

# Dot2Trot.com Weekly Menu

January 24-30, 2021

Day	Breakfast	Lunch	Dinner
Sunday	Fasting	Bacon Cheeseburger Casserole kCal 477/39 Protein/35g Fat/3.6g Carbs/.8g Fiber	Chicken & Avocado Salad kCal 1027/125g Protein/47g Fat/23g Carbs/14g Fiber
Monday	Fasting	Fasting	Chicken Caesar Salad, Raspberry Protein Ice Cream kCal 1638/174g Protein/90g Fat/49g Carbs/27g Fiber
Tuesday	Fasting	Bacon Cheeseburger Casserole over Spinach, Hot Tea with Collagen kCal 482/43g Protein/35g Fat/8.6g Carbs/3.8g Fiber	Rosemary Sirloin w/Avocado Butter, Scallops & Caprese Salad kCal 1116/108g Protein/69g Fat/9g Carbs/3g Fiber
Wednesday	Fasting	Fasting	Burgers with Faux Black Bean Salad kCal 1476/165g Protein/66g Fat/51g Carbs/24g Fiber
Thursday	Fasting	Sushi, Chop Salad kCal 687/58g Protein/44g Fat/15g Carbs/10g Fiber	Slow Cooker Steak Fajitas kCal 951/90g Protein/46g Fat/37g Carbs/17g Fiber
Friday	Fasting	Fasting	Scallops & Strip Steak, Avocado & Egg Salad kCal 1605/161g Protein/85g Fat/14g Carbs/9g Fiber
Saturday	Fasting	Spinach & Goat Cheese Omelet, Raspberry Protein Ice Cream kCal 616/54g Protein/41g Fat/16g Carbs/7g Fiber	Rosemary Sirloin, Scallops & Caprese Salad kCal 985/107g Protein/56g Fat/6 Carbs/2g Fiber

**DOT2TROT**

**LOW CARB LIVING**