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This is not medical advice.

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

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Day 1

2280 Calories • 30g Carbs (7g Fiber) • 182g Fat • 131g Protein

BREAKFAST

727 Calories • 4g Carbs (0g Fiber) • 64g Fat • 33g Protein



Scrambled Eggs with
Cheddar Cheese
477 Cal

Ingredients:
3 Egg (150 g)
1 1/2 tbsp Butter (21 g)
3 tbsp, shredded Cheddar Cheese
(21 g)
3 tbsp Milk (45 g)



Bacon
250 Cal

Ingredients:
5 strip Bacon (60 g)

LUNCH

795 Calories • 13g Carbs (3g Fiber) • 51g Fat • 71g Protein



Rosemary Chicken Breast
671 Cal

Ingredients:
6 cloves, minced Garlic (18 g)
2 1/4 tbsp Olive Oil (32 g)
1 1/8 tbsp Dijon Mustard (17 g)
1 1/8 tbsp Lemon juice (17 g)
3 breast Chicken Breast (300 g)
optional - 1 1/2 tbsp Rosemary (2 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)



Spinach and Scallion Salad
124 Cal

Ingredients:
1 cup Spinach (29 g)
1/2 large Scallions (13 g)
1/2 tbsp Olive Oil (7 g)
1/4 lemon yields Lemon juice (12 g)
1/8 cup, grated Parmesan Cheese
(13 g)
optional - to taste Black Pepper (0 g)
optional - to taste Salt (0 g)

DINNER

742 Calories • 9g Carbs (2g Fiber) • 68g Fat • 26g Protein



Italian Sausage Soup

742 Cal

Ingredients:

4 oz Italian Sausage (113 g)

1 1/2 strip Bacon (18 g)

1/8 cup, chopped Onion (20 g)

1/2 cloves, minced Garlic (2 g)

1 cup Chicken Broth (240 g)

1/4 package (10 oz) Spinach (70 g)

1/4 cup, fluid (yields 2 cups whipped) Heavy Whipping Cream (60 g)

1 1/2 tbsp Parmesan Cheese (8 g)

optional - 1 dash Salt (0 g)

optional - 1 dash Black Pepper (0 g)

SNACK

16 Calories • 4g Carbs (2g Fiber) • 0g Fat • 0g Protein



Raspberries

16 Cal

Ingredients:

1/4 cup Raspberries (31 g)

Day 2

2319 Calories • 31g Carbs (8g Fiber) • 190g Fat • 118g Protein

BREAKFAST

659 Calories • 2g Carbs (0g Fiber) • 59g Fat • 29g 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)



Bacon
300 Cal

Ingredients:
6 strip Bacon (72 g)

LUNCH

705 Calories • 15g Carbs (5g Fiber) • 59g Fat • 32g 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)

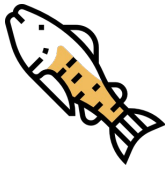


Spinach Tomato Salad
163 Cal

Ingredients:
2 cup Spinach (57 g)
2 medium (4-1/8" long) Scallions (30 g)
1/2 medium whole (2-3/5" dia) Tomato (61 g)
1 tbsp Olive Oil (14 g)
1/2 lemon yields Lemon juice (24 g)
optional - 1 dash Black Pepper (0 g)

DINNER

833 Calories • 5g Carbs (1g Fiber) • 65g Fat • 54g Protein



Garlic Parmesan Salmon 765 Cal

Ingredients:
2 tbsp Butter (28 g)
4 tbsp Parmesan Cheese (20 g)
2 cloves, minced Garlic (6 g)
4 tsp Lemon juice (20 g)
8 oz Salmon (227 g)
optional - 2 dash Black Pepper (0 g)



Baked Spinach Chips 68 Cal

Ingredients:
1 cup Spinach (29 g)
1/2 tbsp Olive Oil (7 g)
1/4 tbsp Italian Seasoning (1 g)
optional - 1 dash Salt (0 g)

SNACK

122 Calories • 9g Carbs (2g Fiber) • 8g Fat • 3g Protein



Dark Chocolate and Almonds 122 Cal

Ingredients:
1 square 70% Sea Salt Dark Chocolate (10 g)
10 almond Almonds (12 g)

