

**Week 1**

**Day 1**  
Prepare bone broth the evening before you start the plan

**Day 2**

**Day 3**

**Day 4**

**Day 5**  
Defrost streaky bacon for morning

**Breakfast**

Smoked Salmon with Scrambled Eggs & Spinach  
367

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367

Bacon, Avocado & Eggs  
Freeze any leftover bacon for day 6  
406

Bulletproof Coffee  
143

Baked eggs with Chorizo & Spinach  
Portion and freeze leftover chorizo & passata  
388

**Lunch**

Mozzarella & Tomato Salad  
Store leftover cheese in liquid until Wednesday  
468

Chicken Caesar Salad using leftover chicken  
428

Mozzarella & Tomato Salad  
468

Omelette with Salad  
477

Mushroom Soup  
Keep some for tomorrow & freeze remaining  
358

**Dinner**

Low Carb Thai Curry  
375

Bolognese with Courghetti  
Batch cook enough for 2 days  
482

Stuffed Peppers using leftover Bolognese  
648

Pesto & Walnut crust Salmon  
Prepare extra serving of salmon and cauliflower for tomorrow  
554

Leftover Salmon & Cauliflower  
Serve with Salad & Ceasar dressing  
760

**Snack**

Handful of Nuts / Bullet proof coffee  
143

5 Olives with 20g of cubed cheese  
112

Fat Bomb/ teaspoon of coconut oil  
120

1/4 cup freshly chopped Strawberries with 150g of Greek Yogh  
193

Fat Bomb/ teaspoon of coconut oil  
120

**Allowed Drinks**

2+ litres H2O  
Bone Broth  
Herbal Teas  
Lemon Water  
Decaf Coffee

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Total Calories:

1353

1389

1642

1367

1536

**Note:** Feel free to swap around meals and snacks for convenience