

MEAL PLAN FOR WEEK 1

BREAKFAST

LUNCH

DINNER

SUNDAY

Bulletproof Coffee, p. 57

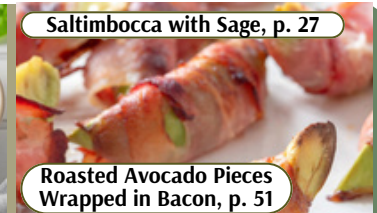
Chicken Fillet with Egg and Vegetables, p. 20



Juicy Tuna Steak, p. 60



Baked Zucchini with Cheese, p. 43



Saltimbocca with Sage, p. 27

Roasted Avocado Pieces Wrapped in Bacon, p. 51

Calories: 1894 | Fats: 131 g | Protein: 143 g | Carbs: 32 g | Sugar: 11 g | Fiber: 13 g

MONDAY

Avocado Smoothie, p. 57



Wild Salmon Fillet with Asparagus and Lemon, p. 21



Chicken Fillet with Lemon and Capers, p. 39



Chicken Fillet Salad with Spinach and Walnuts, p. 42



Baked Salmon Salad, p. 61

Chicken Breast Wrapped in Bacon, p. 50

Calories: 1970 kcal | Fats: 122 g | Protein: 183 g | Carbs: 36 g | Sugar: 11 g | Fiber: 14 g

TUESDAY

Matcha with Cream, p. 58



Omelette with Spinach Leaves, p. 21



Salmon Fish Steak, and Fresh Vegetable Salad, p. 61



Cauliflower Bites with Parmesan, p. 46



Stuffed Mushrooms, p. 49

Roasted Beef with Arugula Salad, p. 26

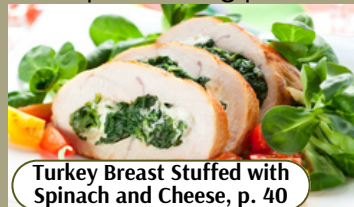
Calories: 1908 kcal | Fats: 152 g | Protein: 113 g | Carbs: 25 g | Sugar: 9 g | Fiber: 9 g

WEDNESDAY

Avocado Smoothie, p. 57



Egg Rolls with Pastrami and Vegetables, p. 22



Turkey Breast Stuffed with Spinach and Cheese, p. 40



Warm Salad with Chicken Liver, p. 46



Julienne with Mushrooms, p. 51

Baked Shrimp with Sauce, p. 62

Calories: 1822 kcal | Fats: 111 g | Protein: 174 g | Carbs: 26 g | Sugar: 10 g | Fiber: 8 g

THURSDAY

Keto Cocoa, p. 58



Omelet Pulyar with Shrimp, p. 22



Baked Cod with Asparagus, p. 63



Zucchini Noodles with Mozzarella, p. 45



Cheese Cookies, p. 50

Beef Rolls with Jalapeno Peppers and Cheese, p. 27

Calories: 1847 kcal | Fats: 142 g | Protein: 115 g | Carbs: 28 g | Sugar: 12 g | Fiber: 11 g

FRIDAY

Bulletproof Coffee, p. 57



Cheese Omelette with Shrimp, p. 23



Chicken Liver with Cream and Spices, p. 40



Baked Beef Salad with Arugula, p. 43



Delicious Baked Pollock Fillets, p. 64

Chicken Rolls with Cheese and Bacon, p. 48

Calories: 1876 kcal | Fats: 132 g | Protein: 149 g | Carbs: 18 g | Sugar: 7 g | Fiber: 3 g

SATURDAY

Avocado Smoothie, p. 57



Minced Pork with Basil and Chili, p. 23



Grilled Squid with Fresh Salad, p. 63



Baked Green Beans with Salt and Pepper, p. 45



Baked Egg with Vegetables, p. 49

Bone-In Pork Steaks with Lemon Slices, p. 28

Calories: 1896 kcal / 125 g protein / 121 g fat / 50.6 g carbs / 16.4 g sugar / 12 g fiber

