b>	<b>16g</b>

*Note: I'm not a doctor, just someone who has lost 145 pounds by switching to a Low Fat, High Carb way of eating. The menu above is what works for me. Results may vary depending on food quantities, brands, and recipes followed. This particular menu reflects 24-hour daily fasting. Recommend consulting with your physician to determine if eating LCHF foods and fasting is best for you, especially if you are taking medications.*