



MEAL PLAN & LIVER SUPPORT

	BREAKFAST	LUNCH	DINNER	SNACKS	MACROS
D A Y 1	<u>Low Carb Cottage Cheese High Protein Overnight Oats</u>	<u>Easy Air Fryer Salmon Patties</u> serve with <u>arugula salad</u> , cucumber, lemon dressing	<u>Sheet Pan Chicken Crack Slaw</u> serve with roasted cauliflower	<u>Optional Protein Addition if Hungry-ketochow shake</u> , add <u>broccoli sprouts</u>	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE</p> <p>1257 CALORIES 126G PROTEIN 70G FAT 35G TOTAL CARBS 12G FIBER</p>
D A Y 2	<u>Keto High Protein Chocolate Smoothie-add broccoli sprouts</u>	<u>Leftover Chicken Crack Slaw with leafy green salad (freeze crack slaw)</u>	<u>Keto Air Fryer Salmon</u> with roasted brussels sprouts & broccoli	0% Greek yogurt with cinnamon	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE BONE BROTH ANYTIME</p> <p>1265 CALORIES 130G PROTEIN 65G FAT 41G TOTAL CARBS 13G FIBER</p>
D A Y 3	<u>Dairy Free Carnivore Protein Pancakes</u> with ½ cup berries	Leftover <u>Easy Air Fryer Salmon Patties</u> with sauerkraut	<u>Best Easy Low Carb Keto Italian Meatloaf Recipe</u> serve with zucchini noodles, marinara, sauteed onions, bitter green salad	<u>Optional Protein Addition if Hungry-ketochow shake</u> , add <u>broccoli sprouts</u>	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE BONE BROTH ANYTIME</p> <p>1299 CALORIES 133G PROTEIN 70G FAT 35G TOTAL CARBS 10G FIBER</p>
D A Y 4	<u>Leftover Low Carb Cottage Cheese High Protein Overnight Oats</u>	<u>Leftover Best Easy Low Carb Keto Italian Meatloaf Recipe</u> serve with <u>zucchini</u>	<u>Quick Easy Shrimp Stir Fry</u> serve with <u>cauliflower rice</u>	½ cup 0% Greek yogurt, 1 cup bone broth with 1 scoop whey	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE BONE BROTH ANYTIME</p> <p>1355 CALORIES 128G PROTEIN 72G FAT 45G TOTAL CARBS 12G FIBER</p>
D A Y 5	Leftover <u>Dairy Free Carnivore Protein Pancakes</u> with ½ cup berries	<u>Leftover Quick Easy Shrimp Stir Fry</u> serve with <u>cauliflower rice</u>	Leftover Italian Meatloaf -make a bowl with cauliflower rice, roasted broccoli	ketochow shake or whey , add broccoli sprouts	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE</p> <p>1245 CALORIES 124G PROTEIN 63G FAT 44G TOTAL CARBS 17G FIBER</p>
D A Y 6	1 egg & 1 cup egg whites scrambled with arugula & turmeric	Leftover Italian Meatloaf -make a bowl with bitter greens	<u>Leftover Quick Easy Shrimp Stir Fry</u> serve with <u>leafy green salad</u>	ketochow shake or whey with ½ cup Greek yogurt & ½ cup berries, 1 cup bone broth with 1 scoop whey	<p>DEFICIT DAY LEMON SHOOTER BEFORE COFFEE BONE BROTH ANYTIME</p> <p>1285 CALORIES 151G PROTEIN 55G FAT 35G TOTAL CARBS 7G FIBER</p>
D A Y 7	<u>Low Carb Cloud Bread French Toast</u> with ½ cup berries, 2 eggs	<u>Taco Stuffed Zucchini Boats</u> with leafy green salad	<u>Air Fryer Stuffed Burgers</u> , 2 slices bacon & <u>avocado coleslaw</u>	<u>lemon mug cake</u> with ½ cup 0% greek yogurt	<p>MAINTENANCE DAY STILL INCLUDE LEMON SHOOTER</p> <p>1756 CALORIES 123G PROTEIN 117G FAT 40G TOTAL CARBS 11G FIBER</p>