

My Daily Menus



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The daily menus I consume are going to vary considerably to the menus anyone else reading this cookbook might eat. We are all different people with different chemistries. You may not love the amount of garlic I eat in a day because maybe you don't want all of the vampires to die with a quick whiff of your breath. Perhaps you like dark chocolate, but do not want to feel like you are lost in *Willy Wonka's Chocolate Factory* by eating dark chocolate with every meal. Maybe your body chemistry requires you to eat more mono or polyunsaturated fats, while mine requires more saturated fats to stay balanced. We all need to take time to figure this out for ourselves.

Obviously you can figure out what you like to eat. That part is easy. If you have no idea what food is ideal for your body chemistry, take the [Digestion Course](#). Figure it out. Eat the foods that are right for your body chemistry to make this health and weight loss stuff all much easier on yourself!

Most people are so used to consuming the SAD diet, that when they have to add a bunch of fat to their day, they have no idea where to start. Should they just dip a spoon into a jar of full fat mayo and go for it? Are they supposed to eat a pound of bacon in the morning and another pound for lunch? And what's with all of the people eating pure coconut oil straight from little plastic baggies?

In case you are confused, I am going to provide you with a week's worth of my daily menus. You will see how I personally combine all of these delicious fats together to make up a ketogenic diet that is appropriate for my body. These are the menus I have had success with for losing weight and regaining my health. Keep in mind, my daily menus have changed considerably from where I started as my digestion improved and tastes changed. You can copy my week if you would like, but I cannot guarantee the same results. Remember, we are two different people.

Did you take the time to improve your digestion so your body recognizes fat as an appropriate fuel source? I did. I spent a lot of time working on my digestion so I could eat all the fat without the side effects I previously had like nausea, cystic acne and itchy skin. If I never took this step and I tried to eat 190+ grams of fat on some days, I. Would. Die. I mean, not literally, but almost.

There are days I eat close to 50 grams of carbs and easily stay in ketosis. When I first started, I had to stay closer to 20-30 grams max. Overtime I have become more active

and my metabolism has become more flexible. That means I can eat more than 20 carbs in a day and still have the results I want. Is this possible for you? Perhaps, if you work at it. If you are already very active, it may be possible for you today.

While we are on the subject of carbs, I listed both my carb intake and my net carb intake. I personally believe using net carbs is for cheaters. I know not everyone follows my beliefs, so I listed both. If you are going by net carbs because the carbs you are subtracting out are from real foods like vegetables, you can get probably get away with that. If you are subtracting all kinds of strange sugar alcohols and “other carbs” listed on packaged foods that your body doesn’t even know how to process in the first place, STOP IT! Now you are a big fat cheater!

I guess if it works for you then do it, but don’t say I told you to do it. I very clearly told you to stop it above. Eating foods regularly that your body cannot process is only going to lead to storing toxins (fat) and poor health long term. I used to eat the cheater carbs too. That was in my days of yo-yo diets and not being able to stick with low-carb, high-fat long term because I was not providing my body with real food it was able to digest. Now that I provide my body the good stuff it requires to thrive, this has become a lifestyle.

You might also notice my protein intake is sometimes on the higher end of the spectrum for a ketogenic diet. Again, this is the right amount of protein for me to feel good while still getting the results I want. I practice intermittent fasting and strength training two to three times per week. The protein and fasting are helping me build the muscle for the results I desire. You may not be able to eat 80-90 grams of protein per day based on your body or goals. Tinker around to see what is right for you.

I could easily lower protein by removing the collagen in my drinks, but collagen is too important for my health. I am steadily approaching 40. Health has become my main goal in place of hitting a number according to macros that are magical to someone else. [Collagen](#) provides many health benefits and I am still strumming along in ketosis at 90 grams of protein per day.

There are rough estimates of calorie counts listed in the daily menus. This is for your benefit, not mine. I gave up calorie counting long ago. I realized counting calories to lose weight was all a big piece of fiction, so I no longer care about calories. I am aware I am the exception. I am also aware that I have no clue how many calories I take in on a daily basis for the first time in my life while simultaneously no longer struggling with yo-yoing weight for the first time in my life. There is a connection there. Eating to feel

good is the connection. There is no connection when you eat to hit a calorie count as designed by an app on your phone. *You* do what you gotta do to get your results.

I also no longer measure my food. I tried to provide general estimates on the foods when I could, but I cannot bring myself back into that tortured mindset any longer. I also don't want to steer you in that direction either. I measured, weighed and counted every ounce of food for decades. That only made me insane, while keeping me in fat girl pants.

