

MENU 1	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	2 egg omelette w/ 1/2 tomatoe & 1/2 avocado	Protein shake w/ 1/4 C frozen strawberries	2 scrambled eggs, 2 slices bacon, 1/2 C sauteed spinach, 1/2 C tomatoes	Protein shake w/ 1/4 C frozen strawberries	Sausage topped w/ mozzarella & tomatoes	2 egg omelette w/ 1/2 C tomatoes & 1/2 avocado	Protein shake w/ 1/4 C frozen strawberries
<b>Net Carbs</b>	5g	4g	6g	4g	5g	5g	4g
<b>Snack 1</b>	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Cherry Tomatoes	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Bell pepper slices w/ dressing	1 Celery w/2 tbsp cream cheese	6 Bell pepper slices w/dressing	1 Celery w/2 tbsp cream cheese
<b>Net Carbs</b>	3g	3g	3g	2g	2g	2g	2g
<b>Lunch</b>	chicken quarter w/skin, 2C lettuce & 1 small tomato (roma)	Burger (no bun) w/ cheese, avocado & tomato salad	Protein shake w/ 1/4 C Frozen strawberries & 1/4 small banana	Tuna with 1/2 avocado, 1/4 cucumber & 1/2 tomato salad	Bibb lettuce wrapped chicken breast, 1/2C fresh guacamole & 1 tbsp salsa	Burger on chopped salad	Tuna with avocado, cucumber & tomato salad
<b>Net Carbs</b>	3.3g	5g	9g	6g	5g	5g	6g
<b>Snack 2</b>	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Bell pepper slices w/dressing	6 Cherry Tomatoes	1/2 C cucumber slices w/ ranch dressing (homemade)	6 Cherry Tomatoes	6 Bell pepper slices w/dressing
<b>Net Carbs</b>	2g	3g	2g	3g	3g	3g	2g
<b>Dinner</b>	Pork tenderloin, sauteed spinach, grilled squash	Sirloin steak, sauteed bok choy, mixed green salad	Chicken, steamed broccoli, chopped spinach salad	Grilled burger w/ cheddar, baked sweet potato fries, mixed greens	Chicken breast, steamed broccoli & cauliflower, mixed green salad	Bangers & sweet potato mash	Steak, asparagus, mixed green salad
<b>Net Carbs</b>	6g	5g	7.5g	9g	6g	10g	3g
<b>TOTAL CARBS</b>	19g	20g	27.5g	24g	21g	25g	17g