

| LOW CARB  | LOW CARB   | LOW CARB   | HIGH CARB  |
|---|--|--|--|
| DAY 1   | DAY 2  | DAY 3  | DAY 4  |
| <p><b>BREAKFAST:</b> 1 serving Breakfast Pockets (p. 57; save leftovers)</p> <p><b>Matcha Latte:</b> Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit.</p> <p><b>LUNCH:</b> Cauliflower Fish Cakes with Coconut Chutney (p. 56; save leftovers)</p> <p><b>DINNER:</b> Spicy Chicken Fajitas (p. 58; eat ½, save leftovers)</p> | <p><b>BREAKFAST: Denver Omelette:</b> In a medium nonstick skillet, heat ½ tsp olive oil. Add ½ each green and red bell pepper, chopped, 1 green onion, chopped, and 2 slices chopped ham and sauté for 3 minutes. In a bowl, whisk 2 eggs and 2 egg whites. Pour beaten eggs over veggies and cook until bottom is set. Sprinkle top of eggs with 1 tsp shredded cheddar cheese and pinch black pepper. Flip and cook for 1 to 2 minutes more.</p> <p><b>LUNCH:</b> Chicken Donair Plate (p. 56; save leftovers)</p> <p><b>DINNER:</b> Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56)</p> | <p><b>BREAKFAST:</b> 1 serving Breakfast Pockets (leftovers, p. 57)</p> <p><b>Matcha Latte:</b> Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit.</p> <p><b>LUNCH:</b> Chicken Donair Plate (leftovers, p. 56)</p> <p><b>DINNER:</b> Spicy Chicken Fajitas (leftovers, p. 58)</p> | <p><b>BREAKFAST: Tropical Smoothie:</b> Blend 1 cup each coconut water and spinach, ½ peeled orange, ½ cup each frozen mango and pineapple, ½ tsp chia seeds and 2 scoops collagen until smooth.</p> <p><b>LUNCH:</b> Okonomiyaki Pancakes (p. 50; save leftovers)</p> <p><b>DINNER:</b> Lemongrass Chicken Satays &amp; Shrimp Fried Rice (p. 52; save leftovers)</p> |
| <p>NUTRIENTS: Calories: 1,192, Fat: 68 g, Sat. Fat: 23 g, Carbs: 49 g, Fiber: 18 g, Sugars: 12 g, Protein: 105 g, Sodium: 397 mg, Cholesterol: 1,876 mg</p>   | <p>NUTRIENTS: Calories: 1,189, Fat: 74 g, Sat. Fat: 20 g, Carbs: 43 g, Fiber: 15 g, Sugars: 18 g, Protein: 98 g, Sodium: 1,668 mg, Cholesterol: 708 mg</p>   | <p>NUTRIENTS: Calories: 1,333, Fat: 75 g, Sat. Fat: 21 g, Carbs: 56 g, Fiber: 22 g, Sugars: 16 g, Protein: 118 g, Sodium: 2,035 mg, Cholesterol: 467 mg</p>  | <p>NUTRIENTS: Calories: 1,440, Fat: 51 g, Sat. Fat: 14 g, Carbs: 136 g, Fiber: 28 g, Sugars: 45 g, Protein: 112 g, Sodium: 2,237 mg, Cholesterol: 798 mg</p>   |

| LOW CARB  | LOW CARB  | LOW CARB   | HIGH CARB  |
|---|---|--|--|
| DAY 5   | DAY 6   | DAY 7  | DAY 8  |
| <p><b>BREAKFAST:</b> 1 serving Breakfast Pockets (leftovers, p. 57)</p> <p><b>Matcha Latte:</b> Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit.</p> <p><b>LUNCH:</b> Flank Steak with Chimichurri Sauce &amp; Roasted Carrots (p. 58; eat ½, save leftovers)</p> <p><b>DINNER:</b> Chicken Donair Plate (leftovers, p. 56)</p> | <p><b>BREAKFAST: Denver Omelette:</b> In a medium nonstick skillet, heat ½ tsp olive oil. Add ½ each green and red bell pepper, chopped, 1 green onion, chopped, and 2 slices chopped ham and sauté for 3 minutes. In a bowl, whisk 2 eggs and 2 egg whites. Pour beaten eggs over veggies and cook until bottom is set. Sprinkle top of eggs with 1 tsp shredded cheddar cheese and pinch black pepper. Flip and cook for 1 to 2 minutes more.</p> <p><b>LUNCH:</b> Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56)</p> <p><b>DINNER:</b> Chicken Donair Plate (leftovers, p. 56)</p> | <p><b>BREAKFAST:</b> 1 serving Breakfast Pockets (leftovers, p. 57)</p> <p><b>Matcha Latte:</b> Heat 1 cup almond milk. To a large mug, add 1 tsp matcha powder, ½ tsp coconut oil and 2 scoops collagen. Add hot milk and whisk with a handheld electric whisk (or in a blender) until smooth. If desired, sweeten with a few drops liquid monkfruit.</p> <p><b>LUNCH:</b> Cauliflower Fish Cakes with Coconut Chutney (leftovers, p. 56)</p> <p><b>DINNER:</b> Flank Steak with Chimichurri Sauce &amp; Roasted Carrots (leftovers, p. 58)</p> | <p><b>BREAKFAST: Tropical Smoothie:</b> Blend 1 cup each coconut water and spinach, ½ peeled orange, ½ cup each frozen mango and pineapple, ½ tsp chia seeds and 2 scoops collagen until smooth.</p> <p><b>LUNCH:</b> Okonomiyaki Pancakes (leftovers, p. 50)</p> <p><b>DINNER:</b> Lemongrass Chicken Satays &amp; Shrimp Fried Rice (leftovers, p. 52)</p> |
| <p>NUTRIENTS: Calories: 1,373, Fat: 74 g, Sat. Fat: 17 g, Carbs: 73 g, Fiber: 27 g, Sugars: 24 g, Protein: 116 g, Sodium: 2,066 mg, Cholesterol: 415 mg</p>   | <p>NUTRIENTS: Calories: 1,189, Fat: 74 g, Sat. Fat: 20 g, Carbs: 43 g, Fiber: 15 g, Sugars: 19 g, Protein: 98 g, Sodium: 1,668 mg, Cholesterol: 708 mg</p>  | <p>NUTRIENTS: Calories: 1,232, Fat: 67 g, Sat. Fat: 19 g, Carbs: 66 g, Fiber: 23 g, Sugars: 20 g, Protein: 103 g, Sodium: 1,907 mg, Cholesterol: 345 mg</p>  | <p>NUTRIENTS: Calories: 1,440, Fat: 52 g, Sat. Fat: 14 g, Carbs: 136 g, Fiber: 28 g, Sugars: 45 g, Protein: 112 g, Sodium: 2,237 mg, Cholesterol: 798 mg</p>   |

\* Meal Plan is based on an individual weighing 140 pounds. Remember that macro targets are approximate and may vary slightly, especially when adding in snacks. Your numbers may be different based on your macro calculations.