



50 Days of PFC

50 Days of PFC

Eating balanced can be tricky...but no longer! **This 50 Days of PFC Meal Plan lays out exactly what to eat at every meal and snack so you can be your best, most energetic self without the stress and hassle of planning!** At the root of good moods, consistent energy levels, staying focused, a boosted metabolism and keeping sugar cravings away is blood sugar regulation. That's why we incorporated specific amounts and ratios of protein (P), healthy fat (F) and nutrient-dense carbohydrates (C), with every meal and snack in this plan.

When you're eating in PFC balance, you'll feel great! That's because you're fueling your body with the right amounts of real, whole foods and steering clear of processed, refined ones that cause damage and inflammation. Foods eaten on the Standard American Diet (we call it SAD), that are strategically marketed to us from every angle and we're brainwashed to believe are "healthy" are anything but healthy. Pasta, flavored yogurts, low-fat dressings and 100-calorie "snack packs" are highly processed, full of chemicals, dyes and added sugars and sweeteners that bog down your metabolism, deplete your energy levels and fog your brain.

The nourishing, nutrient-dense foods in this plan will help you sleep more restfully, promote good digestion, power your brain, protect your heart, and boost your immune system and metabolism so you feel better in every way.

Once you begin to follow these meal and snack suggestions, putting your own PFC combinations together will become second nature. You'll also begin to recognize your body's cues, and make connections between how eating real food makes you feel awesome! So awesome you'll never go back to the SAD life.

Feel free to print this plan, write all over it, mark it up, make notes and make it yours!

All of these meals and snacks are Dietitian Cassie approved!

Here are 6 tips to help you utilize this meal plan:

1. It's not about perfection! You can follow this plan to a T, exactly as it's written, or use it as a guide to help you learn how to put PFC balanced meals and snacks together. If a certain lunch doesn't sound good, skip to a different one! Don't like cucumbers? Swap them for a different side! Flexibility is key.

2. The grocery lists you'll find at the end of this plan include the ingredients in every meal and snack for seven days at a time (with the exception of the last "week", which is eight days). If you shop more or less than once a week, you may need to adapt your grocery list accordingly. Always take inventory before you go!

3. Look ahead for the week! Some lunches may call for cooked squash or bacon, so cook enough at one time for the coming days. You'll be more prepared with healthy foods on hand, and this is a great habit to get into! Cook several chicken breasts at once for shredding, and chop those veggies ahead of time!

4. Make friends with the freezer section! Frozen salmon, beef, shrimp, etc. are convenient (and economical) to have on hand. Frozen veggies and berries are much healthier than canned varieties that often have added sugar. They're typically frozen when freshly picked and in season, which means better taste and greater nutrient density!

5. If you're dairy free, this meal plan can be easily adapted for you! Here are some suggestions:

- Replace heavy cream with coconut oil.
- If something calls for "sprinkling cheese on top," simply swap that cheese for chopped nuts, avocado or olives.
- Substitute melted butter with ghee or coconut oil.
- Cream cheese can be swapped for mashed avocado.
- Yogurt in smoothies can be replaced with additional [dairy free protein powder](#), coconut milk & a little water.

6. Protein powder is a staple for those times when you're in a pinch with no time to cook, or just don't feel like eating (sick days, post-workout or for some people, breakfast). However, the problem is that not all protein powders are created equal (not even close!). Most, if not all protein powders on store shelves are filled with harmful ingredients, including fillers, additives, artificial sweeteners and all sorts of metabolism-bogging stuff. That's why I created [a thorough Guide to Protein Powders that you can get here](#). Get \$10 off any of the VeroVive™ protein powders with code **BLACKFRIDAY10**.

DAY 1

BREAKFAST

Pancakes made with 2 eggs **(P)** and ½ mashed banana **(C)**. Serve with 2 Tbsp. nut butter on top **(F)**.

SNACK

1-2 deviled eggs **(P+F)** + ½ cup Roma tomatoes **(C)** on the side.

LUNCH

4 oz. shredded chicken **(P)** mixed with 1 Tbsp. unrefined mayo **(F)**, ¼ avocado **(F)** and 1 cup broccoli **(C)**.
Serve with ½ cup raspberries on the side **(C)**.

SNACK

1 hard boiled egg **(P)** + 1 kiwi **(C)** + 2 Tbsp. nuts **(F)**.

DINNER

Meatballs made with 4 oz. of beef **(P)**, served on ½-¾ cup spaghetti squash **(C)**, with ¼ cup marinara sauce **(C)** and 1 oz. cheese on top **(F)**. Serve with 1 cup broccoli **(C)** with 1 Tbsp. butter **(F)**.

BEDTIME SNACK

½ of a banana **(C)** + ¼ cup nuts **(F)**.

DAY 2

BREAKFAST

Berry protein shake: 1 scoop [protein powder](#) **(P)**, ½ cup full fat coconut milk **(F)**, ½ cup blueberries **(C)**, ¼ cup raspberries **(C)**, ½ cup spinach **(C)**.

SNACK

1 chicken jerky stick **(P)** + ½ banana **(C)** + 2 Tbsp. nut butter **(F)**.

LUNCH

4-5 slices nitrate-free roast beef **(P)** rolled up with 2 Tbsp. unrefined mayo **(F)** and a large pickle **(C)**. Serve with ½ cup carrots **(C)** with 2 Tbsp. hummus **(C)**.

SNACK

1-2 nitrate-free turkey deli slices **(P)** + 2 Tbsp. cream cheese **(F)** + ½ cup cucumbers **(C)** wrapped together.

DINNER

4 oz. cod **(P)** with 1-2 cups broccoli **(C)** and ½ cup carrots **(C)** roasted with 1-2 Tbsp. coconut oil **(F)**.

BEDTIME SNACK

1 small apple **(C)** + ¼ cup nuts **(F)**.

DAY 3**BREAKFAST**

Sweet potato scramble: 2 eggs **(P)** sautéed in 1-2 Tbsp. ghee or butter **(F)** scrambled with ½ cup cubed sweet potatoes **(C)**, ½ cup broccoli **(C)**, and ¼ onion **(C)**.

SNACK

1 chicken jerky stick **(P)** + ½ cup carrots **(C)** dipped in 2 Tbsp. guacamole **(F)**.

LUNCH

4 oz. tuna **(P)** over 2 cups salad greens **(C)** with 1 Tbsp. sunflower seeds **(F)** and 1 Tbsp. olive oil **(F)** and 1 Tbsp. balsamic vinegar drizzled on top.

SNACK

1-2 nitrate-free slices roast beef **(P)** + 2 oz. cheese **(F)** + ½ cup carrots **(C)** dipped in 1 Tbsp. hummus **(C)**.

DINNER

4 oz. steak **(P)** with ½ cup sweet potatoes **(C)**. Serve with 2 cups salad greens **(C)** dressed in 1-2 Tbsp. olive oil **(F)**.

BEDTIME SNACK

½ cup strawberries **(C)** + 2 Tbsp dark chocolate **(F)**.

DAY 4**BREAKFAST**

2 hard boiled eggs **(P)** with 2 oz. cheese **(F)** and a small apple **(C)**.

SNACK

1 chicken jerky stick **(P)** + ½ cup cucumbers **(C)** with 2 Tbsp. cream cheese spread on top **(F)**.

LUNCH

Turkey wraps: roll up 4-5 slices nitrate free deli turkey slices **(P)** with 2 Tbsp. cream cheese **(F)** stuffed with 1 cup spinach **(C)**.

SNACK

1-2 oz. chicken **(P)** + 1-2 Tbsp. unrefined mayo **(F)** + ½ cup broccoli **(C)** mixed together.

DINNER

4 oz. cod **(P)** with 1 Tbsp. butter **(F)** and garlic on top. Serve with 2 cups steamed cauliflower **(C)** with 1 Tbsp butter **(F)**.

BEDTIME SNACK

½ banana **(C)** + 1 Tbsp. nut butter **(F)** + ¼ coconut milk **(F)** + 1 tsp. cinnamon (Bonus!) mixed together.

DAY 5**BREAKFAST**

Breakfast burrito bowl: Sauté 3 slices of deli turkey **(P)** in 2 Tbsp. butter **(F)**, ½ cup tomatoes **(C)**, ¼ onion **(C)**, and ¼ cup peppers **(C)**. Serve over 2 cups spinach **(C)**.

SNACK

½ scoop [protein powder](#) **(P)** + ½ cup strawberries **(C)** + ¼ cup full fat coconut milk **(F)** blended together.

LUNCH

4 oz. tuna **(P)** mixed with 2 Tbsp. unrefined mayo **(F)**, ½ cup celery **(C)**, ¼ cup onion **(C)**, and 1 chopped pickle. Serve over 2 cups salad greens **(C)**.

SNACK

1 chicken jerky stick **(P)** + 10 olives **(F)** + 1 clementine **(C)**.

EVENING

4-5 oz. chicken **(P)** with ½ cup sweet potato slices **(C)** and 1-2 cups broccoli **(C)** sautéed in 2 Tbsp. ghee **(F)**.

