

Dot2Trot.com Weekly Menu

January 10-16, 2021

Day	Breakfast	Lunch	Dinner
Sunday	Fasting	Strip steak, sauteed mushrooms, cabbage noodles kCal 692/120g Protein/18g Fat/13g Carbs/6g Fiber	Egg & Avocado Salad kCal 838/39g Protein/53g Fat/27g Carbs/17g Fiber
Monday	Fasting	Fasting	Chicken tortilla-less soup, chicken Caesar salad kCal 1522/163g Protein/79g Fat/33g Carbs/19g Fiber
Tuesday	Fasting	Chicken Caesar Salad kCal 1165/123g Protein/61g Fat/28g Carbs/17g Fiber	Spinach & Goat Cheese Omelet kCal 475/35g Protein/33g Fat/6.4g Carbs/2g Fiber
Wednesday	Fasting	Fasting	Chicken tortilla-less soup, chicken Caesar salad kCal 1522/163g Protein/79g Fat/33g Carbs/19g Fiber
Thursday	Fasting	Sushi with chop salad kCal 709/59g Protein/45g Fat/21g Carbs/11g Fiber	Beef tenderloin, cod filet & cabbage noodles kCal 840/101g Protein/44g Fat/12g Carbs/3g Fiber
Friday	Fasting	Fasting	Strip steak, tomato-avocado salad, chocolate & strawberry protein ice cream kCal 1574/157g Protein/86g Fat/44g Carbs/20g Fiber
Saturday	Fasting	Sausage, spinach & goat cheese omelet, Protein Shake kCal 1062/116g Protein/54g Fat/25g Carbs/13g Fiber	Pork tenderloin, roasted asparagus w/Hollandaise kCal 604/41g Protein/46g Fat/8 Carbs/3g Fiber

DOT2TROT

LOW CARB LIVING