

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice Salmon cake (2) Eggs, poached	Collagen Latte - 8oz Coffee - Vital Proteins - 1 Teaspoon Coconut Oil - Pumpkin Spice
Lunch	Hodgepodge Rotisserie Chicken Coleslaw Arugula	Rotisserie Chicken Salad Chicken Mayo Jalapenos Red onion Salt and pepper Garlic Arugula	Shepherd's Pie	Creamy Citrus Salmon	Cobb Salad		
Dinner See note below	Chicken Pho Chicken bone broth Chicken Fish sauce Coconut Aminos Onion Salt Pepper Basil Chili Paste Zoodles, optional Lime Jalapenos Cilantro Ginger	Shepherd's Pie Sweet potatoes Coconut milk Ghee Ground Beef Onion Garlic Carrots Celery Salt Pepper Thyme Oregano	Creamy Dill Salmon* Asparagus	Smokey Shrimp Cobb Salad Ghee Shrimp Smoked Paprika Garlic Powder Onion Powder Salt and Pepper Bacon Lettuce Hard boiled egg Tomatoes Avocado Spicy Green Sauce*	Salmon Cakes over Arugula Canned Salmon Red bell pepper 1 Egg Cilantro Red onion Garlic Salt and Pepper > Mix in a large bowl > Form into patties > Cook in skillet with ghee Arugula Lime		
Links	Creamy Dill Salmon Spicy Green Sauce Vital Proteins Coconut aminos Ghee Fish Sauce Chili Paste						
Notes:	Most recipes and grocery list is for 4 servings (2 dinners, 2 lunches)						