

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon 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 Teaspoon 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 Teaspoon 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 Teaspoon 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 Teaspoon 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 Teaspoon Coconut Oil - Pumpkin Spice  The Classic (2) Eggs, over easy Bacon Asparagus	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice  The Classic (2) Eggs, over easy Bacon Asparagus
<b>Lunch</b>	Chicken "taco" Salad Shredded lettuce Chicken, taco seasoned Salsa Guacamole Red onion	Chicken Lo Mein	Smokey Beef Chili	Shrimp "Tacos"	Chili Lime Tilapia		
<b>Dinner</b> See note below	Chicken Lo Mein Chicken Zoodles Mushroom Garlic Red bell pepper Spinach Carrot  Sauce Coconut aminos Ginger Sesame oil, cold pressed Salt and pepper	Smokey Beef Chili Ground beef Ground pork Red bell pepper Green bell pepper Onion Garlic Crushed tomatoes Chili powder Cumin Oregano Chipotle powder Coconut aminos Salt and pepper	Shrimp "Tacos" Ghee/ cooking fat Shrimp Bibb lettuce Cilantro Smoked Paprika Cumin Salt and pepper	Chili Lime Tilapia Tilapia filet Chili Powder Lime juice Salt and pepper  Cauliflower Rice Ghee Cauli-rice Cilantro Lime juice Salt and pepper		Treat Yo Self-- Sushi Night Coconut Amino  What to look for Shashimi Dairy free rolls rolled in Cucumber Carrot	Mushroom Burgers Ground beef Bacon, bite size pieces Mushrooms Onion Garlic Salt and pepper  Oven baked fries Red potatoes Ghee Salt and pepper Bake at 375F for 15-20

**Links**

- [Clean and Delicious taco seasoning](#)
- [Vital Proteins](#)
- [Coconut aminos](#)
- [Sesame oil, cold pressed](#)
- [Ghee](#)

Notes: Recipes and grocery list is for 4 servings (2 dinners, 2 lunches)

