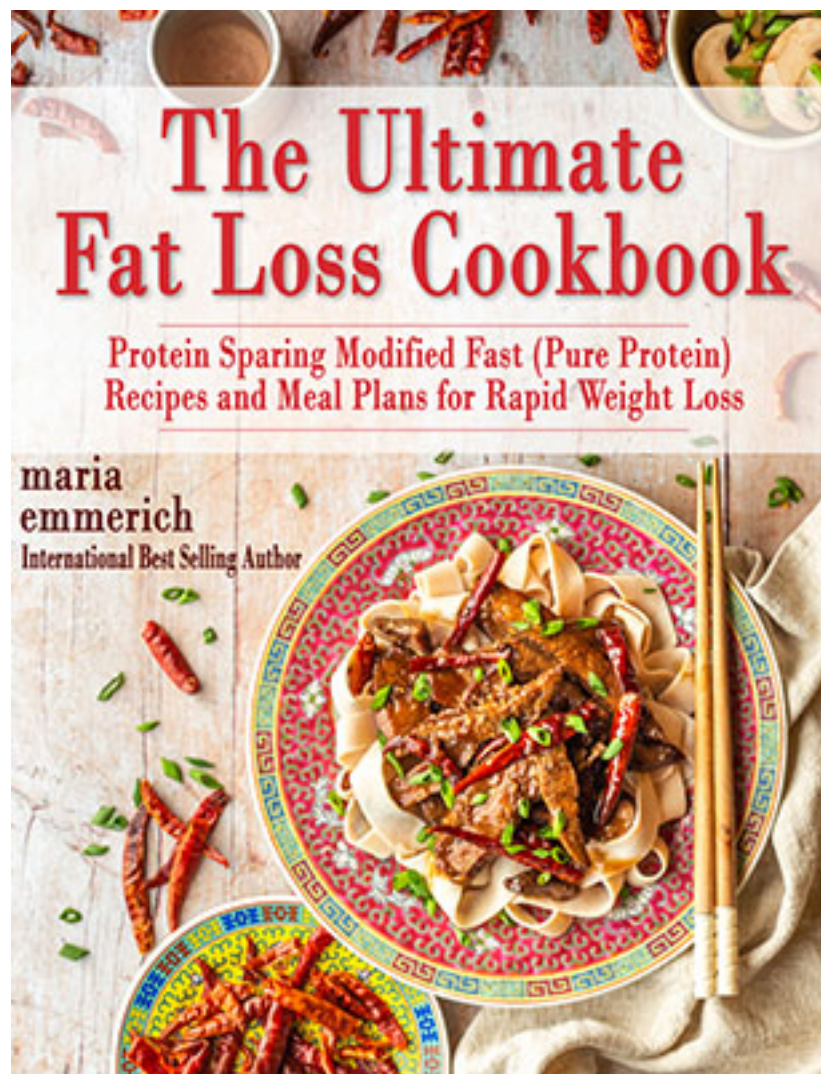












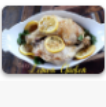




Protein Sparing Modified Fast Meal Plans

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



Meal Plan Week 1

Eat one servings of each meal unless otherwise noted. These plans are designed to feed 2 people with minimal leftovers at the end of the week.

