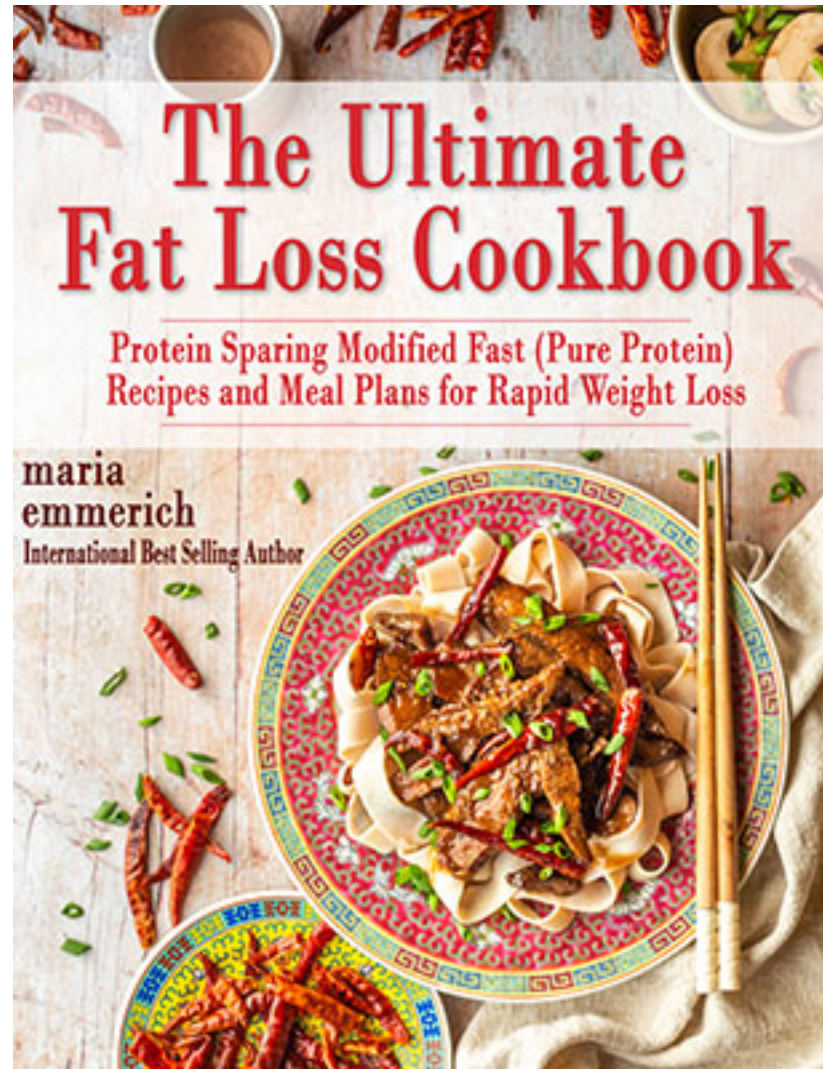


# Protein Sparing Modified Fast Meal Plans

Using recipes from our blog and from our The Ultimate Fat Loss Cookbook ebook



## Meal Plan Week 1

### Day 1

Break"Fast"

PSMF DAY

Protein Sparing Snickerdoodle Waffles



2 servings

Snack or Dessert

Protein Sparing Crab Fritters



2 servings

Last Meal

Protein Sparing Asian Chicken with Protein Noodles



2 servings

#### Nutrition Facts (per serving)

Calories	734.1 kcal
Fat	29.6 g
Protein	108.6 g
Carbohydrates	11.4 g
Fiber	4.3 g

### Day 2

Break"Fast"

KETO DAY

Easy Pizza Dutch Baby



2 servings

Snack or Dessert

Protein Sparing Strawberry Pudding



2 servings

Last Meal

Crab Louie Salad



2 servings

Easy Lemon Chicken



2 servings

#### Nutrition Facts (per serving)

Calories	1296.5 kcal
Fat	88.7 g
Protein	101.4 g
Carbohydrates	19.6 g
Fiber	4.1 g

### Day 3

Break"Fast"

KETO DAY

Protein Sparing Bread Eggs Benedict with Easy Hollandaise



2 servings

Snack or Dessert

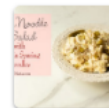
Chocolate Protein Pudding



2 servings

Last Meal

Tuna Noodle Salad with Protein Sparing Noodles



4 servings

Crack Slaw



2 servings

#### Nutrition Facts (per serving)

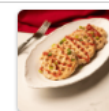
Calories	1299 kcal
Fat	86 g
Protein	116 g
Carbohydrates	17 g
Fiber	6 g

### Day 4

Break"Fast"

PSMF DAY

Protein Sparing Deconstructed Chicken and Waffles



2 servings

Snack or Dessert

Protein Sparing Crab Fritters



2 servings

Leftovers

Simple Protein Sparing Cioppino



2 servings

Last Meal

Protein Sparing Asian Chicken with Protein Noodles



2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	785.6 kcal
Fat	22.7 g
Protein	134.2 g
Carbohydrates	12.7 g
Fiber	4.4 g

## Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

### Day 5

Break"Fast"

KETO DAY

Protein Sparing Bread Eggs Benedict with Easy Hollandaise



2 servings

Leftovers

Snack or Dessert

Protein Sparing Strawberry Pudding



2 servings

Leftovers

Last Meal

Tuna Noodle Salad with Protein Sparing Noodles



4 servings

Leftovers

Crab Louie Salad



2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	1318.5 kcal
Fat	86.7 g
Protein	116.4 g
Carbohydrates	9.6 g
Fiber	3.1 g

### Day 6

Break"Fast"

KETO DAY

Protein Sparing Bread Eggs Benedict with Easy Hollandaise



2 servings

Leftovers

Snack or Dessert

Chocolate Protein Pudding



3 servings

Leftovers

Last Meal

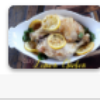
Crack Slaw



2 servings

Leftovers

Easy Lemon Chicken



2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	1547 kcal
Fat	111 g
Protein	117 g
Carbohydrates	24 g
Fiber	7 g

### Day 7

Break"Fast"

PSMF DAY

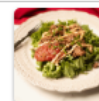
South of the Border Dutch Baby



2 servings

Snack or Dessert

Easy Protein Sparing Taco Salad



2 servings

Simple Protein Sparing Cioppino



2 servings

Leftovers

Last Meal

Protein Sparing Tex Mex Chicken Tenders

2 servings

#### Nutrition Facts (per serving)

Calories	740.4 kcal
Fat	22.9 g
Protein	120.8 g
Carbohydrates	13.2 g
Fiber	4.9 g

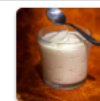
### Additional Recipes for this Week

Break"Fast"

Note: These macros are already included in each recipe of this plan to the left.

Snack or Dessert

Protein Sparing Mayo



12 servings

There will be extra mayo after this week.

Protein Sparing Flour and Breading



12 servings

Or pork panko crumbs

#### Nutrition Facts (per serving)

Calories	55.4 kcal
Fat	1.1 g
Protein	11.9 g
Carbohydrates	1.6 g
Fiber	1 g

## Grocery List Week 1

☐ [Equip Strawberry Protein Powder](#) 3 scoops

### Baking Products

☐ apple cider vinegar ½ tsp  
☐ baking powder 2 ½ tsp  
☐ [beef broth](#) 1 ¼ cups  
☐ coconut milk 14 oz  
☐ coconut vinegar ⅓ cup  
☐ cream of tartar 2 tsp  
☐ fish sauce 3 ¼ tsp  
☐ [gelatin](#) 11 tbsp  
☐ guar gum ½ tsp  
☐ lemon juice 1 tbsp  
☐ rice vinegar 3 tbsp  
☐ [unsweetened cocoa powder](#) ¼ cup

### Canned Items

☐ black olives ½ cup  
☐ can crabmeat 24 oz  
☐ capers ⅓ cup  
☐ [chicken broth](#) 5 ¼ cups  
☐ dill pickles 10  
☐ pickle juice 11 tsp  
☐ [Primal Kitchen pizza sauce](#) ¼ cup  
☐ tomato sauce 39 oz

### Condiments

☐ [Dijon mustard](#) 1 tsp  
☐ hot sauce  
☐ mayonnaise 2 ½ cup  
☐ organic Tamari 5 tbsp  
☐ prepared yellow mustard 1 tsp  
☐ salsa ½ cup

### Eggs

☐ egg 17 large  
☐ egg whites 66 large  
☐ egg yolks 3 large  
☐ hard boiled eggs 16 large

### Fats and Oils

☐ [avocado oil](#) 1 tbsp  
☐ [coconut oil](#) 11 tbsp  
☐ [Primal Kitchen Avocado Oil Spray](#)  
☐ toasted sesame oil 1 tbsp  
☐ unsalted butter ½ cup

### Fresh Herbs

☐ basil leaves 2 tbsp  
☐ fresh flat-leaf parsley ½ cup  
☐ fresh ginger 4 tbsp  
☐ fresh oregano 2 tbsp

### Milk and Drinks

- ☐ unsweetened vanilla almond milk     $\frac{3}{5}$  cup

### Other Recipes

- ☐ [Protein Flour](#) (or [Pork Panko](#))    1  $\frac{1}{2}$  cups

### Produce

- ☐ button mushrooms    8 oz
- ☐ cabbage    5 cups
- ☐ diced tomatoes    1 medium
- ☐ garlic    20 cloves
- ☐ green onions    3 whole
- ☐ lemon    1
- ☐ lettuce    2 cups
- ☐ onion    1  $\frac{3}{4}$  cups
- ☐ red bell pepper     $\frac{1}{2}$
- ☐ red onion     $\frac{1}{4}$  cup
- ☐ romaine lettuce    1 head
- ☐ scallions    6
- ☐ tomatoes    28 oz

