

MENU

Meal 1: Eggs and Bacon

Ingredients

- *6 large egg whites (or ¾ cup plus 1 T. liquid egg whites)*
- *2 slices thick bacon (nitrate free)*
- *Cooking oil spray*
- *150 grams Cucumber*

Instructions:

1. Cook bacon in oven according to these directions:

<https://www.wellplated.com/baked-bacon/>

2. Spray frying pan with a thin layer of cooking spray. Crack and separate egg white from egg yolk. Or use liquid egg whites from a carton. Scramble until cooked thoroughly.
3. Wash, peel, cut, and measure cucumber.
4. Enjoy!

Nutrition information:

*Calories for this meal: 237, Protein: 28 grams,
Carbs: 7 grams, Fat: 9 grams*



Meal 2: Low Carb Blueberry Muffin



Ingredients:

- *5 large cage free eggs*
- *2 Tablespoons Avocado oil*
- *1 tsp. Baking powder*
- *½ tsp. salt*
- *1/3 c. Monkfruit sweetener (erithrytol)*
- *1.5 cups Blueberries*
- *1 cup Almond Flour*
- *Just under 1 cup Cassava flour*
- *3 T. cashew milk or almond milk*
- *Mini muffin tin or “jumbo” muffin tin*
- *Canola oil, avocado oil, coconut oil, or olive oil cooking spray.*
- *100 grams raw cauliflower*

Instructions:

1. Heat oven to 350 degrees. Grease muffin tin and set aside. Blend the eggs, oil, baking powder, salt, and sweetener. Using a hand mixer or food processor, blend the blueberries until they are pureed, and add to the egg mixture. Slowly mix in flours, 1/3 c. at a time. Add cashew milk or almond milk. Once batter is combined, distribute between muffin tins. Begin checking for doneness at 20 minutes. Muffins are finished when you touch the top, and the top bounces back, and doesn't indent.
2. This recipe makes six servings according to the nutritional information below. Split baked product accordingly.
3. Wash and measure cauliflower

Nutrition information:

Calories for this meal: 332, Protein: 12 grams, Carbs: 33 grams, Fat: 19 grams

Meal 3: Turkey and almonds



Ingredients

- *4 oz Nitrate free Turkey breast (Either lunch meat, or Turkey breast roast, cooked)*
- *0.5 oz raw almonds*
- *100 grams Celery*

Instructions:

1. Measure out turkey, almonds, and celery
2. Enjoy!

Nutrition information:

*Calories for this meal: 216, Protein: 27 grams,
Carbs: 6 grams, Fat: 8 grams*



Meal 4: Salmon Salad

Ingredients

- *1 can Starkist Pink Salmon in Water, drained (or substitute tuna or canned chicken with protein around 22 grams)*
- *1 Tbsp Primal kitchen Paleo Avocado Oil Mayo*
- *1 oz dill pickles, diced*
- *1 whole bell pepper (around 175 grams, give or take some)*

Instructions:

1. Drain canned salmon
2. Dice pickles
3. Mix salmon, mayo, and pickles together.
4. Cut stem out of bell pepper. Wash and cut pepper in half
5. Scoop salmon salad mixture evenly into both sides of bell pepper
6. Enjoy!

Nutrition information:

Calories for this meal: 241, Protein: 24 grams, Carbs: 9 grams, Fat: 14 grams

Meal 5: Protein shake

Ingredients:

- *Whey protein powder, collagen protein powder, or bone broth protein equating to 20-25 grams of protein.*
- *8 oz Cashew milk or Almond milk containing around 30 calories*

Instructions:

1. In shaker cup, mix cashew milk or almond with Whey Protein Powder. Or heat up bone broth as desired.

Note: This protein drink should be consumed immediately after exercise. So plan accordingly, and shuffle around the order of this meal plan, as needed.

Nutrition information:

Calories for this meal: 155, Protein: 26 grams, Carbs: 4 grams, Fat: 4 grams

(The exact nutrient content will vary slightly based upon the type of protein you decide to use. The above numbers represent the use of Cellucor brand whey protein.)



Meal 6: Avocado Chicken Breast

Ingredients:

- *3 oz. grilled chicken breast (weighed after cooking)*
- *63 grams avocado*
- *85 grams Brussel sprouts*
- *Olive oil (or avocado oil)*
- *Salt and pepper*

Instructions:

1. Cook brussel sprouts in oven according to this recipe:
<https://www.allrecipes.com/recipe/67952/roasted-brussels-sprouts/>
2. Grill or bake chicken breast, as desired
3. Measure chicken, avocado, and brussel sprouts according to above serving sizes.
4. Enjoy!

Nutrition information:

Calories for this meal: 266, Protein: 30 grams, Carbs: 13 grams, Fat: 10 grams



Snack

Ingredients

- *15 grams 85% or 90% Lindt dark chocolate (or equivalent)*

Nutrition information:

*Calories for this snack: 100, Protein: 2 grams,
Carbs: 4.5 grams, Fat: 8 grams*



Grocery list:



Produce:

- *Avocado: 3 large*
- *Celery: 2 bunches*
- *Cauliflower: 6 cups*
- *Green bell peppers: 6 large sized*
- *Cucumbers: 4-6*
- *Brussel sprouts: 6 cups*
- *Blueberries: 1.5 cups*

Meat/Dairy/Eggs:

- *Eggs: Either 4 dozen, or:*
 - *1/2 dozen large eggs*
 - *4- 32 oz cartons of liquid egg whites*
- *12 slices of thick sliced bacon*
 - *Nitrate free*
- *Silk creamy cashew milk (25 cal.) or almond milk that compares in calories: 1 carton*
- *Chicken breast: 1.5 lb. raw*
- *Turkey lunch meat or precooked turkey breast roast: 1.5 lbs*
 - *Nitrate free*

Seasonings, Sweeteners & Sauces:

- *Primal kitchen avocado oil mayo*
- *Lakanto Monkfruit sweetener*

Inner Aisles:

- *Canned salmon in water*
 - *Or tuna or chicken, containing around 22 grams of protein.*
- *Pickles (look for very few ingredients, and avoid preservatives, or ingredients that you don't know what they are.*
- *Raw almonds: 3 oz or about ¾ cups*
- *Almond flour: 1 cup*
- *Cassava flour: 1 cup*
- *Olive oil or avocado oil*
- *Cooking oil spray:*
 - *Either Olive oil, avocado oil, or coconut oil*
- *Baking Powder*
- *Salt*
- *Pepper*
- *85% or 90% Lindt dark chocolate*

Online recommendations:

(Link for these can be found on the Week 3 Meal Plan post on www.thelast15lbs.com)

- *Lakanto Monkfruit sweetener*
- *Almond flour*
- *Cassava flour*
- *Primal kitchen avocado oil mayo (*
 - *Way more expensive on Amazon.*
 - *Look here instead:*
 - *Target*
 - *Sprouts*
 - *Whole foods*
- *Bone broth powder*
- *Whey protein powder*
- *Collagen protein powder*

