



WEEK 4 MENU

Meal #1

Snack

Meal #2

BAKED EGGS WITH
BACON AND AVOCADO

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BEEF & BROCCOLI
WITH ROASTED NUTS

3 FRIED EGGS WITH
AVOCADO AND
PUMPKIN SEEDS

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

LOADED CHICKEN
PEPPERONI PIZZA

EGG, BACON & CHEESE
SANDWICH

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BACON WRAPPED
CHICKEN WITH ROASTED
VEGGIES

SLICED TURKEY ROLL
UPS WITH A PROTEIN
SHAKE

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

HAMBURGERS WITH
DILL PICKLES,
AVOCADO AND
ZUCCHINI FRIES

3 SCRAMBLED EGGS
WITH 3 SLICES BACON,
AND PROTEIN SHAKE

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

BAKED CHICKEN WITH
AVOCADO SALSA OVER
SALAD

3 FRIED EGGS WITH
CHICKEN SAUSAGE
LINKS

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

KETO LASAGNA

SLICED TURKEY,
CHEESE, NUTS &
AVOCADO

KETO COFFEE WITH
UNFLAVORED
COLLAGEN

TRITIP STEAK AND
ROASTED VEGGIES