### Protein Powder

- ☐ [unflavored egg white protein powder](#) 1  $\frac{3}{4}$  cups
- ☐ [vanilla egg white protein powder](#)    2 tbsp

### Proteins

- ☐ bacon    4 slices
- ☐ boneless skinless chicken breasts    2  $\frac{1}{2}$  lb
- ☐ chicken thighs (or more breasts)    4 pieces
- ☐ cod fillets    4 oz
- ☐ deli chicken slices    7 oz
- ☐ extra lean ground chicken    8 oz
- ☐ ground beef 95% lean     $\frac{1}{2}$  lb
- ☐ ham    6 slices
- ☐ scallops    4
- ☐ shrimp    6 small

### Spices and Extracts

- ☐ [almond extract](#)    1 tsp
- ☐ black pepper     $\frac{1}{2}$  tsp
- ☐ cayenne pepper     $\frac{1}{8}$  tsp
- ☐ chili powder    1  $\frac{1}{2}$  tsp
- ☐ garlic powder     $\frac{3}{4}$  tsp
- ☐ ground cinnamon    7 tsp
- ☐ ground cumin    2 tsp
- ☐ [italian seasoning](#)    1 tsp
- ☐ onion powder     $\frac{3}{4}$  tsp
- ☐ [Redmond garlic salt](#)    1 tsp
- ☐ [Sea Salt](#)    12 tsp
- ☐ [season salt](#)    1 tsp

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<input type="checkbox"/> smoked paprika	1 ½ tsp
<input type="checkbox"/> <a href="#">strawberry extract</a>	1 tsp
<input type="checkbox"/> <a href="#">Taco Seasoning</a>	2 tsp
<input type="checkbox"/> <a href="#">vanilla extract</a>	3 tsp

**Sweeteners**

<input type="checkbox"/> <a href="#">Allulose</a>	3 tbsp
<input type="checkbox"/> <a href="#">Confectioners Swerve</a>	14 tbsp
<input type="checkbox"/> <a href="#">stevia glycerite</a>	2 tsp



# Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

## Meal Plan Week 2

### Day 1

Break"Fast"

PSMF DAY

Protein Sparing Chocolate Cake Style DONUTS



2 servings

Side Dish or Dessert

Protein Sparing Pho



2 servings

Last Meal

The Best Protein Sparing Teriyaki Chicken

2 servings

#### Nutrition Facts (per serving)

Calories	655.3 kcal
Fat	22.6 g
Protein	103.9 g
Carbohydrates	10.6 g
Fiber	2 g

### Day 2

Break"Fast"

OVERFEEDING KETO DAY

4 large eggs

1 servings

4 slices bacon

1 servings

Side Dish or Dessert

The BEST Flourless Fudgy Protein Brownies



2 servings

The BEST Flourless Fudgy Protein Brownies



2 servings

Eat Two Servings

Last Meal

Protein Sparing Chicken Enchiladas



2 servings

Bloody Mary Chicken Wings



2 servings

Dairy Free Ranch Dressing



2 servings

#### Nutrition Facts (per serving)

Calories	1732.6 kcal
Fat	116.1 g
Protein	152.7 g
Carbohydrates	20.2 g
Fiber	4.3 g

### Day 3

Break"Fast"

PSMF DAY

Protein Sparing Chocolate Cake Style DONUTS



2 servings

Leftovers

Side Dish or Dessert

Protein Sparing Pho



2 servings

Leftovers

Last Meal

Easy Protein Sparing Ground Beef Stroganoff

2 servings

#### Nutrition Facts (per serving)

Calories	769 kcal
Fat	33 g
Protein	101 g
Carbohydrates	14 g
Fiber	2.5 g

### Day 4

Break"Fast"

KETO DAY

South of the Border Dutch Baby



2 servings

South of the Border Dutch Baby



2 servings

Eat Two Servings

Side Dish or Dessert

The BEST Flourless Fudgy Protein Brownies



2 servings

The BEST Flourless Fudgy Protein Brownies



2 servings

Eat Two Servings

Leftovers

Last Meal

Protein Sparing Chicken Enchiladas



2 servings

Leftovers

Bloody Mary Chicken Wings



2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	1383.6 kcal
Fat	70.2 g
Protein	165.2 g
Carbohydrates	24.2 g
Fiber	6.1 g

# Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

## Day 5

Break"Fast"

KETO DAY

Breakfast Fried "Rice"



4 servings

Breakfast Fried "Rice"



4 servings

Eat Two Servings

Side Dish or Dessert

Protein Sparing Snickerdoodle Pudding



3 servings

Protein Sparing Snickerdoodle Pudding



3 servings

Eat Two Servings

Last Meal

Easy Mexican Tenderloin



4 servings

The Best Smoked Chicken Wings



2 servings

Dairy Free Ranch Dressing



8 servings

Leftovers

### Nutrition Facts (per serving)

Calories	1233 kcal
Fat	73 g
Protein	124.3 g
Carbohydrates	13.5 g
Fiber	5.3 g

## Day 6

Break"Fast"

