

Bone Broth Diet - Week of December 12th, 2022							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Self Provided Breakfast - See Suggestions Below	Scrambled Eggs w/ bacon & fruit	1.5 cups bone broth	Hardboiled Eggs w/ bacon & fruit	Scrambled Eggs w/ Bacon & Grapes	Hardboiled Eggs with grapes and cashews	1.5 cups bone broth
Lunch	Chicken Salad Bowl	Roasted Tomato Soup and Salad	1.5 cups bone broth	Chicken and Broccoli Stir Fry	Shepherd's Pie	Butter Chicken	1.5 cups bone broth
Dinner	Steak Salad with Roasted beets (no cheese)	Ham with sauteed cabbage & onions and sweet potato	1.5 cups bone broth	Grilled Chicken w/ Roasted Veggies	Chicken with Veggie mash & broccoli	Keto Paprika Chicken on Sauteed Cabbage	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
- 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