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This is not medical advice.

Results May Vary: Causes for being overweight or obese vary from person to person.

Whether genetic or environmental, it should be noted that food intake, rates of metabolism and levels of exercise and physical exertion vary from person to person. This means weight loss results will also vary from person to person. No individual result should be seen as typical.

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Day 1

2225 Calories • 27g Carbs (7g Fiber) • 181g Fat • 122g Protein

BREAKFAST

487 Calories • 2g Carbs (0g Fiber) • 38g Fat • 31g Protein



Hard Boiled Eggs
287 Cal

Ingredients:

4 large Egg, Hard-Boiled (200 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)



Bacon
200 Cal

Ingredients:

4 strip Bacon (48 g)

LUNCH

801 Calories • 16g Carbs (4g Fiber) • 66g Fat • 38g Protein



Beef Taco Bowl
542 Cal

Ingredients:

1/4 lb Ground Beef (113 g)
1/8 cup Water (30 g)
1/4 cup Sour Cream (60 g)
1 cup shredded Iceberg Lettuce (36 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1/4 cup, chopped or sliced Tomato (45 g)
1/4 tsp Hot Sauce (1 g)
optional - 1/4 pinch Cayenne Pepper (0 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/2 tbsp Chili Powder (4 g)



Tomato & Basil Salad
258 Cal

Ingredients:

1 1/4 plum Tomato (78 g)
1/4 cup, chopped Onion (40 g)
1/4 cup, diced Mozzarella Cheese (33 g)
1 tsp Balsamic Vinegar (5 g)
1 tbsp Olive Oil (14 g)
optional - 1 1/4 tbsp, Basil (3 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)

DINNER

938 Calories • 10g Carbs (3g Fiber) • 76g Fat • 53g Protein



Pan-Roasted Chicken Thighs
773 Cal

Ingredients:

4 1/2 thigh, bone and skin removed Chicken Thigh (311 g)

3/4 tbsp Olive Oil (11 g)

optional - 1 dash Black Pepper (0 g)

optional - 1 dash Salt (0 g)



Roasted Broccoli
165 Cal

Ingredients:

1 cup chopped Broccoli (92 g)

1 clove Garlic (3 g)

1/2 lemon yields Lemon juice (24 g)

1 tbsp Olive Oil (14 g)

optional - 1 tsp Salt (6 g)

Day 2

2244 Calories • 32g Carbs (11g Fiber) • 189g Fat • 108g Protein

BREAKFAST

656 Calories • 3g Carbs (0g Fiber) • 55g Fat • 34g Protein



Over Easy Eggs
356 Cal

Ingredients:
4 Egg (200 g)
2 tsp Butter (10 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black Pepper (1 g)



Bacon
300 Cal

Ingredients:
6 strip Bacon (72 g)

LUNCH

615 Calories • 9g Carbs (3g Fiber) • 52g Fat • 30g Protein



Beef Taco Bowl
542 Cal

Ingredients:
1/4 lb Ground Beef (113 g)
1/8 cup Water (30 g)
1/4 cup Sour Cream (60 g)
1 cup shredded Iceberg Lettuce (36 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1/4 cup, chopped or sliced Tomato (45 g)
1/4 tsp Hot Sauce (1 g)
optional - 1/4 pinch Cayenne Pepper (0 g)
optional - 1/4 tsp Paprika (1 g)
optional - 1/2 tbsp Chili Powder (4 g)



Lemon Garlic Salad
72 Cal

Ingredients:
1/2 cloves, minced Garlic (2 g)
1/2 tbsp Olive Oil (7 g)
1/2 tsp Lemon juice (3 g)
1 cup Mixed Baby Greens (47 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)

DINNER

973 Calories • 20g Carbs (8g Fiber) • 82g Fat • 44g Protein



**Beef Tenderloin in Herbed
Salt Crust**
566 Cal

Ingredients:

3/4 tbsp Olive Oil (11 g)

6 oz Beef Tenderloin (170 g)

1/4 cup Water (59 g)

optional - 1 tsp Salt (6 g)

optional - 1/2 tbsp Rosemary (1 g)

optional - 1 tsp Black Pepper (2 g)