BEDTIME SNACK

½ grapefruit **(C)** + ¼ cup nuts **(F)**.

DAY 6**BREAKFAST**

Scramble 2-3 eggs **(P)** in 1 Tbsp. butter **(F)** with ½ cup peppers **(C)** and ½ cup broccoli **(C)**. Sprinkle 1 oz. cheese on top **(F)**.

SNACK

1-2 nitrate-free slices roast beef **(P)** + 2 oz. cheese **(F)** + ½ cup carrots **(C)** dipped in 1 Tbsp. hummus **(C)**.

LUNCH

4 oz. chicken breast **(P)** with ½ cup sweet potato **(C)** and 1 cup cauliflower **(C)** with 1-2 Tbsp. butter melted on top **(F)**.

SNACK

½ scoop [protein powder](#) **(P)** + 2 Tbsp. nut butter **(F)** mixed together + 1 small apple **(C)** for dipping.

DINNER

Stir fry made with 4 oz. steak **(P)** in 2 Tbsp. coconut oil **(F)** with 2 cups mixed vegetables **(C)**. Season with gluten free tamari sauce or coconut aminos.

BEDTIME SNACK

½ grapefruit **(C)** + ¼ cup nuts **(F)**.

DAY 7

BREAKFAST

Fiesta omelet made with 2-3 eggs **(P)**, ½ cup peppers **(C)**, ½ cup tomatoes **(C)** ½ cup chopped spinach **(C)** and ½ cup onion **(C)**. Serve with ½ an avocado **(F)**.

SNACK

½ scoop [protein powder](#) **(P)** + ¼ cup full fat coconut milk **(F)** + ½ cup raspberries **(C)** + 1 scoop Berry [Dynamic Fruits & Greens](#) (Bonus!) blended together.

LUNCH

Crab dip: 4 oz. crab meat **(P)** with 2 Tbsp. unrefined mayo **(F)**, ½ cup diced onion **(C)**, ½ cup celery **(C)**, and 1 tsp. red bell pepper. Use 1 cup celery sticks **(C)** and ½ cup carrots to dip **(C)**.

SNACK

1 hard boiled egg **(P)** + ½ cup blueberries **(C)** + ¼ cup nuts **(F)**.

DINNER

4 oz. chicken breast **(P)** with 1 Tbsp butter **(F)** and 1 oz. cheese **(F)** on top. Serve with ½ cup spaghetti squash **(C)** and 1-2 cups broccoli **(C)**.

BEDTIME SNACK

½ cup carrots **(C)** + 2 Tbsp. guacamole **(F)**.

DAY 8

BREAKFAST

Bacon Hash: Sauté 4 chopped strips of nitrate-free bacon **(P)**. Add 1 cup broccoli **(C)** and ½ cup sliced sweet potatoes **(C)** and cook in bacon grease **(F)**.

SNACK

1-2 oz. chicken **(P)** + ½ avocado **(F)** + 1 kiwi **(C)**.

LUNCH

Crab dip: 4 oz. crab meat **(P)** with 2 Tbsp. unrefined mayo **(F)**, ½ cup diced onion **(C)**, ½ cup celery **(C)**, and 1 tsp. red bell pepper. Use 1 cup celery sticks **(C)** and ½ cup carrots to dip **(C)**.

SNACK

½ scoop [protein powder](#) **(P)** + ¼ cup full fat coconut milk **(F)** + ½ cup blueberries **(C)** blended together.

DINNER

Meatballs made with 4 oz. of beef **(P)**, served on ½-¾ cup spaghetti squash **(C)**, with ¼ cup marinara sauce **(C)** and 1 oz. cheese on top **(F)**. Serve with 1 cup broccoli **(C)** with 1 Tbsp. butter **(F)**.

BEDTIME SNACK

½ of a banana **(C)** + ¼ cup nuts **(F)**.

DAY 9

BREAKFAST

Chocolate Protein Shake: 1 scoop [protein powder](#) (P), ½ cup full fat coconut milk (F), ½ cup spinach (C), ½ banana (C), and 1 scoop Chocolate [Dynamic Greens](#) (Bonus!).

SNACK

1 hard boiled egg (P) + 1 cup raw broccoli and red bell peppers (C) dipped in 2 Tbsp. guacamole (F).

LUNCH

4 strips of bacon (P) sautéed with 1 cup cabbage (C) and ½ onion (C).. Serve with ½ cup strawberries (C) and ¼ cup coconut milk (F) on the side.

SNACK

1-2 nitrate-free slices roast beef (P) + 2 oz. cheese (F) + ½ cup carrots (C) dipped in 1 Tbsp. hummus (C).

DINNER

4 oz. cod (P) with 1-2 cups broccoli (C) and ½ cup carrots (C) roasted with 1-2 Tbsp. coconut oil (F).

BEDTIME SNACK

½ of a banana (C) + 2 Tbsp. nut butter (F).

DAY 10

BREAKFAST

Huevos Rancheros: 2 fried eggs (P), ¼ cup black beans (C), and ¼ cup peppers (C) served over 1 cup of spinach (C). Served with 2 Tbsp. full fat sour cream (F).

SNACK

1-2 nitrate-free ham deli slices (P) + ¼ cup nuts (F) + ½ pear (C).

LUNCH

Tuna boats: mix 4 oz. tuna (P) with 2 Tbsp. unrefined mayo (F). Spread mixture in 2 cups celery sticks (C).

SNACK

1 chicken jerky stick (P) + 8 rice crackers (C) topped with 2 oz. cheese (F).

DINNER

4 oz. turkey burger (P) crumbled over 2 cups salad greens (C) dressed in 1 Tbsp. olive oil (F) and 1-2 Tbsp. sunflower seeds sprinkled on top (F). Serve with ½ cup pineapple (C).

BEDTIME SNACK

½ cup peaches (C) + ½ cup coconut milk (F) mixed together.

DAY 11

BREAKFAST

1 cup full fat cottage cheese **(P + F)** with ½ cup strawberries **(C)** and ¼ cup nuts **(F)**.

SNACK

1 chicken jerky stick **(P)** + 2 Tbsp. sunflower seeds **(F)** + ½ cup peaches **(C)**.

LUNCH

3 slices nitrate-free ham **(P)** with 1 hard boiled egg **(P)**, ½ cup tomatoes **(C)**, and ½ avocado **(F)** served over 2 cups salad greens **(C)**.

SNACK

½ scoop [protein powder](#) **(P)** + 2 Tbsp. nut butter **(F)** mixed together and spread on ½ banana **(C)**.

DINNER

4 oz. salmon **(P)** with ½ cup sweet potato **(C)** and 1-2 cups cauliflower **(C)** with 1-2 Tbsp. ghee or coconut oil melted on top **(F)**.

BEDTIME SNACK

½ cup pears **(C)** cooked in 2 Tbsp. coconut oil **(F)** with cinnamon on top (Bonus).

DAY 12

BREAKFAST

1-2 chicken sausages (about 2 oz. each) **(P)** with 1 cup cabbage **(C)** sautéed in 1-2 Tbsp. coconut oil **(F)**. Serve with ½ cup strawberries **(C)**.

SNACK

½ scoop [protein powder](#) **(P)** + 2 Tbsp. heavy cream **(F)** + ½ cup peaches **(C)** blended together.

LUNCH

4-5 slices nitrate-free turkey **(P)** with 2 oz. cheese **(F)** on top of 8 rice crackers **(C)**. Serve with 1 cup carrots + 2 tbsp. hummus on the side **(C)**.

SNACK

1 hard boiled egg **(P)** + 10 olives **(F)** + ½ cup peppers **(C)** mixed together.

DINNER

4 oz. shrimp **(P)** with 1-2 cups broccoli **(C)** and ½ cup sweet potato **(C)** with 2 Tbsp. butter melted on top **(F)**.

BEDTIME SNACK

1 kiwi **(C)** + 1-2 Tbsp. coconut oil **(F)** melted in 8 oz. herbal tea. (Bonus)

DAY 13

BREAKFAST

2-3 poached eggs **(P)** with ¼ cup tomatoes **(C)**, ¼ cup black beans **(C)**, and ½ avocado on the side **(F)**. Serve with 1 small peach **(C)**.

SNACK

½ cup full fat cottage cheese **(P + F)** + 1 cup celery sticks **(C)** for dipping.

LUNCH

4 oz. chicken breast **(P)** over 2 cups greens **(C)** with ½ cup blueberries **(C)**, 1 oz cheese **(F)**, and a small handful of nuts **(F)** with 1 Tbsp. olive oil drizzled on top **(F)**.

SNACK

1-2 nitrate-free deli ham slices **(P)** + 1 Tbsp. unrefined mayo **(F)** wrapped together + ½ cup blueberries **(C)** on the side.

DINNER

Kabobs made with 4 oz. shrimp **(P)**, 1 cup peppers **(C)**, ½ cup onion **(C)**, and ½ cup pineapple **(C)** dipped in coconut aminos. Serve with 2 oz. cheese on the side **(F)**.

BEDTIME SNACK

½ cup pears **(C)** + ¼ cup nuts **(F)**.

