

## Day 1

**Breakfast:** Eggs, bacon, butter, spinach

**Lunch:** [Cheesy Cabbage and Sausage Skillet](#)

**Dinner:** Baked Bone in Chicken, [Easy Roasted Broccoli](#), Sauteed Spinach or Kale with Nutritional Yeast

**Snack:** Boiled Eggs

**Dessert:** [Coconut Oil Chocolate Frosting](#) (Use Peanut Flour option)

## Day 2

**Breakfast:** Eggs, [Roasted okra](#), Spinach or Kale

**Lunch:** Salad with beef or chicken, lots of non-starchy vegetables, olive oil dressing

**Dinner:** Hamburger patty with mustard, [Bacon Pickle Fries](#), Side Salad with Olive Oil dressing

**Snack:** Boiled Eggs, Sliced Cucumbers

**Dessert:** [2 Minute Truffles](#) (minus the chocolate chips - only eat ½ recipe)

## Day 3

**Breakfast:** [Brownie Batter Oatmeal](#)

**Lunch:** Baked Sweet Potato stuffed with chicken and spices, side salad spritzed with 1 teaspoon MCT oil.

**Dinner:** [Instant Pot Chicken and Rice](#)

**Snack:** Apple with [Chocolate Peanut Butter](#)

**Dessert:** [Orange Smoothie](#)

## Day 4

**Breakfast:** [Cherry Kefir Smoothie](#) (throw in some spinach for extra greens)

**Lunch:** Leftover Instant Pot Chicken and Rice

**Dinner:** [Southwestern Chicken Salad](#)

**Snack:** [Cinnamon Roll Protein Smoothie](#)

**Dessert:** [Peach Crisp](#) (or you can use apples)

## Day 5

**Breakfast:** [Low Carb Waffle](#) with Greek Yogurt

**Lunch:** [Low Carb Sandwich Rolls](#) with lean deli meat, mustard, spinach, and other vegetables, [Frappuccino](#)

**Dinner:** [Salsa Verde Chicken](#), oven roasted green beans,

**Snack:** Light Cottage Cheese with sliced strawberries and Gentle Sweet

**Dessert:** [Chocolate Peanut Butter Cookies](#) (keep a serving to 2)

## Day 6

**Breakfast:** Light Cottage Cheese with sliced strawberries and Gentle Sweet

**Lunch:** Salad with lots of non-starchy vegetables, lean deli meat, and leftover dressing from Southwestern Salad

**Dinner:** [Cajun Chicken Eggroll in a Bowl](#)

**Snack:** [Chocolate Peanut Butter Cookies](#), [Secret Ingredient Hot Chocolate](#)

**Dessert:** [Secret Ingredient Chocolate Peanut Butter Milkshake](#)

## Day 7

**Breakfast:** Scrambled or fried eggs, with spinach and nutritional yeast, coffee with MCT oil

**Lunch:** [Cheesy Cabbage and Sausage Skillet](#)

**Dinner:** [Hot Wings](#), Side Salad

**Snack:** [Secret Ingredient Hot Chocolate](#), [2 Minute Truffle](#) (minus chocolate chips - only eat ½ recipe)

**Dessert:** [Chocolate Covered Bacon](#) (only make a couple of slices, if you want)