

# Pro-metabolic Meal Plan

	BREAKFAST	LUNCH	DINNER
MON	Homemade buttermilk biscuits w/ grass-fed butter and honey Scrambled eggs Bacon Collagen coffee	Tuna and Sardine salad Sourdough Einkorn Crackers Dried Mango	Whole roasted chicken w/ coconut oil, garlic, onions, and rosemary Ghee roasted rainbow carrots Cinnamon baked apple slices Raw fermented sauerkraut
TUE	Scrambled eggs Homemade Sausage patties Raw cheddar cheese Collagen coffee	Leftover chicken Leftover asian slaw & rice	BBQ ribs (Primal Kitchen) Honey butter corn Mashed potatoes Fermented pickles
WED	Collagen oatmeal bake	Shredded buffalo chicken Baked sweet potato Raw fermented sauerkraut	Grass-fed burgers w/ sourdough buns and raw pepper jack cheese Coconut-oil-fried sweet potato fries Fermented pickles
THU	Fried eggs, raw cheddar, avocado, and sourdough toast	Sourdough grilled cheese w/ raw cheddar Oysters Fermented pickles Fruit	Salmon cakes (fried in coconut oil) Korean Beet Salad Raw fermented sauerkraut
FRI	Collagen oatmeal bake	Leftover Salmon patties Beet salad Raw cheese	Pizza night! Homemade sourdough crust, personal pizzas
SAT	Fried eggs, raw cheddar, avocado, and sourdough toast	Charcuterie Board	leftovers or eat out
SUN	Sourdough pancakes and bacon/sausage	Leftovers	Local steak (grilled) Ghee and rosemary potatoes Cooked Green Beans Mushroom sauce

## SNACKS

HOMEMADE BANANA BREAD WITH RAW MILK (MIXED WITH HONEY AND COLLAGEN)

GREEK YOGURT WITH FRUIT, BEE POLLEN, HONEY, AND RAW CHEDDAR ON THE SIDE

PUMPKIN BREAD BARS WITH RAW MILK OR RAW CHEDDAR

MEAT STICK WITH AN ORANGE (AND RAW CHEDDAR IF DESIRED)

SALMON SALAD WITH SOURDOUGH EINKORN CRACKERS

CHOCOLATE CHIPS WITH RAW CHEDDAR

BONE BROTH HOT CHOCOLATE

SMOOTHIE WITH COLLAGEN AND BEE POLLEN

RAW CHEDDAR CHEESE WITH A SPOON OF HONEY AND BEE POLLEN

SMOKED OYSTERS WITH AVOCADO OIL POTATO CHIPS

