

	Breakfast	Lunch	Dinner	Snack	Tips
Day 1:	Primal Waffles	Chicken Salad (either from Rotisserie Chicken meat or chicken in crockpot)	Enchilada Bake	Hand full of nuts/trail mix (no chocolate in trail mix) Apple	For the Enchilada Bake You can use shredded chicken from a rotisserie chicken or put chicken in slow cooker
Day 2:	2 Eggs in Hash Brown Nest w/ berries on the side	Left over enchilada Bake	Meatza	Veggies W/ Hummus Berries or Apple	Brown extra hamburger to be used with lunch on day 3
Day 3:	1 Banana & 2 Egg Pancakes w/ Almond Butter	Loaded Nachos	Steak and Asparagus w/ cauliflower mash	Energy Bar Fruit/Berries	To Save time, you can purchase healthy Sweet Potato chips. Use Jacksons Honest Company - Available @ Natural Grocers or Amazon
Day 4:	2 Eggs in Hash Brown Nest w/ berries on the side	Lettuce Wrap w/ left over steak or healthy lunch meat	Slow Cooker:Pot Roast w/ sweet potato, onions, vegetable of choice.	Veggies W/ Guacamole Protein Muffins	Healthy Lunch meat would be without nitrites/nitrates/or any additives or preservatives.
Day 5:	Primal Waffles	Left over roast Beef	Slow Cooker Bruchetta chicken	Beef Jerkey Energy Bar	Healthy beef Jerkey would be grass fed, no antibiotics or nitrates - Grass Run Farms is available on Amazon
Day 6:	2 Eggs in Hash Brown Nest w/ berries on the side	Stuffed Sweet Potatoes	Meatloaf w/ mushrooms	Handful of Trailmix Berries or Apple	Make the Sweet Potatoes in a crock pot the day before. Also, no chocolate in the trail mix
Day 7:	2 Protein Muffins Berries	Leftover Meatloaf w/ raw veggies and hummus Dip	Salmon W/ Broccoli and Cauliflower (or veggies of choice)	Veggies W/ Guacamole 2 Protein Muffins	Make protein muffins on Sunday to have ready for the week. Mix Avocado & salsa together for a fast guacamole
Day 8:	3 Egg Muffins Fruit	Turkey Burger w/ Avocado Sweet Potato w Coconut Oil	Taco Salad	Nuts & 1 protein Muffin Berries or Apple	Make a couple hamburgers the night before for lunch - Can use the Sweet Potato Chips at lunch instead of reg sweet potato
Day 9:	Breakfast Burrito	Taco Salad (left overs)	Turkey & Veg Soup	Veggies w/ Hummos Berries or Apple	Put dinner in the crock pot in the morning
Day 10:	3 Egg Muffins Fruit	Turkey Burger w/ Avocado w/ a salad choice	Beef & Broccoli Stir Fry	Nuts/Raisins Mix Cucumbers w/ Guacamole	Make a baggie of 1/4 cup of walnuts and 1/4 cup of raisins for snack. Tomato/Cucumbers/Avocado is a great salad mix that isn't just lettuce
Day 11:	Bacon (or sausage) & Smoothie or Protein Muffins	Stir Fry (Left Overs)	Burrito Bowl	Beef Jerkey Energy Bar	For the burrito bowl use lots of veggies - make the energy bars on Sunday (or you can use a Larabar)
Day 12:	3 Egg Muffins Fruit	Burrito Bowl (left overs)	Buffalo Chicken Lettuce Wraps	Veggies w/ Hummos or Guacamole Berries or Apple	If you don't like buffalo, try salsa or a low sugar sauce on the chicken instead
Day 13:	3 Egg Muffins Fruit	Buffalo Chicken (left overs) Over salad or lettuce wraps	Chili	Protein Shake or Muffins Nuts/Raisins	Use Almond or Coconut Unsweetend Milk for the protein shake or water
Day 14:	1 Banana & 2 Egg Pancakes w/ Almond Butter	Chili (left overs)	Chicken & Green Beans w/ Cauliflower Mash	Veggies w/ Hummos or Guacamole Berries or Apple	use a blender for the banana pancake - can use a teaspoon of agave necter on the pancake if needed