



# WEEK 5 MENU

| Meal #1  | Snack                                | Meal #2  |
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| SLICED CHICKEN PIZZA WITH PEPPERONI AND GREEK YOGURT | KETO COFFEE WITH UNFLAVORED COLLAGEN | RIBEYE AND ROASTED ASPARAGUS                       |
| GREEK YOGURT AND EGGS                                | KETO COFFEE WITH UNFLAVORED COLLAGEN | TURKEY CHILLI WITH CHEDDAR BISCUITS                |
| BAKED EGGS WITH BACON AND AVOCADO                    | KETO COFFEE WITH UNFLAVORED COLLAGEN | PORK ROAST WITH MASHED CAULIFLOWER AND GREEN BEANS |