Day 1	Day 2	Day 3	Day 4																																								
<p>Break"Fast"</p> <p>PSMF DAY</p> <p>Protein Sparing Snickerdoodle Waffles </p> <p>2 servings</p>	<p>Break"Fast"</p> <p>KETO DAY</p> <p>Easy Pizza Dutch Baby </p> <p>2 servings</p>	<p>Break"Fast"</p> <p>KETO DAY</p> <p>Protein Sparing Bread Eggs Benedict with Easy Hollandaise </p> <p>2 servings</p>	<p>Break"Fast"</p> <p>PSMF DAY</p> <p>Protein Sparing Deconstructed Chicken and Waffles </p> <p>2 servings</p>																																								
<p>Snack or Dessert</p> <p>Protein Sparing Crab Fritters </p> <p>2 servings</p>	<p>Snack or Dessert</p> <p>Protein Sparing Strawberry Pudding </p> <p>2 servings</p>	<p>Snack or Dessert</p> <p>Chocolate Protein Pudding </p> <p>2 servings</p>	<p>Snack or Dessert</p> <p>Protein Sparing Crab Fritters </p> <p>2 servings</p>																																								
<p>Last Meal</p> <p>Protein Sparing Asian Chicken with Protein Noodles </p> <p>2 servings</p>	<p>Last Meal</p> <p>Crab Louie Salad </p> <p>2 servings</p> <p>Easy Lemon Chicken </p> <p>2 servings</p>	<p>Last Meal</p> <p>Tuna Noodle Salad with Protein Sparing Noodles </p> <p>4 servings</p> <p>Crack Slaw </p> <p>2 servings</p>	<p>Leftovers</p> <p>Simple Protein Sparing Cioppino </p> <p>2 servings</p> <p>Last Meal</p> <p>Protein Sparing Asian Chicken with Protein Noodles </p> <p>2 servings</p> <p>Leftovers</p>																																								
<p>Nutrition Facts (per serving)</p> <table border="1"> <tr><td>Calories</td><td>734.1 kcal</td></tr> <tr><td>Fat</td><td>29.6 g</td></tr> <tr><td>Protein</td><td>108.6 g</td></tr> <tr><td>Carbohydrates</td><td>11.4 g</td></tr> <tr><td>Fiber</td><td>4.3 g</td></tr> </table>	Calories	734.1 kcal	Fat	29.6 g	Protein	108.6 g	Carbohydrates	11.4 g	Fiber	4.3 g	<p>Nutrition Facts (per serving)</p> <table border="1"> <tr><td>Calories</td><td>1296.5 kcal</td></tr> <tr><td>Fat</td><td>88.7 g</td></tr> <tr><td>Protein</td><td>101.4 g</td></tr> <tr><td>Carbohydrates</td><td>19.6 g</td></tr> <tr><td>Fiber</td><td>4.1 g</td></tr> </table>	Calories	1296.5 kcal	Fat	88.7 g	Protein	101.4 g	Carbohydrates	19.6 g	Fiber	4.1 g	<p>Nutrition Facts (per serving)</p> <table border="1"> <tr><td>Calories</td><td>1299 kcal</td></tr> <tr><td>Fat</td><td>86 g</td></tr> <tr><td>Protein</td><td>116 g</td></tr> <tr><td>Carbohydrates</td><td>17 g</td></tr> <tr><td>Fiber</td><td>6 g</td></tr> </table>	Calories	1299 kcal	Fat	86 g	Protein	116 g	Carbohydrates	17 g	Fiber	6 g	<p>Nutrition Facts (per serving)</p> <table border="1"> <tr><td>Calories</td><td>785.6 kcal</td></tr> <tr><td>Fat</td><td>22.7 g</td></tr> <tr><td>Protein</td><td>134.2 g</td></tr> <tr><td>Carbohydrates</td><td>12.7 g</td></tr> <tr><td>Fiber</td><td>4.4 g</td></tr> </table>	Calories	785.6 kcal	Fat	22.7 g	Protein	134.2 g	Carbohydrates	12.7 g	Fiber	4.4 g
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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

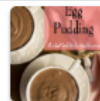


2 servings

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

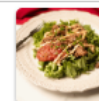
South of the Border Dutch Baby



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 ⅔ cup

Other Recipes

- [Protein Flour](#) (or [Pork Panko](#)) 1 ½ 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 ¾ cups
- red bell pepper ½
- red onion ¼ cup
- romaine lettuce 1 head
- scallions 6
- tomatoes 28 oz