If measuring and tracking is still your thing, just know I typically eat around 3-4 ounces of meat or 5-6 ounces if the meat is combined with some type of sauce like the sweet & spicy spaghetti sauce. I think. I honestly fill my plate with what I think will satisfy me and stop when I feel good. If I am still hungry, I get more. Since I took the time to improve the way my body digests foods and I eat mostly real food, I don't have to worry about measuring or counting anything beyond a basic guess at carbs.

Day 1

Macros: Cals: 2005 **Pro:** 90 **Carbs:** 46 **Net:** 32 **Fat:** 170

10 am

- 1 chocolate protein cupcake
- 1 chocolate butter
- 2 minty melts

12:30 pm

- 2 minty melts
- Bacon avocado & cucumber salad

3 pm

- 2 peanut butter fat bombs
- Handful of walnuts (½ oz)

5:30 pm

- Mediterranean steak strips
- Keto rings
- 2 squares Theo's 85% dark chocolate

Day 2

Macros: Cals: 1638 **Pro:** 90 **Carbs:** 38 **Net:** 28 **Fat:** 131

10 am

- BBQ & bruschetta scrambled eggs
- 2 sausages with melted butter on top
- 1 cream cheese fat bomb

12 pm

- Garlic butter chicken (leftovers)
- 4 oz cucumbers drizzled with ranch
- 1 chocolate butter

3 pm

- 1 peanut butter fat bomb
- 1 dark chocolate peanut butter cup
- Handful of almonds (½ oz)

5:30 pm

- Sweet and spicy spaghetti sauce
- 2 squares Theo's dark chocolate

Day 3

Macros: Cals: 1865 **Pro:** 89 **Carbs:** 35 **Net:** 20 **Fat:** 157

11 am

- Keto cold buster tea with [Perfect Keto collagen](#)

11:20

- 2 minty melts
- 1 crumbly PB bar

1 pm

- Mediterranean steak strips (leftovers)
- Spinach salad with walnuts, cucumbers, onions, avocado and ranch
- 2 almond butter bombs

5 pm

- Layered taco salad
- Mexi Caulirice (½ recipe serving)
- Whipped cream with chocolate butter sauce (½ cup whipped)

Day 4

Macros: Cals: 2165 **Pro:** 81 **Carbs:** 38 **Net:** 28 **Fat:** 193

10 am

- Salted caramel hot chocolate
- 1 caramel apple fat bomb

12:30 pm

- 4 oz cucumbers drizzled with ranch
- Chicken with Buffalo butter sauce
- 2 minty melts

3 pm

- 1 chocolate pecan ball
- 1 chocolate butter

5:30 pm

- Sausage crust pizza ($\frac{1}{3}$ recipe)
- 1 peanut butter fat bomb

Day 5

Macros: Cals: 1723 Pro: 77 Carbs: 32 Net: 22 Fat: 149

12 pm

- The Mac Salad (5 oz meat on top of greens)
- 1 chocolate butter
- 1 almond butter bombs

3 pm

- Handful almonds (½ oz)
- 3 minty melts

5:30 pm

- Shredded Chicken Bacon Alfredo
- Spinach salad with walnuts, cucumbers, onions, and ranch
- Garlic butter fried rice (½ recipe serving)
- 2 squares Theo's dark chocolate

Day 6

Macros: Cals: 2040 Pro: 88 Carbs: 29 Net: 22 Fat: 178

10 am

- Easy scrambled eggs topped with butter
- 4 slices of bacon
- 2 peanut butter fat bombs

12:30 pm

- Keto cold buster tea with [Perfect Keto collagen](#)
- 1 PB crumbly bar
- 1 chocolate pecan ball
- 1 minty melt

3 pm

- Cucumbers
- Ranch
- Handful walnuts

5:30 pm

- Buffalo ranch taco salad
- 1 minty melt

Day 7

Macros: Cals: 1907 **Pro:** 89 **Carbs:** 34 **Net:** 22 **Fat:** 162

10 am

- Keto cold buster tea with [Perfect Keto collagen](#)

10:30 am

- 1 dark chocolate protein cupcake
- 3 minty melts

1 pm

- Chicken avocado salad
- Handful of almonds (½ oz)
- 2 walnut fudge bombs

4 pm

- 1 peanut butter bomb
- 1 cheesecake fat bomb

5:30 pm

- Spicy burger with mayo and mustard
- Coconut sauteed onions (½ recipe serving)
- Creamy garlic green beans (½ recipe serving)
- 1 minty melt