

WEEK 4 CLASSIC 2000 calorie plan

DAY 1

TOTAL MACROS

Protein: 154.7g
Carb: 169.4g
Fat: 95.6g
Fibre: 66.2g
Net Carb: 103.2g
Sugar: 47.7g
Calories: **2002.7**

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Egg Muffins (4) + Avocado (100g) + 1 cup Bone Broth + Protein Bar (mid-morning)

MEAL #2 - Jerked Fish & Mango Salsa + 2 cups Steamed Mixed Veggies + Butter (1 tbsp)

MEAL #3 - Chocolate Cherry Chia Pudding + Nut Butter (1 tbsp)

MEAL #4 - Curry Chicken & Quinoa with Peas + Sautéed Greens + Probiotic Pops (2)

DAY 2

TOTAL MACROS

Protein: 157.3g
Carb: 159g
Fat: 95.8g
Fibre: 54.6g
Net Carb: 104.4g
Sugar: 46.3g
Calories: **2002.7**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Strawberry Milkshake Smoothie + Nut butter (1 tsp)

MEAL #2 – Curry Chicken & Quinoa with Peas + Sautéed Greens

MEAL #3 - Egg Muffins (4) + 1 cup Bone Broth + Kimchi + Avocado (100g) + Protein Bar

MEAL #4 - Jerked Fish & Mango Salsa + 2 cups Steamed Mixed Veggies with Butter (1 tbsp) + Probiotic Pops (2)

DAY 3

TOTAL MACROS

Protein: 176.4g
Carb: 146.1g

Fat: 88.2g
Fibre: 67.8g
Net Carb: 78.3g
Sugar: 51.2g
Calories: **2000.7**

PRE-BREAKFAST -1 glass (500ml) of room temperature with lemon

MEAL #1 - Egg Muffins (4) + Avocado (100g) + Kimchi + Protein Bar (mid-morning)

MEAL #2 - Turkey Taco Wraps + Bone Broth (1 cup) + Steamed Mixed Veggies & Butter (1 tsp)

MEAL #3 - Chocolate Cherry Chia Pudding

MEAL #4 - Curry Chicken & Quinoa with Peas + Sautéed Greens + Probiotic Pops (2)

DAY 4

TOTAL MACROS

Protein: 531.8g
Carb: 143.9g
Fat: 94.1g
Fibre: 61.8g
Net Carb: 65.5g
Sugar: 63.6g
Calories: **1994**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon

MEAL #1- Chunky Monkey Smoothie

MEAL #2 - Cobb Salad + 1 cup Bone Broth + Protein bar

MEAL #3 - Dark Chocolate Treat + Nut Butter (1 tbsp)

MEAL #4 - Turkey Taco Wraps + 2 cups Steamed Mixed Veggies + Butter (1 tbsp) + Probiotic Pops (2)

DAY 5

TOTAL MACROS

Protein: 153.3g
Carb: 133.1g
Fat: 99.2g
Fibre: 49.8g
Net Carb: 83.3g
Sugar: 58.6g
Calories: **1995**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + 2 tbsp apple cider vinegar

MEAL #1 - Strawberry Milkshake Smoothie

MEAL #2 – Turkey Taco Wraps + Sautéed Greens + Protein Bar

MEAL #3 - Dark Chocolate Treat + Nut Butter (1 tbsp)

MEAL #4 - Cobb Salad + Bone Broth (1 cup) + Steamed Mixed Veggies + Butter (1 tbsp)+ Probiotic Pops (2)

DAY 6

TOTAL MACROS

Protein: 121.8g

Carb: 160.3g

Fat: 93.4g

Fibre: 43.3g

Net Carb: 117g

Sugar: 75.3g

Calories: **1990**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + chlorophyll

MEAL #1 - Kefir Parfait

MEAL #2- Cobb Salad + 1 cup Bone Broth

MEAL #3 - Dark Chocolate Treat + Nut Butter (1 tbsp)

MEAL #4 - Turkey Taco Wraps + Avocado (50g) + Steamed Mixed Veggies + Butter (1 tbsp)