Protein Powder

- [unflavored egg white protein powder](#) 1 ¾ cups
- [vanilla egg white protein powder](#) 2 tbsp

Proteins

- bacon 4 slices
- boneless skinless chicken breasts 2 ½ 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 ½ lb
- ham 6 slices
- scallops 4
- shrimp 6 small

Spices and Extracts

- [almond extract](#) 1 tsp
- black pepper ½ tsp
- cayenne pepper ⅛ tsp
- chili powder 1 ½ tsp
- garlic powder ¾ tsp
- ground cinnamon 7 tsp
- ground cumin 2 tsp
- [italian seasoning](#) 1 tsp
- onion powder ¾ tsp
- [Redmond garlic salt](#) 1 tsp
- [Sea Salt](#) 12 tsp
- [season salt](#) 1 tsp

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- smoked paprika 1 ½ tsp
- [strawberry extract](#) 1 tsp
- [Taco Seasoning](#) 2 tsp
- [vanilla extract](#) 3 tsp

Sweeteners

- [Allulose](#) 3 tbsp
- [Confectioners Swerve](#) 14 tbsp
- [stevia glycerite](#) 2 tsp

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

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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

Produce

- asparagus 12 sprigs
- button mushrooms 5 oz
- celery stalk (optional garnish) 1 stalk
- garlic 13 clove
- green onions 2 whole
- lime wedges 6 slices
- onion (yellow) 1 cup
- scallions ½ cup

Protein Powder

- [unflavored egg white protein powder](#) 1 ¼ cup

Proteins

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

Spices and Extracts

- black pepper 2 ⅞ tsp
- [celery salt](#) 2 tsp

- chili powder 1 ½ tbsp
- cinnamon 1 tsp
- cinnamon stick 1 whole
- crushed red pepper flakes 2 tsp
- dried chives ½ tsp
- dried dill weed ½ tsp
- dried parsley ½ tsp
- garlic powder 4 ¾ tsp
- ground cumin 4 ½ tsp
- ground dried oregano ½ tsp
- ground dried thyme 1 tsp
- [maple extract](#) 3 tsp
- onion powder 4 ¾ tsp
- [Redmond garlic salt](#) 2 tsp
- sage 1 tsp
- [Sea Salt](#) 15 tsp
- smoked paprika 2 tbsp
- star anise ¼ tsp
- [Taco Seasoning](#) ¾ cup
- [vanilla extract](#) 3 ⅔ tsp

Sweeteners

- [Allulose](#) 5 tbsp
- [Confectioners Swerve](#) 1 ¼ cups
- [stevia glycerite](#) 2 ⅔ 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

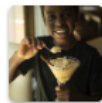
2 servings

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

- apple cider vinegar 1 ¼ cups
- baking powder 1 ½ tsp
- [beef broth](#) 1 ½ cups
- coconut milk 24 oz
- cream of tartar 1 ⅔ tsp
- fish sauce 1 tsp
- [gelatin](#) 3 tbsp
- liquid smoke 1 tsp
- unsweetened baking chocolate 1 oz
- [unsweetened cocoa powder](#) 1/2 cup

Canned Items

- can crabmeat 6 oz
- [canned tuna](#) 4 oz
- [chicken broth](#) 1 cup
- dill pickle juice 2 cups
- [Primal Kitchen pizza sauce](#) ¼ cup

Condiments

- Dairy-Free Ranch Dressing 4 tbsp
- [Dijon mustard](#) ½ tbsp
- organic Tamari ½ tsp
- prepared yellow mustard 2 tbsp
- salsa ¾ cup

Eggs

- egg 13 large
- egg whites 55 large
- eggs 6 large
- hard boiled eggs 17 large

Fats and Oils

- [avocado oil](#) 6 tbsp
- bacon fat 2 tbsp
- [coconut oil](#) 1 tbsp
- paleo fat (more of above fats) 2 tbsp
- [Primal Kitchen Avocado Oil Spray](#)

