Plan 5		**Cals**	**Fat**	**Carbs**	**Protein**
		1600-1693	**102-109**	**50**	**120-126**
Day 1	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**
Detox Chia Lemon Water	41	63	3	6	3
3/4 cup egg whites		90	0.5	0	21
1 egg		78	6	0	6
1 cup kale (chop & wilt first)		34	0	7	2.2
1 tsp coconut oil (for cooking)		40	4.5	0	0
4 oz turkey breast		176	3.6	0	33.6
3-4 cups salad greens		30	0	6	0
olive oil - 1 Tbsp with lemon or vinegar (add celery, cucumber etc)		119	14	0	0
1 tbsp ground flax		37	3	2	1.3
1 brazil nut sliced		33	3.3	0	0
1/4 cup raspberries		16	0	3.5	0
Walnuts 1/4 cup		244	24.4	5.06	5.73
5 oz Salmon (wild) grilled		255	11.5	0	36
2 cups arugula		10	0	4	0
1 cups brocolli		62	0	6	5
olive oil - 1/2 Tbsp with lemon or vinegar		59	7	0	0
1/4 cup black beans cooked		57	0.23	10.15	3.81
Chocolate Mint Coconut Fat Bombs	34	240	25	5	2
Total		**1643**	**106.03**	**54.71**	**119.64**

Day 2	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**

Detox Chia Lemon Water	41	63	3	6	3
1 egg		78	6	0	5
1 cup egg whites		120	0	0	28
Cremini Mushrooms 1/2 cup sliced		9.5	0	3	1.8
1/4 cup chopped onions		16	0	3.5	0
1 tsp coconut oil (for cooking)		40	4.5	0	0
5 cherries		25	0	6.5	0
1/3 cup pumpkin seeds raw		213	18.6	6.7	9.3
4 oz ground turkey		160	8	0	24
Avocado (3 oz)		135	12	6	3
3-4 cups salad greens		30	0	6	1.8
olive oil - 1 Tbsp with lemon or vinegar		119	14	0	0
Chocolate Mint Coconut Fat Bombs	34	240	25	5	2
Tuna in Romaine wraps					
3 large Romaine leaves		15	0	1	0
Tuna 3 oz - wild, packed in water		120	0	0	19
1/2 tbsp olive oil mayo		50	5	0	0
Add celery, onions etc. to your tuna (season w salt/pepper etc.)					
Protein Shake		80	0	1	20
with almond milk		60	5	2	2
1 tbsp ground flax		37	3	2	1.3
1 tsp maca powder		20	0	4	1
Total		**1630.5**	**104.1**	**46.7**	**121.2**

Day 3	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**
Lower Fat - Higher Carb		**1600-1693**	**44-47**	**180-190**	**120-126**

Protein Shake		80	0	2	20
with almond milk		60	5	2	2
1 tbsp ground flax		37	3	2	1.3
1 tsp raw maca powder		20	0	4	1
1/2 cup oatmeal (measure dry before cooking		340	6	58	14
(I use bob's red mill steel cut)					
1 cup blueberries		42	0	10	1.1
sprinkle with cinnamon					
4 oz chicken breast		148	1.2	0	33.2
1/2 cup black beans cooked		114	0.46	20.39	7.62
3-4 cups salad greens		30	0	6	1.8
1 tsp olive oil		40	4.5	0	0
6 strawberries		30	0	8.4	0.6
1/2 cup raspberries		32	0	7	0
6 almonds		34.2	3	1.2	1.2
5 oz ground turkey		200	10	0	30
sweet potato baked 6 oz		150	0	34.8	3.6
Brussels Sprouts 8		64	0.8	13.6	4.8
1 tsp olive oil		40	4.5	0	0
Nutty Chocolate Coconut Fat Bombs	61	75	8	1	1
3 cups air popped popcorn		93	0	18	0.7
(spray with coconut oil & add sea salt)					
Total		**1629.2**	**46.46**	**188.39**	**123.92**

Day 4	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**

Detox Chia Lemon Water	41	63	3	6	3
Flax Toast with eggs					
Grain-Fee Flax Bread	45	193	15	9	8
1 cup egg whites		120	0	0	28
1 egg		78	6	0	5
1 tsp Coconut oil (for cooking)		40	4.5	0	0
Avocado (1 oz) (add after cooking)		30	2.6	1.6	0
Wild Canned Salmon (3 oz)		129	6	0	16.98
1 tbsp olive oil mayo		100	10	0	0
Add celery, onions etc. to your salmon (season w salt/pepper etc.)					
3-4 cups salad greens		30	0	6	1.8
3 brazil nuts sliced		99	9.9	0	0
Cherries - 4		20	0	5.2	0
Sunflower Seeds (raw,unsalted)*(1/4 cup)		234.8	18.9	6.8	8.3
5 oz chicken breast		185	1.5	0	41.5
Collard Greens (1 cups)		12	0.2	2	1
1/2 cup brocolli (steam & season w lemon)		31	0	3	2.5
olive oil - 1 Tbsp with lemon or vinegar		119	14	0	0
Sprinkle 1 tbsp sesame seeds		52	4.5	2.1	1.6
1/4 cup black beans cooked		57	0.23	10.15	3.81
Nutty Chocolate Coconut Fat Bombs	61	75	8	1	1
Total		**1667.8**	**104.33**	**52.85**	**122.49**