DAY 7 - REFEED DAY

FOR DINNER, CHOOSE ANY MEAL YOU PREFER THAT IS 625 CALORIES

TOTAL MACROS

Protein: 124.9g

Carb: 145.8g

Fat: 99.9g

Fibre: 44.2g

Net Carb: 101.6g

Sugar: 68.9g

Calories: **1874**

PRE-BREAKFAST - 1 glass (500ml) of room temperature or warm water + lemon
 MEAL #1- Cocoa Berry Banana Crepe + Nut Butter (1tbsp)
 MEAL #2 - Cobb Salad with 1 cup Bone Broth + Steamed Mixed Veggies + Butter (1 tbsp) + Protein Bar
 MEAL #3 - Chunky Monkey Smoothie + Probiotic Pops (2)
 MEAL #4 - REFEED MEAL - 625 CALORIE MEAL

GROCERY LIST

All produce to be organic when possible

<u>PRODUCE</u>	<u>QUANTITY NEEDED FOR RECIPES</u>
Avocados	5
Baby Spinach	1 cups
Banana	180g
Bell Peppers (red)	2
Bell Peppers (green)	1
Blueberries	2.5 cup
Cherry Tomatoes	700g
Cilantro	1 bunch
Cucumber	2
Garlic	1 bulb
Green onion	2 sprigs
Jalapeño pepper	1
Leafy Greens	8 cups - your choice of spinach, swiss chard, collards, kale, beet greens etc.
Lemon	4
Lime	3
Mango	300g
Mixed Veggies	10 cups - frozen veggie medley
Mushrooms	2 cups, sliced
Onion, white or yellow	2
Onion, red	1 small
Raspberries	1 cup
Romaine Lettuce	2 bunches
Scotch Bonnet Pepper	1 (optional, this is very spicy)
Strawberries	3 cups

All animal products to be organic

<u>PROTEIN</u>	<u>QUANTITY</u>
Chicken, breasts (cut into cubes or strips)	28oz total - 4oz each (approx. 7 breasts)
Eggs, organic, free run (whole)	1 dozen
Liquid egg whites, organic	1.5 cups
Protein bar	6
Protein powder - Vanilla	1 tub
Turkey Bacon	2 packages
Turkey, ground	2 lbs
White Fish Filets	8oz total-4oz each (approx. 2 filets)

**Choose wild, non-farmed fish - haddock, halibut, cod etc.*

<u>FATS</u>	
Butter <u>or</u> Ghee, organic	1 stick or 1 jar
Chia seeds, black or white	4 tbsp
Coconut Oil, extra virgin, cold pressed (glass bottle preferred)	1 bottle
Coconut Oil spray (non-aerosol)	1 bottle
Coconut butter	1 jar
Extra virgin olive oil, cold pressed	1 bottle
Hemp hearts	4 tbsp
Nut & Seed Butter organic such as:	
Almond	
Cashew	
Hazelnut	
Peanut (must be organic)	
Pumpkin Seed	
Sunflower Seed	

<u>CONDIMENTS</u>	
Apple Cider Vinegar	1 bottle
Bone Broth	5 cups
Braggs Aminos or Wheat Free Tamari Sauce	1 bottle
Cocoa Hazelnut Spread (100 cal/tbsp)	1 jar
Dark Chocolate Bar, 70% or more	6 squares
Goat Cheese	1 small package
Granola, gluten free, low sugar	1/4 cup
Honey Dijon Mustard	1 bottle
Honey, raw	1 tsp
Hot Sauce, sugar free, gluten free (Sriracha, Tabasco, Frank's Red Hot)	1 bottle
Jalapeño olives (spicy) or plain	1 jar
Jerk Marinade, gluten free, sugar free	1 jar
Kefir, organic, vanilla or plain	1 tub
Kimchi or Sauerkraut	1 jar
Liquid Chlorophyll - mint flavour	1 bottle
Organic Ketchup	1 bottle
Organic canned Kidney beans	1 can
Organic coconut milk (eg. Thai Kitchen)	1 can
Tomato sauce, organic, sugar free	2 jars
Unsweetened, non dairy milk (almond, cashew, coconut, hemp, flax)	4 cups

PANTRY & SPICES - dried

Baking Powder

Black pepper

Cacao Powder, unsweetened 2 tsp

Chilli flakes or powder

Cinnamon, organic

Cumin seeds

Curry Powder

Dried Cherries 2 tsp

Garlic powder

Quinoa 1 cup

Sage, ground

Sea Salt - Celtic sea salt or Pink Himalayan salt

Thyme

Vanilla Extract

Spice mixes, natural gluten free, sugar free such as:

Flavour God, Hot Mommas or Mrs.Dash etc.