DAY 14

BREAKFAST

2 fried eggs **(P)** cooked with 2 slices of nitrate-free bacon **(P)** in 1-2 Tbsp. bacon grease **(F)**. Serve with ½ cup strawberries on the side **(C)**.

SNACK

1-2 oz. chicken **(P)** + 1-2 Tbsp. unrefined mayo **(F)** + 1 cup chopped spinach **(C)** mixed together.

LUNCH

½ cup full fat cottage cheese **(P + F)** over 1 cup salad greens **(C)** with ½ cup tomatoes **(C)** and 1 Tbsp. sunflower seeds **(F)**.

SNACK

1 hard boiled egg **(P)** + 10 olives **(F)** + ½ cup peppers **(C)** mixed together.

DINNER

4 oz. salmon **(P)** with 1 Tbsp. olive oil drizzled on top **(F)**. Serve with 2 cups broccoli **(C)** topped with 1 Tbsp. butter **(F)**.

BEDTIME SNACK

½ cup blueberries **(C)** + ¼ cup coconut milk **(F)**.

DAY 15**BREAKFAST**

Egg salad: mix 2-3 hard boiled eggs **(P)** with 2 Tbsp. unrefined mayo **(F)**, ½ cup celery **(C)** and ½ cup onion **(C)**, relish, and dill. Serve over 1-2 cups salad greens **(C)**.

SNACK

1-2 nitrate-free ham deli slices **(P)** + 1 oz. cheese **(F)** + 1 small peach **(C)**.

LUNCH

4 oz. chicken **(P)** mixed with 1-2 cups zucchini **(C)**, ½ cup marinara sauce **(C)**, and 2 oz. Parmesan cheese **(F)**.

SNACK

½ scoop [protein powder](#) **(P)** + 2 Tbsp. nut butter **(F)** mixed together + 1 cup celery sticks **(C)** for dipping.

DINNER

4 oz. shrimp **(P)** with ½ cup spaghetti squash **(C)**, 1 cup spinach **(C)**, and 1 cup broccoli **(C)** with 1-2 Tbsp. coconut oil or butter on top **(F)**.

BEDTIME SNACK

½ banana **(C)** + ½ ripe avocado **(F)** + 1 Tbsp. cocoa powder (Bonus) blended together.

DAY 16**BREAKFAST**

Strawberry cream shake: 1 scoop [protein powder](#) **(P)**, ¼ cup heavy cream **(F)**, with ½ cup strawberries **(C)** and 1 cup spinach **(C)**.

SNACK

1 chicken jerky stick **(P)** + ¼ cup nuts **(F)** + 1 small pear **(C)**.

LUNCH

4-5 oz. grilled salmon **(P)** with 1 cup zucchini **(C)** and 1 cup mushrooms **(C)** sautéed in 2 Tbsp. coconut oil **(F)**.

SNACK

½ cup full fat cottage cheese **(P+F)** + ¼ cup raspberries **(C)** mixed together.

DINNER

Fajitas bowls with 4 oz. steak **(P)** 2 cups peppers **(C)**, ½ cup onion **(C)**, and ¼ cup salsa **(C)** over 1 cup spinach **(C)**. Serve with 2 Tbsp. guacamole **(F)**.

BEDTIME SNACK

6-8 rice crackers **(C)** + ½ avocado **(F)**.

DAY 17

BREAKFAST

2 hard boiled eggs **(P)** mixed with ½ avocado **(F)**. Serve with ½ cup blueberries **(C)**.

SNACK.

1-2 nitrate-free deli turkey slices **(P)** + 2 oz. cheese **(F)** + ½ cup strawberries **(C)**.

LUNCH

4 oz. chicken **(P)** mixed with 2 Tbsp. unrefined mayo **(F)**, ½ cup grapes **(C)**, ½ cup celery **(C)**, and 2 Tbsp. nuts **(F)**. Serve in a lettuce wrap **(C)**.

SNACK

1-2 oz. tuna **(P)** mixed with 1-2 Tbsp. unrefined mayo **(F)** + ½ cup celery sticks **(C)** for dipping.

DINNER

4 oz. turkey burger **(P)** with ½ cup sweet potato **(C)** and 2 cups green beans **(C)** sautéed in 1 Tbsp. ghee or coconut oil **(F)**.

BEDTIME SNACK

1 cup broccoli **(C)** + 2 Tbsp. unrefined ranch **(F)**.

DAY 18

BREAKFAST

Sauté 4-5 chopped slices of nitrate-free deli turkey **(P)** in 2 Tbsp. coconut oil **(F)**. Add ½ cup onion **(C)**, ½ sweet potato shredded **(C)**, and 1 cup asparagus **(C)**.

SNACK

½ cup full fat Greek yogurt **(P + F)** + ¼ banana **(C)** + 1 scoop Chocolate [Dynamic Greens](#) (Bonus!).

LUNCH

4 oz. baked chicken **(P)** with 1 oz. cheese **(F)** melted on top. Serve with 1 cup green beans **(C)** and ½ cup spaghetti squash **(C)** topped with 1 Tbsp. butter over each **(F)**.

SNACK

1 hard boiled egg **(P)** + 2 Tbsp. unrefined mayo **(F)** + ½ cup peppers **(C)** mixed together.

DINNER

BBQ Meatballs made with 4 oz. of beef **(P)**, and 1-2 Tbsp. barbecue sauce **(C)**. Serve with ½ cup sweet potato **(C)** and 1 cup broccoli **(C)** with 2 Tbsp. butter on top **(F)**.

BEDTIME SNACK

1 small peach **(C)** + 10 olives **(F)**.

DAY 19

BREAKFAST

2-3 soft boiled eggs (P) over 2 cups salad greens (C) with 1-2 Tbsp. olive oil drizzled on top (F).

SNACK

½ scoop protein powder (P) + 2 Tbsp. nut butter (F) mixed together + 1 small pear (C) for dipping.

LUNCH

4-5 slices nitrate-free turkey (P) with 2 oz. cheese (F) on top of 8 rice crackers (C). Serve with 1-2 cups greens beans on the side (C).

SNACK

1 chicken jerky stick (P) + 2 Tbsp. guacamole (F) + 1 cup broccoli (C) for dipping.

DINNER

4 oz. chicken (P) with ½ cup spaghetti squash (C) and 1-2 cups broccoli (C) cooked in 1 Tbsp. butter (F). Sprinkle 1oz. cheese (F) and 1 Tbsp. sunflower seeds on top (F).

BEDTIME SNACK

½ cup raspberries (C) + 1 oz. cheese (F).

DAY 20

BREAKFAST

2 fried eggs (P) with 2 Tbsp. nut butter (F) and ½ banana (C).

SNACK

2 slices nitrate-free deli ham (P) + ¼ cup nuts (F) + ½ cup strawberries (C).

SNACK

1-2 oz. chicken (P) + ½ cup spaghetti squash (C) + 1 Tbsp. butter (F) melted on top.

SNACK

1 hard boiled egg (P) + ¼ cup nuts (F) + a small peach (C).

DINNER

4 oz. steak (P) with 1 Tbsp. butter melted on top (F). Serve with ½ cup green beans, ½ cup peppers and ½ cup mushrooms (C) sautéed in 2 Tbsp. butter or coconut oil (F).

BEDTIME SNACK

½ cup blueberries (C) + ¼ cup nuts (F).

DAY 21

BREAKFAST

Breakfast burrito made with 2 eggs **(P)** and 1 chicken sausage **(P)** with 1 cup spinach **(C)**, ½ cup peppers **(C)**, and 1 oz. cheese **(F)**. Serve with ¼ avocado **(F)** and 2 Tbsp. salsa on the side **(C)**.

SNACK

½ cup full fat cottage cheese **(P + F)** + ½ cup raspberries **(C)** + ¼ cup nuts **(F)**.

LUNCH

4 oz. steak **(P)** served with ½ cup mushrooms **(C)** and 1½ cups asparagus **(C)** with 2 Tbsp. olive oil drizzled on top **(F)**.

SNACK

1-2 oz. chicken **(P)** + 1 Tbsp. unrefined mayo **(F)** + ½ cup grapes **(C)** mixed together.

DINNER

Tuna salad: mix 4 oz. tuna **(P)** with 2 Tbsp. unrefined mayo **(F)** and ¼ cup of chopped celery **(C)**. Serve with ½ cup strawberries **(C)**.

BEDTIME SNACK

½ cup raspberries **(C)** + ¼ cup heavy cream **(F)** + 1 scoop Berry [Dynamic Greens](#) (Bonus!) blended together.

DAY 22

BREAKFAST

1-2 chicken sausages (about 2 oz. each) **(P)** with ½ cup squash and ½ cup Brussels sprouts **(C)** with 1 Tbsp. butter melted on top **(F)**. Serve with 8 oz. coffee with 1 Tbsp. butter blended in **(F)**.

SNACK

1 hard boiled egg **(P)** + 1 Tbsp. unrefined mayo **(F)** + 1 cup chopped spinach **(C)** mixed together.

