

THE 21 DAY KETO CHALLENGE.

TOP LEVEL FITNESS

Keto Challenge Meal Plan - Week 1

	Breakfast	Lunch	Dinner	Snacks	Snack
Monday	1/2 ounce Raw Pecans 1/2 ounce Raw Walnuts 2 1/2 ounces Mixed Berries 1/3 cup full-fat Coconut Milk	1 serving Portuguese Kale Soup	1 serving Tomato & Cucumber Salad 1 serving Tzatziki Sauce 1 serving Roasted Chicken Thighs	8 ounces Chicken Bone Broth	None
Tuesday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 1/2 servings leftover Chicken Thighs 1 serving Tzatziki Sauce 1 serving Tomato & Cucumber Salad	1 serving Island Salmon 1 serving Tartar Sauce	8 ounces Chicken Bone Broth 1/4 cup whole Almonds	None
Wednesday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 serving Portuguese Kale Soup	1 serving Island Salmon 1 serving Tartar Sauce	8 ounces Chicken Bone Broth	1 serving Coconut Fat Bomb
Thursday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	1 serving Kale & Avocado Salad 1 serving Leftover Chicken Thighs	1 serving Bison Burgers 1 serving Plain Zucchini Noodles 2 slices Bacon	8 ounces Chicken Bone Broth	1 serving Coconut Fat Bomb
Friday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended 1 egg yolk, blended into coffee mixture	1 serving Bison Burgers 1 serving Side Salad w/ Lemon Vinaigrette	1 serving Chicken Curry 1 serving Plain Zucchini Noodles 1 serving Coconut Cauliflower Rice	8 ounces Chicken Bone Broth	None
Saturday	1 cup brewed coffee (or tea) 1/2 tablespoon MCT Oil 1/2 tablespoon grassfed butter Blend all ingredients	1 serving Spring Salad with Bacon & Eggs 1 cup Organic Plain Greek Yogurt 1 cup Raw Strawberries 1/4 cup Shredded Unsweetened Coconut	1 cup Boston Bibb Lettuce 1 serving Chicken Curry 1/2 sliced Green Bell Pepper (Made into wraps)	8 ounces Chicken Bone Broth	1/4 cup Raw Blueberries 1/4 cup Whole Raw Almonds
Sunday	1 cup brewed coffee (or tea) 1/2 tablespoon grassfed butter, melted into coffee or blended	Eggs, Veggies, & Avocado with 1 serving Roasted Veggies	1 1/2 servings Mom's Meatloaf 1 serving MCT Ketchup 1 serving Roasted Veggies	8 ounces Chicken Bone Broth	5 ounces Organic Greek Yogurt