

Bone Broth Diet - Week of December 5th, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Self Provided Breakfast - See Suggestions Below	Scrambled Eggs with Bacon and Fruit	1.5 cups bone broth	Hard boiled Eggs, Grapes and Cashews	Scrambled Eggs with bacon	Hardboiled Eggs, bacon w/ orange	1.5 cups bone broth
<b>Lunch</b>	Grass fed burger w/mixed greens	Chicken Zoodle Soup & Salad	1.5 cups bone broth	Spinach Salad with chicken & hardboiled egg	Steak Chimichurri with garlic mushrooms and Green Beans	Butter Chicken w/ Paleo Naan	1.5 cups bone broth
<b>Dinner</b>	Grilled Chicken with Veggie Mash and Broccoli	Taco Salad with Sweet Potato	1.5 cups bone broth	Zucchini Pasta with Meat Sauce	Shepherd's Pie	Roasted Chicken Leg w/Green Beans & sauteed onions	1.5 cups bone broth
<b>Snack</b>	1 cup bone broth	1 cup bone broth	1.5 cups bone broth	1 cup bone broth	1 cup bone broth	1 cup bone broth	1.5 cups bone broth



**Quick Breakfast Suggestions: Choose 1 from each column**

**Protein Options:**

- 2 to 3 eggs
- 4 oz of chicken/fish/steak

**Fat Options:**

- 10 almonds / cashews
- 1/4 avocado
- 1 tablespoon oil
- 10 Olives
- handful of coconut chips

**Fruit Options:**

- 1/2 apple
- 1/2 orange
- handful of berries
- 1 slice of cantelope
- 1/2 banana
- handful of grapes

**Drink Options:**

- Bone Broth - either Eat Savage or homemade
- Black Coffee
- Black Tea
- Green Tea
- Water