**Brussel Sprouts with
Parmesan**
407 Cal

Ingredients:

2 cup Brussels Sprouts (176 g)

1/4 cup Parmesan Cheese (20 g)

1/4 fruit (2-3/8" dia) Lemon (21 g)

2 tbsp Olive Oil (28 g)

optional - to taste Salt (0 g)

optional - to taste Black Pepper (0 g)

Day 3

2178 Calories • 30g Carbs (9g Fiber) • 182g Fat • 108g Protein

BREAKFAST

358 Calories • 1g Carbs (0g Fiber) • 30g Fat • 20g Protein



Basic scrambled eggs
358 Cal

Ingredients:
2 Egg (100 g)
1 tbsp chopped Chives (3 g)
1/4 cup, shredded Cheddar Cheese (28 g)
1 tbsp Butter (14 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)

LUNCH

770 Calories • 11g Carbs (2g Fiber) • 64g Fat • 40g Protein



Portabella Pizza
770 Cal

Ingredients:
1/2 cup Tomato Sauce (119 g)
12 slice round Pepperoni (24 g)
1 cup, shredded Mozzarella Cheese (112 g)
4 tbsp Parmesan Cheese (20 g)
1/2 tsp Garlic Powder (2 g)
4 Portabella Mushroom (336 g)
2 tbsp Butter (28 g)
optional - 1/2 tsp, leaves Oregano (1 g)

DINNER

978 Calories • 9g Carbs (5g Fiber) • 85g Fat • 48g Protein



Griddle Mustard and Herb Grilled Pork Chops
499 Cal

Ingredients:
1 1/2 tbsp Dijon Mustard (23 g)
1 1/2 tbsp Olive Oil (21 g)
3/4 tbsp Red Wine Vinegar (11 g)
3/4 tbsp Water (11 g)
2 1/4 tbsp Parsley (9 g)
3 chop Pork Chop (189 g)



Baked Spinach Chips
479 Cal

Ingredients:
7 cup Spinach (200 g)
3 1/2 tbsp Olive Oil (49 g)
1 3/4 tbsp Italian Seasoning (9 g)
optional - 2 dash Salt (1 g)

SNACK

71 Calories • 8g Carbs (1g Fiber) • 3g Fat • 1g Protein



Sea Salt Dark Chocolate
71 Cal

Ingredients:
1 1/3 square 70% Sea Salt Dark Chocolate (13 g)

Day 4

2336 Calories • 29g Carbs (7g Fiber) • 188g Fat • 130g Protein

BREAKFAST

768 Calories • 4g Carbs (0g Fiber) • 70g Fat • 30g Protein



Scrambled Eggs with Chives
768 Cal

Ingredients:
5 Egg (250 g)
2 1/4 tbsp Butter (32 g)
2 1/4 tbsp chopped Chives (7 g)
4 1/2 tbsp Sour Cream (68 g)
2 1/4 tsp Olive Oil (10 g)
optional - 3 dash Salt (1 g)
optional - 3 dash Black Pepper (0 g)

LUNCH

770 Calories • 11g Carbs (2g Fiber) • 64g Fat • 40g Protein

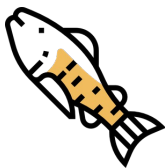


Portabella Pizza
770 Cal

Ingredients:
1/2 cup Tomato Sauce (119 g)
12 slice round Pepperoni (24 g)
1 cup, shredded Mozzarella Cheese (112 g)
4 tbsp Parmesan Cheese (20 g)
1/2 tsp Garlic Powder (2 g)
4 Portabella Mushroom (336 g)
2 tbsp Butter (28 g)
optional - 1/2 tsp, leaves Oregano (1 g)

DINNER

798 Calories • 14g Carbs (5g Fiber) • 54g Fat • 60g Protein



Garlic Dijon Baked Salmon
731 Cal

Ingredients:
10 oz Salmon (283 g)
1 tbsp Parsley (4 g)
1 tbsp Olive Oil (14 g)
1 tbsp Lemon juice (15 g)
1 1/2 cloves, minced Garlic (5 g)
1/4 tbsp Dijon Mustard (4 g)
2 slice Lemon (14 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)



