

Bone Broth Diet - Week of May 3rd, 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>Breakfast</b>	Self Provided Breakfast - See Suggestions Below	Hardboiled Eggs w/ bacon & fruit	1.5 cups bone broth	Huevos Rancheros	Scrambled Eggs w/ Bacon & Roasted Veggies	Scrambled Eggs with Grilled Tomatoes and Mushrooms	1.5 cups bone broth
<b>Lunch</b>	Cobb Salad	Taco Salad (Guacamole, Pico)	1.5 cups bone broth	Chicken Salad/Mixed Greens Box	Deconstructed Chicken Kabobs	Zucchini pasta with meat sauce	1.5 cups bone broth
<b>Dinner</b>	Turkey Dinner w/mashed boniato, carrots, gravy	Roasted Chicken Leg w/Acorn Squash & Zucchini	1.5 cups bone broth	Grilled Chicken w/ Roasted Veggies	Stuffed Peppers	Steak Chimichurri with garlic mushrooms and Green Beans	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