



# WEEK 2 MENU

## Meal #1

## Snack

## Meal #2

3 EGG OMELET WITH  
CANADIAN BACON  
AND CHEDDAR

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

BAKED CHICKEN WITH  
CAULIFLOWER SOUP

3 FRIED EGGS WITH  
KETO AVOCADO TOAST

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

CHEESESTEAK SKILLET  
BOWLS WITH PEPPERS AND  
ONIONS

EGG, BACON & CHEESE  
SANDWICH

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

MEATLOAF WITH  
STEAMED VEGGIES

SLICED TURKEY,  
CHEESE, NUTS &  
AVOCADO

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

MEATLOAF CROUTONS,  
EGG, AND AVOCADOS  
OVER SALAD MIX

3 SCRAMBLED EGGS  
WITH 3 SLICES BACON,  
AND PROTEIN SHAKE

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

TACO SOUP WITH AVOCADO  
AND A ROASTED PECANS

3 FRIED EGGS WITH  
KETO AVOCADO  
TOAST

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

GRILLED CHICKEN  
WITH ROASTED KALE

SLICED TURKEY,  
CHEESE, NUTS &  
AVOCADO

KETO COFFEE WITH  
UNFLAVORED  
COLLAGEN

SIRLOIN STIR FRY