MEAL PLAN FOR WEEK 2

BREAKFAST

LUNCH

DINNER

SUNDAY

Matcha with Coconut Cream, p. 58



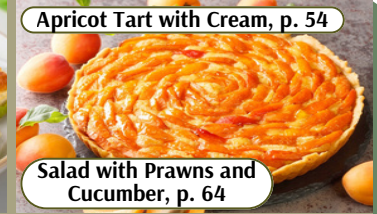
Poached Eggs with Zucchini Pancakes, p. 24



Baked Pork Fillet with Mushroom Sauce, p. 32



Baked Zucchini with Cheese, p. 43



Apricot Tart with Cream, p. 54

Salad with Prawns and Cucumber, p. 64

Calories: 1,825 kcal | Fats: 130 g | Protein: 108 g | Carbs: 44 g | Sugar: 20 g | Fiber: 10 g

MONDAY

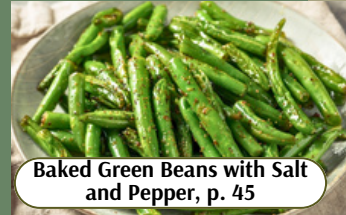
Keto Cocoa, p. 58



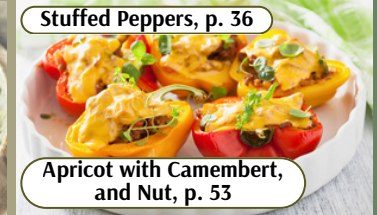
Zucchini Lasagna with Ricotta and Spinach, p. 17



Baked Hake with Lemon, p. 65



Baked Green Beans with Salt and Pepper, p. 45



Stuffed Peppers, p. 36

Apricot with Camembert, and Nut, p. 53

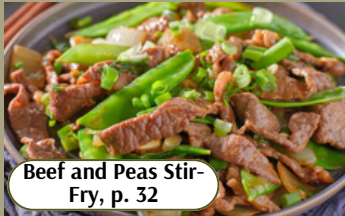
Calories: 1862 kcal | Fats: 141 g | Protein: 105 g | Carbs: 37 g | Sugar: 18 g | Fiber: 11 g

TUESDAY

Bulletproof Coffee, p. 57



Zucchini Nests with Eggs, p. 16



Beef and Peas Stir-Fry, p. 32



Baked Beef Salad with Arugula, p. 43



Cheese Cookies, p. 50

Salmon Fish with Leeks on Skewers, p. 65

Calories: 1980 kcal | Fats: 135 g | Protein: 160 g | Carbs: 22 g | Sugar: 10 g | Fiber: 6 g

WEDNESDAY

Avocado Smoothie, p. 57



Omelet with Green Beans, p. 17



Spicy Whitefish Fillet, Baked, p. 66



Chicken Fillet Salad with Spinach and Walnuts, p. 42



Spicy Quail, p. 35

Creme Brulee Dessert with Blueberries, p. 53

Calories: 1970 kcal | Fats: 138 g | Protein: 151 g | Carbs: 25 g | Sugar: 8 g | Fiber: 11 g

THURSDAY

Matcha with Coconut Cream, p. 58



Quiche with Salmon, Spinach, and Broccoli, p. 24



Juicy Fresh Pork Loin, p. 31



Cauliflower Bites with Parmesan, p. 46



Stuffed Mushrooms, p. 49

Seared Scallops with Green Vegetables, p. 66

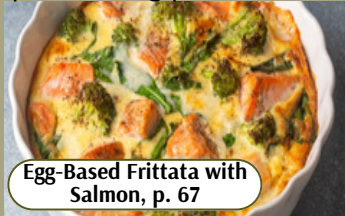
Calories: 1858 | Fats: 145 g | Protein: 114 g | Carbs: 27 g | Sugar: 8 g | Fiber: 8 g