LUNCH

4 oz. shrimp **(P)** with ½ cup chopped peppers **(C)**, with ¼ of an avocado **(F)** in a lettuce wrap **(C)**. Serve with ½ cup sweet potato **(C)** with 1 Tbsp. butter melted on top **(F)**.

SNACK

2 slices chopped nitrate-free bacon **(P)** + ½ cup peppers sautéed in bacon grease **(F)**.

DINNER

Fiesta Salad made with 4 oz. steak **(P)** with ½ cup tomatoes **(C)** and ¼ cup peppers **(C)** over 1-2 cups kale **(C)**. Serve with 2 Tbsp. guacamole on top **(F)**.

BEDTIME SNACK

1 small diced apple **(C)** + 1 Tbsp. butter **(F)** sautéed together + ¼ cup nuts **(F)** on top.

DAY 23

BREAKFAST

4-5 slices nitrate-free deli ham **(P)** rolled up with ½ avocado **(F)** and a handful of spinach. Serve with a small apple **(C)**.

SNACK

2 slices chopped nitrate-free bacon **(P)** + ½ cup peppers **(C)** sautéed in bacon grease **(F)**.

LUNCH

4 oz. crumbled hamburger **(P)** over 1 cup salad greens **(C)**, ½ cup tomatoes **(C)**, ½ cup broccoli **(C)**, 1-2 oz. feta cheese **(F)** and 1 Tbsp. olive oil drizzled on top **(F)**.

SNACK

1 hard boiled egg **(P)** + ¼ cup coconut cream **(F)** mixed with ½ cup strawberries **(C)**.

DINNER

4-5 oz. cod **(P)** with 1 Tbsp. butter **(F)** and lemon juice on top (optional). Serve with 1 cup cauliflower **(C)** and 1 cup broccoli **(C)** sautéed in 1 Tbsp. butter **(F)**.

BEDTIME SNACK

½ pear **(C)** + 1 Tbsp. coconut oil **(F)** + ½ Tbsp. cinnamon (Bonus) sautéed together.

DAY 24

BREAKFAST

Sauté 4 slices chopped nitrate free deli ham **(P)** with ½ cup sweet potato **(C)**, ½ cup broccoli **(C)**, and ½ cup mushrooms **(C)**. Sprinkle 2 oz. cheese on top **(F)**.

SNACK

1-2 oz. chicken **(P)** + 1 Tbsp. olive oil **(F)** drizzled on top + ½ pear **(C)** on the side.

LUNCH

3 deviled eggs **(P + F)** with 1 cup green peppers **(C)** and ½ cup cucumbers **(C)** dipped in 2 Tbsp. hummus **(C)**.

SNACK

2 oz. cod **(P)** + 1 Tbsp. unrefined mayo **(F)** mixed together over 1 cup spinach **(C)**.

DINNER

4 oz. burger **(P)** topped with ¼ avocado **(F)** and 1 oz. feta cheese **(F)**. Serve with 2 cups asparagus **(C)** sprinkled with 1 oz. cheese **(F)**.

BEDTIME SNACK

½ a pear **(C)** + ¼ cup nuts **(F)**.

DAY 25

BREAKFAST

2-3 scrambled eggs **(P)** with 1 cup kale **(C)**, ½ cup tomatoes **(C)** and 2 oz. cheese **(F)**.

SNACK

1 beef jerky stick **(P)** + ½ banana **(C)** + 8 oz. tea (Bonus!) with 1 Tbsp. coconut oil **(F)** melted in.

LUNCH

Loaded potato: 4 oz. chicken **(P)** with ½ cup broccoli **(C)**, 2 Tbsp. full fat sour cream **(F)** and ½ cup mushrooms **(C)** in 1 small sweet potato (or half of a large) **(C)**.

SNACK

1-2 oz. canned salmon **(P)** mixed with 2 Tbsp. unrefined mayo **(F)** + ½ cup red peppers **(C)** for dipping.

DINNER

4 slices nitrate free deli turkey **(P)** + ½ cup mashed potatoes **(C)** + 1 Tbsp. butter **(F)**. Serve with 2 cups spinach **(C)** + 1-2 Tbsp. olive oil drizzled on top **(F)**.

BEDTIME SNACK

1 small apple **(C)** + 2 Tbsp. nut butter **(F)**.

DAY 26

BREAKFAST

Breakfast BLT salad: Place 4-5 cooked bacon strips **(P)** on 1 cup of spinach **(C)** with ½ cup tomatoes **(C)** and ½ chopped avocado **(F)**.

SNACK

1-2 nitrate-free turkey deli slices **(P)** + 2 oz. cheese **(F)** + ½ cup blueberries **(C)**.

LUNCH

4 oz. burger **(P)** with 1 oz. feta cheese on top **(F)** and 2 cups asparagus **(C)** with 2 Tbsp. melted butter **(F)**.

SNACK

1-2 nitrate-free slices deli ham **(P)** + 1 large pickle **(C)** + 2 Tbsp. cream cheese **(F)** wrapped together.

DINNER

6-8 medium sized shrimp **(P)** sautéed in 2 Tbsp. coconut oil **(F)** with 1 cup spinach **(C)** 1 cup broccoli **(C)** and ½ cup mushrooms **(C)**.

BEDTIME SNACK

¼ cup strawberries **(C)** + ¼ cup blueberries **(C)** + ¼ cup coconut cream **(F)** blended together.

DAY 27

BREAKFAST

Steak scramble: Sauté 4 oz. steak **(P)** with ½ cup spinach **(C)** ½ cup mushrooms **(C)** and ¼ cup peppers **(C)** in 1-2 Tbsp. ghee or coconut oil **(F)**.

SNACK

1 beef jerky stick **(P + F)** + ½ cup blueberries **(C)**.

LUNCH

2 chicken sausages **(P)** with ½ cup sweet potato wedges **(C)** and 1 cup kale **(C)** cooked in 2 Tbsp. coconut oil or butter **(F)**.

SNACK

1 hard boiled egg **(P)** + 1 Tbsp. unrefined mayo **(F)** + 1 cup chopped spinach **(C)** mixed together.

DINNER

4 oz. chicken **(P)** mixed with 2 Tbsp. unrefined mayo **(F)**, ½ cup apples **(C)** and ½ cup chopped pickles **(C)** over 2 cups salad greens **(C)**.

BEDTIME SNACK

½ a banana **(C)** + ¼ cup nuts **(F)**.

DAY 28

BREAKFAST

Protein shake: 1 scoop [protein powder](#) **(P)**, ½ banana **(C)**, ½ cup spinach **(C)**, 2 Tbsp. nut butter **(F)** and 1 cup unsweetened almond milk (Bonus!).

SNACK

1 beef jerky stick **(P)** + ½ banana **(C)** + 8 oz. tea (Bonus!) with 1 Tbsp. coconut oil **(F)** melted in.

LUNCH

2 chicken sausages **(P)** with ½ cup sweet potato wedges **(C)** on top. Serve with 1 cup peppers **(C)** dipped in 2 Tbsp. guacamole **(F)**.

SNACK

2 oz. canned salmon **(P)** mixed with 2 Tbsp. cream cheese **(F)** + ½ cup cucumber slices for dipping **(C)**.

DINNER

4 oz. steak **(P)** with ½ baked potato **(C)** with 1 Tbsp. full fat sour cream on top **(F)**. Serve with ½ cup mushrooms **(C)** and ½ cup cauliflower **(C)** with 1 Tbsp. melted butter on top **(F)**.

BEDTIME SNACK

½ cup sweet potato **(C)** sautéed in 1 Tbsp. coconut oil **(F)**.

DAY 29

BREAKFAST

Ham and cheese omelet with 2 eggs **(P)**, 2 slices nitrate-free deli ham **(P)**, 1 cup spinach **(C)** and 1-2 oz. goat cheese **(F)** cooked in 1 Tbsp. butter **(F)**.

SNACK

1 beef jerky stick **(P)** + 1 cup red peppers **(C)** dipped in 2 Tbsp. hummus **(C)** mixed with 1 Tbsp. olive oil **(F)**.

LUNCH

5 slices nitrate-free deli turkey **(P)** rolled up with 2 oz. cheese **(F)** and ½ cup chopped pickles **(C)**. Serve with ½ cup strawberries on the side **(C)**.

SNACK

2 slices, nitrate-free bacon **(P)** + ½ avocado **(F)** + 1 large tomato **(C)** + 1 large lettuce leaf **(C)** wrapped together.

DINNER

4 oz. burger **(P)** mixed with 2 Tbsp. bleu cheese **(F)**. Grilled and served with ½ potato **(C)** and 1-2 cups broccoli **(C)**.

BEDTIME SNACK

½ cup blueberries **(C)** + 2 Tbsp. heavy cream **(F)** on top.

DAY 30

BREAKFAST

2 chicken sausages **(P)** with a small apple **(C)** and ⅓ cup nuts **(F)**.

SNACK

1 beef jerky stick **(P)** + 2 Tbsp. nut butter **(F)** + 8 rice crackers **(C)** for dipping.

