

THE 21 DAY KETO CHALLENGE.

Top Level Fitness Keto Challenge Meal Plan - Week 2

	Breakfast	Lunch	Dinner	Snack
Monday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 1/2 servings Mom's Meatloaf 1/2 cup Raw Strawberries	1 serving Prosciutto Salad with Butternut Squash	1 cup Beef Bone Broth 1 cup Organic Plain Greek Yogurt
Tuesday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Prosciutto Salad with Butternut Squash	1 serving Chicken Divan	1 cup Beef Bone Broth 1 cup Organic Plain Greek Yogurt + 1/4 cup strawberries
Wednesday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Chicken Divan	1 serving Yes, You Can Eat Shrimp Scampi 1 serving Sautéed Red Bell Peppers	1 cup Beef Bone Broth
Thursday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Yes, You Can Eat Shrimp Scampi 1 serving Side Salad w/Lemon Vinaigrette	1 1/4 servings Mom's Meatloaf 1 serving Sautéed Broccoli	1 cup Beef Bone Broth 1 cup Raw Strawberries 1 cup Organic Plain Greek Yogurt
Friday	8 ounces brewed coffee (or tea) 1 tablespoon grassfed butter + 1/2 tablespoon MCT Oil	1 cup Raw Strawberries 1 1/2 Servings Spring Salad with Eggs & Bacon	1 serving Spaghetti Squash Carbonara Over Porkchop	1 cup Beef Bone Broth
Saturday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Spaghetti Squash Carbonara Over Porkchop + 1 serving Sautéed Broccoli	1 1/4 serving Colorful Salmon Salad	1 cup Beef Bone Broth 1 tablespoon Shredded, Unsweetened Coconut 1/2 cup Raw Strawberries
Sunday	8 ounces brewed coffee (or tea) 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Colorful Salmon Salad	1 serving Fat Burning Buffalo Chicken 1 serving Greek Yogurt Ranch 1 serving Simple Spaghetti Squash	1 cup Beef Bone Broth 1 cup Raw Strawberries