Fried Cabbage
67 Cal

Ingredients:
1/4 tbsp Butter (4 g)
1/4 cup Chicken Broth (60 g)
1/8 head, large (about 7" dia) Cabbage (156 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)

Day 5

2283 Calories • 32g Carbs (9g Fiber) • 190g Fat • 115g Protein

BREAKFAST

557 Calories • 4g Carbs (0g Fiber) • 46g Fat • 30g Protein



Scrambled Eggs with
Cheddar Cheese
557 Cal

Ingredients:
4 Egg (200 g)
1 3/4 tbsp Butter (25 g)
3 1/2 tbsp, shredded Cheddar
Cheese (25 g)
3 1/2 tbsp Milk (53 g)

LUNCH

484 Calories • 3g Carbs (1g Fiber) • 35g Fat • 39g Protein



Tuna Egg Salad
484 Cal

Ingredients:
1 Egg (50 g)
1 cup shredded Iceberg Lettuce
(36 g)
1 can Canned Tuna (165 g)
1/2 medium (4-1/8" long) Scallions
(8 g)
1/2 tbsp Olive Oil (7 g)
1/2 tbsp Lemon juice (8 g)
2 tbsp Mayonnaise (29 g)

DINNER

1186 Calories • 25g Carbs (8g Fiber) • 104g Fat • 43g Protein



Garlic Rosemary-Marinated
Lamb Chops
910 Cal

Ingredients:
2 tsp Lemon zest (4 g)
2 clove Garlic (6 g)
2 tbsp Olive Oil (28 g)
1/2 lb Lamb Chop (227 g)
optional - 3 tsp Rosemary (4 g)
optional - 2 dash Salt (1 g)



Cherry Tomato & Dill Salad
275 Cal

Ingredients:
3 cup cherry tomatoes Tomato
(447 g)
1 1/2 tsp Dill (0 g)
1 1/2 tbsp Olive Oil (21 g)
optional - 1 1/2 tsp Salt (10 g)
optional - 1 1/2 tsp, ground Black
Pepper (4 g)

SNACK

57 Calories • 0g Carbs (0g Fiber) • 5g Fat • 4g Protein



Cheese
57 Cal

Ingredients:
1/2 oz Cheddar Cheese (14 g)

Day 6

2199 Calories • 32g Carbs (11g Fiber) • 182g Fat • 112g Protein

BREAKFAST

306 Calories • 1g Carbs (0g Fiber) • 25g Fat • 17g Protein

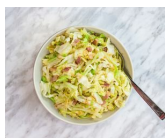


Bacon, Cheese and Egg Scramble
306 Cal

Ingredients:
1 1/2 strip Bacon (18 g)
2 Egg (100 g)
3/4 tbsp Heavy Whipping Cream (11 g)
3/4 oz Cheddar Cheese (21 g)

LUNCH

475 Calories • 19g Carbs (7g Fiber) • 35g Fat • 24g Protein



Cheesy Bacon Cabbage
401 Cal

Ingredients:
1 1/2 strip Bacon (18 g)
1/4 head Cabbage (210 g)
1/2 cup, diced Cheddar Cheese (66 g)
1/4 small Onion (18 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)
optional - to taste Black Pepper (0 g)



Asparagus Almond Salad
74 Cal

Ingredients:
1/4 cup Asparagus (34 g)
1/8 tbsp Balsamic Vinegar (2 g)
1/8 tsp Dijon Mustard (1 g)
1/4 tbsp Olive Oil (4 g)
1/4 cup shredded Iceberg Lettuce (9 g)
1/8 tsp Honey (1 g)
1/4 tbsp chopped Shallot (3 g)
1/2 tbsp, shaved Almonds (5 g)
optional - to taste Black Pepper (0 g)

DINNER

1020 Calories • 11g Carbs (4g Fiber) • 88g Fat • 46g Protein



Garlic Rosemary-Marinated Lamb Chops

910 Cal

Ingredients:

2 tsp Lemon zest (4 g)

2 clove Garlic (6 g)

2 tbsp Olive Oil (28 g)

1/2 lb Lamb Chop (227 g)

optional - 3 tsp Rosemary (4 g)

optional - 2 dash Salt (1 g)



