



Personalized 5-Day Menu Plan

DAY 1		
MEAL #1	Protein:	3 eggs, hard-boiled – 3 oz.
	Good Fat:	Nut butter – 1 serv. Almond milk
	Healthy Carbs:	Oats – 1 serv. Dried berries – 1 serv.
MEAL #2	Protein:	Rotisserie chicken – 4 oz.
	Good Fat:	Olive oil – 2 serv.
	Healthy Carbs:	Oven-Roasted Asparagus, Sweet Potato – 2 serv. total
MEAL #3	Protein:	Protein shake – 4 oz.
	Good Fat:	Almond OR Coconut milk – 1 serv. Avocado – 1 serv.
	Healthy Carbs:	Berries, spinach, banana – 1 serv. total

P.M. SNACK #1: 3 oz. turkey sausage – 2 oz. protein, rice cake, nut butter



DAY 2		
MEAL #1	Protein:	3 eggs, scrambled – 3 oz.
	Good Fat:	Olive oil or ghee – 1 serv. Almond milk – 1 serv.
	Healthy Carbs:	Veggie smoothie, fruit – 2 serv. total
MEAL #2	Protein:	Roasted turkey – 4 oz.
	Good Fat:	Hummus – 1 serv. Olive oil – 1 serv.
	Healthy Carbs:	Mediterranean Summer Vegetables (mushrooms zucchini, tomatoes) – 2 serv.
MEAL #3	Protein:	4 eggs (Zucchini Hash Browns) – 4 oz.
	Good Fat:	Olive oil – 1 serv.
	Healthy Carbs:	Zucchini & squash – 1 serv.

P.M. SNACK #1: 3 slices deli turkey – 3 oz., 1 slice cheese, cucumber, olive oil



DAY 3		
MEAL #1	Protein:	Chicken Breakfast sausage – 3 oz.
	Good Fat:	Almond butter – 1 serv.
	Healthy Carbs:	Apple slices – 1 serv.
MEAL #2	Protein:	Low-Carb Fajitas – 4 oz. chicken
	Good Fat:	½ Avocado – 2 serv.
	Healthy Carbs:	Tomatoes, rice – 2 serv. total
MEAL #3	Protein:	1 egg – 1 oz. Turkey – 3 oz.
	Good Fat:	½ Avocado – 1 serv. Olive oil – 1 serv.
	Healthy Carbs:	Cucumber, arugula, berries – 2 serv. total

P.M. SNACK #1: 3 oz. organic beef jerky – 2 oz., sliced tomato in oil



DAY 4		
MEAL #1	Protein:	Turkey Roll-ups – 3 oz.
	Good Fat:	Organic cream cheese – 1 serv. Olive oil – 2 serv.
	Healthy Carbs:	Lettuce, tomato, cucumber – 2 serv. total
MEAL #2	Protein:	Grilled or baked chicken – 4 oz. chicken
	Good Fat:	Olive or coconut oil – 1 serv. Sunflower seeds – 1 serv.
	Healthy Carbs:	½ Sweet potato, artichoke hearts, – 2 serv. total
MEAL #3	Protein:	4 mini crustless spinach quiches – 4 oz. eggs
	Good Fat:	Olive oil – 2 serv.
	Healthy Carbs:	Onion, frozen spinach – 2 serv. total

P.M. SNACK #1: 3 eggs – 3 oz. protein, Apple, nut butter



DAY 5		
MEAL #1	Protein:	Smoked salmon scrambled eggs – 3 oz.
	Good Fat:	Substitute 4 tbsp. Greek yogurt for heavy whipping cream – 1 serv. Ghee for butter – 1 serv.
	Healthy Carbs:	Capers, chives, tomatoes – 2 serv. total
MEAL #2	Protein:	Pork Loin – 4 oz.
	Good Fat:	Olive or coconut oil – 2 serv.
	Healthy Carbs:	Wild rice, tomatoes, mango salsa – 2 serv. total
MEAL #3	Protein:	4 Soft-boiled eggs – 4 oz.
	Good Fat:	Organic butter or Ghee – 1 serv.
	Healthy Carbs:	Cauliflower rice – 1 serv.

P.M. SNACK #1: 3 slices grilled chicken – 3 oz., hummus, carrots