



WEEK 3 MENU

Meal #1

Snack

Meal #2

SLICED TURKEY
BREAST WITH DILL
PICKLES, AVOCADO
AND A PROTEIN
SHAKE

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BAKED SHEET PAN
LEMON CHICKEN WITH
VEGGIES

3 FRIED EGGS WITH
BACON AND PUMPKIN
SEEDS

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

GENERAL TSAO'S CHICKEN
BALLS WITH BROCCOLI

EGG, BACON & CHEESE
SANDWICH

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BUTTER CHICKEN OVER
CAULIFLOWER RICE

SLICED TURKEY,
CHEESE, NUTS &
AVOCADO

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BEEF FAJITAS WITH
PEPPERS, ONIONS, AND
PICO

3 SCRAMBLED EGGS
WITH 3 SLICES BACON,
AND PROTEIN SHAKE

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

ROASTED POBLANO SOUP
WITH SALSA CHICKEN

3 FRIED EGGS WITH
CHICKEN SAUSAGE
LINKS

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

STEAK SALAD WITH
EGG, AVOCADO,
PUMPKIN SEEDS, BACON
AND RANCH

SLICED TURKEY,
CHEESE, NUTS &
AVOCADO

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

CHICKEN POT PIE
WITH GREEN
BEANS