

Meal Plan Beginner

“Practical Paleo”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Avocado “Toast”	Breakfast Zucchini Pancakes	Breakfast Bacon & Egg Salad	Breakfast Avocado “Toast”	Breakfast Zucchini Pancakes	Breakfast Bacon & Egg Salad	Breakfast Avocado “Toast”
Lunch Slow cooked salsa verde chicken	Lunch Bacon wrapped smoky chicken thighs	Lunch Buffalo chicken lettuce wraps	Lunch Slow cooked salsa verde chicken	Lunch Bacon wrapped smoky chicken thighs	Lunch Buffalo chicken lettuce wraps	Lunch Slow cooked salsa verde chicken
Dinner Green sauce marinated steak & plantain bowl	Dinner Indian spiced burgers with smashed roasted garlic	Dinner Lemon rosemary broiled salmon	Dinner Green sauce marinated steak & plantain bowl	Dinner Indian spiced burgers with smashed roasted garlic	Dinner Lemon rosemary broiled salmon	Dinner Green sauce marinated steak & plantain bowl

Supplements:

Fermented Cod Liver Oil

Grass-fed Beef Organs

Meal Plan Intermediate

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Green Juice Water	Breakfast Green Juice Water	Breakfast Green Juice Water	Breakfast Green Juice Water	Breakfast Green Juice Water	Breakfast Green Juice Water	Breakfast Green Juice Water
Lunch Avocado "Toast"	Lunch Zucchini Pancakes	Lunch Bacon & Egg Salad	Lunch Avocado "Toast"	Lunch Zucchini Pancakes	Lunch Bacon & Egg Salad	Lunch Avocado "Toast"
Dinner Slow cooked salsa verde chicken	Dinner Bacon wrapped smoky chicken thighs	Dinner Lemon rosemary broiled salmon	Dinner Buffalo chicken lettuce wraps	Dinner Slow cooked salsa verde chicken	Dinner Lemon rosemary broiled salmon	Dinner Buffalo chicken lettuce wraps

Supplements:

Fermented Cod Liver Oil

Grass-fed Beef Organs

Ayurvedic Herbs

Meal Plan Advanced

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water
Lunch Avocado "Toast"	Lunch Zucchini Pancakes	Lunch Bacon & Egg Salad	Lunch Avocado "Toast"	Lunch Zucchini Pancakes	Lunch Bacon & Egg Salad	Lunch Avocado "Toast"
Dinner Slow cooked salsa verde chicken Sauerkraut	Dinner Bacon wrapped smoky chicken thighs Sauerkraut	Dinner Lemon rosemary broiled salmon Sauerkraut	Dinner Buffalo chicken lettuce wraps Sauerkraut	Dinner Slow cooked salsa verde chicken Sauerkraut	Dinner Lemon rosemary broiled salmon Sauerkraut	Dinner Buffalo chicken lettuce wraps Sauerkraut

Supplements:

Fermented Cod Liver Oil

Grass-fed Beef Organs

Ayurvedic Herbs

Beer Diet Project “Lite”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water	Breakfast Green Juice Probiotics Water
Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie
Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Cucumber Cherry tomato salad Probiotics	Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Probiotics	Dinner Cucumber Cherry tomato salad Probiotics	Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Cucumber Cherry tomato salad Probiotics

Supplements:

Fermented Cod Liver Oil

Grass-fed Beef Organs

Salt water

Ayurvedic Herbs

Beer Diet Project “Intermediate”

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea	Breakfast Steam distilled Water Blue-green algae Red hibiscus tea
Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Steam distilled water	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie	Lunch Green “keto” smoothie
Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Hormone fat shake Probiotics	Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Steam distilled water	Dinner 4 Eggs Avocado Canadian Bacon Probiotics	Dinner Cucumber Cherry tomato salad Probiotics	Dinner Hormone fat shake Probiotics

Supplements:

Fermented Cod Liver Oil, Grass-fed Beef Organs, Salt water, Ayurvedic Herbs

YOUR Meal Plan

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast	Breakfast
Lunch	Lunch	Lunch	Lunch	Lunch	Lunch	Lunch
Dinner	Dinner	Dinner	Dinner	Dinner	Dinner	Dinner

Supplements:

- Fermented Cod Liver Oil
- Grass-fed Beef Organs
- Ayurvedic Herbs