

## DAY 1

### BREAKFAST: Scrambled Eggs with Berries



- 1 TBSP coconut oil (for cooking eggs)
- 2 eggs, beaten (or swap in 1 nitrate-free smoked turkey breast)
- Himalayan salt and freshly ground black pepper
- 1 cup mixed berries

#### INSTRUCTIONS:

Heat the oil in a skillet over medium heat. Add the eggs and scramble to your liking; season with salt and pepper. Serve with the berries.



#### SNACK

- Small piece of fruit (such as an apple, orange, peach, pear, or 1/2 banana)
- 1 TBSP no-sugar-added almond butter

### LUNCH: Chicken Salad with the following:



- ½ cup shredded chicken (or swap in nitrate-free turkey, grilled fish, or shrimp)
- 2 cups shredded romaine lettuce
- 1 cup sliced raw vegetables of choice (such as bell peppers and cucumbers)
- ½ cup julienned cucumber
- Himalayan salt and freshly ground black pepper to taste
- 1 TBSP extra-virgin olive oil
- Juice of ½ lemon



#### SNACK

- 1 hard-boiled egg
- 1 TBSP hummus
- 2 celery stalks, ½ sliced cucumber, and 1 sliced green or red bell pepper.

### DINNER: Chicken Thighs w/Sweet Potato & Greens



- 1 to 2 chicken thighs
- Himalayan salt and freshly ground black pepper to taste
- 2 cups salad mix
- 2 tsp olive oil
- 1 tsp balsamic vinegar
- ½ sweet potato
- 1 tsp coconut oil, melted ground cinnamon (optional)

#### INSTRUCTIONS:

Season the chicken thighs with salt and pepper and grill, bake, or broil them. Toss the salad mix with the olive oil and vinegar and place on a plate. Top with the chicken and sweet potato, drizzle with the coconut oil, and sprinkle with cinnamon if you like.

## DAY 2

### BREAKFAST: Spinach & Goat Cheese Scramble



- 1 TSP extra-virgin olive oil or ghee (for cooking eggs)
- 2 eggs, beaten (or swap in 1 smoked turkey breast)
- ½ cup spinach leaves
- 1 TBSP chopped tomatoes
- Himalayan salt and freshly ground black pepper to taste
- 1 TBSP goat cheese

#### INSTRUCTIONS:

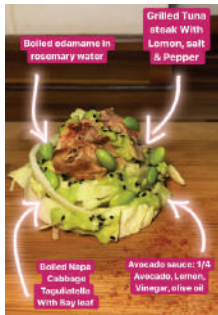
Heat the oil in a skillet over medium heat. Add the eggs, spinach, and tomatoes and scramble to your liking; season with salt and pepper. Top with the goat cheese.



#### SNACK

- 2 Celery Stalks
- 1 TBSP no-sugar added almond butter

### LUNCH: Seared Tuna w/Napa Cabbage



- 1 head Napa cabbage, shredded with mixed leaf lettuce
- Lemon juice to taste
- Himalayan salt and freshly ground black pepper to taste
- 6 ounces tuna, seared
- ½ cup shelled, cooked edamame
- ¼ avocado, thinly sliced
- 1 TSP sesame seeds

#### INSTRUCTIONS:

Place the cabbage on a plate and toss with lemon juice; season with salt and pepper. Top with the tuna, edamame, and avocado and sprinkle with the sesame seeds.



#### SNACK

- 8 almonds
- Small pieces of fruit (such as an apple, orange, peach, pear or ½ banana)

### DINNER: Shrimp w/Bok Choy & Kale



- 1 TBSP coconut oil
- 1 cup chopped bok choy
- 1 cup chopped kale leaves
- 6 ounces shrimp (or swap in scallops, white fish or chicken)
- Himalayan salt and freshly ground black pepper to taste

#### INSTRUCTIONS:

Heat the oil in a skillet over medium heat. Add the bok choy and kale and sauté until wilted. Add the shrimp and cook, tossing, until the shrimp turns opaque. Season with salt and pepper.