

WEEK 4 - MONDAY

FASTING

black coffee / water

MEAL 1

Hard boiled egg & bacon sandwiches

SNACK

keto coffee with heavy cream & unflavored collagen

MEAL 2

chicken and cheesy Italian cauliflower rice

BRIDGE

sparkling water

WEEK 4 - TUESDAY

FASTING

black coffee / water

MEAL 1

eggs & bacon

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

carnitas with Mexican cauliflower rice

BRIDGE

sparkling water

WEEK 4 - WEDNESDAY

FASTING

black coffee / water

MEAL 1

carnita omelet

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

meatballs with zucchini fries

BRIDGE

sparkling water

WEEK 4 - THURSDAY

FASTING

black coffee / water

MEAL 1

Tex-Mex omelet

SNACK

keto coffee with heavy cream & unflavored collagen

MEAL 2

avocado chicken salad bowls

BRIDGE

Stur flavored water

WEEK 4 - FRIDAY

FASTING

black coffee / water

MEAL 1

eggs & bacon

SNACK

keto coffee with heavy cream &
unflavored collagen

MEAL 2

steak and veggies

BRIDGE

sparkling water

WEEK 4 - MONDAY

FASTING	black coffee / water
MEAL 1	Hard boiled egg & bacon sandwiches
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	chicken and cheesy Italian cauliflower rice
BRIDGE	sparkling water

WEEK 4 - TUESDAY

FASTING	black coffee / water
MEAL 1	eggs & bacon
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	carnitas with Mexican cauliflower rice
BRIDGE	sparkling water

WEEK 4 - WEDNESDAY

FASTING	black coffee / water
MEAL 1	carnita omelet
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	meatballs with zucchini fries
BRIDGE	sparkling water

WEEK 4 - THURSDAY

FASTING	black coffee / water
MEAL 1	Tex-Mex omelet
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	avocado chicken salad bowls
BRIDGE	Stur flavored water

WEEK 4 - FRIDAY

FASTING	black coffee / water
MEAL 1	eggs & bacon
SNACK	keto coffee with heavy cream & unflavored collagen
MEAL 2	steak and veggies
BRIDGE	sparkling water