

WEEK 3 - MONDAY

FASTING

black coffee / water

MEAL 1

eggs & bacon

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

Tex-Mex skillet (beef)

BRIDGE

sparkling water

WEEK 3 - TUESDAY

FASTING

black coffee / water

MEAL 1

Tex-Mex baked eggs

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

sheet pan chicken and veggies

BRIDGE

sparkling water

WEEK 3 - WEDNESDAY

FASTING

black coffee / water

MEAL 1

Tex-Mex baked eggs

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

chicken kabobs over cauliflower rice

BRIDGE

sparkling water

WEEK 3 - THURSDAY

FASTING

black coffee / water

MEAL 1

eggs & bacon

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

lemon pepper chicken with asparagus

BRIDGE

sparkling water

WEEK 3 - FRIDAY

FASTING

black coffee / water

MEAL 1

eggs & bacon

SNACK

keto coffee with heavy cream & unflavored collagen

MEAL 2

cheeseburger bowls over greens

BRIDGE

sparkling water

WEEK 3 - MONDAY

FASTING	black coffee / water
MEAL 1	eggs & bacon
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	Tex-Mex skillet (beef)
BRIDGE	sparkling water

WEEK 3 - TUESDAY

FASTING	black coffee / water
MEAL 1	Tex-Mex baked eggs
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	sheet pan chicken and veggies
BRIDGE	sparkling water

WEEK 3 - WEDNESDAY

FASTING	black coffee / water
MEAL 1	Tex-Mex baked eggs
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	chicken kabobs over cauliflower rice
BRIDGE	sparkling water

WEEK 3 - THURSDAY

FASTING	black coffee / water
MEAL 1	eggs & bacon
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	lemon pepper chicken with asparagus
BRIDGE	sparkling water

WEEK 3 - FRIDAY

FASTING	black coffee / water
MEAL 1	eggs & bacon
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	cheeseburger bowls over greens
BRIDGE	sparkling water