

	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) 	<ul style="list-style-type: none"> • 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)) 	<ul style="list-style-type: none"> • Peach (1.0 Medium) • White Rice (5 Cups) 	<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: 1437 Fat: 111.9g Carbs: 40g Protein: 64.9g	Calories: 834 Fat: 42.6g Carbs: 65.2g Protein: 38.2g	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