Fresh Herbs

- chives 2 tbsp
- fresh thyme 2 sprigs

Milk and Drinks

- unsweetened almond milk 2 ½ cups

Prepackaged Items

- [Further Foods Chocolate Collagen](#) 2 tbsp
- [Further Foods Vanilla Collagen](#) 2 ½ tbsp
- [Peanut Butter Collagen](#) 3 scoops
- [Primal Kitchen Chai Tea Collagen](#) 4 scoops
- [Primal Kitchen Marinara Sauce](#) 2 jars

Produce

- asparagus 1 lb
- avocado ½ medium
- Boston lettuce
- button mushrooms 5 oz
- garlic 8 cloves
- green onions 1 whole
- yellow onion 1 small

Protein Powder

- [unflavored egg white protein powder](#) 1 ½ cups

Proteins

- bacon 6 slices
- beef tenderloin 12 ounce
- boneless skinless chicken breasts 24 ounce
- ground beef 85% lean 1 ¼ lb
- ham 1 cup
- Italian sausage 1 lb
- scallops ½ lb
- shrimp ½ lb
- [squid bodies](#) (optional) ¼ lb
- thinly sliced deli chicken 8 oz

Spices and Extracts

- black pepper 2 ¾ tsp
- [butterscotch extract](#) 1 tbsp
- [chocolate extract](#) ½ tsp
- cinnamon 2 tbsp
- ground cinnamon ½ tsp
- ground dried oregano ½ tsp
- ground turmeric ½ tsp
- [italian seasoning](#) 1 tsp
- [maple extract](#) 1 ½ tsp
- onion powder 1 tsp
- pumpkin pie spice 1 ½ tsp
- [Redmond smoked salt](#) ¼ tsp
- [Redmond Sea Salt](#) 9 ⅔ tsp
- [seafood seasoning](#) ½ tbsp
- smoked paprika
- [Taco Seasoning](#) 2 tsp
- [vanilla extract](#) 6 ¼ tsp

Sweeteners

- [Allulose](#) ½ cup
- [Confectioners Swerve](#) 1 ¾ cups
- [stevia glycerite](#) 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

- apple cider vinegar 2 tbsp
- baking powder 1 tsp
- [beef broth](#) 14 tbsp
- coconut milk 14 oz
- coconut vinegar 1 tbsp
- cream of tartar 1 tsp
- fish sauce 1 ⅛ tsp
- [gelatin](#) 8 tbsp
- lemon juice 2 tbsp
- unsweetened baking chocolate 1 oz
- [unsweetened cocoa powder](#) ¼ cup

Canned Items

- [black truffles](#) (or more truffle salt) 4 slices
- [canned tuna](#) 10 ounces
- [chicken broth](#) 5 3/7 cups
- dill pickles 1/2 cup
- pickle juice 1 tsp
- [Primal Kitchen pizza sauce](#) ¼ cup
- sauerkraut 24 oz
- tomato sauce 5 tbsp

Condiments

- Dairy-Free Ranch Dressing 4 tbsp
- [Dijon mustard](#) 7 tbsp
- mayonnaise 1 ¼ cup
- organic Tamari 5 tsp
- [Primal Kitchen Ketchup](#) ¼ cup
- [Primal Kitchen Mayo](#) ½ cup
- salsa ⅓ cup

Eggs

- egg whites 54 large
- eggs 24 large
- hard boiled eggs 13 large

Fats and Oils

- [avocado oil](#) ¼ cup
- [coconut oil](#) 7 tbsp
- duck fat (or more above fats) 1 tbsp
- [Primal Kitchen Avocado Oil Spray](#)

Fresh Herbs

- chives 2 tbsp
- fresh cilantro
- fresh ginger 3 tbsp
- 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 ½ cup
 - crushed red pepper flakes 1 ¼ 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 ⅓ 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 ½ cups
 - [stevia glycerite](#) 1 tsp