Broccoli and Cauliflower

110 Cal

Ingredients:

1/2 cup chopped, (1/2" pieces)
Cauliflower (53 g)

1/2 cup flowerets Broccoli (36 g)

1/4 cup, shredded Mozzarella
Cheese (28 g)

optional - 2 dash Salt (1 g)

optional - 2 dash Black Pepper (0 g)

SNACK

398 Calories • 1g Carbs (0g Fiber) • 33g Fat • 25g Protein



Cheese

398 Cal

Ingredients:

3 1/2 oz Cheddar Cheese (99 g)

Day 7

2527 Calories • 32g Carbs (11g Fiber) • 219g Fat • 113g Protein

BREAKFAST

523 Calories • 4g Carbs (1g Fiber) • 46g Fat • 23g Protein



Scrambled Eggs with Spinach
and Cream Cheese
523 Cal

Ingredients:
1 1/2 cup Spinach (43 g)
3 Egg (150 g)
3 tbsp Cream Cheese (43 g)
1 1/2 tbsp Butter (21 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)

LUNCH

482 Calories • 19g Carbs (7g Fiber) • 36g Fat • 23g Protein



Cheesy Bacon Cabbage
401 Cal

Ingredients:
1 1/2 strip Bacon (18 g)
1/4 head Cabbage (210 g)
1/2 cup, diced Cheddar Cheese (66 g)
1/4 small Onion (18 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)
optional - to taste Black Pepper (0 g)



Spinach Tomato Salad
82 Cal

Ingredients:
1 cup Spinach (29 g)
1 medium (4-1/8" long) Scallions (15 g)
1/4 medium whole (2-3/5" dia) Tomato (31 g)
1/2 tbsp Olive Oil (7 g)
1/4 lemon yields Lemon juice (12 g)
optional - 1 dash Black Pepper (0 g)

DINNER

1081 Calories • 6g Carbs (3g Fiber) • 94g Fat • 54g Protein



Pan-Roasted Chicken Thighs

773 Cal

Ingredients:

4 1/2 thigh, bone and skin removed Chicken Thigh (311 g)

3/4 tbsp Olive Oil (11 g)

optional - 1 dash Black Pepper (0 g)

optional - 1 dash Salt (0 g)



Baked Spinach Chips

308 Cal

Ingredients:

4 1/2 cup Spinach (129 g)

2 1/4 tbsp Olive Oil (32 g)

1 1/8 tbsp Italian Seasoning (6 g)

optional - 2 dash Salt (0 g)

SNACK

440 Calories • 3g Carbs (0g Fiber) • 42g Fat • 13g Protein



Pepperoni-Cream Cheese Bombs

440 Cal

Ingredients:

6 slice round Pepperoni (12 g)

6 tbsp, whipped Cream Cheese (60 g)

1/4 cup, shredded Cheddar Cheese (28 g)

1/2 tbsp Olive Oil (7 g)

Recipe Directions

Hard Boiled Eggs

1. Bring a pot of water to a boil over high heat. Reduce the heat to low. Add your eggs and cook 7 to 8 minutes. Drain, chill and peel.
2. Garnish with salt and pepper.

Bacon

1. Cook bacon in a skillet over medium to medium-high heat until browned and crisp or to desired liking.
2. Optional to cook bacon in an oven at 350°F for about 20 minutes or to desired crispiness.

Beef Taco Bowl

1. Place a skillet over medium heat and ground beef, breaking it apart with a wooden spoon.
2. Season beef with chili powder, paprika, and cayenne pepper. Continue cooking until beef is no longer pink inside.
3. Pour water and reduce heat to medium-low and simmer for 10 minutes.
4. In a serving bowl, add shredded lettuce, chopped tomato, and cooked beef.
5. Top salad with sour cream and cheddar cheese.
6. Optional to drizzle hot sauce.

Tomato & Basil Salad

1. Wash and dice tomatoes. Chop fresh basil. Peel and dice onion.
2. Combine vinegar, oil, basil and toss to taste in a large bowl. Add tomatoes, onion, cheese and toss to coat.
3. You can serve right away or you can let sit for about an hour in the fridge to marry the flavours.