Day 3

2282 Calories • 29g Carbs (8g Fiber) • 186g Fat • 126g Protein

BREAKFAST

477 Calories • 4g Carbs (0g Fiber) • 40g Fat • 26g Protein



Scrambled Eggs with
Cheddar Cheese
477 Cal

Ingredients:
3 Egg (150 g)
1 1/2 tbsp Butter (21 g)
3 tbsp, shredded Cheddar Cheese
(21 g)
3 tbsp Milk (45 g)

LUNCH

646 Calories • 16g Carbs (5g Fiber) • 52g Fat • 31g 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 and Onion Salad
103 Cal

Ingredients:
1 1/2 medium Tomato (185 g)
1/8 small Onion (9 g)
1/2 tbsp Olive Oil (7 g)
1/2 tbsp Lemon juice (8 g)
optional - 1 dash Salt (0 g)
optional - 1/2 tsp, ground Black
Pepper (1 g)

DINNER

1159 Calories • 9g Carbs (3g Fiber) • 94g Fat • 69g Protein



Philly Cheesesteak Skillet

1049 Cal

Ingredients:

8 oz Beef Flank (226 g)

1 tbsp Olive Oil (14 g)

1/8 tsp Onion Powder (0 g)

1 1/2 oz Mushrooms (43 g)

1/8 tsp Garlic Powder (0 g)

3 slice Cheddar Cheese (84 g)

optional - 1/8 tsp Salt (1 g)

optional - 1/8 tsp, ground Black Pepper (0 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)

Day 4

2363 Calories • 27g Carbs (8g Fiber) • 193g Fat • 128g Protein

BREAKFAST

683 Calories • 4g Carbs (0g Fiber) • 62g Fat • 27g Protein



Scrambled Eggs with Chives
683 Cal

Ingredients:
4 Egg (200 g)
2 tbsp Butter (28 g)
2 tbsp chopped Chives (6 g)
4 tbsp Sour Cream (60 g)
2 tsp Olive Oil (9 g)
optional - 2 dash Salt (1 g)
optional - 2 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

911 Calories • 12g Carbs (5g Fiber) • 67g Fat • 61g Protein



Bacon-Wrapped Salmon
797 Cal

Ingredients:
5 1/4 strip Bacon (63 g)
8 3/4 oz Salmon (248 g)
optional - 3 1/2 tbsp Rosemary (6 g)



Steamed Broccoli
114 Cal

Ingredients:
1/4 lb Broccoli (113 g)
3/4 tbsp Butter (11 g)
1/8 tsp Lemon juice (1 g)
optional - to taste Salt (0 g)
optional - to taste Black Pepper (0 g)

Day 5

2234 Calories • 27g Carbs (4g Fiber) • 186g Fat • 117g 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

736 Calories • 15g Carbs (2g Fiber) • 55g Fat • 47g Protein



Rosemary Chicken Breast
447 Cal

Ingredients:
4 cloves, minced Garlic (12 g)
1 1/2 tbsp Olive Oil (21 g)
3/4 tbsp Dijon Mustard (11 g)
3/4 tbsp Lemon juice (11 g)
2 breast Chicken Breast (200 g)
optional - 1 tbsp Rosemary (2 g)
optional - 1 dash Salt (0 g)
optional - 1 dash Black Pepper (0 g)



Lemon Garlic Salad
289 Cal

Ingredients:
2 cloves, minced Garlic (6 g)
2 tbsp Olive Oil (28 g)
2 tsp Lemon juice (10 g)
4 cup Mixed Baby Greens (188 g)
optional - 1 dash Black Pepper (0 g)
optional - 1 dash Salt (0 g)

DINNER

742 Calories • 9g Carbs (2g Fiber) • 68g Fat • 26g Protein



Italian Sausage Soup
742 Cal

Ingredients:
4 oz Italian Sausage (113 g)
1 1/2 strip Bacon (18 g)
1/8 cup, chopped Onion (20 g)
1/2 cloves, minced Garlic (2 g)
1 cup Chicken Broth (240 g)
1/4 package (10 oz) Spinach (70 g)
1/4 cup, fluid (yields 2 cups whipped) Heavy Whipping Cream (60 g)
1 1/2 tbsp Parmesan Cheese (8 g)
optional - 1 dash Salt (0 g)
optional - 1 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 6

2170 Calories • 31g Carbs (9g Fiber) • 180g Fat • 111g Protein

BREAKFAST

714 Calories • 3g Carbs (0g Fiber) • 64g Fat • 30g Protein



Cream Cheese Chive Omelet
714 Cal

Ingredients:

2 1/4 tbsp Olive Oil (32 g)
5 Egg (250 g)
2 1/4 tbsp Cream Cheese (32 g)
2 1/4 tbsp chopped Chives (7 g)
optional - 3 dash Salt (1 g)
optional - 3 dash Black Pepper (0 g)

LUNCH

459 Calories • 10g Carbs (3g Fiber) • 38g Fat • 22g Protein



Portabella Pizza
385 Cal

Ingredients:

1/4 cup Tomato Sauce (60 g)
6 slice round Pepperoni (12 g)
1/2 cup, shredded Mozzarella Cheese (56 g)
2 tbsp Parmesan Cheese (10 g)
1/4 tsp Garlic Powder (1 g)
2 Portabella Mushroom (168 g)
1 tbsp Butter (14 g)
optional - 1/4 tsp, leaves Oregano (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

883 Calories • 17g Carbs (6g Fiber) • 69g Fat • 51g Protein



Baked Chicken with Dijon and Lime

760 Cal

Ingredients:

4 thigh, bone and skin removed
Chicken Thigh (276 g)
3 tbsp Dijon Mustard (45 g)
1 cloves, minced Garlic (3 g)
1 tbsp Parsley (4 g)
1 tbsp Mayonnaise (15 g)
1/4 fruit (2" dia) Lime (17 g)
1/2 zest Lime (34 g)
optional - 1 dash Salt (0 g)
optional - 3/4 tsp, ground Black Pepper (2 g)



Roasted Broccoli with Parmesan Lemon Butter Sauce

123 Cal

Ingredients:

1 1/4 cup flowerets Broccoli (90 g)
1/2 tbsp Butter (7 g)
1/4 tbsp Lemon juice (4 g)
1/4 tsp Lemon zest (1 g)
1/2 tbsp Parmesan Cheese (3 g)
1/4 tbsp Olive Oil (4 g)
optional - 1 dash Salt (0 g)

SNACK

115 Calories • 0g Carbs (0g Fiber) • 9g Fat • 7g Protein



Jalapeno Cheese Crisps

115 Cal

Ingredients:

1/8 pepper Jalapeno Pepper (2 g)
1/4 cup, shredded Cheddar Cheese (28 g)

Day 7

2208 Calories • 30g Carbs (5g Fiber) • 183g Fat • 115g Protein

BREAKFAST

383 Calories • 8g Carbs (1g Fiber) • 30g Fat • 21g Protein



Scrambled Eggs with
Mushrooms
383 Cal

Ingredients:

1 tbsp Olive Oil (14 g)
1/2 cup, whole Mushrooms (48 g)
2 Egg (100 g)
1/2 medium (2-1/2" dia) Onion (54 g)
1/4 cup, shredded Mozzarella
Cheese (28 g)
optional - 1 dash Salt (0 g)

LUNCH

821 Calories • 10g Carbs (3g Fiber) • 65g Fat • 52g Protein



Bacon Chicken Balls
749 Cal

Ingredients:

1/2 lb Ground Chicken (227 g)
3 strip Bacon (36 g)
1 Egg (50 g)
1/8 cup Ranch Dressing (30 g)
1/2 tsp Garlic Powder (2 g)
1/8 cup Almond Flour (15 g)
optional - 1/4 tsp Salt (2 g)
optional - 1/4 tsp, ground Black
Pepper (1 g)
optional - 1/2 tsp Paprika (1 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

1004 Calories • 12g Carbs (1g Fiber) • 88g Fat • 42g Protein



Lamb Chops with Yogurt-Mint Sauce

935 Cal

Ingredients:

1/2 cloves, minced Garlic (2 g)

1/2 lb Lamb Chop (227 g)

1/8 cup Olive Oil (27 g)

1/2 tsp Lemon juice (3 g)

1/8 cup Plain Greek yogurt (30 g)

1/2 tbsp Honey (10 g)

optional - 1/4 cup Mint Leaf (11 g)

optional - 1/4 cup leaves, whole Basil (6 g)



Baked Spinach Chips

68 Cal

Ingredients:

1 cup Spinach (29 g)

1/2 tbsp Olive Oil (7 g)

1/4 tbsp Italian Seasoning (1 g)

optional - 1 dash Salt (0 g)

Recipe Directions

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!

