

Week 4

Mon

3 fried eggs with cheese and Canadian bacon and a Greek yogurt

turkey goulash with cabbage

Tues

cheeseburgers with dill relish and mustard with Quest protein chips

Taco Tuesday with coleslaw

Wed

3 eggs cooked in butter with cheese and Canadian bacon and Greek yogurt

cheesy broccoli, chicken and bacon casserole

Thur

3 egg whites plus 1 egg cooked in butter with cheese and Canadian bacon and Greek yogurt

cheeseburgers with dill relish and mustard with roasted veggies

Fri

3 eggs cooked in butter with cheese and Canadian bacon and Greek yogurt

1 pot turkey and veggie skillet with a brownie

drinks:

water, water with LMNT electrolytes, water with collagen, black coffee, herbal unsweetened teas, sparkling water