

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Coffee - 6 oz Coffee	Coffee - 6 oz Coffee - 1 teaspoon ghee Apple Cinnamon RX bar	Coffee - 6 oz Coffee - 1 teaspoon ghee Apple Cinnamon RX bar	Coffee - 6 oz Coffee - 1 teaspoon ghee Apple Cinnamon RX bar	Leftover Carnitas	
Lunch Plano	Super Fajitas Chicken Beef Shrimp Chorizo Guacamole and Salsa Grilled Onions	Whole Food's Groceries Chicken salad Rotisserie Chicken Primal Kitchen Mayo Season Blend* Arugula *Never knowing what I'm going to end up with, I like to pack a taco blend and the Trader Joe's 21 Season Solute.	Whole Food's Groceries Chicken salad Rotisserie Chicken Primal Kitchen Mayo Season Blend* Arugula	Whole Food's Groceries Chicken salad Rotisserie Chicken Primal Kitchen Mayo Season Blend* Arugula	Kenny's Burger Joint All American Classic Burger No Cheese No Bun Add: Egg Sauces on the side Cook: Medium Rare	Backyard BBQ with family Brisket Paleo Cole slaw Mango Jalapeno "Margarita" Lime Sparkling Fresh Jalapenos Lime Juice Mango Orange Juice (splash) Salted glass	FM Kitchen and Bar FM Burger (lettuce wrap) No cheese Shh sauce on the side Add: Egg Add: Grilled Jalapenos Add: Bacon
Dinner Dallas Plano Wylie The Woodlands Spring	Texas Roadhouse 16 ounce sirloin, blueed Plain sweet potato* Seasonal vegetables* *Seasoned with personal ghee	Cristina's Fine Mexican Beef Fajitas Onions and peppers Guacamole Salsa Club Soda "Margarita" Club soda in a margarita glass Salt Lime	Chipotle Bowl Carnitas Extra Veggies Two Pico (salsa) Two Hot (salsa) Lettuce Guac (on the side)* *I'm convinced I get more when it's on the side.	On the Boarder Mexican Carne Asada Double Vegetables Salsa	Churrascos Ceviche Appetizer Carnitas Club Wine Club soda in a wine glass	La Cabana Mexican Carnitas Guacamole Salsa Pico	
Notes:	My goodness, I eat a lot of mexican.... And a lot of carnitas Fajitas eaten with fork and knife When in doubt, find a burger!						