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.

Rosemary Chicken Breast

1. Preheat oven to 400°F and line a baking sheet with parchment paper.
2. In a bowl, whisk minced garlic, olive oil, rosemary, mustard, lemon juice, salt and pepper together.
3. Place chicken breast in a large ziplock bag and pour garlic mixture. Seal bag and massage marinade into chicken.
4. Refrigerate for at least one hour.
5. Place chicken including garlic mixture from bag on prepared baking sheet and cook in the oven for 20 minutes or until an instant-read thermometer inserted into the centre of chicken reads 165°F.

Spinach and Scallion Salad

1. Chop spinach and scallions.
2. Put spinach and scallions into a serving bowl and pour in olive oil.
3. Toss until well coated.
4. Season with salt and pepper.
5. Sprinkle parmesan cheese on all over.
6. Squeeze lemon juice and serve.
7. Enjoy!

Italian Sausage Soup

1. Place a skillet over medium-high heat.
2. Add chopped bacon and sausage to pan and cook until sausage is no longer pink inside.
3. Saute minced garlic and diced onion.
4. Continue stirring until onions are soft and translucent.
5. Pour in half the amount of chicken broth, scraping brown bits from skillet, then pour the remaining broth.
6. Reduce heat to medium and mix in spinach.
7. Season with salt and pepper.
8. continue stirring occasionally for 15 minutes.
9. Add cream and heat through, do not boil.
10. Garnish with parmesan cheese.

Rasberries

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.

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.

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.

Garlic Parmesan Salmon

1. Preheat oven to 375°F and line a rimmed baking tray with foil.
2. In a bowl, mix together parmesan cheese, minced garlic, melted butter, lemon juice, and black pepper until well combined.
3. Pat salmon dry and place on prepared baking tray.
4. Smear the mixture on top of the salmon.
5. Cover salmon with a foil, folding up the sides.
6. Bake in the oven for 20 minutes or until fish is easily flaked with a fork.

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.

Dark Chocolate and Almonds

- 1.

Tomato and Onion Salad

1. Thinly slice onion and chop tomatoes into bite size pieces.
2. Add both tomatoes and onions into a serving bowl, along with olive oil and lemon juice.
3. Toss until coated.
4. Season with salt and pepper.
5. Serve and enjoy!

Philly Cheesesteak Skillet

1. Preheat oven to 400°F.
2. On a clean surface, slice your steak into 4-inch strips that are an 1/8 inch thick.
3. Pour oil into a skillet and place it over medium heat.
4. Add steak and sprinkle salt, pepper, onion powder and garlic powder.
5. Brown meat, stirring occasionally.
6. Once browned, increase heat to high and cook for 10 minutes or until steak is crispy on the outside.
7. Remove pan from stovetop and transfer steak to a dish leaving juices in the pan; set aside.
8. Return skillet back onto the stove. Reduce heat to medium-low.
9. Thinly slice mushrooms and add it to the skillet.
10. Saute until mushrooms become tender.
11. Stir in cooked steak with mushrooms and turn off stove.
12. Cover steak mixture with cheese.
13. Place skillet in the oven and bake for 5 minutes or until cheese is melted and slightly browned.
14. *If you do not have an oven safe skillet, transfer steak mixture into a greased casserole dish.

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 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!

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.

Bacon-Wrapped Salmon

1. Preheat oven to 400°F.
2. Pat dry fish and place in a shallow baking pan.
3. Season fish with salt and pepper.
4. Sprinkle rosemary and wrap fish with bacon.
5. Place fish in the oven and bake for 7 minutes. Flip fish and bake for additional 7 minutes or until bacon is crispy and fish is easily flaked with a fork.

Steamed Broccoli

1. Trim broccoli into large florets.
2. Place broccoli florets in a steaming basket over boiling water; cover and steam for 3 minutes.
3. Remove lid and continue cooking until tender.
4. Transfer cooked broccoli to a bowl and pour melted butter and lemon juice.
5. Toss until coated and season with salt and pepper.

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.

Cheese

1. Cut cheese into slices.

Cream Cheese Chive Omelet

1. Heat oil in a non-stick skillet over medium heat.
2. Whisk together eggs, salt, and pepper in a small bowl.
3. Once pan is hot and nicely coated, pour eggs into pan and cover base.
4. As eggs set, push cooked edges toward the centre, letting uncooked portion flow underneath.
5. When the eggs are set, sprinkle cream cheese on one side; fold other side over filling.
6. Cook until cheese has softened.

