

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Breakfast	<ul style="list-style-type: none">• White Rice (0.5 Cups)• Greek Yogurt (3.0 Cups)• Catfish (3.0 Oz)	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)					
Snack			<ul style="list-style-type: none">• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))		<ul style="list-style-type: none">• Bacon (2 Slices)		
Lunch		<ul style="list-style-type: none">• Almonds (1.0 Oz)• Almonds (1.0 Oz)• Almonds (1.0 Oz)• Almonds (1.0 Oz)• Almonds (1.0 Oz)			<ul style="list-style-type: none">• Apple (1.0 Medium)	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)	
Snack			<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Almond Milk (1.0 Cups)• Almond Milk (1.0 Cups)• Almond Milk (1.0 Cups)			
Dinner	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Catfish (3.0 Oz)• Almond Milk (5.5 Cups)	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)	<ul style="list-style-type: none">• Bacon (3.0 Slices)• Catfish (3.0 Oz)• White Rice (0.5 Cups)	<ul style="list-style-type: none">• Bacon (3.0 Slices)	<ul style="list-style-type: none">• Artichokes (1.0 Medium)	<ul style="list-style-type: none">• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))• Avocado Oil (1.0 TBSP(s))	
Snack							<ul style="list-style-type: none">• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)• Bacon (3.0 Slices)
Totals	Calories: 660 Fat: 18g Carbs: 57.4g Protein: 64.2g	Calories: 1924 Fat: 157.6g Carbs: 31.2g Protein: 105.2g	Calories: 1423 Fat: 115.2g Carbs: 39.6g Protein: 55.5g	Calories: 594 Fat: 39.6g Carbs: 25.2g Protein: 31.2g	Calories: 290 Fat: 11.2g Carbs: 38.2g Protein: 14g	Calories: 1172 Fat: 112.8g Carbs: 1.6g Protein: 37.6g	Calories: 552 Fat: 42.8g Carbs: 1.6g Protein: 37.6g