KETO DAY

Breakfast Asparagus



2 serving

Make Double recipe to feed 2

Side Dish or Dessert

The BEST Flourless Fudgy Protein Brownies



2 servings

Leftovers

Last Meal

Easy Mexican Tenderloin



4 servings

Leftovers

The Best Smoked Chicken Wings



2 servings

The Best Smoked Chicken Wings



2 servings

Eat Two Servings

Leftovers

Dairy Free Ranch Dressing



2 servings

Leftovers

### Nutrition Facts (per serving)

Calories	1383.3 kcal
Fat	98.6 g
Protein	106.9 g
Carbohydrates	14.6 g
Fiber	5.2 g

## Day 7

Break"Fast"

PSMF DAY

Tastes Like Thanksgiving Souffle



2 servings

Side Dish or Dessert

Protein Sparing Pho



2 servings

Leftovers

Last Meal

The Best Protein Sparing Teriyaki Chicken

2 servings

Leftovers

### Nutrition Facts (per serving)

Calories	773.3 kcal
Fat	25.7 g
Protein	125.9 g
Carbohydrates	10.4 g
Fiber	1.5 g



## Grocery List Week 2

- ☐ [Equip Chocolate Protein Powder](#) 2 ½ scoops

### Baking Products

- ☐ apple cider vinegar 1 tbsp
- ☐ baking powder 2 tsp
- ☐ [beef broth](#) 8 cups
- ☐ coconut milk ½ cup
- ☐ cream of tartar 1 tsp
- ☐ fish sauce 3 tsp
- ☐ [gelatin](#) 5 tbsp
- ☐ guar gum ¾ tsp
- ☐ lime juice 6 tbsp
- ☐ natural food dye (optional)
- ☐ unsweetened baking chocolate 4 ⅓ oz

### Canned Items

- ☐ [chicken broth](#) 3 ¾ cups
- ☐ tomato sauce 1 ¼ cups

### Condiments

- ☐ [Dijon mustard](#) ½ tbsp
- ☐ hot sauce 2 tsp
- ☐ organic mayo 1 cup
- ☐ organic Tamari 1 cup
- ☐ salsa 1 ½ cups

### Eggs

- ☐ egg 25 large
- ☐ egg whites 57 large
- ☐ egg yolks 2
- ☐ hard boiled eggs 6 large

### Fats and Oils

- ☐ bacon fat (or more lard) ½ tbsp
- ☐ [coconut oil](#) 10 tbsp
- ☐ lard 8 tsp
- ☐ [MCT oil](#) 2 tbsp
- ☐ [Primal Kitchen Avocado Oil Spray](#)

### Fresh Herbs

- ☐ chives 1 tbsp
- ☐ fresh chives
- ☐ fresh cilantro
- ☐ fresh ginger 3 tbsp
- ☐ fresh thyme 2 sprigs

### Milk and Drinks

- ☐ unsweetened almond milk 2 ¼ cups

### Prepackaged Items

- ☐ [Further Foods Vanilla Collagen](#) 6 scoops

## Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

### Produce

<input type="checkbox"/> asparagus	12 sprigs
<input type="checkbox"/> button mushrooms	5 oz
<input type="checkbox"/> celery stalk (optional garnish)	1 stalk
<input type="checkbox"/> garlic	13 clove
<input type="checkbox"/> green onions	2 whole
<input type="checkbox"/> lime wedges	6 slices
<input type="checkbox"/> onion (yellow)	1 cup
<input type="checkbox"/> scallions	½ cup

### Protein Powder

<input type="checkbox"/> <a href="#">unflavored egg white protein powder</a>	1 ¼ cup
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### Proteins

<input type="checkbox"/> bacon	14 slices
<input type="checkbox"/> boneless skinless chicken breasts	48 ounce
<input type="checkbox"/> chicken wings	7 lb
<input type="checkbox"/> deli chicken slices	7 oz
<input type="checkbox"/> ground beef 95% lean	¾ lb
<input type="checkbox"/> Sirloin steak	1 lb
<input type="checkbox"/> thinly sliced deli chicken	8 oz
<input type="checkbox"/> turkey breast	½ cup
<input type="checkbox"/> venison tenderloin (or beef)	2 lb

### Spices and Extracts

<input type="checkbox"/> black pepper	2 ⅞ tsp
<input type="checkbox"/> <a href="#">celery salt</a>	2 tsp