LUNCH

4 oz. tuna **(P)** mixed with 1 Tbsp. unrefined mayo **(F)**, ¼ cup celery **(C)**, and a chopped pickle, **(C)** and a splash of lemon juice. Serve in lettuce wraps **(C)** with ¼ avocado **(F)**.

SNACK4

2 nitrate-free slices deli ham **(P)** + 1 large pickle **(C)** + 2 Tbsp. cream cheese **(F)** wrapped together.

DINNER

4 oz. chicken **(P)** with 1-2 cups cauliflower **(C)** and ½ cup sweet potato **(C)** with 2 Tbsp. butter on top **(F)**.

BEDTIME SNACK

½ an apple **(C)** + sautéed in 1 Tbsp. coconut oil **(F)** with cinnamon (Bonus!) sprinkled on top.

DAY 31**BREAKFAST**

Breakfast Burrito: Roll up 4 oz. steak **(P)** ¼ cup onion **(C)**, ¼ cup peppers **(C)**, and 1 cup spinach **(C)** in a gluten free wrap **(C)**. Top with 2 Tbsp. full fat sour cream **(F)** and 1 Tbsp salsa **(C)**.

SNACK

2 slices nitrate-free roast beef **(P)** + 10 olives **(F)** + ½ cup carrots **(C)**.

LUNCH

Homemade Lunchables: 4-5 slices nitrate free deli ham **(F)** with 2 oz. cheese **(F)** and 8-10 rice crackers **(C)**. Serve with a small apple **(C)**.

SNACK

1 beef jerky stick **(P)** + ½ cup melon **(C)** + 1 oz. cheese **(F)**.

DINNER

Sausage skillet: 2 chicken sausages (about 2 oz. each) **(P)** sautéed in 2 Tbsp. coconut oil **(F)** with 1 cup broccoli **(C)**, 1 cup cauliflower **(C)** and ½ cup carrots **(C)**.

BEDTIME SNACK

1 clementine **(C)** + ¼ cup nuts **(F)**.

DAY 32**BREAKFAST**

Greek Yogurt Parfait: 1 cup plain Greek yogurt **(P + F)** with ½ cup blueberries **(C)** and 1 Tbsp. of chopped nuts **(F)**.

SNACK

2 oz. steak **(P)** + 1 Tbsp. olive oil **(F)** + 1 cup peppers **(C)** sautéed together.

LUNCH

3 hard boiled eggs **(P)** mixed with 1 Tbsp. unrefined mayo **(F)**, ¼ avocado **(F)**, ½ cup chopped broccoli **(C)** and ½ cup onion **(C)**.

SNACK

1 beef jerky stick **(P)** + 10 olives **(F)** + ½ cup tomatoes **(C)**.

DINNER

6-8 grilled medium-sized shrimp **(P)** with 2 cups asparagus **(C)** and ½ cup grilled pineapple **(C)**. Melt 1-2 Tbsp. ghee or butter **(F)** over the top.

BEDTIME SNACK

6-8 rice crackers **(C)** + 1-2 oz. cheese **(F)**.

DAY 33

BREAKFAST

4 slices of deli turkey meat (nitrate-free) **(P)** sautéed in 1-2 Tbsp. olive oil **(F)** with ½ cup onion **(C)**, ½ sweet potato **(C)**, and 1 cup asparagus **(C)**.

SNACK

1-2 oz. canned tuna or salmon **(P)** + ¼ avocado **(F)** + 1 cup spinach **(C)** sautéed in 1 Tbsp. coconut oil **(F)**.

LUNCH

1 cup full fat cottage cheese **(P + F)** with ½ cup roma tomatoes **(C)**, and ¼ nuts **(F)**.

SNACK

1 beef jerky stick **(P)** + ½ cup melon **(C)** + 1 oz. cheese **(F)**.

DINNER

½ sweet potato **(C)** filled with 4 oz. chicken **(P)** mixed with 1-2 Tbsp. unrefined mayo **(F)**. Serve with 1 cup broccoli **(C)** drizzled with 1 Tbsp. melted butter **(F)**.

BEDTIME SNACK

½ cup strawberries **(C)** + ¼ cup coconut milk **(F)**.

DAY 34

BREAKFAST

2 hard boiled eggs **(P)** with ½ avocado **(F)**. Serve with ½ cup pineapple **(C)** on the side.

SNACK

2 chicken sausages **(P)** + ¼ cup nuts **(F)** + clementine **(C)**.

LUNCH

4 oz. canned Alaskan salmon **(P)** mixed with 2 Tbsp. cream cheese **(F)** served with 1 cup peppers **(C)** for dipping and ½ cup blueberries **(C)** on the side.

SNACK

1 beef jerky stick **(P)** + 2 Tbsp. nut butter **(F)** + 1 small apple **(C)** for dipping.

DINNER

Fajitas: 4 oz. chorizo **(P)** with 1 cup peppers **(C)** and ½ cup onion **(C)**. Serve in a gluten free wrap **(C)** with 1 Tbsp. salsa **(C)** and 2 Tbsp. guacamole **(F)**.

BEDTIME SNACK

¼ cup strawberries **(C)** + ¼ cup blueberries **(C)** + ¼ cup coconut milk **(F)** blended together.

DAY 35

BREAKFAST

Omelet made with 2 eggs **(P)**, 1 cup chopped broccoli **(C)**, 1 cup spinach **(C)**, and 2 oz. cheese **(F)**.

SNACK

2 nitrate-free chicken sausages **(P)** + 1 cup celery sticks **(C)** dipped in 2 Tbsp. nut butter **(F)**.

LUNCH

4 oz. canned salmon **(P)** mixed with 2 Tbsp. cream cheese **(F)** served with 1 cup peppers **(C)** for dipping and ½ cup blueberries **(C)** on the side.

SNACK

½ cup full fat plain Greek yogurt **(P + F)** + ¼ cup strawberries **(C)** + ¼ cup nuts **(F)** mixed together.

DINNER

8 cooked shrimp **(P)** mixed with 2 Tbsp. unrefined mayo **(F)**, ½ cup red peppers **(C)**, and ¼ cup onion **(C)**. Place on top of a bed of spinach (1-2 cups) **(C)** and drizzle olive oil **(F)** on top.

BEDTIME SNACK

1 cup broccoli **(C)** + 1 Tbsp. butter **(F)** melted on top.

DAY 36

BREAKFAST

2 fried eggs **(P)** over 1 cup spinach **(C)** and ½ cup tomatoes **(C)** with ½ avocado **(F)** on top.

SNACK

½ cup full fat cottage cheese **(P + F)** + ½ apple **(C)** + cinnamon (Bonus!).

LUNCH

Egg salad wrap: 2 hard boiled eggs **(P)** mixed with 2 Tbsp. unrefined mayo **(F)**, ¼ cup chopped celery **(C)** ¼ cup tomatoes **(C)**, and ¼ cup onion **(C)** in a GF wrap **(C)**.

SNACK

2 slices nitrate-free deli ham **(P)** + 1 cup broccoli **(C)** dipped in 2 Tbsp. unrefined ranch **(F)**.

DINNER

Stir fry made with 4 oz. steak **(P)** in 2 Tbsp. coconut oil **(F)** with 2 cups mixed cauliflower & carrots **(C)**. Season with coconut aminos.

BEDTIME SNACK

½ cup strawberries **(C)** mixed with ¼ cup coconut milk **(F)**.

DAY 37

BREAKFAST

2 soft boiled eggs (P) served with 2 Tbsp. nut butter (F) and ½ banana (C).

SNACK

2 oz. steak (P) + 10 olives (F) + ½ banana (C).

LUNCH

Shrimp Cobb Salad: 5 large shrimp, 1 sliced hard boiled egg (P) topped with ¼ cup chopped red bell pepper (C), ¼ cup chopped avocado and 2 Tbsp. olive oil (F), served over 2 cups arugula (C) with ¼ cup melon on the side (C).

SNACK

1 chicken jerky stick (P) + 2 Tbsp. nut butter (F) + 1 cup celery sticks for dipping (C).

DINNER

4 oz. chicken (P) with 1–2 cups cauliflower (C) and ½ cup sweet potato (C) with 2 Tbsp. butter on top (F).

BEDTIME SNACK

½ cup strawberries (C) + ¼ cup coconut milk (F) + 1 scoop Berry [Dynamic Greens](#) (Bonus!) blended together.

DAY 38

BREAKFAST

4 slices of nitrate-free deli ham (P) sautéed in 1 Tbsp. ghee (F) with ½ cup onion (C), ½ sweet potato (C), and 1 cup broccoli (C).

SNACK

2 oz. chicken (P) + ½ avocado (F) mixed together + 1 clementine (C).

LUNCH

Egg salad wrap: 2 hard boiled eggs (P) mixed with 2 Tbsp. unrefined mayo (F), ¼ cup chopped celery (C) ¼ cup tomatoes (C), and ¼ cup onion (C) in a GF wrap (C).

SNACK

2 oz. steak (P) + 1 cup spinach (C) cooked in 1 Tbsp. butter (F).

DINNER

Sausage skillet: 2 chicken sausages (about 2 oz. each) (P) sautéed in 2 Tbsp. coconut oil (F) with 1 cup broccoli (C), 1 cup cauliflower (C) and ½ cup carrots (C).

