

12 Day Menu

DAY 1:

BREAKFAST -2 eggs scrambled in 2T coconut oil

1/8 avocado

1oz Mozzarella cheese

Coffee w/ cream

LUNCH -4oz broiled chicken

.5 cup Romaine lettuce

6 black olives

1oz Feta cheese

1T olive oil

DINNER - 3oz ground beef sautéed in sesame oil

1/3 cup chopped onion

4 medium asparagus

.5 cup mixed lettuce

2T coconut oil mixed with apple cider vinegar for dressing

SNACK - 1oz Brazil nuts

DAY 2:

BREAKFAST - 1/2 cup full fat cottage cheese

1/4 cup raspberries

14 walnut halves

Coffee with cream

LUNCH - 3oz can tuna in oil

1/4 cup chopped cucumber

¼ cup radishes

Mayonnaise (Duke's)

Olive oil

DINNER - 4oz rib-eye steak

2/3 cup cooked broccoli

2T coconut oil

SNACK - 10 olives

1 stalk celery

1oz cream cheese

DAY 3:

BREAKFAST - 2 eggs cooked in coconut oil

2 turkey sausages (sugar free)

Coffee with cream

LUNCH - 1/2 cup romaine lettuce

1oz feta cheese

6 large shrimp

Olive oil/ splash of lemon juice

DINNER- 4oz pork chop

½ cup cooked spinach

Butter

SNACK - 1oz Macadamia nuts, 1oz pumpkin seeds

DAY 4:

BREAKFAST - 2oz cream cheese

2 eggs

1 slice tomato

LUNCH- 4oz halibut cooked in butter

1/2 cup chopped cauliflower sautéed in olive oil

1oz Brie

DINNER - 6oz lamb

3oz mushrooms sautéed in butter

½ cup chopped broccoli sautéed in olive oil or coconut oil

SNACK - 2 celery stalks with 2oz cream cheese

DAY 5:

BREAKFAST - 2 egg omelet

1/8 cup spinach

2oz mozzarella cheese

1 slice tomato

LUNCH- 3oz ground beef

¼ cup raw spinach

¼ cup Romaine

Olive oil or coconut oil mixed with Apple cider vinegar for dressing

DINNER - 4oz Salmon cooked in coconut oil

1 cup steamed kale

Toss kale in olive or coconut oil, ½ tsp sesame seeds and fresh chopped garlic

SNACK - 1oz pecans

DAY 6:

BREAKFAST - 3oz smoked salmon

2T cream cheese

¼ cup chopped cucumber

LUNCH - 3oz chicken

1T coconut oil (to cook chicken)

1 cup mixed lettuce

¼ avocado

4 black olives

1T olive oil with fresh (1tsp) lemon juice for dressing

DINNER - 3 large romaine lettuce leaves

3oz turkey

½ cup shredded cheddar cheese

2tsp chopped onion

2T olive oil with apple cider vinegar

SNACK - 14 walnut halves

DAY 7:

BREAKFAST - 2 eggs scrambled in 2T coconut oil

¼ cup steamed spinach

2 bacon strips (sugar free)

LUNCH - 3oz can salmon in oil

Mayonnaise (Duke's)

¼ cup chopped celery

2T chopped onion

2T olive oil or coconut oil

DINNER - 4oz Cod

2/3 cup steamed broccoli

2T butter

½ cup mushrooms sautéed in coconut oil

SNACK - 1oz pecans

1oz Brie

DAY 8:

BREAKFAST - ½ cup cottage cheese

1oz hazelnuts

1 egg cooked in butter

LUNCH - 3oz grilled chicken

½ cup spinach

1oz Feta cheese

3 radishes

4 black olives

2T coconut oil

1tsp fresh lemon juice

DINNER - 6oz London broil

2T butter

6 Brussel sprouts

SNACK - 1oz Brazil nuts

DAY 9:

BREAKFAST - 2 eggs cooked in 2T coconut oil

2 slices bacon (sugar free)

½ cup cooked spinach

LUNCH - 3oz roast beef

¼ cup lettuce

2 tsp chopped cucumber

3 black olives

2T olive oil

DINNER - 4oz Salmon cooked in coconut oil

4 asparagus

4 cherry tomatoes

1T butter

SNACK - ¼ avocado

1oz cheese

DAY 10:

BREAKFAST - 2 oz Swiss cheese

4oz turkey

4 asparagus

LUNCH - 3oz can tuna in oil

½ cup steamed broccoli

2T chopped onion

2T coconut oil

DINNER - 3oz ground beef

1 cup zucchini sautéed in butter

2oz cheddar cheese

1 slice onion

SNACK - ½ oz walnuts, ½ oz pecans

DAY 11:

BREAKFAST - 4 oz Crème Fraiche

¼ cup strawberries

LUNCH - 6 large shrimp sautéed in butter

½ cup mixed lettuce

2oz feta cheese

5 black olives

2T coconut oil

DINNER - 4oz lamb

¼ cup chopped cauliflower sautéed in butter

¼ cup spinach sautéed in coconut oil

SNACK - 1/8 avocado

1oz Brie

DAY 12:

BREAKFAST - 2 eggs cooked in 2T coconut oil

2 slices Canadian bacon

¼ cup cottage cheese

LUNCH - 3oz can salmon in oil

¼ cup chopped celery

2T chopped onion

1 cup lettuce

2T olive oil or coconut oil

DINNER - 3oz turkey

¼ cup chopped cucumber

2/3 cup steamed broccoli

2T coconut oil

SNACK - 1oz macadamia nuts

Use fat from coconut oil as much as possible

Do not exceed 5 grams of carb at any meal and do not “make-up” carbs if not eaten at one meal

Do not eat a carb or a protein without a fat