Pan-Roasted Chicken Thighs

1. Preheat oven to 475°F.
2. Season chicken with salt and pepper. Heat oil in a cast-iron or heavy nonstick skillet over high heat until hot.
3. Nestle chicken in skillet and cook 2 minutes. Reduce heat to medium-high; continue cooking for 12 minutes, occasionally rearranging chicken thighs and rotating pan to evenly distribute heat.
4. Transfer skillet to oven and cook 13 more minutes. Flip chicken; continue cooking for 5 minutes or until meat is thoroughly cooked through.

Roasted Broccoli

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Cut broccoli into florets and mince garlic.
3. In a mixing bowl, toss florets, garlic with olive oil.
4. Transfer florets onto a baking sheet.
5. Season with salt.
6. Place baking sheet into the oven and roast for 25 minutes or until slightly crispy.
7. Squeeze fresh lemon on top of roasted broccoli.

Over Easy Eggs

1. Place a nonstick skillet over low heat.
2. Add and brush the butter around the pan.
3. Crack eggs into a custard cup.
4. Pour the eggs into the pan when butter stops foaming and quickly lift the handle of the pan just enough for the eggs to slightly pool.
5. Lower the handle back down.
6. Cook for additional 10 seconds and lightly jiggle the pan.
7. Season with salt and pepper.
8. Continue to cook on low heat.
9. Jiggle pan again and examine the whites for opaqueness.
10. Once eggs are set, lift pan from heat and flip the eggs by pushing the pan away from you.
11. Return the pan to the heat.
12. Allow eggs to cook for another 10 seconds.
13. Re-flip the eggs to their original side and plate.

Lemon Garlic Salad

1. Place mixed greens in a bowl.
2. Mix minced garlic, pepper, salt, olive oil, and lemon juice in a container with a resealable lid.
3. Tight lid and shake vigorously until dressing is blended well.
4. Pour over mixed greens.

Beef Tenderloin in Herbed Salt Crust

1. Preheat oven to 425 °F.
2. Finely chop rosemary.
3. Pat beef dry. Heat oil in a skillet over moderately high heat.
4. Add beef to pan and cook for 6 minutes, occasionally turning.
5. Transfer beef to a shallow roasting pan, reserving pan drippings in skillet.
6. Stir together salt, rosemary, pepper, and water until mixture resembles wet sand.
7. Pat salt mixture onto top and sides of meat to coat evenly.
8. Place marinated beef on a pan and roast in the oven until instant-read thermometer reads 130 °F.
9. Let meat stand in roasting pan 5 minutes. Remove salt crust and transfer meat to a cutting board. Cut into 1/2-inch-thick slices and spoon meat juices from skillet over slices.

Brussel Sprouts with Parmesan

1. Wash sprouts, cut and discard stems, then split in half length-wise.
2. Pour olive oil in a frying pan on medium heat.
3. Add brussels sprout halves and onions.
4. Season with salt and pepper.
5. Cook until brussels sprouts are slightly charred on edges.
6. Sprinkle parmesan cheese and squeeze fresh lemon juice.

Basic scrambled eggs

1. Place a nonstick pan over medium-low heat and melt butter.
2. In a bowl, whisk eggs with cold water. Beat until frothy and smooth. Season with salt and pepper.
3. Swirl the pan around to coat the butter on the bottom and up the sides.
4. Pour egg mixture into pan and allow eggs to set for a few seconds or start to lightly set on the bottom.
5. Whisk to gently beat the eggs, allowing the eggs to set between whisking.
6. Repeat beating eggs until curds begin to form and eggs are slightly wet.
7. Add in cheddar cheese.
8. Continue to whisk until eggs are set and cheese is melted.
9. Plate and garnish with chopped chives.

Portabella Pizza

1. Heat oven to 400°F and line a baking sheet with parchment paper.
2. Prepare portabella mushroom by removing gills from the underside and wiping clean with a damp paper towel.
3. Place butter into a bowl and microwave for 20 seconds or until butter is melted.
4. Using a brush, paint the outside of mushroom with butter.
5. In a small bowl, mix tomato sauce with garlic powder and oregano. Then Spoon tomato sauce mixture into cap.
6. Layer pepperoni slices on top of sauce and sprinkle with mozzarella cheese and parmesan.
7. Place pizza mushroom into the oven and bake for 25 minutes or until cheese is melted and mushrooms are tender.