MEAL PREP RECIPES

1. WATER

Lemon & Cucumber Infused Water- *Make large batch - should last 2 days*

2. CHICKEN

Pan Fried Herbed Chicken Strips

Curry Chicken

3. GROUND MEAT

Turkey Taco Wraps

4. FISH

Jerked White Fish

5. SALADS

Cobb Salad

6. SIDES

Caribbean Quinoa & Peas

Mango Salsa

7. EGGS

Egg Muffins

8. SUPER FOODS & SNACKS

Chocolate Cherry Protein Pudding

Dark Chocolate Treat

PREPARE FRESH (day of)

9. SMOOTHIES

Chunky Monkey Shake
Strawberry Milkshake Smoothie

10. VEGGIES

Sauteed Garlic Greens

Mixed Veggie Medley

11. MAIN MEALS - weekend

Cocoa Berry Banana Crepe
Kefir parfait

STORE BOUGHT (macros info only)

Avocado
Blueberries
Bone Broth
Kefir
Kimchi (spicy palate)
Protein Bar
Sauerkraut (mild palate)

MEAL PREP RECIPES

1. INFUSED WATER

LEMON & CUCUMBER INFUSED WATER - makes 2L

120g cucumber, sliced
1/2 lemon, sliced (with skin) * make sure to buy organic lemons and scrub well

INSTRUCTIONS

Use two 1L mason jars and divide ingredients evenly in each
Pour filtered water into jars
Allow flavours to develop for at least 2 hours
Mixture should last 2 days

2. CHICKEN

CURRY CHICKEN - makes 3 servings

12oz skinless chicken breast, chopped in cubes
1 tsp sea salt
1/4 tsp black pepper
3 tbsp curry powder

2 garlic cloves, chopped finely
50g red bell pepper, finely chopped
50g green bell pepper, finely chopped
100g onion, chopped
2 tsp coconut or olive oil
1/2 tsp dried thyme
1/4 tsp cumin seeds
1.5 tsp organic ketchup
1 tbsp hot pepper sauce
1.5 cups water

INSTRUCTIONS

Cut chicken into cubes (not too small)

Season chicken with salt, black pepper, 1.5 tsp curry powder and chopped garlic; put chicken in fridge for to absorb spices

Add cooking oil to saucepan and heat on high and sautee cumin seeds for 30 seconds

Then add chopped onion, green and red bell peppers, rest of curry powder & ketchup and cook until tender

Add half cup of boiling water and, when sauce is boiling, add chicken

Fold in chicken until it is well covered with sauce and seasonings; add remaining cup of water and cover and bring to a rolling boil until chicken is tender and sauce thickens (about 1/2 hour)

Taste and adjust with salt, if needed

MACROS - 1 serving = 4oz chicken

Protein:	22.6
Carb:	8.8g
Fat:	7.4g
Fibre:	4.6g
Net Carb:	4.2g
Sugar:	2.9g
Calories:	190

PAN FRIED HERBED CHICKEN STRIPS - makes 4 servings, 1 serving = 4oz

16oz skinless chicken breast, cut into strips or cubes

2 tbsp mixed herbs of your choice

1/2 tsp sea salt

1/2 tsp black pepper

2 tbsp olive oil

INSTRUCTIONS

Season chicken with 1 tbsp olive oil, herbs, salt and pepper

Heat remaining oil in a skillet on medium heat

Add chicken pieces and cook for about 5 minutes each side or until it is completely opaque

Let cool and serve with **Cobb Salad**

MACROS

Protein:	21g
Carb:	0g
Fat:	8.3g
Fibre:	0g
Net Carb:	0g
Sugar:	0g
Calories:	160

3. GROUND MEAT

TURKEY TACO WRAPS - 1 serving

1/2 lb Lean ground turkey
1 tbsp coconut oil
1 cup frozen or fresh veggie medley
1/2 cup sliced mushrooms
2 jalapeño olives (or plain)
5 Hearts of Romaine leaves - to be used upon eating the meal
1/2 cup tomato sauce
2 tbsp Braggs aminos
1/4 tsp celtic sea salt or pink himalayan salt
1/4 tsp black pepper
1 tbsp hot sauce (optional)

INSTRUCTIONS

Heat pan or wok and add oil
Add turkey and begin to break the meat into very small pieces.
Add braggs and srircha hot sauce.
Separately, steam veggies
Once the meat is cooked add tomato sauce, steamed veggies, raw mushrooms, jalapeño olives and stir.
Peel off roughly five romaine leaves.
Fill leaves one at a time with your 'taco' mixture

