

Breakfast (6 Options)

1. **Scrambled eggs with spinach and avocado** — cooked in olive oil, seasoned with herbs.
 2. **Chia pudding** — chia seeds soaked in coconut milk, topped with fresh berries and a sprinkle of cinnamon.
 3. **Vegetable omelet** — zucchini, mushrooms, and kale, cooked in coconut oil.
 4. **Smoothie** — spinach, cucumber, frozen berries, avocado, and coconut water.
 5. **Sweet potato hash with turkey sausage** — sautéed in olive oil with fresh herbs and zucchini.
 6. **Ground Turkey mixed with eggs** – cooked in beef tallow, seasoned with thyme, Italian herbs, salt, cayenne pepper, garlic and onion powder, ½ avocado on the side
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Lunch (6 Options)

1. **Grilled chicken salad** — mixed greens, cucumber, shredded carrots, and olive oil + lemon dressing.
 2. **Quinoa bowl with roasted vegetables** — zucchini, broccoli, carrots, and pumpkin seeds.
 3. **Baked salmon with steamed asparagus and roasted winter squash** — seasoned with herbs and olive oil.
 4. **Chicken lettuce wraps** — shredded chicken, shredded carrots, zucchini ribbons wrapped in romaine leaves.
 5. **Roasted veggie & avocado bowl** — roasted sweet potato, broccoli, zucchini, and shredded cabbage with olive oil drizzle.
 6. **Slow-cooked Beef-Brisket** — broccoli, beans, and butternut squash sauteed in olive oil or beef tallow
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Dinner (6 Options)

1. **Grilled grass-fed beef with sautéed green beans and roasted carrots** — olive oil and fresh herbs.
2. **Herb-baked chicken thighs with zucchini noodles and steamed kale** — cooked in coconut oil.
3. **Baked cod with steamed broccoli and roasted pumpkin or butternut squash** — lightly seasoned.
4. **Stir-fried shrimp with bok choy, snap peas, and garlic** — cooked in olive or butter
5. **Ground turkey stuffed zucchini boats** — filled with shredded carrots, mushrooms, and herbs, baked in the oven.
6. **Slow-cooked shredded beef with 2 eggs, Brussel Sprouts, Broccoli** — sauteed in beef tallow and ½ Avocado on the side

Feel free to combine any items from the shopping lists with each other, unless you are following the elimination diet.

If you're unsure how to season your food, simple staples like salt, pepper, garlic powder, and onion powder work well with almost every meal. For beef, rosemary, thyme, and oregano are excellent choices. Turkey pairs beautifully with thyme or Italian herbs. Fish generally requires minimal seasoning — for salmon, garlic and onion powder work well, while sea bass tastes great with just a little pepper, minimal salt, and garlic powder. A squeeze of lemon juice can enhance nearly any fish dish.

If your meal feels too small, add **protein** rather than extra carbs. While chia pudding or smoothies are tasty, they may leave you hungry soon after. Aim for every meal to contain **at least 30–50 grams of protein** and some healthy fats to keep you satisfied until your next meal.