

Dot2Trot.com October 1-7, 2016 Menu

	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday
Breakfast	8 oz Coffee, 1 tbsp Heavy Cream	Eggs Benedict Caprese Salad	Fasting Day 1 C Green Tea	Fasting Day 1 C Green Tea	1 C Green Tea	Bulletproof Coffee (2 C Coffee, 2 Tbsp Butter, 1 Tbsp MCT Oil)	1 C Bone Broth
Carbs	1g	4g	0g	0g	0g	0g	1g
Snack 1 <i>(optional)</i>							1 C Green Tea
Carbs							
Lunch	2 Large Eggs Cooked in 1 tbsp Butter, 1/4 C Diced Plum Tomatoes, 1/4 Avocado	Turkey BLT Salad (4 oz dark turkey meat with skin, 2 C Romaine, 3 slices bacon, 1/4 C diced plum tomatoes, 1 oz avocado, 2 tbsp Russian dressing)	1 C Bone Broth, 1 C Green Tea	1 C Bone Broth, 1 C Green Tea	Eggs Benedict Caprese Salad	Egg & Avocado Salad (3 Soft Boiled Eggs, 1/2 Avocado, 3C Spinach & Arugula, 2 tbsp Russian Dressing)	Sunrise Bacon Burger (6 oz Ground Beef Pattie, 1 Egg Sunny Side Up, 3 Slices Bacon, 1 oz Cheddar Cheese, 2C Arugula, 2 tbsp Russian Dressing)
Carbs	4g	10g	1g	1g	4g	13g	2g
Snack 2 <i>(optional)</i>					Jalapeno Poppers	Begin 24 Hour Fast 1 C Green Tea	Jalapeno Poppers
Carbs					1.5g	0g	1.5g
Dinner	Turkey Tetrazzini	Sirloin Steak (6 oz) with 2 tbsp Hollandaise Sauce, 3 oz Green Beans Sauteed in Ghee	1 C Bone Broth	1 C Bone Broth	Pork Tenderloin (6 oz) with Hollandaise Sauce, 1/2 C Cauliflower Mash, 3 oz Green Beans Sauteed in Ghee	1 C Bone Broth	Grilled Rib-eye Melt (6 oz Steak, 2 oz Cheese, 1/8" Slice Onion, 1 oz Mushrooms) with 1 C Zucchini & Eggplant Mix
Carbs	11g	7g	1g	1g	11g	1g	9.7g
TOTAL CARBS	17g	21g	2g	2g	16.5g	15.5g	14.2g

Note: I'm not a doctor or nutritionist. I'm just someone who has lost 145 pounds by switching to a Low Carb, High Fat (LCHF) way of eating. The menu above is what works for me. Results may vary depending on food quantities, food brands, and recipes followed. This menu also incorporates intermittent fasting. Strongly recommend consulting with your physician to determine if the LCHF way of eating and fasting are best for you.