MACROS

Protein:	51g
Carb:	24.2g
Fat:	17.4g
Fibre:	7.7g
Net Carb:	16.5g
Sugar:	11.2g
Calories:	449

4. FISH

JERKED WHITE FISH & MANGO SALSA - 1 serving

4oz white fish fillet
1/2 tsp ground sage
1.5 tbsp Braggs Aminos
1/2 tsp sea salt
1/2 tsp ground black pepper
2 tbsp sugar free, gluten free Jerk Marinade (macros based on "Memories of Montego Bay Fiery Jerk Sauce - Presidents Choice)

INSTRUCTIONS

Pre-heat oven on broil to 350 degrees
Line baking sheet with parchment paper
Combine sage, Braggs Aminos, sea salt, black pepper and Jerk marinade in a large bowl
Pour evenly over fish fillets
For more intense flavour, this can be done ahead of time - either the night before or a few hours before cook time, otherwise you can cook right away
Place fish on prepared pan
Broil for 10-15 minutes or until fish is opaque in the centre and can be flaked with a fork
Remove fish from the oven and serve with your choice of steamed greens

Top with mango salsa

MACROS - based on 4oz of halibut

Protein: 25.3g
Carb: 39.5g
Fat: 8.9g
Fibre: 4.1g
Net Carb: 35.4g
Sugar: 4.2g
Calories: 299

5. SALADS

COBB SALAD - 1 serving

4oz herbed chicken strips (used from meal prep)

2 strips nitrate free turkey bacon (crispy is better)

1 cups chopped romaine lettuce

1 hard boiled eggs, chopped

30g avocado – sliced

100g cherry tomatoes, halved

100g cucumber, cubed

Sea salt and pepper to taste

Honey Mustard Vinaigrette

1 tsp extra virgin olive oil

1 tsp Dijon honey mustard

2 tbsp apple cider vinegar

Option to use low sugar, low carb dressing

INSTRUCTIONS

Combine ingredients in a mason jar and toss with dressing when ready to eat

MACROS

Protein: 27.8g
Carb: 13.8g
Fat: 22.1g
Fibre: 4.2g
Net Carb: 9.6g
Sugar: 3.4g
Calories: 433

6. SIDES

CARIBBEAN QUINOA & PEAS - makes 4 servings

1/4 cup canned, organic Kidney beans

1 cup water

1 cup organic coconut milk

1 garlic clove, minced

1/2 small onion, chopped
1 tsp sea salt
1/4 tsp black pepper
1/2 tsp dried thyme
1/4 Scotch Bonnet Pepper - this is optional as it is very spicy
1 cup quinoa, cooked measure

INSTRUCTIONS

Place water and coconut milk in large saucepan and bring to a boil
Add garlic, chopped onion, and black pepper and cook for 10 minutes or until veggies are soft on medium heat
Add kidney beans and continue to cook for 5 minutes on medium heat
Stir in thyme and scotch bonnet pepper (if you like it hot)
Stir in quinoa and bring water back up to a boil
Turn heat to low, cover pot and cook until all water is absorbed (about 15 to 20 min)
Fluff up quinoa with fork before serving
Serve with Curry Chicken

MACROS - 1/4 cup = 1 serving

Protein: 4.3g
Carb: 17.8g
Fat: 9.9g
Fibre: 3g
Net Carb: 14.8g
Sugar: 2.6g
178
Calories:

MANGO SALSA-1 serving

100g mango, chopped
100g cherry tomatoes, quartered
30g red onion, chopped finely
1 tbsp cilantro, chopped
3 tbsp lime juice
Pinch of sea salt
Pinch of black pepper
1 tsp olive oil
Pinch of chilli flakes

INSTRUCTIONS

Mix all ingredients together in bowl and serve atop of Jerked Fish

MACROS - 1 serving

Protein: 1.3g
Carb: 36.6g
Fat: 4.7g
Fibre: 1.7g
Net Carb: 34.9g
Sugar: 4.2g
Calories: 142

7. EGGS

EGG MUFFINS - makes 12, 1 serving = 4 muffins

5 whole eggs

1 ½ cup egg whites (you can use an organic liquid egg white for this part for less waste)
½ bell pepper (red, green, yellow etc.), chopped
1 cup raw spinach chopped
2 green onions, chopped
1 jalapeño pepper, chopped
4 slices of low sodium organic turkey bacon half cooked or turkey slices
¼ cup tomato sauce
Healthy coconut, ghee or butter spray
1 tbsp goat cheese
Hot sauce to taste