FRIDAY

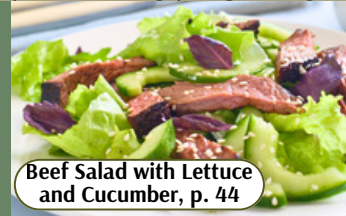
Keto Cocoa, p. 58



Beef Steak with Egg and Sauce, p. 18



Egg-Based Frittata with Salmon, p. 67



Beef Salad with Lettuce and Cucumber, p. 44



Stuffed Turkey Roll, p. 36

Roasted Avocado Pieces Wrapped in Bacon, p. 51

Calories: 1980 kcal | Fats: 134 g | Protein: 145 g | Carbs: 24 g | Sugar: 9 g | Fiber: 10 g

SATURDAY

Bulletproof Coffee, p. 57



Baked Avocado and Eggs, Bacon, and Green Onions, p. 19



Pieces of Fried Steak with Rosemary and Garlic, p. 31



Zucchini Noodles with Mozzarella, p. 45



Almond Cookies with Filling, p. 52

Baked Fish Dorado with Lemon and Fresh Salad, p. 68

Calories: 1975 kcal | Fats: 154 g | Protein: 119 g | Carbs: 35 g | Sugar: 11 g | Fiber: 16 g

MEAL PLAN FOR WEEK 3

LUNCH

DINNER

SUNDAY

Avocado Smoothie, p. 57

Beef with Cucumber and Eggs, p. 19

Cheese Cookies with Sesame Seeds, p. 50

Apricot Tart with Cream, p. 54

Cauliflower Bites with Parmesan, p. 46

Baked Salmon Salad, p. 61

Calories: 1835 kcal | Fats: 135 g | Protein: 100 g | Carbs: 49 g | Sugar: 20 g | Fiber: 11 g

MONDAY

Keto Cocoa, p. 58

Chicken Fillet with Egg and Vegetables, p. 20

Chicken Breast Wrapped in Bacon, p. 50

Rhubarb Crumble, p. 56

Baked Chicken Drumsticks with Pesto Sauce, p. 38

Baked Zucchini with Cheese, p. 43

Calories: 1837 kcal | Fats: 133 g | Protein: 131 g | Carbs: 31 g | Sugar: 10 g | Fiber: 12 g

TUESDAY

Bulletproof Coffee, p. 57

Wild Salmon Fillet with Asparagus and Lemon, p. 21

Baked Egg with Vegetables, p. 49

Lemon Cheesecake Bars, p. 55

Aromatic Pork Ribs, p. 30

Chicken Fillet Salad with Spinach and Walnuts, p. 42

Calories: 1892 kcal | Fats: 136 g | Protein: 132 g | Carbs: 32 g | Sugar: 9 g | Fiber: 13 g

WEDNESDAY

Keto Cocoa, p. 58

Omelette with Spinach Leaves, p. 21

Roasted Avocado Pieces Wrapped in Bacon, p. 51

Baked Raspberry Muffins, p. 55

Veal Roll Stuffed with Herbs, p. 28

Warm Salad with Chicken Liver, p. 46

Calories: 1785 kcal | Fats: 136 g | Protein: 112 g | Carbs: 25 g | Sugar: 8 g | Fiber: 11 g

THURSDAY

Matcha with Coconut Cream, p. 58

Egg Rolls with Pastrami and Vegetables, p. 22

Julienne with Mushrooms, p. 51

Apricot Tart with Cream, p. 54

Grilled Squid with Fresh Salad, p. 63

Beef Salad with Lettuce and Cucumber, p. 44

Calories: 1807 kcal | Fats: 102 g | Protein: 152 g | Carbs: 46 g | Sugar: 22 g | Fiber: 10 g

FRIDAY

Bulletproof Coffee, p. 57

Omelet Pulyar with Shrimp, p. 22

Stuffed Mushrooms, p. 49

Almond Cookies with Filling, p. 52

Chicken Fillet Salad with Spinach and Walnuts, p. 42

Rustic Chicken Terrine, p. 35

Calories: 1806 kcal | Fats: 133 g | Protein: 124 g | Carbs: 29 g | Sugar: 10 g | Fiber: 10 g

