

Bone Broth Diet - Week of January 25th, 2021							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Self Provided Breakfast - See Suggestions Below	Scotch Eggs with grilled Tomatoes	1.5 cups bone broth	Huevo Ranchero w/ guacamole & pico	Scrambled Eggs w/ Bacon & Roasted Veggies	2 hard boiled eggs w/ grapes & cashews	1.5 cups bone broth
Lunch	Cobb Salad	Taco Salad (Guacamole, Pico)	1.5 cups bone broth	Roasted Acorn Squash Soup & Salad	Buffalo Chicken Wings with Veggie sticks and Ranch	Low Carb Beef Stew	1.5 cups bone broth
Dinner	BBQ Drumsticks with Coleslaw	Roasted Chicken Leg w/Green Beans	1.5 cups bone broth	Pot Roast with Roasted Celery Root & Carrots	Zucchini pasta with meat sauce	Grilled Chicken with Roasted Veggies	1.5 cups bone broth
Snack	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

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