INSTRUCTIONS

Pre-heat oven to 375
Bake bacon until mostly cooked while prepping veggies
Whisk eggs and add tomato sauce, salt-free spice (example Ms Dash or other) and pepper.
Chop veggies and bacon into small pieces by hand or in food processor
Spray muffin tin with a natural coconut, ghee or butter spray.
Place sliced veggies and bacon in the muffin tins
Pour egg mix over top
Place in the oven and bake for 25-30 minutes
Take out of the oven, place on a rack to cool so they do not become mushy
Top with hot sauce & goat cheese
Once cool, move to Tupperware and store in the fridge for up to 3 days. If traveling with them, put hot sauce in a small Tupperware to add later

MACROS (4 muffins)

Protein: 29.7g
Carb: 6.4g
Fat: 9.8
Fibre: 1.1g
Net Carb: 5.3g
Sugar: 8g
Calories: 241.7

8. SUPERFOODS & SNACKS

CHOCOLATE CHERRY CHIA PUDDING

2 heaping tbsp of black or white chia seeds
1 scoop of protein powder - any flavour you prefer
1/2 tsp cinnamon
1 tsp cacao powder
1 tsp dried cherries
1-2 cups unsweetened coconut, almond or cashew milk

INSTRUCTIONS

Mix dry ingredients well (chia seeds, protein powder, cinnamon, cacao, dried cherries)
Pour non dairy milk and mix well until mixture starts to thicken
Refrigerate for minimum 30 minutes or prepare the night before
Stir well before serving and add a bit of water or unsweetened non-dairy milk unit desired texture is achieved

MACROS

Protein: 28.3g

Carb: 25.4g
Fat: 11.4g
Fibre: 17.1g
Net Carb: 8.3g
Sugar: 4.4g
Calories: 316

LIME STRAWBERRY KEFIR PROBIOTIC POPS – makes 1 popsicle, yields ½ cup

¼ cup organic vanilla kefir
40g organic strawberries, chopped
2 tsp. Lime juice
½ tbsp. lime zest

INSTRUCTIONS

Blend together in a small blender such as the Magic Bullet
Add mixture to popsicle mold – each one should take ½ cup of the mixture

MACROS – 2 popsicles

Protein: 4.6g
Carb: 18.8g
Fat: 2g
Fibre: 2.2g
Net Carb: 16.6g
Sugar: 16g
Calorie: 110

DARK CHOCOLATE TREAT - 1 serving

2 squares of 70% (or higher) dark chocolate
1/2 cup organic blueberries
1/4 tsp cinnamon

INSTRUCTIONS

Sprinkle cinnamon on berries and enjoy with your dark chocolate

MACROS - based on 70% Lindt Dark Chocolate

Protein: 2.2g
Carb: 22.1g
Fat: 9.8g
Fibre: 5.3g
Net Carb: 16.8g
Sugar: 13.6g
Calories: 177

PREPARED FRESH RECIPES

9. SMOOTHIES

General Smoothie Instructions

Place all the ingredients in a blender (except protein powder) and blend at high speed until smooth. Add protein at the end and blend for a few seconds only

*Aim between 25-30g protein per scoop**

STRAWBERRY MILKSHAKE SMOOTHIE

1 scoop vanilla protein - whey isolate or vegan

1/2 cup frozen strawberries (organic)
1/2 tsp organic cinnamon
1 tbsp hemp hearts
1 tbsp raw coconut butter
1 cup cashew milk (unsweetened) + 1 cup of water (depending on desired texture)

MACROS

Protein: 31.8g
Carb: 16g
Fat: 17g
Fibre: 5g
Net Carb: 11g
Sugar: 8.1g
Calories: 343

CHUNKY MONKEY SMOOTHIE

1 scoop vanilla or chocolate protein powder
1 tbsp organic peanut butter or other nut butter of your choice
60g frozen banana
2 cups unsweetened cashew, almond or coconut milk
*freeze 1 cup of non-dairy milk into ice cubes

MACROS

Protein: 30.2g
Carb: 24g
Fat: 16.4g
Fibre: 3.1g
Net Carb: 20.9g
Sugar: 11.4g
Calories: 375

10. VEGGIES

STEAMED MIXED VEGETABLES

1 cup mixed veggie medley
1/4 tsp sea salt and herbs to taste

INSTRUCTIONS

Lightly steam veggies for about 5-7 minutes and serve with sea salt and desired herbs

