

## Dot2Trot.com Low Carb, High Fat Weekly Menu - Dec. 27 - Jan. 2

30-Dec	Wednesday	Thursday	Friday	Saturday	Sunday	Monday	Tuesday
<b>Breakfast</b>	2 Egg, chorizo sausage (3 oz), 1/2 plum tomato	Fasting Day & New Year's Eve: Coffee w/1 tsp of heavy cream	2 poached eggs over 6 steamed asparagus spears with hollandaise sauce	Maple silver dollar pancakes with whipped cream	Scotch egg	Fasting Day: Coffee w/1 tsp heavy cream, 1 C chicken stock, water (a lot of it)	Fasting Day: Coffee w/1 tsp heavy cream, 1 C chicken stock, water (a lot of it)
<b>Net Carbs</b>	4g	0g	3g	3g	1g	1g	1g
<b>Lunch</b>	Smokey Turkey & Bacon Chowder Soup (2 C)	2C chicken stock	Pesto Chicken Salad on Oopsie Bread w/1 slice of tomato, romaine lettuce leaf, bacon	4 oz ground beef patty topped with 1 thick slice tomato and 1/2 avocado, with small salad (1 C spinach w/ 1 oz parmesan cheese, 1 tbsp oil & vinegar)	10 Large green olives, 1 oz macadamia nuts, pepperoni slices	1-3 C Herbal tea, 1 C chicken stock, water (a lot of it)	1-3 C Herbal tea, 1 C chicken stock, water (a lot of it)
<b>Net Carbs</b>	6g	2g	4g	2g	3g	1g	1g
<b>Dinner</b>	6 oz sirloin steak over spinach salad (3C spinach, 1 hard boiled egg, 1/2 small avocado, 1/2 plum tomato, 1/4C cucumber, 1 slice red onion, 1 tbsp orange bell pepper, 1 oz cheese)	4 oz Ground beef pattie, 6 asparagus spears (medium), hollandaise sauce, small salad (2C spinach, 1/4 C tomato, 1/4 C cucumber, 1 tbsp onion, 1 tbsp LCHF dressing)	Game Night: Baked Buffalo wings, jalapeno deviled eggs	Chimichurri chicken breast & squash saute	6 oz sirloin steak over spinach salad (3C spinach, 1 hard boiled egg, 1/2 small avocado, 1/2 plum tomato, 1/4C cucumber, 1 slice red onion, 1 tbsp orange bell pepper, 1 oz cheese)	1 C Chicken stock, 2 C herbal tea, water (a lot of it)	Break Fast: Birthday Dinner (dining out)
<b>Net Carbs</b>	6g	7.5	7g	6g	6g	1g	7g
<b>Snack</b>	NA	New Year's Toast (champagne)	Large Green olives (10)	NA	NA	Water	Champagne with dinner
<b>Net Carbs</b>	0g	2.4g	1.5g	0g		0g	2.4g
<b>TOTAL CARBS</b>	<b>16g</b>	<b>12g</b>	<b>15.5g</b>	<b>11g</b>	<b>10g</b>	<b>3g</b>	<b>11.5g</b>

*Note: I'm not a doctor, just someone who has lost 140 pounds by switching to a Low Carb, High Fat way of eating. The menu above is what works for me. Results may vary depending on food quantities, food brands, and recipes followed. The menu also reflects a 24-hour fast and a 48-hour fast to manage my insulin resistance. Recommend consulting with your physician to determine if the LCHF way of eating and fasting is best for you.*