Griddle Mustard and Herb Grilled Pork Chops

1. Place mustard, olive oil, red wine vinegar, chopped parsley, and water in a small bowl. Whisk until emulsified and set aside.
2. Trim any excess fat from pork chop; place in a shallow bowl.
3. Coat pork chop with mustard mixture. Marinate for 15 to 20 minutes at room temperature.
4. Preheat grill plate to high.
5. Add chop to hot griddle and close the grill.
6. Grill for 6 to 8 minutes or until the pork chops have reached an internal temperature of 160 °F.
7. Remove to platter and rest for 5 minutes.

Baked Spinach Chips

1. Preheat oven to 350°F.
2. Mix all ingredients together in a bowl, until spinach is evenly coated.
3. Arrange the spinach in a single layer (don't let them overlap) on a baking sheet lined with parchment paper.
4. Bake for 15 minutes or until edges of spinach start to brown.

Sea Salt Dark Chocolate

1. Break off a chocolate square. Keep leftover chocolate in the fridge.
2. Enjoy!

Scrambled Eggs with Chives

1. In a bowl, whisk eggs with butter. Season with salt and pepper.
2. Chop chives.
3. Grease a nonstick pan with oil and place it over medium heat.
4. Pour whisked eggs into heated pan.
5. Constantly stir eggs, periodically removing pan from heat.
6. When eggs are no longer runny and sour cream and chives.
7. Mix until combined.
8. Optional to season with additional salt and pepper.
9. Serve and enjoy!

Garlic Dijon Baked Salmon

1. Preheat oven to 450 °F and line a rimmed baking sheet with foil.
2. Rinse and pat dry fish. Arrange fish skin side down on prepared baking sheet.
3. In a bowl, combine parsley, minced garlic, olive oil, lemon juice, dijon mustard, salt and pepper together.
4. Whisk until well incorporated.
5. Spread dijon marinade over fish including the sides.
6. Place a slice of lemon on top and bake in the oven for 12 minutes or until fish is easily flaked with a fork.

Fried Cabbage

1. Bring the butter and chicken broth to a boil in a skillet.
2. Reduce heat to low and add the cabbage.
3. Cover and cook over low heat to steam the cabbage for about 45 minutes, stirring frequently, or until cabbage is tender and sweet.
4. Season with salt and pepper.

Scrambled Eggs with Cheddar Cheese

1. Whisk together eggs and milk in a bowl.
2. Add butter to pan and allow it to melt over medium heat.
3. Add eggs to pan and cook for 3-4 mins, stirring frequently. Occasionally take the pan off heat while stirring the eggs to prevent eggs from over cooking,
4. Turn off heat while eggs are still slightly runny.
5. Add cheddar cheese to eggs.
6. Scramble until cheese has melted and eggs are cooked through. Enjoy!

Tuna Egg Salad

1. Place egg in a saucepan and cover with 1 inch of water above egg.
2. Cover with lid and bring to a boil over high heat.
3. Cook egg for 6 minutes.
4. Using a slotted spoon, transfer to a bowl with ice cold water and cool for a couple of minutes.
5. Peel and dice egg.
6. Transfer egg to a bowl and add tuna, mayonnaise, lemon juice, olive oil, and chopped scallions.
7. Mix until tuna is well combined.
8. Tear the leaves and spread the leaves over the bottom of the serving bowl.
9. Top with tuna mixture and serve.

Garlic Rosemary-Marinated Lamb Chops

1. Preheat the broiler.
2. Mince and mash garlic clove to a paste, and season with a pinch of salt.
3. In a small bowl stir together lemon zest, garlic paste, black pepper, rosemary and oil
4. Rub the lamb chop with the marinade and marinate on a plate for 20 minutes.
5. Broil lamb chop on the rack of a broiler pan about 4 inches from the heat for 4 to 5 minutes on each side for medium-rare meat or an instant-read thermometer inserted into the centre reads 145 °F.