MACROS – 1 cup (85g) based on Presidents Choice Mixed Vegetable Medley

Protein: 2g
Carb: 6g
Fat: 0.2g
Fibre: 2g
Net Carb: 4g
Sugar: 2g
Calories: 25

SAUTEED GARLIC GREENS

2 cups your choice of leafy greens (spinach, swiss chard, collard greens, kale)

1 garlic clove, minced
1/4 tsp sea salt
1/4 tsp pepper
2 tsp olive oil

INSTRUCTIONS

Remove any stems from veggies and chop loosely (not applicable with spinach)
Warm oil on medium heat and sautee garlic for 2 minutes
Add greens and sautee until softened
Add sea salt and pepper to taste

MACROS

Protein: 1.9g
Carbs: 3.2g
Fat: 4.7g
Fibre: 1.4g
Net Carb: 1.8g
Sugar: 0.3g
Calories: 58g

10. MAIN MEALS

KEFIR PARFAIT

1 cup plain kefir
2 tbsp hemp hearts
1 tsp raw, organic honey
1 tsp vanilla extract
1 cup raspberries, fresh or frozen (leave out to thaw a bit if frozen)
1 cup blueberries, fresh or frozen (leave out to thaw a bit if frozen)
1/2 cup granola, low sugar, gluten free (eg. Kind Granola)

INSTRUCTIONS

Whisk the kefir, honey and vanilla extract
Add layer of berries at bottom of tall glass
Sprinkle layer of hemp hearts and granola
Cover with layer of kefir
Repeat with additional layers of berries, hemp hearts, granola and kefir

MACROS

Protein: 24.8g
Carb: 84g
Fat: 17.7g
Fibre: 16.6g
Net Carb: 67.4g
Sugar: 41.9g
Calories: 581

COCOA BERRY BANANA PROTEIN CREPE-1 serving - 2 large crepes

2 eggs
1/2 scoop protein powder
2 tbsp water
1 tsp baking powder

1 tsp cinnamon
60g banana, sliced
60g strawberries, sliced
Natural coconut oil spray
2 tbsp cocoa hazelnut spread (200 calories worth)

INSTRUCTIONS

Whisk eggs & protein powder with hand blender
Add water and baking powder after
Coat pan with coconut oil spray and put on medium heat
Pour batter and spread out thinly to the edges of the pan
When batter is bubbling, flip and brown the other side
Remove crepe onto plate and fill half of the ingredients as this should make 2 crepes
Sprinkle with cinnamon and enjoy

MACROS - 2 large crepes

Protein: 28.3g
Carb: 54.2g
Fat: 33.2g
Fibre: 10.7g
Net Carb: 43.5g
Sugar: 32.1g
Calories: 531

STORE BOUGHT MACROS

AVOCADO

MACROS – 30g (1/8)

Protein: 0.6g
Carb: 2.56g
Fat: 4.4g
Fibre: 0.2g
Net Carb: 2.36g
Sugar: 0.1g
Calories: 48

BLUEBERRIES

MACROS - 1/2 cup

Protein: 0.5g
Carb: 10.7g
Fat: 0g
Fibre: 1.8g
Net Carb: 9g
Sugar: 7.4g
Calories: 42

BONE BROTH

MACROS - 1 cup (based on Pacific Organics)

Protein: 9g
Carb: 0g
Fat: 0g
Fibre: 0g
Net Carb: 0g
Sugar: 0g
Calories: 35

KIMCHI

MACROS - 4 tbsp

Protein: 1g
Carb: 2g
Fat: 0g
Fibre: 2g
Net Carb: 0g
Sugar: 1g
Calories: 15

NUT BUTTER

MACROS - based on 1 tbsp almond butter, but you can use of any of the nut/seed butters listed

Protein: 3g
Carb: 4g
Fat: 8g
Fibre: 2g
Net Carb: 2g
Sugar: 2g
Calories: 95

PROTEIN BAR

MACROS – based on B-Up Bar

Protein: 20g
Carb: 25g
Fat: 7g
Fibre: 20g
Net Carb: 5g

Sugar: 2g

Calories: 190

SAURKRAUT

MACROS - 4 tbsp

Protein: 0g

Carb: 4g

Fat: 0g

Fibre: 4g

Net Carb: 0g

Sugar: 0g

Calories: 20