

Dot's Keto Reset - Week 1 Menu

SUNDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	10	1.14
Lunch: Cobb Salad	46	58.5	8.8
Dinner: Sausage & Butter Braised Cabbage	39	68	7.6
SUNDAY TOTAL	85	136.5	17.54

Target Macros

Protein	Fat	Carbs
102g	110g	20g

MONDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	10	1.14
Lunch: Cobb Salad	46	58.5	8.8
Dinner: Chicken, Spinach & Artichoke Casserole with Broccoli	45.7	36.8	9
MONDAY TOTAL	91.7	105.3	18.94

TUESDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	5	0.57
Lunch: Cobb Salad	46	58.5	8.8
Dinner: Sausage & Braised Cabbage	39	41.9	7.6
TUESDAY TOTAL	85	105.4	16.97

WEDNESDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	5	0.57
Lunch: Sausage & Butter Braised Cabbage	39	41.9	7.6
Dinner: Bacon Cheeseburger, Slaw, Mixed Greens	42	58	11.83
WEDNESDAY TOTAL	81	104.9	20

THURSDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	5	1.14
Lunch: Cobb Salad	46	58.5	8.8
Dinner: Chipotle Marinated Salmon w/Caulimash	39	60.6	11.2
THURSDAY TOTAL	85	124.1	21.14

FRIDAY	Protein	Fat	Carbs
Breakfast: Coffee with heavy cream	0	5	1.14
Lunch: Swiss & Mushroom Omelet	42.21	54.75	5.71
Dinner: Grilled Steak Fijitas salad w/Smokey Avocado Sauce	43.6	56.4	11.7
FRIDAY TOTAL	85.81	116.15	18.55

SATURDAY	Protein	Fat	Carbs
Lunch: Cobb Salad	46	58.5	8.8
Dinner: DINE OUT - Steak & salad	56	52.5	11.2