

Dot2Trot.com Low Carb, High Fat Weekly Menu

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	Scrambled Eggs, 1 oz. avocado, 1/2 plum tomato, 1 tbsp butter, 3 slices bacon	1 C Green Tea	Bullet Proof Coffee	1C Green Tea	Coffee with cream	Bullet Proof Coffee	1C Green Tea
Net Carbs	3g	0g	0g	1g	1g	0g	0g
Lunch	Broccoli & Goat Cheese Soup	Asparagus & ham frittata, 2C mixed greens with 1/4 avocado, 2 tbsp. oil & vinegar	Burger Bowl Salad (6 oz ground beef patty, 4C mixed greens, 1/4C cucumber, 1 oz avocado, 3 bacon strips, 1 hard boiled egg, 3 radishes, 2 tbsp. oil & vinegar)	Avocado & Egg Salad (1/2 avocado, 4 hard boiled eggs, 3C mixed greens, 1/2C cilantro, 1 oz. macadamia nuts, 1 tbsp. oil & vinegar)	Chicken quarter, broccoli & goat cheese soup	Burger Bowl Salad (6 oz ground beef patty, 4C mixed greens, 1/4C cucumber, 1 oz avocado, 3 bacon strips, 1 hard boiled egg, 3 radishes, 2 tbsp. oil & vinegar)	Asparagus & ham frittata, 2C mixed greens with 1/4 avocado, 2 tbsp. oil & vinegar
Net Carbs	6.6g	5.7g	5.1g	5.5g	7g	5.1g	5.7g
Snack	Pepperoni Caprese Pizza	1 oz. Macadamia nuts			Caprese salad (1 oz. fresh mozzarella, 1/4C tomatoes, 5 basil leaves, extra virgin 1 tsp. olive oil)	1 oz. Macadamia nuts (optional)	
Net Carbs	4.37g	1.5g			1g	1.5	
Dinner	Ribeye steak (6 oz) with garlic herb butter, 1C Swiss chard with oil & vinegar, Sweet Pumpkin casserole	Chorizo Sausage (2 links) with Provencal Broccoli Gratin, 1C steamed spinach	Chicken quarter, 1C steamed broccoli with brown butter sauce, sweet pumpkin casserole	Ribeye steak (4-6 oz) with garlic herb butter, Broccoli & Goat Chee Soup, 1C Swiss chard	Braised chorizo & cabbage	Bacon wrapped chicken with cabbage	Date Night
Net Carbs	8.3g	8.7g	7.9g	10.5g	6g	5.9g	10g
TOTAL CARBS	22.3g	15.9g	13g	16g	15g	12.5	15.7g

Note: I'm not a doctor, just someone who has lost 140 pounds by switching to a Low Fat, High Carb 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.