

MENU 3	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Omelette (2-3 Oz Cheese, 2 eggs, 1 tbsp butter)	Mexican Omelet (2 eggs, 2-oz Jalapeno cheese, 2 tbsp salsa, 1 tbsp butter)	3 Scrambled Eggs, 1/4 C cooked ham, 1/4 C green pepper, 2 tbsp onion	Omelette (2-3 Oz Cheese, 2 eggs, 1 tbsp butter)	Mexican Omelet (2 eggs, 2-oz Jalapeno cheese, 2 tbsp salsa, 1 tbsp butter)	3 Scrambled Eggs, 1/4 C cooked ham, 1/4 C green pepper, 2 tbsp onion	Omelette (2-3 Oz Cheese, 2 eggs, 1 tbsp butter), Bacon
<b>Net Carbs</b>	2g	5g	6g	2g	5g	6g	2g
<b>Snack 1</b>	1/2 C cucumber slices w/ ranch dressing (homemade)	Protein Shake	1/2 C cucumber slices w/ ranch dressing (homemade)	6 cherry Tomatoes w/Low Carb Dressing	1 Celery w/2 tbsp cream cheese	1/2 C cucumber slices w/ ranch dressing (homemade)	1 Celery w/2 tbsp cream cheese
<b>Net Carbs</b>	3g	1g	3g	3g	2g	3g	2g
<b>Lunch</b>	Asian Turkey Burger, 1 C Mixed Greens, 1/4 C Roma Tomato, low carb dressing	Chicken Breast, Spinach Salad	Pork Tenderloin with Bacon, Tomato and Cauliflower Rice Salad	Chicken quarter w/skin, 5 Bibb Lettuce Leaves, Avocado-Lime Salad	Chicken Breast, Spinach Salad	Pork Tenderloin with Bacon, Tomato and Cauliflower Rice Salad	Asian Turkey Burger, 1 C Mixed Greens, 1/4 C Roma Tomato, low carb dressing
<b>Net Carbs</b>	6g	5g	4g	6g	5g	4g	6g
<b>Snack 2</b>	Deviled Eggs	Caprese Salad	Deviled Eggs	Caprese Salad	Deviled Eggs	Caprese Salad	1/2 C cucumber slices w/ ranch dressing (homemade)
<b>Net Carbs</b>	2g	2g	2g	2g	2g	2g	3g
<b>Dinner</b>	Paprika Chicken, Cauliflower Mash	Crockpot Chicken Curry with Cauliflower Rice	Slow Cooker Pot Roast, Cauliflower-Sour Cream Mash, 1 C Mixed Greens	Pork Tenderloin, 1 1/2 C steamed broccoli, 3/4 C cauliflower, 1 C Mixed Greens	Sirloin Steak Salad	Slow Cooker Pot Roast (leftovers), Cauliflower-Sour Cream Mash, 1 C Mixed Greens	Crockpot Chicken Curry (leftovers) with Cauliflower Rice
<b>Net Carbs</b>	10g	7g	5g	7g	5g	5g	7g
<b>TOTAL CARBS</b>	23g	20g	20g	20g	19g	20g	20g