

MENU 2	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Avocado Breakfast Bowl (4 oz chicken breast, bacon, 1/2 roma tomato, 1/2 avocado)	Protein shake w/ 1/4 C frozen strawberries	2 egg omelette w/ 1/2 C tomatoes & 1/2 avocado	Bacon-Wrapped Omelet Muffins	Sausage topped w/ mozzarella & tomatoes	2 egg omelette w/ 1/2 C tomatoes & 1/2 avocado	Bacon-Wrapped Omelet Muffins
Net Carbs	4g	4g	5g	4g	5g	5g	4g
Snack 1	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
Net Carbs	3g	3g	3g	2g	2g	2g	2g
Lunch	chicken quarter w/skin, 2C mixed greens, 1 roma tomato, sprouts)	Primal Shepherd's Pie	Protein shake	Lettuce Tacos w/chicken and salsa	chicken quarter w/skin, 2C mixed greens, 1 roma tomato, sprouts)	Burger on chopped salad	Tuna with avocado, cucumber & tomato salad
Net Carbs	5g	6g	1g	6g	5g	5g	6g
Snack 2	1 Celery w/2 tbsp cream cheese	6 Bell pepper slices w/dressing	6 Bell pepper slices w/dressing	Protein Shake	Buffalo Chicken Wings	1 Celery w/2 tbsp cream cheese	6 Bell pepper slices w/dressing
Net Carbs	2g	2g	2g	1g	2g	2g	2g
Dinner	Meat Crust Pizza	Sirloin steak, grilled asparagus, mixed greens	Chicken breast (w/skin), 1 1/2 C Steamed Broccoli & 3/4 C Cauliflower, 1 C Mixed Greens, 1/4 C Sprouts, low carb dressing	Crockpot Chicken Curry with Cauliflower Rice	Lamb & Cumin Burger, 2C Mixed Greens, 1/2 Roma Tomato, 1 oz avocado, 1 tbsp Sprouts	Primal Sheperd's Pie	Steak, 1 1/2 C Steamed Broccoli & 3/4 C Cauliflower, 1 C Mixed Greens, 1/4 C Sprouts, low carb dressing
Net Carbs	6g	6g	7g	7g	5g	6g	7g
TOTAL CARBS	20g	21g	18g	20g	19g	20g	20g