<input type="checkbox"/> chili powder	1 ½ tbsp
<input type="checkbox"/> cinnamon	1 tsp
<input type="checkbox"/> cinnamon stick	1 whole
<input type="checkbox"/> crushed red pepper flakes	2 tsp
<input type="checkbox"/> dried chives	½ tsp
<input type="checkbox"/> dried dill weed	½ tsp
<input type="checkbox"/> dried parsley	½ tsp
<input type="checkbox"/> garlic powder	4 ¾ tsp
<input type="checkbox"/> ground cumin	4 ½ tsp
<input type="checkbox"/> ground dried oregano	½ tsp
<input type="checkbox"/> ground dried thyme	1 tsp
<input type="checkbox"/> <a href="#">maple extract</a>	3 tsp
<input type="checkbox"/> onion powder	4 ¾ tsp
<input type="checkbox"/> <a href="#">Redmond garlic salt</a>	2 tsp
<input type="checkbox"/> sage	1 tsp
<input type="checkbox"/> <a href="#">Sea Salt</a>	15 tsp
<input type="checkbox"/> smoked paprika	2 tbsp
<input type="checkbox"/> star anise	¾ tsp
<input type="checkbox"/> <a href="#">Taco Seasoning</a>	¾ cup
<input type="checkbox"/> <a href="#">vanilla extract</a>	3 ⅔ tsp

### Sweeteners

<input type="checkbox"/> <a href="#">Allulose</a>	5 tbsp
<input type="checkbox"/> <a href="#">Confectioners Swerve</a>	1 ¼ cups
<input type="checkbox"/> <a href="#">stevia glycerite</a>	2 ⅓ tsp

## Meal Plan Week 3

### Day 1

Break"Fast"

PSMF DAY

Butterscotch Breakfast Pudding



2 servings

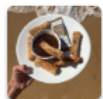
Dessert or Snack

Protein Sparing Seafood Salad



2 servings

Protein Sparing Churros



2 servings

Last Meal

Protein Sparing Alabama BBQ Chicken

2 servings

#### Nutrition Facts (per serving)

Calories	767.8 kcal
Fat	27.8 g
Protein	118.7 g
Carbohydrates	12.5 g
Fiber	2.9 g

### Day 2

Break"Fast"

KETO DAY

Protein Sparing Huevos Rancheros



2 servings

Dessert or Snack

Peanut Butter Hard Boiled Egg Pudding



2 servings

Last Meal

Dairy Free Easy Italian Chili



2 servings

PSMF Garlic Bread



2 (2 slices per serving)

#### Nutrition Facts (per serving)

Calories	1247.4 kcal
Fat	73.9 g
Protein	120.9 g
Carbohydrates	19.5 g
Fiber	4.8 g

### Day 3

Break"Fast"

KETO DAY

Tex Mex Dutch Baby



2 servings

2 slices bacon

1 servings

Dessert or Snack

Peanut Butter Hard Boiled Egg Pudding



3 servings

Leftovers

Last Meal

Dairy Free Easy Italian Chili



2 servings

Leftovers

PSMF Garlic Bread



2 (2 slices per serving)

Leftovers

#### Nutrition Facts (per serving)

Calories	1171.1 kcal
Fat	75.1 g
Protein	104.8 g
Carbohydrates	14.1 g
Fiber	2 g

### Day 4

Break"Fast"

PSMF DAY

Cinnabon Breakfast Cake for 2

2 servings

Dessert or Snack

Protein Sparing Seafood Salad



2 servings

Leftovers

Protein Sparing Churros



2 servings

Last Meal

Protein Sparing Alabama BBQ Chicken

2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	753.8 kcal
Fat	26.8 g
Protein	113.7 g
Carbohydrates	17.5 g
Fiber	6.9 g

## Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

### Day 5

Break"Fast"

KETO DAY

3 large eggs

2 servings

2 slices bacon

2 servings

Dessert or Snack

Collagen Pudding



2 servings

Last Meal

Dairy Free Easy Italian Chili



2 servings

Leftovers

PSMF Garlic Bread



2 (2 slices per serving)

Leftovers

#### Nutrition Facts (per serving)

Calories	1202.1 kcal
Fat	80 g
Protein	102.7 g
Carbohydrates	12.2 g
Fiber	1.4 g

### Day 6

Break"Fast"

KETO DAY

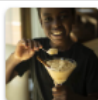
Easy Pizza Dutch Baby



2 servings

Dessert or Snack

Collagen Pudding



3 servings

Leftovers

Last Meal

Dairy Free Easy Italian Chili



2 servings

Leftovers

Asparagus Cobb Salad



4 servings

#### Nutrition Facts (per serving)

Calories	1438 kcal
Fat	104 g
Protein	103 g
Carbohydrates	21 g
Fiber	4.4 g

### Day 7

Break"Fast"

PSMF DAY

Pumpkin Spice Breakfast Shake



2 servings

Dessert or Snack

Protein Sparing Mini Cake for 2

2 servings

Last Meal

Protein Sparing Beef Stroganoff Over Protein Noodles

2 servings

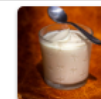
#### Nutrition Facts (per serving)

Calories	719.4 kcal
Fat	29 g
Protein	92 g
Carbohydrates	20.8 g
Fiber	6.8 g

### Additional Recipes for this Week

Dessert or Snack

Protein Sparing Mayo



12 servings

Note: These macros are already included in each recipe of this plan to the left.