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.

Baked Chicken with Dijon and Lime

1. Preheat oven to 400°F and line a baking tray with parchment paper.
2. Rinse chicken and pat dry. Place in a bowl and season both sides with salt.
3. In a separate bowl combine dijon, mayonnaise, lime juice, lime zest, minced garlic, and black pepper. Mix until well incorporated.
4. Pour mixture over chicken, tossing until coated.
5. Transfer chicken to prepared baking tray. dried parsley.
6. Garnish chicken with chopped parsley.
7. Bake chicken in the oven for 30 minutes or until chicken is no longer pink inside.
8. Optional to finish chicken under the broiler until golden brown.
9. Serve chicken with the pan juices drizzled over top.

Roasted Broccoli with Parmesan Lemon Butter Sauce

1. Preheat oven to 400°F.
2. Place broccoli florets on a baking sheet in a single layer.
3. Drizzle olive oil on top of broccoli.
4. Bake for 20 minutes and remove.
5. In a small bowl mix, butter, lemon juice, lemon zest, and salt to taste.
6. Pour butter mixture over cooked broccoli.
7. Toss to coat.
8. Garnish with shaved parmesan.

Jalapeno Cheese Crisps

1. Preheat oven to 350°F and line a baking sheet with parchment paper.
2. Seed jalapeno and slice into thin rings.
3. With a small measuring cup, scoop shredded cheese onto prepared baking sheet, creating a mound.
4. Gently flatten cheese mound with fingers.
5. Place slice jalapeno in the middle of cheese mound.
6. Bake in the oven for 10 minutes or until browned.
7. Remove baking sheet from and cool for 5 minutes to firm cheese crisp.

Scrambled Eggs with Mushrooms

1. Finely chop mushrooms and onions. Fry in oil for 5 minutes or until tender over medium heat.
2. Beat eggs and pour into pan.
3. 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.
4. Sprinkle cheese while the eggs are slightly wet.
5. Continue to scramble until cheese is melted.
6. Transfer eggs onto a serving plate. Enjoy!

Bacon Chicken Balls

1. Preheat oven to 375°F. Line a baking tray with parchment paper and set aside.
2. Lay bacon in a cold pan and place over medium-heat heat.
3. Use tongs to loosen the strips and turn each slice to cook on the other side. .
4. Keep flipping and turning the bacon so that it browns evenly and cook to desired crispness.
5. Cool and chop into bite size pieces.
6. In a bowl, mix together chicken, bacon, almond flour, egg, paprika, garlic powder and season with salt and pepper.
7. Form mixture into tablespoon-size balls and flatten slightly.
8. Place on prepared baking sheet and bake for 30 minutes or until golden and no longer pink inside.
9. Serve with ranch dip.

Lamb Chops with Yogurt-Mint Sauce

1. In a food processor, combine mint, basil, honey, olive oil, yogurt, minced garlic, and lemon juice. Blend until pureed. Season with salt and pepper.
2. Pat lamb chop dry and season with salt and pepper.
3. Melt butter in a heavy skillet (preferably cast-iron) over high heat until hot but not smoking.
4. Saute chop in hot pan, turning once, 6 minutes for medium-rare or internal temperature of 145F.
5. Transfer cooked lamb chop and spoon yogurt mint sauce on top.

Grocery List

MILK, EGGS, OTHER DAIRY



Egg
1100g total

22 egg (1100g)



Butter
186g total

13 1/4 tbsp (186g)



Milk
90g total

6 tbsp (90g)



Heavy Whipping Cream
120g total

1/2 cup, fluid (yields 2 cups
whipped) (120g)



Sour Cream
180g total

1/2 cup (120g)

4 tbsp (60g)



Plain Greek yogurt
30g total

1/8 cup (30g)

CHEESE



Cheddar Cheese
365g total

6 tbsp, shredded (42g)

1 1/4 cup, shredded (140g)

3 slice (84g)

3 1/2 oz (99g)



Parmesan Cheese
82g total

1/8 cup, grated (13g)

13 1/2 tbsp (69g)



Mozzarella Cheese
224g total

2 cup, shredded (224g)



Cream Cheese
32g total

2 1/4 tbsp (32g)