BEDTIME SNACK

½ cup blueberries (C) + ¼ cup coconut milk (F) on top.

DAY 39

BREAKFAST

1 cup full fat cottage cheese **(P + F)** with ½ cup pineapple **(C)** and a small handful of nuts **(F)**.

SNACK

1 chicken jerky stick **(P)** + ½ an apple **(C)** mixed with 2 Tbsp. nut butter **(F)**.

LUNCH

5 slices nitrate-free deli turkey **(P)** rolled up with ½ avocado **(F)**. Serve with 2 cups cooked broccoli on the side **(C)**.

SNACK

2 oz. nitrate free deli ham **(P)** + 1 oz. cheese **(F)** + ½ a banana on the side **(C)**.

DINNER

Fajitas: 4 oz. chorizo **(P)** with 1 cup peppers **(C)** and ½ cup onion **(C)**. Serve in a glutenfree wrap **(C)** with 1 Tbsp. salsa **(C)** and 2 Tbsp. guacamole **(F)**.

BEDTIME SNACK

½ a banana **(C)** + 1 Tbsp. nut butter **(F)**.

DAY 40

BREAKFAST

4 slices of deli turkey **(P)** wrapped up with 2 oz. cheese **(F)** with ½ cup melon on the side **(C)**.

SNACK

½ cup full fat plain Greek yogurt **(P + F)** + ¼ cup strawberries **(C)** + ¼ cup chopped nuts **(F)** mixed together.

LUNCH

Salad made with 2 hard boiled eggs **(P)**, 2 slices nitrate-free ham **(P)**, ½ cup peppers **(C)**, ½ cup tomatoes **(C)**, and 5 olives **(F)**. Serve over 1 cup spinach **(C)** and drizzle 1-2 tbsp. olive oil **(F)** on top.

SNACK

2 oz. steak **(P)** + 1 cup cauliflower **(C)** sautéed in 1 Tbsp. butter **(F)**.

DINNER

6-8 grilled medium-sized shrimp **(P)** with 2 cups asparagus **(C)** and ½ cup grilled pineapple **(C)**. Melt 2 Tbsp. ghee or butter **(F)** over the top.

BEDTIME SNACK

½ cup carrot sticks **(C)** + 2 Tbsp. guacamole **(F)**.

DAY 41

BREAKFAST

2 eggs **(P)** scrambled with ½ cup peas **(C)** and 1 cup chopped peppers **(C)** with 2 oz. cheese **(F)**.

SNACK

½ cup full fat cottage cheese **(P + F)** + ¼ cup melon **(C)**.

LUNCH

5 slices nitrate-free deli ham **(P)** rolled around 2 large pickles **(C)** with 2 Tbsp. cream cheese **(F)**. Serve with ½ cup carrots **(C)** dipped in 2 Tbsp. hummus **(C)** on the side.

SNACK

2 slices nitrate-free turkey **(P)** + ¼ cup nuts **(F)** + ½ cup strawberries **(C)**.

DINNER

Stuffed sweet potatoes: 1 small sweet potato **(C)** cooked and filled with 4 oz. shredded chicken **(P)**, 1 cup spinach **(C)**, ½ cup broccoli **(C)**, ½ cup onion **(C)** and 2 oz. cheese **(F)** melted on top.

BEDTIME SNACK

½ cup blueberries **(C)** + 1 oz. dark chocolate **(F)**.

DAY 42

BREAKFAST

4 oz. chicken **(P)** mixed with ½ avocado **(F)**. Serve with a clementine **(C)** on the side.

SNACK

½ scoop [protein powder](#) **(P)** + ½ avocado **(F)** + ½ cup strawberries **(C)** + ½ cup almond milk (Bonus!) blended together.

LUNCH

2 chicken sausages **(P)** sautéed with ½ cup sweet potatoes **(C)**, 1 cup peppers **(C)**, 1 cup spinach **(C)**, and ¼ cup onion **(C)** in 2 Tbsp. ghee **(F)**.

SNACK

1 chicken jerky stick **(P)** + 2 Tbsp. nut butter **(F)** + 1 cup celery sticks for dipping **(C)**.

DINNER

Egg salad: Mix 2 hard boiled eggs **(P)** with ½ avocado **(F)** and place on top of 2 cups spinach **(C)**. Drizzle olive oil **(F)** on top.

BEDTIME SNACK

½ cup blueberries **(C)** + ¼ cup coconut milk **(F)** on top.

DAY 43

BREAKFAST

2 fried eggs (P) cooked in 1 Tbsp. butter (F). Serve with 1 cup broccoli (C) and ½ cup squash (C) cooked in 1 Tbsp. butter (F).

SNACK

1 beef stick (P) + 2 Tbsp. nut butter (F) + 1 small apple (C) for dipping.

LUNCH

4 oz. grilled fish (P) on top of 2 cups sautéed spinach (C) with a squeeze of lemon, 1 Tbsp. nuts (F), and 1 Tbsp. olive oil (F) drizzled on top.

SNACK

2 nitrate-free ham deli slices (P) + 1 oz. cheese (F) + ½ cup sliced cucumbers (C) wrapped together.

DINNER

Tacos made with 5 oz. of ground beef (P), 1-2 Tbsp chopped nuts (F), ½ cup tomato (C) and ½ of an avocado, sliced (F). Place mixture on romaine lettuce leaves to serve.

BEDTIME SNACK

½ cup peppers (C) + 10 olives (F).

DAY 44

BREAKFAST

2-3 poached eggs (P) with 1 cup asparagus (C) and ½ cup potatoes (C) cooked in 2 Tbsp. butter (F).

SNACK

½ scoop [protein powder](#) (P) + 1 Tbsp. coconut oil (F) + ½ cup blueberries (C) + ½ cup spinach (C) + water blended together.

LUNCH

Taco bowl: 4 oz. hamburger (P) with 1 cup spinach (C), ½ cup tomatoes (C), ½ cup peppers (C), ½ cup black beans (C) and ½ an avocado (F) on top.

SNACK

2 oz. canned salmon (P) + 1 Tbsp. cream cheese (F) mixed together and serve on top of 1 cup cucumber slices (C).

DINNER

4 oz. pork chops (P) with 2 cups green beans (C) and ½ baked potato (C) with 1 Tbsp. butter (F) and 1 Tbsp. full fat sour cream (F) on top.

BEDTIME SNACK

1 small diced apple (C) + 1 Tbsp. cream cheese (F) spread on top.

DAY 45

BREAKFAST

2 eggs **(P)** cooked with 2 strips of nitrate free bacon **(P)** in bacon drippings **(F)** with ½ cup sweet potato **(C)**.

SNACK

1 beef stick **(P)** + 2 Tbsp. nuts **(F)** + ½ cup raspberries **(C)**.

LUNCH

4 oz. pork chop **(P)** with ½ cup blackbeans **(C)** and 1 cup peppers **(C)** with 1 Tbsp. butter **(F)** melted on top.

SNACK

2 nitrate-free roast beef slices **(P)** + 1 Tbsp. cream cheese **(F)** + ½ cup sliced cucumbers **(C)** wrapped together.

DINNER

Coconut curry chicken: 4 oz. chicken **(P)** with ½ cup full fat coconut milk **(F)** and 1 Tbsp. curry powder. Serve with 2 cups mixed vegetables of your choice **(C)**.

BEDTIME SNACK

1 cup celery sticks **(C)** + 2 Tbsp. nut butter **(F)**.

DAY 46

BREAKFAST

Omelet made with 2 eggs **(P)**, 1 cup broccoli **(C)**, ½ cup tomatoes **(C)**, and 1 oz. cheese **(F)**.

SNACK

½ cup full fat cottage cheese **(P + F)** + ¼ cup blueberries **(C)** + 1 Tbsp nuts **(F)** sprinkled on top.

LUNCH

Salad made with 4 oz. chicken **(P)**, 1 cup chopped romaine lettuce **(C)**, ½ cup broccoli **(C)**, ½ cup cucumbers **(C)**, and 2 oz. cheese **(F)**. Drizzle olive oil **(F)** on top.

SNACK

½ scoop [protein powder](#) **(P)** + ⅓ cup coconut milk **(F)** + ¼ cup raspberries **(C)** mixed together.

DINNER

5 oz. grilled fish **(P)** with 1 cup asparagus **(C)** and ½ cup squash **(C)** with 2 Tbsp. butter **(F)** melted on top of everything.

BEDTIME SNACK

1 cup peppers **(C)** + ½ of an avocado, mashed with salt & pepper **(F)**.

DAY 47

BREAKFAST

2 eggs **(P)** scrambled with ¼ cup full fat cottage cheese **(P + F)** and 1 cup spinach **(C)**.

SNACK

½ scoop [protein powder](#) **(P)** + ¼ cup full fat coconut milk **(F)** + ½ cup raspberries **(C)** + 1 scoop Berry [Dynamic Greens](#) (Bonus!) blended together.

LUNCH

4 oz. burger **(P)** with ½ cup sliced sweet potato **(C)** and 1 cup green beans **(C)** sautéed in 1 Tbsp. butter **(F)**.