Day 5	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**
Detox Chia Lemon Water	41	63	3	6	3

1 cup kale		34	0	7	2.2
1 cup egg whites		120	0	0	28
1 egg		78	6	0	5
Avocado (3 oz) (add after cooking)		90	8	5	0
1 1/2 tsp Coconut oil (for cooking)		40	6.75	0	0
Protein Shake		80	0	3	20
with almond milk		60	5	2	2
1 tbsp ground flax		37	3	2	1.3
1 tsp raw maca powder		20	0	4	1
1/3 cup pumpkin seeds raw		213	18.6	6.7	9.3
5 oz chicken breast		185	1.5	0	41.5
1 cup broccoli (steam & season w lemon)		62	0	6	5
1 cup cauliflower		27	0	5.7	2.1
mash cauliflower w 1 tbsp olive oil & sprinkle w nutritional yeast (sea salt to taste)		59	7	0	0
1/4 cup Macadamia Nuts		200	22	4	2
Chocolate Mint Coconut Fat Bombs	34	240	25	5	2
Total		**1608**	**105.85**	**56.4**	**124.4**

Day 6 **Lower Fat - Higher Carb Day**	**Recipe**	**Calories** **1600-1693**	**Fat** **44-47**	**Carbs** **180-190**	**Protein** **120-126**
Detox Chia Lemon Water	41	63	3	6	3

1 cup egg whites		120	0	0	21
1 egg		78	6	0	5
1 tsp Coconut oil (for cooking)		40	4.5	0	0
Avocado (3 oz) (add after cooking)		90	7.8	4.8	0
3 shitake mushrooms chopped		30	0	7.5	0
1 Cup Blueberries		84	0	20	2.2
Cajun Chicken Sweet Potatoes & Kale	24	308	8	26	31
1 Med Apple		94.6	0	25.1	0.5
Protein Shake		60	0	3	15
with almond milk		60	5	2	2
Shrimp Zoodle Stir Fry	79	361	12	24	45
1 cup Strawberries sliced		60	0	14	1.2
1 cup raspberries		64	0	14	0
4 cups air popped popcorn		124	0	24	1
(spray with coconut oil & add sea salt)					
3 tbsp dried goji berries		57	0	13.2	2.4
Total		**1693.6**	**46.3**	**183.6**	**129.3**

Day 7	**Recipe**	**Calories**	**Fat**	**Carbs**	**Protein**
Detox Chia Lemon Water	41	63	3	6	3
Flax - Avocado Toast					

Grain-Fee Flax Bread	45	193	15	9	8
1 cup egg whites		120	0	0	28
1 egg		78	6	0	5
1 tsp Coconut oil (for cooking)		40	4.5	0	0
Avocado (2 oz) (add after cooking)		60	5.3	3.3	0
Protein Shake		60	0	2	15
with almond milk		40	5	2	2
1 tsp raw maca powder		20	0	4	1
1 cup beef bone broth		70	0	0	15
Cherries - 4		20	0	5.2	0.4
3 Brazil Nuts		99	9.9	0	0
5 oz Salmon (wild) grilled		255	11.5	0	36
3-4 cups salad greens		30	0	6	1.8
6 Brussels Sprouts		48	0	10.2	4.8
olive oil - 1 Tbsp with lemon or vinegar		119	14	0	0
Sprinkle 1 tbsp sesame seeds		52	4.5	2.1	1.6
Chocolate Mint Coconut Fat Bombs	34	240	25	5	2
Total		**1607**	**103.7**	**54.8**	**123.6**

25% less - low macro day (Optional) Day 7	**Recipe**	**1200-1269 Calories**	**70-76 Fat**	**50 Carbs**	**90-94 Protein**
Detox Chia Lemon Water	41	63	3	6	3
Flax - Avocado Toast					
Grain-Fee Flax Bread	45	193	15	9	8

1/4 cup egg whites		30	0	0	7
1 egg		78	6	0	5
1 tsp Coconut oil (for cooking)		40	4.5	0	0
Avocado (1 oz) (add after cooking)		30	2.6	1.6	0
Protein Shake		60	0	2	15
with almond milk		40	5	2	2
1 tsp raw maca powder		20	0	4	1
1 cup beef bone broth		70	0	0	15
1/4 cup raspberries		16	0	3.5	0
1 brazil nut		33	3.3	0	0
4 oz Salmon (wild) grilled		204	9.2	0	28.8
3-4 cups salad greens		30	0	6	1.8
6 Brussels Sprouts		48	0	10.2	4.8
olive oil - 1 Tbsp with lemon or vinegar		119	14	0	0
Sprinkle 1 tbsp sesame seeds		52	4.5	2.1	1.6
Nutty Chocolate Coconut Fat Bombs	61	75	8	1	1
Total		**1201**	**75.1**	**47.4**	**94**