MEAT



Bacon
267g total

22 1/4 strip (267g)



Chicken Breast
500g total

5 breast (500g)



Italian Sausage
226g total

8 oz (226g)



Ground Beef
226g total

1/2 lb (226g)



Beef Flank
226g total

8 oz (226g)



Pepperoni
36g total

18 slice round (36g)



Chicken Thigh
276g total

4 thigh, bone and skin removed
(276g)



Ground Chicken
227g total

1/2 lb (227g)



Lamb Chop
227g total

1/2 lb (227g)

PRODUCE



Garlic
53g total

17 cloves, minced (53g)



Lemon juice
113g total

2 5/8 tbsp (40g)

3/4 lemon yields (36g)

7 1/8 tsp (37g)



Spinach
284g total

5 cup (144g)

1/2 package (10 oz) (140g)



Scallions
43g total

1/2 large (13g)

2 medium (4-1/8" long) (30g)



Onion
103g total

1/4 cup, chopped (40g)

1/8 small (9g)

1/2 medium (2-1/2" dia) (54g)



Raspberries
31g total

1/4 cup (31g)



Chives
19g total

6 1/4 tbsp chopped (19g)



Iceberg Lettuce
81g total

2 1/4 cup shredded (81g)



Tomato
336g total

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

1/2 medium whole (2-3/5" dia)
(61g)

1 1/2 medium (185g)



Mushrooms
91g total

1 1/2 oz (43g)

1/2 cup, whole (48g)



Cauliflower
53g total

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



Broccoli
239g total

1 3/4 cup flowerets (126g)

1/4 lb (113g)



Portabella Mushroom
504g total

6 Portabella Mushroom (504g)



Mixed Baby Greens
235g total

5 cup (235g)



Asparagus
34g total

1/4 cup (34g)



Shallot
3g total

1/4 tbsp chopped (3g)



Lime
51g total

1/4 fruit (2" dia) (17g)

1/2 zest (34g)



Lemon zest
1g total

1/4 tsp (1g)



Jalapeno Pepper
2g total

1/8 pepper (2g)

OIL, VINEGAR, SALAD DRESSING



Olive Oil
234g total

14 tbsp (198g)

2 tsp (9g)

1/8 cup (27g)



Balsamic Vinegar
2g total

1/8 tbsp (2g)



Ranch Dressing
30g total

1/8 cup (30g)

PRODUCE; SPICES AND SEASONINGS

These items have low nutritional value and are optional



Rosemary
10g total

6 tbsp (10g)



Oregano
1g total

3/4 tsp, leaves (1g)



Parsley
4g total

1 tbsp (4g)



Mint Leaf
11g total

1/4 cup (11g)



Basil
6g total

1/4 cup leaves, whole (6g)

CONDIMENTS



Dijon Mustard
74g total

4 7/8 tbsp (73g)

1/8 tsp (1g)



Hot Sauce
2g total

1/2 tsp (2g)



Mayonnaise
15g total

1 tbsp (15g)

SPICES AND SEASONINGS

These items have low nutritional value and are optional



Salt
6g total

12 dash (3g)

to taste (0g)

3/8 tsp (3g)



Black Pepper
4g total

12 dash (0g)

to taste (0g)

1 5/8 tsp, ground (4g)



Cayenne Pepper
0g total

1/2 pinch (0g)



Paprika
3g total

1 tsp (3g)



Chili Powder
8g total

1 tbsp (8g)



Italian Seasoning
2g total

1/2 tbsp (2g)



Onion Powder
0g total

1/8 tsp (0g)



Garlic Powder
5g total

1 3/8 tsp (5g)

CANNED AND JARRED



Chicken Broth
480g total

2 cup (480g)

BEVERAGES



Water
60g total

1/4 cup (60g)

SEAFOOD



Salmon
475g total

16 3/4 oz (475g)

SWEET SNACKS



70% Sea Salt Dark Chocolate
10g total

1 square (10g)

NUTS



Almonds
17g total

10 almond (12g)

1/2 tbsp, shaved (5g)

PASTA AND RICE



Tomato Sauce
179g total

3/4 cup (179g)

NUT BUTTERS, JAMS, AND HONEY



Honey
11g total

1/8 tsp (1g)

1/2 tbsp (10g)



Almond Flour
15g total

1/8 cup (15g)