Cherry Tomato & Dill Salad

1. Halve cherry tomatoes and place in a serving bowl.
2. Pour in olive oil and toss.
3. Sprinkle with salt, pepper and fresh dill.

Cheese

1. Cut cheese into slices.

Bacon, Cheese and Egg Scramble

1. Cut raw bacon into 1/2" pieces.
2. In a pan, cook bacon until well done.
3. Remove bacon and reserve 1 tablespoon of bacon grease from pan.
4. In a bowl, whisk egg with cream.
5. Pour egg mixture to pan over medium heat.
6. Using a spatula, start to stir the eggs from the outside in. Stir slowly, but continuously, to break the egg curds that are forming in the pan.
7. Sprinkle cheese and bacon when eggs are slightly wet.
8. Stir to combine and cook until cheese is melted.

Cheesy Bacon Cabbage

1. Fry bacon in a skillet over medium heat until crisp. Cool, crumble and set aside.
2. Pour off bacon grease, reserving 1 tablespoon in pan and saute diced onion until tender and translucent over medium heat.
3. Add coarsely chopped cabbage and fry until tender.
4. Sprinkle in cheddar cheese and remove skillet from stove.
5. Season with pepper.
6. Crumble bacon on top.

Asparagus Almond Salad

1. Bring a pot of water to boil with a steam tray over top.
2. Steam asparagus for 5-10 minutes or until crispy-tender.
3. Drain and pat dry with paper towel. Cool, chop and set aside.
4. In a bowl, combine chopped shallot, vinegar, mustard, honey and black pepper. Gradually whisk oil.
5. Transfer shredded lettuce in a serving plate and top with chopped asparagus.
6. Drizzle dressing.
7. Garnish with shaved almonds.

Broccoli and Cauliflower

1. Place cauliflower and broccoli in a microwave safe container. Microwave for 4-5 minutes or until the vegetables are tender.
2. Sprinkle cheese on top. Microwave for an additional 1-2 minutes or until cheese is melted.
3. Season with salt and pepper.

Scrambled Eggs with Spinach and Cream Cheese

1. Melt butter in a nonstick skillet over medium heat.
2. Add spinach and cook until wilted.
3. Whisk eggs in a bowl and pour into the pan.
4. Using a spatula, start to stir the eggs from the outside in. Stir slowly, but continuously, to break the egg curds that are forming in the pan.
5. Stir in cream cheese when eggs are slightly wet.
6. Mix until well combined and cream cheese is soft and smooth.
7. Season with salt and pepper.
8. Plate and serve. Enjoy!

Spinach Tomato Salad

1. Chop spinach, green onion and tomato; transfer into a serving bowl.
2. Drizzle olive oil and lemon juice.
3. Toss salad until coated.
4. Season with salt and pepper.

Pepperoni-Cream Cheese Bombs

1. Preheat oven to 425°F.
2. Grease a muffin tray with oil.
3. Place a piece of pepperoni into muffin cup.
4. Spoon cream cheese on top of pepperoni.
5. Sprinkle shredded cheese.
6. Bake for 10 minutes or until crisp.

Grocery List

MILK, EGGS, OTHER DAIRY



Egg, Hard-Boiled
200g total

4 large (200g)



Sour Cream
188g total

1/2 cup (120g)

4 1/2 tbsp (68g)



Egg
1050g total

21 egg (1050g)



Butter
162g total

2 tsp (10g)

10 3/4 tbsp (152g)



Milk
53g total

3 1/2 tbsp (53g)



Heavy Whipping Cream
11g total

3/4 tbsp (11g)

SPICES AND SEASONINGS

These items have low nutritional value and are optional



Salt
29g total

to taste (0g)

14 dash (5g)

3 3/4 tsp (24g)



Black Pepper
7g total

to taste (0g)

8 dash (0g)

1 3/4 tsp, ground (5g)

1 tsp (2g)



Cayenne Pepper
0g total

1/2 pinch (0g)



Paprika
2g total

1/2 tsp (2g)



Chili Powder
8g total

1 tbsp (8g)



Garlic Powder
4g total

1 tsp (4g)