SNACK

2 slices nitrate-free roast beef **(P)** + 1 oz. cheese **(F)** + 1 large lettuce leaf **(C)** wrapped together.

DINNER

4 oz. fish **(P)** cooked in 2 Tbsp. coconut oil **(F)**. Serve with ½ cup of mashed sweet potato **(C)** and 1 Tbsp. coconut milk **(F)** mixture (place peeled, baked sweet potato in a food processor with ¼ cup coconut milk and ½ teaspoon of ground ginger and process on high until smooth).

BEDTIME SNACK

1 cup peppers **(C)** + ¼ of a mashed avocado seasoned with salt & pepper **(F)**.

DAY 48

BREAKFAST

2 hard boiled eggs **(P)** mixed with 2 Tbsp. unrefined mayo **(F)** and mustard. Serve with ½ cup raspberries **(C)**.

SNACK

2 nitrate-free roast beef deli slices **(P)** + ½ avocado **(F)** + ½ cup sliced cucumbers **(C)** wrapped together.

LUNCH

4 oz. canned salmon **(P)** mixed with 2 Tbsp. cream cheese **(F)** spread over 1 cup celery sticks **(C)**.

SNACK

½ cup full fat cottage cheese **(P + F)** + ¼ cup blueberries **(C)**.

DINNER

4 oz. chicken **(P)** over 2 cups spinach **(C)** with ½ cup black beans **(C)** and 1 oz. cheese **(F)** and ½ mashed avocado **(F)** on top.

BEDTIME SNACK

1 small apple **(C)** + 2 Tbsp. nut butter **(F)**.

DAY 49

BREAKFAST

Berry protein shake with 1 scoop [protein powder](#) (P), ¼ cup blueberries (C), ¼ cup raspberries (C), ½ cup spinach (C) and ¼ cup full fat coconut milk (F).

SNACK

1 beef jerky stick (P) + 2 Tbsp. nut butter (F) + 1 cup celery (C) for dipping.

LUNCH

4 oz. grilled fish (P) on top of 2 cups sautéed spinach (C) with a squeeze of lemon, 1 Tbsp. nuts (F), and 1 Tbsp. olive oil (F) drizzled on top.

SNACK

2 oz canned salmon (P) mixed with 2 Tbsp. cream cheese (F) + ½ cup cucumber slices (C) for dipping.

DINNER

Breakfast Skillet: 2 eggs (P) scrambled with 2 slices nitrate-free bacon (P), 1 cup peppers (C), ½ cup sweet potato slices (C), and ½ cup asparagus (C). Sprinkle 2 oz. cheese on top (F).

BEDTIME SNACK

½ cup blueberries (C) + ¼ cup nuts (F).

DAY 50

BREAKFAST

Pancakes made with 2 eggs (P) and ½ mashed banana (C) cooked in 1 Tbsp. coconut oil (F). Serve with ¼ cup blueberries (C) sprinkled on top.

SNACK

1 beef jerky stick (P) + 2 Tbsp. nut butter (F) + 1 small apple (C) for dipping.

LUNCH

4 slices nitrate-free roast beef deli meat (P) rolled up with ½ an avocado (F) and 2 pickles (C).

SNACK

1-2 oz canned salmon (P) + 2 Tbsp. cream cheese (F) + 1 cup celery sticks (C) for dipping.

DINNER

4 oz. chicken (P) + ½ mashed sweet potato (C) and 1 cup broccoli (C) cooked in 2 Tbsp. butter (F).

BEDTIME SNACK

½ of a banana (C) + 2 Tbsp. nut butter (F).

Grocery List (Days 1-7)

Proteins

- 12 eggs
- 5 chicken jerky sticks
- 15 oz. chicken breasts
- 4 oz. ground beef
- 4 oz. steak
- 2 scoops [protein powder](#)
- 7 slices nitrate-free roast beef
- 10 slices nitrate-free deli turkey
- 8 oz. cod
- 8 oz. tuna
- 4 oz. crab meat

Fats

- 5 tbsp nut butter (ingredients: nuts, salt)
- 9 tbsp. unrefined mayo
- 1 avocado
- 1 ¼ cup. nuts (ingredients: nuts, salt)
- 9 tbsp. butter or ghee
- 11 oz. cheese
- 1 ¼ cup full fat coconut milk
- 4 tbsp. cream cheese
- 2 tbsp. coconut oil
- 4 tbsp. guacamole
- 3 tbsp. expeller pressed olive oil
- 1 tbsp. sunflower seeds
- 2 tbsp. dark chocolate
- 10 olives

Carbohydrates

- 2 bananas
- 1 ½ cups Roma tomatoes
- 6 cups broccoli
- 1 ¼ cups raspberries
- 1 kiwi
- ¾ cup spaghetti squash
- ¼ cup marinara sauce
- 1 cup blueberries
- 3 ½ cups spinach
- 1 cup cucumbers
- 4 cups carrots
- 5 tbsp. hummus
- 2 pickles
- 3 apples
- 2 cups sweet potato
- 1 ¾ cups onion
- 6 cups salad greens
- 1 cup strawberries
- 3 cups cauliflower
- 1 ¼ cups peppers
- 2 cups celery
- 1 clementine
- ½ grapefruit
- 1 bag frozen mixed veggies

Bonus items for the week:

- Balsamic vinegar
- Berry [Dynamic Fruits & Greens](#)
- Cinnamon

Grocery List (Days 8-14)

Proteins

- 11 eggs
- 10 strips nitrate-free bacon
- 8 oz. chicken
- 2½ scoops [protein powder](#)
- 4 oz. ground beef
- 2 slices nitrate-free roast beef
- 5 slices nitrate-free deli turkey
- 4 oz. cod
- 7 slices nitrate-free deli ham
- 4 oz. tuna
- 2 chicken jerky sticks
- 4 oz turkey burger
- 2 cups full fat cottage cheese
- 8 oz. salmon
- 2 chicken sausages
- 8 oz. shrimp

Fats

- 1½ avocado
- 7 tbsp. unrefined mayo
- 1¾ cup full fat coconut milk
- 10 oz. cheese
- 4 tbsp. butter
- 1¼ cup nuts
(ingredients: nuts, salt)
- 2 tbsp. guacamole
- 8 tbsp. coconut oil
- 3 tbsp. nut butter
(ingredients: nuts, salt)
- 2 tbsp. sour cream
- 3 tbsp. expeller pressed olive oil
- 5 tbsp. sunflower seeds
- 2 tbsp. heavy cream
- 20 olives

Carbohydrates

- 7 cups broccoli
- 1½ cup sweet potatoes
- 2 kiwis
- 1½ cups diced onion
- 4½ cups celery
- 3 cups bell pepper
- 2½ cups carrots
- 2 cups blueberries
- ¾ cup spaghetti squash
- ¼ cup marinara sauce
- 2 bananas
- 3 cups spinach
- 16 rice crackers
- 2 cups cabbage
- 2 cups strawberries
- 2½ pears
- 3 tbsp. hummus
- ½ cup black beans
- 7 cups salad greens
- 3 peaches
- 1¼ cup tomatoes
- 2 cups cauliflower
- 1 cup pineapple

Bonus items for the week:

- Herbal tea
- Chocolate [Dynamic Fruits & Greens](#)
- Cinnamon
- Coconut aminos

Grocery List (Days 15-21)

Proteins

- 12 eggs
- 2 slices nitrate-free deli ham
- 12 slices nitrate-free deli turkey
- 20 oz. chicken
- 2 scoops [protein powder](#)
- 4 oz. shrimp
- 2 chicken jerky sticks
- 5 oz. grilled salmon
- 1 cup cottage cheese
- 8 oz. steak
- 6 oz. tuna
- 4 oz. turkey burger
- ½ cup full fat Greek yogurt
- 4 oz. ground beef
- 1 chicken sausage

Fats

- 11 tbsp. unrefined mayo
- 9 oz. cheese
- 2 oz. Parmesan cheese
- 6 tbsp. nut butter
(ingredients: nuts, salt)
- 9 tbsp. butter
- 1¾ avocado
- ½ cup heavy cream
- 1½ cup nuts
(ingredients: nuts, salt)
- 4 tbsp. guacamole
- 7 tbsp. coconut oil
- 2 tbsp. unrefined ranch
- 10 olives
- 4 tbsp. expeller pressed olive oil
- 1 tbsp. sunflower seeds

Carbohydrates

- 2¾ cups celery
- 1½ cups onion
- 4 cups salad greens
- 3 peaches
- 3 cups zucchini
- ½ cup marinara sauce
- 2 cups spaghetti squash
- 4 cups spinach
- 6 cups broccoli
- 1½ banana
- 2 cups strawberries
- 2 pears
- 2 cups mushrooms
- 1¾ cup raspberries
- 16 rice crackers
- 3½ cups peppers
- ½ cup salsa
- ¾ cup blueberries
- 1 cup grapes
- lettuce (for wraps)
- 1½ cups sweet potato
- 5½ cups green beans
- 2½ cups asparagus

Bonus items for the week:

- Cocoa powder
- Berry [Dynamic Fruits & Greens](#)
- Chocolate [Dynamic Fruits & Greens](#)
- Dill

Grocery List (Days 22-28)

Proteins

- 6 chicken sausages
- 13 oz. chicken
- 11 slices nitrate-free bacon
- 11 slices nitrate-free deli ham
- 6 slices nitrate-free deli turkey
- 9 eggs
- 8 oz. shrimp
- 12 oz. steak
- 12 oz. ground beef
- 7 oz. cod
- 3 beef jerky sticks
- 4 oz. canned salmon
- 1 scoop [protein powder](#)

Fats

- 10 tbsp. butter
- 7 tbsp. unrefined mayo
- 1 avocado
- 4 tbsp. guacamole
- $\frac{3}{4}$ cup nuts
(ingredients: nuts, salt)
- 4 oz. feta cheese
- 4 tbsp. expeller pressed olive oil
- $\frac{1}{2}$ cup coconut cream
- 10 tbsp. coconut oil
- 7 oz. cheese
- 3 tbsp. full fat sour cream
- 4 tbsp. nut butter
(ingredients: nuts, salt)
- 4 tbsp. cream cheese

Carbohydrates

- $\frac{1}{2}$ cup squash
- $\frac{1}{2}$ cup Brussels sprouts
- 8 cups spinach
- $4\frac{1}{2}$ cups chopped peppers
- lettuce (for wrapping)
- 3 cups sweet potato
- 2 cups tomatoes
- 3 cups kale
- 2 apples
- 3 cups salad greens
- $3\frac{1}{2}$ cups broccoli
- $\frac{3}{4}$ cup strawberries
- $1\frac{1}{2}$ cups cauliflower
- 3 cups mushrooms
- 1 pear
- 1 cup cucumber
- 2 tbsp. hummus
- 4 cups asparagus
- $1\frac{1}{2}$ bananas
- 2 potatoes
- $\frac{1}{4}$ cup blueberries
- 2 pickles

Bonus items for the week:

- Coffee
- Lemon juice (optional)
- Cinnamon
- tea
- Almond milk

Grocery List (Days 29-35)

Proteins

- 9 eggs
- 11 slices nitrate-free deli ham
- 5 beef jerky sticks
- 9 slices nitrate-free deli turkey
- 2 slices nitrate-free roast beef
- 4 oz. ground beef
- 2 pieces nitrate-free bacon
- 8 chicken sausages
- 6 oz. tuna
- 8 oz. chicken
- 6 oz. steak
- 1½ cups plain full fat Greek yogurt
- 16 grilled shrimp
- 1 cup full fat cottage cheese
- 8 oz. canned salmon
- 4 oz. chorizo

Fats

- 12 oz. cheese
- 7 tbsp. butter
- 4 tbsp. expeller pressed olive oil
- 8 tbsp. cream cheese
- 1¾ avocado
- 2 tbsp. heavy cream
- 1½ cup nuts
(ingredients: nuts, salt)
- 6 tbsp. nut butter
(ingredients: nuts, salt)
- 6 tbsp. unrefined mayo
- 3 tbsp. coconut oil
- 2 tbsp. sour cream
- 20 olives
- ½ cup coconut milk
- 2 tbsp. guacamole

Carbohydrates

- 7 cups spinach
- 6 cups red peppers
- 2¼ cups onion
- 2 tbsp. hummus
- 3 pickles
- 1½ cups strawberries
- 2 tomatoes
- lettuce leafs (wraps)
- 1 potato
- 6½ cups broccoli
- 1½ cups blueberries
- 4 apples
- 26 rice crackers
- 1¼ cup celery
- 3 cups cauliflower
- 1½ cups sweet potato
- Gluten free wraps
- ½ cup carrots
- 1 cup melon
- 2 clementines
- ¾ cup blueberries
- 3 cups asparagus
- 1 cup pineapple
- 1 tbsp. salsa

Bonus items for the week:

- Lemon juice
- Cinnamon

Grocery List (Days 36-42)

Proteins

- 15 eggs
- 1 cup full fat cottage cheese
- 15 slices nitrate-free deli ham
- 11 slices nitrate-free deli turkey
- 10 oz. steak
- 11-13 medium/large shrimp
- 3 chicken jerky sticks
- 14 oz. chicken
- 4 chicken sausages
- 4 oz. chorizo
- ½ cup full fat Greek yogurt
- ½ scoop [protein powder](#)

Fats

- 4¼ avocados
- 4 tbsp. unrefined mayo
- 2 tbsp. unrefined ranch
- 4 tbsp. coconut oil
- 11 tbsp. nut butter
(ingredients: nuts, salt)
- 15 olives
- 5 tbsp. expeller pressed olive oil
- 4 tbsp. butter
- 1 cup coconut milk
- 7 tbsp. ghee
- 1 cup nuts
(ingredients: nuts, salt)
- 8 oz. cheese
- 4 tbsp. guacamole
- 2 tbsp. cream cheese
- 1 oz. dark chocolate

Carbohydrates

- 7 cups spinach
- 2½ cups tomatoes
- 1 apple
- 3½ cups celery
- 2¼ cups onion
- 3 Gluten free wraps
- 5½ cups broccoli
- 5 cups cauliflower
- 2½ cups sweet potato
- 2½ cups carrots
- 3 cups strawberries
- 2 bananas
- 3¾ cups bell pepper
- 2 cups arugula
- 1½ cups melon
- 2 clementines
- 1 cup blueberries
- 1 cup pineapple
- 1 tbsp. salsa
- 2 cups asparagus
- 2 pickles
- 2 tbsp. hummus

Bonus items for the week:

- Coconut aminos
- Cinnamon
- Berry [Dynamic Fruits & Greens](#)
- Almond milk

Grocery List (Days 43-50)

Proteins

- 17 eggs
- 4 beef jerky sticks
- 4 oz grilled fish
- 4 slices nitrate-free deli ham
- 13 oz. ground beef
- 2½ scoops [protein powder](#)
- 10 oz. canned salmon
- 8 oz pork chops
- 8 nitrate-free roast beef slices
- 4 strips nitrate-free bacon
- 16 oz. chicken
- ¾ cup full fat cottage cheese
- 13 oz. grilled fish

Fats

- 10 tbsp. butter
- 12 tbsp. nut butter
(ingredients: nuts, salt)
- 8 oz. cheese
- 1¾ cups nuts
(ingredients: nuts, salt)
- 3¼ avocados
- 10 olives
- 4 tbsp. coconut oil
- 9 tbsp. cream cheese
- 1 tbsp. full fat sour cream
- 2¼ cups coconut milk
- 3 tbsp. expeller pressed olive oil
- ¼ cup full fat cottage cheese
- 2 tbsp. unrefined mayo

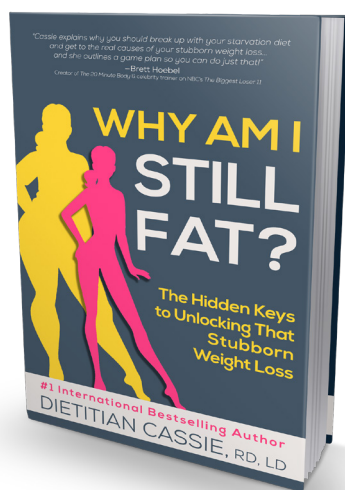
Carbohydrates

- 4½ cups broccoli
- 3½ cups squash
- 5 cups peppers
- 2 cups sweet potatoes
- 2 apples
- 6½ cups spinach
- 2¾ cups cucumbers
- 4 cups celery
- 1½ cups tomato
- Romaine lettuce
- 1½ cups asparagus
- 1 cup potatoes
- 2 cups blueberries
- 2 cups raspberries
- 1½ cups black beans
- 3 cups green beans
- 2 apples
- ½ cup cucumbers
- 2 cups mixed vegetables
- 1 banana
- 2 pickles

Bonus items for the week:

- Curry powder
- Ground ginger
- Berry [Dynamic Fruits & Greens](#)
- Lemon juice

Here are your next steps:



Get the Book! Unlock your metabolism's true power with the fourteen weight loss keys no one has told you about in my #1 International Bestselling book, ["Why Am I Still Fat? The Hidden Keys to Unlocking That Stubborn Weight Loss."](#)



Join the Club! The PFC Club Community is hopping right now! It's a place where you can get exclusive member-only content and connect with other PFC'ers AND gain access to our team of dedicated dietitians.



Get Top-Notch Supplements! Supplements can really help... and they can also really hurt. Not all supplements are created equal. That's why I took the initiative and created my own line of supplements that I have complete control over and you can trust! Wave goodbye to shady manufacturers and unethical labels. Verovive™ products are pharmaceutical-grade, which means they are regulated and made from only the finest ingredients. [Get yours here!](#)



Get Personal Coaching! Knowing what to eat and when can be tricky—and you don't have to do it alone! Individualized coaching will give you the clarity, confidence and capability of waking up every single day knowing exactly what to eat and when. [Click here to apply to our program](#) and get your personal dietitian coach along with your customized gameplan now!