

Dot2Trot.com Weekly Menu

February 6-12, 2021

Day	Breakfast	Lunch	Dinner
Saturday	Fasting	Fasting	Chicken Caesar Salad w/Bacon Wrapped Scallops kCal 1721/183g Protein/97g Fat/33g Carbs/14g Fiber
Sunday	Fasting	Sushi w/Salad Greens kCal 645/48g Protein/44g Fat/15g Carbs/10g Fiber	Chicken & Avocado Salad kCal 1027/125g Protein/47g Fat/23g Carbs/14g Fiber
Monday	Fasting	Fasting	Fasting
Tuesday	Fasting	Fasting	Fasting
Wednesday	Fasting	Fasting	Ribeye, Asparagus w/butter, Sauteed Mushrooms & Onions, Strawberry Protein Ice Cream kCal 1500/123g Protein/98g Fat/25g Carbs/15g Fiber
Thursday	Fasting	Sushi & Salad kCal 627/53g Protein/40g Fat/15g Carbs/10g Fiber	Rosemary Sirloin Steak, Scallops, Caprese Salad kCal 985/107g Protein/56g Fat/7g Carbs/2g Fiber
Friday	Fasting	Fasting	Chicken Caesar Salad w/Bacon Wrapped Scallops kCal 1721/183g Protein/97g Fat/33g Carbs/14g Fiber

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LOW CARB LIVING