#### Nutrition Facts (per serving)

Calories	9 kcal
Fat	1 g
Protein	2 g
Carbohydrates	1 g
Fiber	1 g

## Grocery List Week 3

### Baking Products

<input type="checkbox"/> apple cider vinegar	1 ¾ cups
<input type="checkbox"/> baking powder	1 ½ tsp
<input type="checkbox"/> <a href="#">beef broth</a>	1 ½ cups
<input type="checkbox"/> coconut milk	24 oz
<input type="checkbox"/> cream of tartar	1 ⅓ tsp
<input type="checkbox"/> fish sauce	1 tsp
<input type="checkbox"/> <a href="#">gelatin</a>	3 tbsp
<input type="checkbox"/> liquid smoke	1 tsp
<input type="checkbox"/> unsweetened baking chocolate	1 oz
<input type="checkbox"/> <a href="#">unsweetened cocoa powder</a>	1/2 cup

### Canned Items

<input type="checkbox"/> can crabmeat	6 oz
<input type="checkbox"/> <a href="#">canned tuna</a>	4 oz
<input type="checkbox"/> <a href="#">chicken broth</a>	1 cup
<input type="checkbox"/> dill pickle juice	2 cups
<input type="checkbox"/> <a href="#">Primal Kitchen pizza sauce</a>	¼ cup

### Condiments

<input type="checkbox"/> Dairy-Free Ranch Dressing	4 tbsp
<input type="checkbox"/> <a href="#">Dijon mustard</a>	½ tbsp
<input type="checkbox"/> organic Tamari	½ tsp
<input type="checkbox"/> prepared yellow mustard	2 tbsp
<input type="checkbox"/> salsa	¾ cup

### Eggs

<input type="checkbox"/> egg	13 large
<input type="checkbox"/> egg whites	55 large
<input type="checkbox"/> eggs	6 large
<input type="checkbox"/> hard boiled eggs	17 large

### Fats and Oils

<input type="checkbox"/> <a href="#">avocado oil</a>	6 tbsp
<input type="checkbox"/> bacon fat	2 tbsp
<input type="checkbox"/> <a href="#">coconut oil</a>	1 tbsp
<input type="checkbox"/> paleo fat (more of above fats)	2 tbsp
<input type="checkbox"/> <a href="#">Primal Kitchen Avocado Oil Spray</a>	

### Fresh Herbs

<input type="checkbox"/> chives	2 tbsp
<input type="checkbox"/> fresh thyme	2 sprigs

### Milk and Drinks

<input type="checkbox"/> unsweetened almond milk	2 ½ cups
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### Prepackaged Items

<input type="checkbox"/> <a href="#">Further Foods Chocolate Collagen</a>	2 tbsp
<input type="checkbox"/> <a href="#">Further Foods Vanilla Collagen</a>	2 ½ tbsp
<input type="checkbox"/> <a href="#">Peanut Butter Collagen</a>	3 scoops
<input type="checkbox"/> <a href="#">Primal Kitchen Chai Tea Collagen</a>	4 scoops
<input type="checkbox"/> <a href="#">Primal Kitchen Marinara Sauce</a>	2 jars

### Produce

<input type="checkbox"/> asparagus	1 lb
<input type="checkbox"/> avocado	½ medium
<input type="checkbox"/> Boston lettuce	
<input type="checkbox"/> button mushrooms	5 oz
<input type="checkbox"/> garlic	8 cloves
<input type="checkbox"/> green onions	1 whole
<input type="checkbox"/> yellow onion	1 small

### Protein Powder

<input type="checkbox"/> <a href="#">unflavored egg white protein powder</a>	1 ½ cups
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### Proteins

<input type="checkbox"/> bacon	6 slices
<input type="checkbox"/> beef tenderloin	12 ounce
<input type="checkbox"/> boneless skinless chicken breasts	24 ounce
<input type="checkbox"/> ground beef 85% lean	1 ¼ lb
<input type="checkbox"/> ham	1 cup
<input type="checkbox"/> Italian sausage	1 lb
<input type="checkbox"/> scallops	½ lb
<input type="checkbox"/> shrimp	½ lb
<input type="checkbox"/> <a href="#">squid bodies</a> (optional)	¼ lb
<input type="checkbox"/> thinly sliced deli chicken	8 oz

### Spices and Extracts

<input type="checkbox"/> black pepper	2 ¾ tsp
<input type="checkbox"/> <a href="#">butterscotch extract</a>	1 tbsp
<input type="checkbox"/> <a href="#">chocolate extract</a>	½ tsp
<input type="checkbox"/> cinnamon	2 tbsp
<input type="checkbox"/> ground cinnamon	½ tsp
<input type="checkbox"/> ground dried oregano	½ tsp
<input type="checkbox"/> ground turmeric	½ tsp
<input type="checkbox"/> <a href="#">italian seasoning</a>	1 tsp
<input type="checkbox"/> <a href="#">maple extract</a>	1 ½ tsp
<input type="checkbox"/> onion powder	1 tsp
<input type="checkbox"/> pumpkin pie spice	1 ½ tsp
<input type="checkbox"/> <a href="#">Redmond smoked salt</a>	¼ tsp
<input type="checkbox"/> <a href="#">Redmond Sea Salt</a>	9 ⅔ tsp
<input type="checkbox"/> <a href="#">seafood seasoning</a>	½ tbsp
<input type="checkbox"/> smoked paprika	
<input type="checkbox"/> <a href="#">Taco Seasoning</a>	2 tsp
<input type="checkbox"/> <a href="#">vanilla extract</a>	6 ¼ tsp

