

## Clean & Simple Meal Plan – LOW CARB, HIGH FAT – 1700 Calories

<b>Breakfast</b> <i>350 Calories</i>	<b>Lunch</b> <i>400 Calories</i>	<b>Dinner</b> <i>450 Calories</i>	<b>Snack</b> <i>250 Calories each – choose 2 per day</i> <i>Limit berries: no more than 2x/week</i>
2 eggs cooked in 1 tbsp butter with 3 slices nitrate-free bacon	Greek Salad: 3 oz grilled chicken, 2 cups lettuce, 1 oz feta, 6 Kalamata olives, 1 tbsp red onion, 4 cherry tomatoes, and 2 tbsp Greek dressing	3 oz kielbasa with 2 cups shredded green cabbage sautéed in 1 tbsp butter	1 oz green or black olives, 1 oz mozzarella balls & 1.5 oz salami
2 oz breakfast sausage patties and 1 cup portabella mushrooms sautéed in 2 tsp butter with ¼ cup avocado	Cobb Salad: 2 cups lettuce, 1 hardboiled egg, 1 slice bacon, ¼ cup avocado, 4 cherry tomatoes, ½ oz crumbled blue cheese and 2 tbsp ranch dressing	Stuffed Peppers: 1 med green pepper with 3 oz ground beef cooked in 1.5 tbsp butter with ¼ cup onion and celery with ¼ cup tomato sauce topped with 3 tbsp mozzarella cheese	1 oz macadamia nuts, walnuts, or almonds ½ oz Monterey or pepper jack cheese
6 oz smoked salmon (lox) with 2tbsp cream cheese wrapped in romaine leaves with red onion, tomato, and capers with ½ cup cucumber slices	Tuna Salad: 4 oz tuna, 1 hardboiled egg, 2 tbsp mayonnaise, and 1 tbsp diced red onion with 1 cup celery sticks	4 oz pork chop with 1 cup roasted broccoli with 1 tbsp butter and 1 tbsp pine nuts	1 oz pepperoni and 1 oz cheddar cheese cubes
Western omelet: 2 eggs, ¼ cup diced ham, ¼ cup onion, ¼ cup peppers, and ½ oz cheddar cheese cooked in 1 tbsp butter	Lunchmeat rollups: 3 oz roast beef, 1 slice provolone cheese, 1 tbsp mayonnaise, ½ cup shredded purple cabbage, and 1 tsp horseradish with 1 cup bell pepper strips	Bacon-wrapped scallops: 7 large scallops each wrapped in ½ slice bacon with 1 cup asparagus cooked sautéed in 1.5 tbsp butter	½ cup raspberries and/or blackberries with ½ cup homemade whipped cream topped with 3 crushed macadamia nuts
2 eggs cooked in 2 tsp butter with 1/3 cup avocado and ½ oz cheddar cheese	3 BLT Wraps: 1 romaine leaf, 1 strip bacon, 1 slice tomato, 1 tbsp avocado, 1 tbsp cheddar cheese and 1 tsp mayonnaise (per wrap)	3 oz steak with ½ cup mushrooms sautéed and creamed spinach (3 cups fresh spinach, 1 tbsp butter, 2 tbsp cream, and 1 tbsp parmesan cheese)	Celery sticks with 2.5 tbsp almond butter
Leftovers	Salmon Caesar Salad: 2 cups lettuce, 3 oz grilled salmon, 2 tbsp parmesan cheese, and 2 tbsp creamy Caesar dressing	Steak Fajitas: 3 oz flank steak, 1 cup veggies (onions, peppers, zucchini) sautéed in 1 tbsp butter with 3 tbsp sour cream and ¼ cup avocado	4 deviled eggs (halves)