

FOOD LIST

All throughout the week I keep a running list of ideas I have for stuff I want to eat. It's categorized into first meal, snack, dinner, treat and take-out. (this is based on my specific protocol so adjust accordingly to fit yours)

On Sunday I clear my fridge out, review the leftovers we have, and check my deep freezer for available options. I note everything I have on hand and anything I planned for the week from the grocery store. I keep this info in the notes section of my phone. Then in the morning when I go to make my 24 hour plan, I just grab from the list and plug it in!

Sample food list

First Meal:

Frittata

Patrami Roll ups

Egg Salad on Caulithin

Snacks:

Nuts and cheese

Cream cheese and salami

Pork Rinds and cream cheese

Turkey Roll ups

Dinner:

Mississippi Pot Roast

Shrimp Burgers and Caulirice

Butter Chicken

Balsamic Thighs

Treats:

Choczero Coconut bark

Pumpkin Cake

Twix Cookie

Take out:

5 guys burger

Flying Dutchman

Unwich

FOOD LIST

First Meal

Snacks

Dinner

Treat

Takeout