### Sweeteners

<input type="checkbox"/> <a href="#">Allulose</a>	½ cup
<input type="checkbox"/> <a href="#">Confectioners Swerve</a>	1 ¾ cups
<input type="checkbox"/> <a href="#">stevia glycerite</a>	1 ¼ tsp



## Meal Plan Week 4

### Day 1

Break"Fast"

PSMF DAY

Protein Sparing Bagels



2 servings

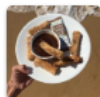
Side Dish or Dessert

Easy Protein Sparing Pizza Dutch Baby



2 servings

Protein Sparing Churros



2 servings

Last Meal

Protein Sparing Ambrosia Chicken Breasts

2 servings

#### Nutrition Facts (per serving)

Calories	751 kcal
Fat	31 g
Protein	106 g
Carbohydrates	12 g
Fiber	3.2 g

### Day 2

Break"Fast"

OVERFEEDING KETO DAY

4 large eggs

1 servings

4 slices bacon

1 servings

Side Dish or Dessert

Chocolate Protein Pudding



3 servings

Chocolate Protein Pudding



2 servings

Eat two servings.

Last Meal

Asparagus Cobb Salad



2 servings

Bourbon Chicken



2 servings

#### Nutrition Facts (per serving)

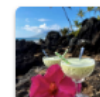
Calories	1802 kcal
Fat	133.9 g
Protein	124.2 g
Carbohydrates	23.5 g
Fiber	7 g

### Day 3

Break"Fast"

PSMF DAY

Protein Sparing Shamrock Shake



2 servings

Side Dish or Dessert

Protein Sparing Hawaiian Fried "Rice"



2 servings

Last Meal

Protein Sparing Ambrosia Chicken Breasts

2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	660 kcal
Fat	22 g
Protein	103 g
Carbohydrates	12 g
Fiber	3.2 g

### Day 4

Break"Fast"

KETO DAY

3 large eggs

2 servings

2 slices bacon

2 servings

Side Dish or Dessert

Protein Sparing Pretzels



2 servings

3 tsp Dijon mustard

1 servings

Last Meal

Asparagus Cobb Salad



2 servings

Leftovers

Bourbon Chicken



2 servings

Leftovers

#### Nutrition Facts (per serving)

Calories	1199 kcal
Fat	80.8 g
Protein	100.5 g
Carbohydrates	17 g
Fiber	6 g

# Protein Sparing Modified Fast Meal Plans using [The Ultimate Fat Loss Cookbook ebook](#)

## Day 5

Break"Fast"

KETO DAY

3 large eggs

2 servings

3 oz ham

2 servings

Side Dish or Dessert

Protein Sparing Pretzels



2 servings

Leftovers

3 tsp Dijon mustard

1 servings

Last Meal

Protein Sparing Reuben Chicken



2 servings

Tuna Noodle Salad with Protein Sparing Noodles



2 servings

### Nutrition Facts (per serving)

Calories	1338 kcal
Fat	81.1 g
Protein	135.8 g
Carbohydrates	13 g
Fiber	2.1 g

## Day 6

Break"Fast"

PSMF DAY

Protein Sparing Bagels

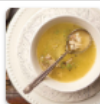


2 servings

Leftovers

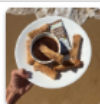
Side Dish or Dessert

Protein Sparing Truffle Chicken Soup



2 servings

Protein Sparing Churros



2 servings

Leftovers

Last Meal

PSMF Instant Pot/Slow Cooker Enchiladas

2 servings

### Nutrition Facts (per serving)

Calories	783.6 kcal
Fat	34.3 g
Protein	105.8 g
Carbohydrates	16.8 g
Fiber	5.8 g

## Day 7

Break"Fast"

KETO DAY

4 large eggs

2 servings

2 slices bacon

2 servings

Side Dish or Dessert

Protein Sparing Pretzels



2 servings

Leftovers

3 tsp Dijon mustard

1 servings

Last Meal

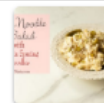
Protein Sparing Reuben Chicken



2 servings

Leftovers

Tuna Noodle Salad with Protein Sparing Noodles



2 servings

Leftovers

### Nutrition Facts (per serving)

Calories	1275 kcal
Fat	77.8 g
Protein	127.8 g
Carbohydrates	13.4 g
Fiber	2.1 g

## Additional Recipes

Side Dish or Dessert

Dairy Free Ranch Dressing



12 servings

Note: These macros are already included in each recipe of this plan to the left.

