

Day 1 - Deep S

Breakfast - Scrambled eggs in butter, sauteed spinach, bacon, Trimmy (I use the mix version on page 463 of THT)

Lunch - Mixed Greens/Spinach Salad with lots of non-starchy vegetables, chicken breast, boiled egg, and [Tangy & Sweet Vinaigrette](#)

Supper - Elk steak (you can use any meat), Sauteed Mushrooms, [Crispy Roasted Okra with Bacon](#), Tossed Salad with Mixed Greens/Spinach and [Tangy & Sweet Vinaigrette](#).

Snack - [Velvety Cappucino](#), Skinny Chocolate

Dessert - Skinny Chocolate (or this [Nailhead Skinny Chocolate](#))

Day 2 - Deep S

Breakfast - Scrambled eggs in butter, sauteed spinach, bacon, Trimmy (I use the mix version on page 463 of THT)

Lunch - Mixed Greens/Spinach Salad with lots of non-starchy vegetables, chicken breast, boiled egg, and [Tangy & Sweet Vinaigrette](#)

Supper - Hamburgers (no bun, of course), tomato, lettuce, mustard, Roasted Green Beans, [Marinated Tomato & Cucumber Salad](#) (this recipe, but also add a teaspoon of olive oil), Tossed Salad dressed with Olive Oil or MCT oil.

Snack - [Milk Chocolate Pudding](#)

Dessert - [Healthy Coconut Oil Chocolate Frosting](#) (Make sure to use the Peanut Flour Option to stay in Deep S mode.) I just eat this from the bowl with a spoon!

Day 3 - E

Breakfast - Overnight Oatmeal ([Check out this post for 5 amazing overnight oatmeal ideas!](#)) Or Pint Jar Oats - Page 343 in THT, Trimmy (I use the mix version on page 463 of THT)

Lunch - Sweet potato with roasted chicken breast, roasted okra, spinach salad, dressed with 1 teaspoon MCT oil.

Supper - Cowboy Grub, Mixed Green/Spinach Salad with lots of non-starchy vegetables, and spritzed with 1 teaspoon MCT oil.

Snack - Double Fermented Cherry Kefir Smoothie (double fermented nonfat kefir, unsweetened almond milk, sweetener to taste, frozen unsweetened cherries)

Dessert - [Secret Ingredient Hot Chocolate](#)

Day 4 - E

Breakfast - Overnight Oatmeal ([Check out this post for 5 amazing overnight oatmeal ideas!](#)) Or Pint Jar Oats - Page 343 in THT, Trimmy (I use the mix version on page 463 of THT)

Lunch - Cherries on Top Chicken Salad (Page 305 - THT)

Supper - [Sweet & Sour Chicken](#), Tossed Salad with lots of non-starchy vegetables, and spritzed with 1 teaspoon MCT oil.

Snack - Apple with PB Yogurt Dip (Mix 1 Tablespoon peanut flour, sweetener to taste and 1 teaspoon vanilla with $\frac{1}{3}$ - $\frac{1}{2}$ cup Greek yogurt)

Dessert - Double Fermented Raspberry Kefir Smoothie (double fermented nonfat kefir, unsweetened almond milk, sweetener to taste, frozen unsweetened raspberries)

Day 5 - FP

Breakfast - [Secret Ingredient Chocolate Peanut Butter Milkshake](#)

Lunch - Black Pepper Chicken, (Page 68 in THT) Tossed Salad with lots of non-starchy vegetables

Supper - Chicken Fajita Soup, (use FP options - Page 90 in THT) Tossed Salad with lots of non-starchy vegetables

Snack - Instant Cookie Dough Protein Bar, (Page 428 in THT) Trimmy

Dessert - Good Girl Moonshine Gummies (Page 420 in THT)

Day 6 - FP

Breakfast - Egg white Scramble with lots of non-starchy vegetables, Trimmy (I use the mix version on page 463 of THT)

Lunch - Lean deli ham wrapped around dill pickles, Tossed Salad with lots of non-starchy vegetables, spritzed with 1 teaspoon MCT oil

Supper - [Cajun Chicken Eggroll in a Bowl](#)

Snack - [Chocolate Strawberry Protein Fluff](#)

Dessert - Peanut Chocolate Whip (Page 442 in THT)

Day 7 - Deep S

Breakfast - Scrambled eggs in butter, roasted okra, sauteed spinach

Lunch - Cabbage and Sausage Skillet (Saute cabbage with chicken sausages)

Supper - Oven Baked Bone-in Chicken, [Easy Roasted Broccoli](#), sliced cucumbers Tossed Salad with Extra Virgin Olive Oil

Snack - [Mock Payday Fat Bombs](#) (Omit peanuts for Deep S)

Dessert - Skinny Chocolate