SATURDAY

Keto Cocoa, p. 58

Cheese Omelette with Shrimp, p. 23

Chicken Rolls with Cheese and Bacon, p. 48

Apricot with Camembert, p. 53

Roasted Beef with Arugula Salad, p. 26

Cauliflower Bites with Parmesan, p. 46

Calories: 1835 kcal | Fats: 140 g | Protein: 117 g | Carbs: 24 g | Sugar: 12 g | Fiber: 7 g

MEAL PLAN FOR WEEK 4

LUNCH

DINNER

SUNDAY

Matcha with Coconut Cream, p. 58



Minced Pork with Basil and Chili, p. 23



Rhubarb Crumble, p. 56

Stuffed Mushrooms, p. 49



Beef Rolls with Jalapeno Peppers and Cheese, p. 27



Beef Salad with Lettuce and Cucumber, p. 44

Calories: 1823 kcal | Fats: 129 g | Protein: 109 g | Carbs: 31 g | Sugar: 11 g | Fiber: 9 g

MONDAY

Keto Cocoa, p. 58



Baked Avocado and Eggs, Bacon, and Green Onions, p. 19



Baked Raspberry Muffins, p. 55

Chicken Skewers, p. 37



Chicken Breast Wrapped in Bacon, p. 50



Baked Zucchini with Cheese, p. 43

Calories: 1803 kcal | Fats: 128 g | Protein: 126 g | Carbs: 36 g | Sugar: 11 g | Fiber: 17 g

TUESDAY

Bulletproof Coffee, p. 57



Zucchini Lasagna with Ricotta and Spinach, p. 17



Lemon Cheesecake Bars, p. 55

Baked Shrimp with Sauce, p. 60



Baked Beef Salad with Arugula, p. 43



Roasted Avocado Pieces Wrapped in Bacon, p. 51

Calories: 1793 | Fats: 131 g | Protein: 125 g | Carbs: 26 g | Sugar: 8 g | Fiber: 8 g

WEDNESDAY

Keto Cocoa, p. 58



Zucchini Nests with Eggs, p. 16



Apricot Tart with Almond Cream, p. 54

Cheese Cookies, p. 50



Pieces of Fried Steak with Rosemary and Garlic, p. 31



Zucchini Noodles with Mozzarella, p. 45

Calories: 1775 | Fats: 136 g | Protein: 98 g | Carbs: 40 g | Sugar: 18 g | Fiber: 9 g

THURSDAY

Avocado Smoothie, p. 57



Poached Eggs with Zucchini Pancakes, p. 24



Creme Brulee Dessert with Blueberries, p. 53

Almond Cookies with Filling, p. 52



Cauliflower Bites with Parmesan, p. 46



Salmon Fish Steak, and Fresh Vegetable Salad, p. 61

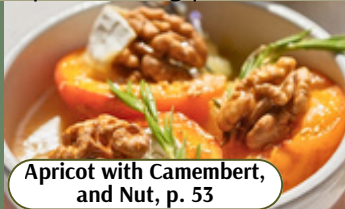
Calories: 1774 kcal | Fats: 142 g | Protein: 85 g | Carbs: 29 g | Sugar: 10 g | Fiber: 11 g

FRIDAY

Matcha with Cream, p. 58



Quiche with Salmon, Spinach, and Broccoli, p. 24



Apricot with Camembert, and Nut, p. 53

Baked Egg with Vegetables, p. 49



Chicken Cutlets, p. 37



Chicken Fillet Salad with Spinach and Walnuts, p. 42

Calories: 1806 kcal | Fats: 116 g | Protein: 148 g | Carbs: 31 g | Sugar: 12 g | Fiber: 11 g

SATURDAY

Avocado Smoothie, p. 57



Beef Steak with Egg and Sauce, p. 18



Almond Cookies with Filling, p. 52

Chicken Breast in Bacon, p. 50



Grilled Squid with Fresh Salad, p. 63



Cauliflower Bites with Parmesan, p. 46

Calories: 1800 kcal | Fats: 122 g | Protein: 144 g | Carbs: 24 g | Sugar: 11 g | Fiber: 8 g