

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee	Collagen Latte - 8oz Coffee - Vital Proteins - 1 tsp Coconut Oil - Pumpkin Spice Chorizo Breakfast Skillet Chorizo Sweet Potato Red Onion Red Bell Pepper (2) Eggs, over easy (1) Tablespoon Ghee
Lunch	Work lunch-- Berry Hill Shrimp and avocado salad Homemade dressing	Chicken and Spinach "pasta"	Chicken Taco Lettuce Cups	Cilantro-Lime Tilapia	Shrimp "Tacos"		
Dinner See note below	Chicken and Spinach "Pasta" Spiralized vegetable Shredded chicken* Spinach Tomato sauce Garlic Onion Italian seasoning, fennel, oregano, salt, and pepper	Chicken Taco Lettuce Cups Shredding chicken Taco seasoning Bibb lettuce Toppings: Diced onion Avocado slices Cilantro	Cilantro-Lime Tilapia* with skillet plantains Cilantro Lime Cumin, salt, pepper Plantain Coconut oil	Shrimp "Tacos" Ghee/ cooking fat Shrimp Bibb lettuce Cilantro Smoked Paprika Cumin Salt and pepper	Nom Nom Paleo Bacon Burgers with sweet potato fries Lean ground beef Bacon Sliced mushrooms Salt Pepper *Locate full recipe via link in notes Sweet potatoes Ghee		
Key	<p>* Wholesome Joy Recipe Shredded chicken-- Basic slow cooker or skillet chicken Cilantro-Lime Tilapia (link) Nom Nom Paleo Burgers(link) Clean and Delicious taco seasoning (link) Vital Proteins (link)</p> <p>Notes: -Recipes and grocery list is for 4 servings (2 dinners, 2 lunches) -This week, I will double dinner portions and take them for lunch the following day. -I choose to use zucchini for my "noodle". Rule of thumb is 2 zucchini's per person. -Pumpkin spice is the seasoning used in pumpkin pie. This can be found in the spice section of your grocery store.</p>						