## Grocery List Week 4

### Baking Products

<input type="checkbox"/> apple cider vinegar	2 tbsp
<input type="checkbox"/> baking powder	1 tsp
<input type="checkbox"/> <a href="#">beef broth</a>	14 tbsp
<input type="checkbox"/> coconut milk	14 oz
<input type="checkbox"/> coconut vinegar	1 tbsp
<input type="checkbox"/> cream of tartar	1 tsp
<input type="checkbox"/> fish sauce	1 ⅛ tsp
<input type="checkbox"/> <a href="#">gelatin</a>	8 tbsp
<input type="checkbox"/> lemon juice	2 tbsp
<input type="checkbox"/> unsweetened baking chocolate	1 oz
<input type="checkbox"/> <a href="#">unsweetened cocoa powder</a>	¼ cup

### Canned Items

<input type="checkbox"/> <a href="#">black truffles</a> (or more truffle salt)	4 slices
<input type="checkbox"/> <a href="#">canned tuna</a>	10 ounces
<input type="checkbox"/> <a href="#">chicken broth</a>	5 3/7 cups
<input type="checkbox"/> dill pickles	1/2 cup
<input type="checkbox"/> pickle juice	1 tsp
<input type="checkbox"/> <a href="#">Primal Kitchen pizza sauce</a>	¼ cup
<input type="checkbox"/> sauerkraut	24 oz
<input type="checkbox"/> tomato sauce	5 tbsp

### Condiments

<input type="checkbox"/> Dairy-Free Ranch Dressing	4 tbsp
<input type="checkbox"/> <a href="#">Dijon mustard</a>	7 tbsp
<input type="checkbox"/> mayonnaise	1 ¼ cup
<input type="checkbox"/> organic Tamari	5 tsp
<input type="checkbox"/> <a href="#">Primal Kitchen Ketchup</a>	¼ cup
<input type="checkbox"/> <a href="#">Primal Kitchen Mayo</a>	½ cup
<input type="checkbox"/> salsa	⅓ cup

### Eggs

<input type="checkbox"/> egg whites	54 large
<input type="checkbox"/> eggs	24 large
<input type="checkbox"/> hard boiled eggs	13 large

### Fats and Oils

<input type="checkbox"/> <a href="#">avocado oil</a>	¼ cup
<input type="checkbox"/> <a href="#">coconut oil</a>	7 tbsp
<input type="checkbox"/> duck fat (or more above fats)	1 tbsp
<input type="checkbox"/> <a href="#">Primal Kitchen Avocado Oil Spray</a>	

### Fresh Herbs

<input type="checkbox"/> chives	2 tbsp
<input type="checkbox"/> fresh cilantro	
<input type="checkbox"/> fresh ginger	3 tbsp
<input type="checkbox"/> fresh thyme	2 sprigs

### Milk and Drinks

- ☐ low fat coconut milk 1 ¼ cups
- ☐ unsweetened almond milk 1 ¼ cups

### Prepackaged Items

- ☐ [Further Foods Chocolate Collagen](#) 2 tbsp

### Produce

- ☐ asparagus 1 lb
- ☐ button mushrooms 1 ½ cups
- ☐ garlic 10 cloves
- ☐ green chiles 4.5 ounce
- ☐ green onions 2 tbsp
- ☐ onion 10 tbsp
- ☐ scallions (optional garnish)

### Protein Powder

- ☐ [unflavored egg white protein powder](#) 1 cup

### Proteins

- ☐ bacon 12 slices
- ☐ boneless skinless chicken breasts 58 ounce
- ☐ boneless skinless chicken thighs 2 lb
- ☐ deli chicken slices 4 slices
- ☐ ham 12 oz

### Spices and Extracts

- ☐ black pepper 1 ⅜ tsp
- ☐ chili powder ⅛ cup
- ☐ crushed red pepper flakes 1 ¾ tsp
- ☐ dried chives ½ tsp
- ☐ dried dill weed ½ tsp
- ☐ dried parsley ½ tsp
- ☐ [Everything bagel spice](#) (optional)
- ☐ garlic powder ⅓ tsp
- ☐ [green food coloring](#) (optional)
- ☐ ground cinnamon 1 tsp
- ☐ ground cumin ⅛ tsp
- ☐ [mint extract](#) 1 tsp
- ☐ onion powder ¼ tsp
- ☐ [pineapple extract](#) 1 tsp
- ☐ [Redmond garlic salt](#) 1 tsp
- ☐ [Redmond Sea Salt](#) 7 tsp
- ☐ [season salt](#) ½ tsp
- ☐ [truffle salt](#) 1 tsp
- ☐ [vanilla extract](#) 4 tsp

### Sweeteners

- ☐ [Allulose](#) 6 tbsp
- ☐ [Confectioners Swerve](#) 1 ⅓ cups
- ☐ [stevia glycerite](#) 1 tsp