Italian Seasoning
15g total

2 7/8 tbsp (15g)

MEAT



Bacon
174g total

14 1/2 strip (174g)



Ground Beef
226g total

1/2 lb (226g)



Chicken Thigh
622g total

9 thigh, bone and skin removed
(622g)



Beef Tenderloin
170g total

6 oz (170g)



Pepperoni
60g total

30 slice round (60g)



Pork Chop
189g total

3 chop (189g)



Lamb Chop
454g total

1 lb (454g)

BEVERAGES



Water
130g total

1/2 cup (119g)

3/4 tbsp (11g)

PRODUCE



Iceberg Lettuce
117g total

3 1/4 cup shredded (117g)



Tomato
646g total

1/2 cup, chopped or sliced (90g)

1 1/4 plum (78g)

3 cup cherry tomatoes (447g)

1/4 medium whole (2-3/5" dia)
(31g)



Onion
76g total

1/4 cup, chopped (40g)

1/2 small (36g)



Broccoli
128g total

1 cup chopped (92g)

1/2 cup flowerets (36g)



Garlic
22g total

5 clove (15g)

2 cloves, minced (7g)



Lemon juice
62g total

3/4 lemon yields (36g)

1/2 tsp (3g)

1 1/2 tbsp (23g)



Mixed Baby Greens
47g total

1 cup (47g)



Brussels Sprouts
176g total

2 cup (176g)



Lemon
35g total

1/4 fruit (2-3/8" dia) (21g)

2 slice (14g)



Chives
10g total

3 1/4 tbsp chopped (10g)



Portabella Mushroom
672g total

8 Portabella Mushroom (672g)



Spinach
401g total

14 cup (401g)



Cabbage
576g total

1/8 head, large (about 7" dia)
(156g)

1/2 head (420g)



Scallions
23g total

1 1/2 medium (4-1/8" long) (23g)



Lemon zest
8g total

4 tsp (8g)



Asparagus
34g total

1/4 cup (34g)



Shallot
3g total

1/4 tbsp chopped (3g)



Cauliflower
53g total

1/2 cup chopped, (1/2" pieces)
(53g)

CHEESE



Cheddar Cheese
403g total

1 cup, shredded (112g)

3 1/2 tbsp, shredded (25g)

4 3/4 oz (134g)

1 cup, diced (132g)



Mozzarella Cheese
285g total

1/4 cup, diced (33g)

2 1/4 cup, shredded (252g)



Parmesan Cheese
60g total

1/4 cup (20g)

8 tbsp (40g)



Cream Cheese
103g total

3 tbsp (43g)

6 tbsp, whipped (60g)

CONDIMENTS



Hot Sauce
2g total

1/2 tsp (2g)



Dijon Mustard
28g total

1 3/4 tbsp (27g)

1/8 tsp (1g)



Mayonnaise
29g total

2 tbsp (29g)

PRODUCE; SPICES AND SEASONINGS

These items have low nutritional value and are optional



Basil
3g total

1 1/4 tbsp, (3g)



Rosemary
9g total

1/2 tbsp (1g)

6 tsp (8g)



Oregano
2g total

1 tsp, leaves (2g)



Parsley
13g total

3 1/4 tbsp (13g)



Dill
0g total

1 1/2 tsp (0g)

OIL, VINEGAR, SALAD DRESSING



Balsamic Vinegar
7g total

1 tsp (5g)

1/8 tbsp (2g)



Olive Oil
324g total

22 1/4 tbsp (314g)

2 1/4 tsp (10g)



Red Wine Vinegar
11g total

3/4 tbsp (11g)

PASTA AND RICE



Tomato Sauce
238g total

1 cup (238g)

SWEET SNACKS



70% Sea Salt Dark Chocolate
13g total

1 1/3 square (13g)

SEAFOOD



Salmon
283g total

10 oz (283g)

CANNED AND JARRED



Chicken Broth
60g total

1/4 cup (60g)



Canned Tuna
165g total

1 can (165g)

NUT BUTTERS, JAMS, AND HONEY



Honey
1g total

1/8 tsp (1g)

NUTS



Almonds
5g total

1/2 tbsp, shaved (5g)

