

## WEEK 2 - DAY 1

<b>FASTING</b>	black coffee / water
<b>MEAL 1</b>	eggs & bacon
<b>SNACK</b>	keto coffee with heavy cream & unflavored collagen
<b>MEAL 2</b>	meatloaf croutons with grilled squash
<b>BRIDGE</b>	sparkling water

## WEEK 2 - DAY 2

<b>FASTING</b>	black coffee / water
<b>MEAL 1</b>	eggs & bacon
<b>SNACK</b>	keto coffee with heavy cream & unflavored collagen
<b>MEAL 2</b>	chicken stirfry with egg noddles
<b>BRIDGE</b>	ultima electrolytes water

## WEEK 2 - DAY 3

<b>FASTING</b>	black coffee / water
<b>MEAL 1</b>	3 egg omelet with bacon & feta
<b>SNACK</b>	keto coffee with heavy cream & unflavored collagen
<b>MEAL 2</b>	lemon chicken with roasted broccoli
<b>BRIDGE</b>	blackberry flavored water

## WEEK 2 - DAY 4

<b>FASTING</b>	black coffee / water
<b>MEAL 1</b>	sliced turkey & hardboiled eggs
<b>SNACK</b>	keto coffee with heavy cream & unflavored collagen
<b>MEAL 2</b>	stuffed burgers with sauted kale
<b>BRIDGE</b>	sparkling flavored water

## WEEK 2 - DAY 5

<b>FASTING</b>	black coffee / water
<b>MEAL 1</b>	eggs & bacon
<b>SNACK</b>	keto coffee with heavy cream & unflavored collagen
<b>MEAL 2</b>	baked chicken and veggies
<b>BRIDGE</b>	Ultima electrolyte water