



Clean & Simple Meal Plan – LOW CARB, HIGH FAT – 1200 Calories

Breakfast <i>280 Calories</i>	Lunch <i>350 Calories</i>	Dinner <i>370 Calories</i>	Snack <i>200 Calories each – choose 1 per day</i> <i>Limit berries: no more than 2x/week</i>
1 egg fried in 1.5 tbsp butter with 2 slices nitrate-free bacon	Greek Salad: 2 cups field greens, 3 oz grilled chicken, 1 oz feta, 5 kalamata olives, 4 cherry tomatoes, 1 tbsp red onion, and 1 tbsp Greek dressing	2.5 oz kielbasa with 2 cups shredded green cabbage sautéed in 1 tbsp butter	1 oz green or black olives, 1 oz mozzarella balls & 1 oz salami
2 oz breakfast sausage patties with 2 oz avocado	Cobb Salad: 2 cups lettuce (romaine or field greens), 1 hardboiled egg, 1 slice bacon, 1 oz crumbled blue cheese, 4 cherry tomatoes, and 1.5 tbsp ranch dressing	Stuffed Pepper: 1 med green pepper with 2 oz ground beef cooked in 1 tbsp butter with ¼ cup onions and celery with ¼ cup tomato sauce topped with ¼ cup mozzarella cheese	1 oz macadamia nuts, walnuts, or almonds
5 oz smoked salmon (lox) with 2 tbsp cream cheese wrapped in romaine leaves with red onion, tomato, and capers	Tuna Salad: 3 oz tuna, 2 tbsp mayonnaise, and 1 tbsp red onion spread on celery sticks with 10 green olives	3 oz pork chop with 1 cup broccoli roasted with 1 tbsp pine nuts and ½ tbsp butter topped with 1 tbsp parmesan cheese	1 oz pepperoni and 1 string cheese stick
Western omelet: 2 eggs, 2 tbsp diced ham, ¼ cup each onion and peppers, and 1 tbsp shredded cheddar cooked in ½ tbsp butter	Lunchmeat rollups: 2.5 oz roast beef, 1 slice provolone cheese, 1 tbsp mayonnaise mixed with 1 tsp horseradish (optional), and ½ cup shredded purple cabbage	Bacon-wrapped scallops: 6 large scallops each wrapped in ½ slice bacon with 1 cup asparagus sautéed in 1 tbsp butter	½ cup raspberries and/or blackberries with ¼ cup homemade whipped cream topped with 3 crushed macadamia nuts
2 eggs scrambled with ½ cup chopped spinach in ½ tbsp butter with ¼ cup avocado	3 BLT Wraps: 1 romaine leaf, 1 strip bacon, 1 slice tomato, and 2 tsp mayonnaise (per wrap)	3 oz steak with ½ cup sauteed mushrooms and creamed spinach (2 cups fresh spinach sauteed in ½ tbsp butter, with 1 tbsp heavy cream and 1 tbsp parmesan cheese)	Celery sticks with 2 tbsp almond butter or ranch or blue cheese salad dressing
Leftovers	Salmon Caesar Salad: 2 cups romaine lettuce, 4 oz grilled salmon, 1 tbsp parmesan cheese, and 1 tbsp creamy Caesar dressing	Steak Fajitas: 3 oz flank steak & 1 cup veggies (onions, peppers, zucchini) sautéed in 1 tbsp butter with 2 tbsp sour cream	3 deviled eggs (halves)