

## Dot2Trot.com Low Carb, High Fat Weekly Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Coffee, 2 tsp. heavy cream or green tea no cream	1C Bone broth	1C Bone broth	Coffee, 2 tsp. heavy cream	1C Bone broth	Coffee, 2 tsp. heavy cream	Bullet proof coffee
Net Carbs	1g	1g	1g	1g	1g	1g	0g
Lunch	1 Chicken thigh (bone-in w/skin); Salad (4C mixed greens, 1/2 plum tomato, 1/4 C cucumber, 1oz avocado, 1 hard boiled egg, 3 radishes, 2 tbsp oil & vinegar dressing)	Burger Bowl (6 oz ground beef, 4C mixed greens, 1/2 plum tomato, 1/4 C cucumber, 1oz avocado, 1 hard boiled egg, 3 radishes, 2 tbsp oil & vinegar dressing)	Avocado-Chicken Salad (1C diced skinless chicken breast, 1 tbsp red onion, 1 celery stalk, 1/2 medium avocado, 1/2 tbsp. lime juice, 2 tbsp mayo, 1/4 C cilantro, 1 tbsp MCT	3 egg omlete (1 oz cheddar, 3 strips bacon, 1/4C plum tomato, 1/4C chopped spinach, 1 tbsp ghee), 1C argula with 1 tbsp. oil & vinegar	Roasted chicken (thigh & drumstick), Salad (4C mixed greens, 1/2 plum tomato, 1/4 C cucumber, 1oz avocado, 1 hard boiled egg, 3 radishes, 2 tbsp oil & vinegar dressing)	Belly Burger (6 oz) with toppings (1/4" slice tomato, 1C spinach, 1 thin slice onion, 1 tbsp olive oil), braised cabbage	
Net Carbs	5.1g	5.1g	3.7g	4g	5.1g	10g	
Snack			1 Oz macadamia nuts, 5 large green olives		Bacon wrapped scallops (4 oz)		1 oz. macadamia nuts, 1 oz. cheese
Net Carbs			2.5g		1.5g		2g
Dinner	Mushroom Omelet (4 eggs, 3 oz mushrooms, 1/4 C onion slices, 2 oz gouda cheese, 1/2 tsp nutmeg); 1 C broccoli with 2 tbsp. brown butter sauce	Roasted Chicken & Braised Cabbage (2 chicken thighs, purple cabbage)	6 oz. Belly Burger topped with dollop of avocado mash, 3C spinach with 2 tbsp oil & vinegar	Roasted Salmon (6 oz), 2 tbsp ghee, 1 serving hollandaise sauce, 6 asparagus spears, 2C arugula with 1/4C roasted red pepper and 1 tbsp. oil & vinegar	Pepperoni caprese pizza with zucchini crust (2 servings)	3 Poached eggs over asparagus with hollandaise sauce; 2C arugula, 1/4C roasted red pepper, 1 tbsp. oil & vinegar	Date Night
Net Carbs	9g	9.6g	8.1g	6g	9g	7.4g	10-15g
TOTAL CARBS	15.1g	15.7g	15.3g	11g	16.6g	18.4g	<20g

*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, brands, and recipes followed. The menu also reflects an intermittent fast of 14 hours. Recommend consulting with your physician to determine if the LCHF way of eating is best for you.*