

Week 2

Day 6

Use chicken carcass to make more bone broth

Day 7

Pesto dressing is just olive oil mixed with pesto

Day 8

Portion and freeze leftover Halloumi. Defrost Mince

Day 9

Defrost passata and chorizo for breakfast tomorrow

Day 10

Breakfast

Bacon, Avocado & Eggs

406

Bulletproof Coffee

143

Halloumi and Vegetables

Make Extra for lunch tomorrow

460

Homemade Granola

341

Baked eggs with Chorizo & Spinach

388

Lunch

Mushroom Soup

358

Leftover Chicken and roast veg on top of salad

Serve with pesto dressing

450

Tuna Nicoise Salad

378

Halloumi and Vegetables over Salad

Serve with pesto or caesar dressing

590

Goat's cheese stuffed mushrooms

568

Dinner

Roast Chicken Dinner with low carb roasted veggies

450

Steak with blue cheese sauce

You can also use plain garlic butter

677

Garlic and Chilli Prawns

381

Courgette & Bolognese Bake

731

Bacon & Cabbage

498

Snack

Handful of Nuts / Bullet proof coffee

143

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

193

2 celery sticks with 30g peanut butter or cream cheese

105

Fat Bomb/ teaspoon of coconut oil

120

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120

Allowed Drinks

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

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Decaf Coffee

Total Calories:

1357

1463

1324

1782

1574

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