

THE 21 DAY KETO CHALLENGE.

Top Level Fitness Keto Challenge Meal Plan - Week 3

	Breakfast	Lunch	Dinner	Snack
Monday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Simple Spaghetti Squash 1 serving Greek Yogurt Ranch 1 serving Fat Burning Buffalo Chicken	1 serving Grass-Fed Bison & Veggie Pasta	1 cup Chicken Bone Broth 1/4 cup Raw Blueberries 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 Grass-Fed Bison & Veggie Pasta	1 serving Roasted Chicken Thighs 1 serving Caesar Salad w/ Keto Caesar Dressing	1 cup Chicken Bone Broth 1/4 cup Raw Almonds 1 cup Raw Strawberries 1 cup Organic Plain Greek Yogurt
Wednesday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Zucchini Salad with Bacon & Blue Cheese 1 serving Roasted Chicken	1 serving Neighborhood Thai Shrimp Salad	1 cup Chicken Bone Broth 1 cup Raw Blueberries 1/2 serving Strawberry Ricotta Parfait
Thursday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Neighborhood Thai Shrimp Salad	1 serving Roasted Chicken Thighs 1 serving Caesar Salad w/ Keto Caesar Dressing	1 cup Chicken Bone Broth 1/4 cup Raw Almonds 1/2 cup Raw Blueberries 1 cup Organic Plain Greek Yogurt
Friday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving Sausage Stuffed Peppers 1 serving Sauteed Broccoli	1 serving New Orleans Spaghetti Squash	1 cup Chicken Bone Broth 1 serving Strawberry Ricotta Parfait
Saturday	8 ounces brewed coffee or tea 1/2 Tbs grassfed butter + 1/2 Tbs MCT Oil	1 serving New Orleans Spaghetti Squash	1 serving Sauteed Broccoli 1 serving Sausage Stuffed Peppers	1 cup Chicken Bone Broth 1/2 cup Ricotta Cheese
Sunday	8 ounces brewed coffee (or tea) 1 tablespoon grassfed butter 1 Egg Yolk, blended into coffee	Eggs, Veggies, & Avocado	1 serving Kale & Avocado Salad	1 cup Chicken Bone Broth 1 serving Strawberry Ricotta Parfait