

CAVEMAN - Aug 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #19				Menu #20	
	2	3	4	5	6	7
Breakfast	Zucchini Egg Bake w Bacon: 490 Calories, 40g F, 5g C, 31g P, 1g Fiber, 810mg Sodium	Tomato & Basil Frittata: 470 Calories, 33g F, 5g C, 43g P, 1g Fiber, 360mg Sodium	Keto Peach Pancakes: 530 Calories, 42g F, 23g C, 22g P, 11g Fiber, 720mg Sodium	Egg Bake w Avocado Salsa: 490 Calories, 30g F, 9g C, 44g P, 5g Fiber, 350mg Sodium	Keto Pancakes w Bacon: 510 Calories, 41g F, 17g C, 25g P, 8g Fiber, 860mg Sodium	Eggs & Pork Sausage: 500 Calories, 39g F, 7g C, 31g P, 0g Fiber, 890mg Sodium
Lunch	Ground Chicken, Brussel Sprouts & Zucchini: 470 Calories, 31g F, 9g C, 41g P, 3g Fiber, 630mg Sodium	Turkey Chili & Zucchini Spirals: 510 Calories, 43g F, 24g C, 43g P, 4g Fiber, 750mg Sodium	Turkey Marinara Meatsauce w Spaghetti Squash: 500 Calories, 38g F, 16g C, 23g P, 3g Fiber, 650mg Sodium	Shredded Chicken Salad: 470 Calories, 29g F, 11g C, 37g P, 7g Fiber, 360mg Sodium	Shredded Pork Fajitas: 500 Calories, 30g F, 12g C, 44g P, 2g Fiber, 510mg Sodium	Ground Turkey with Roasted Garlic Succotash: 490 Calories, 36g F, 11g C, 31g P, 3g Fiber, 420mg Sodium
Dinner	Grilled Chicken Avocado Boats: 490 Calories, 26g F, 18g C, 49g P, 7g Fiber, 170mg Sodium	Broiled Shrimp, Caramelized Shallots, Mashed Cauliflower, Zucchini: 490 Calories, 32g F, 17g C, 35g P, 5g Fiber, 480mg Sodium	Tri Tip w Cauliflower Mash: 520 Calories, 32g F, 17g C, 42g P, 5g Fiber, 290mg Sodium	Salmon & Ratatouille: 490 Calories, 32g F, 12g C, 39g P, 4g Fiber, 180mg Sodium	Grilled Tri-tip w/ Sauteed Red Onions, Cooked Cabbage: 510 Calories, 32g F, 14g C, 40g P, 3g Fiber, 290mg Sodium	Cajun Shrimp w Ratatouille: 490 Calories, 27g F, 15g C, 46g P, 5g Fiber, 1060mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #1				Menu #2	
	9	10	11	12	13	14
Breakfast	Pork Sausage with Scrambled Eggs, and Pico 460 Calories, 34g F, 5g C, 29g P, 706mg Sodium, 1g Fiber	Birch Bender's Keto Blueberry Pancakes w Butter 450 Calories, 34g F, 27g C, 18g P, 702mg Sodium, 12g Fiber	Mushroom, Caramelized Onion, Garlic and Spinach Egg Frittata w/ Pork Bacon 520 Calories, 39g F, 13g C, 32g P, 1045mg Sodium, 3g Fiber	Scrambled Eggs and Chorizo w Cubed Zucchini 500 Calories, 40g F, 6g C, 29g P, 624mg Sodium, 1g Fiber	Birch Bender's Keto Waffle w Butter 470 Calories, 38g F, 20g C, 18g P, 710mg Sodium, 10g Fiber	Bacon w Spinach & Asparagus Egg Frittata 500 Calories, 38g F, 8g C, 31g P, 1000mg Sodium, 3g Fiber
Lunch	Steak Romaine Salad with Tomatoes, Avocado and Cucumber & Balsamic Vinaigrette 505 Calories, 30g F, 9g C, 48g P, 192mg Sodium, 4g Fiber	Oriental Chicken w Peppers, Snow Peas and Peanut Sauce 540 Calories, 40g F, 17g C, 46g P, 1371mg Sodium, 5g Fiber	Ground Turkey, Green Beans, Yellow Squash & Garlic Butter 510 Calories, 35g F, 11g C, 39g P, 215mg Sodium, 4g Fiber	Grilled Chicken Salad with Grilled Red Onions, Tomatoes, Cucumbers, Pumpkin Seeds, Avocado & Vinaigrette 504 Calories, 30g F, 9g C, 50g P, 304mg Sodium, 4g Fiber	Cajun Butter Shrimp, Zucchini, Peppers, Green Onion, Garlic, Olive Oil 490 Calories, 35g F, 9g C, 35g P, 1450mg Sodium, 3g Fiber	Turkey Meatballs, Spaghetti Squash, Marinara Sauce & Cheese 500 Calories, 36g F, 14g C, 35g P, 942mg Sodium, 3g Fiber
Dinner	Roast Italian Chicken w Balsamic Shallots & Zucchini, Butter 530 Calories, 31g F, 16g C, 44g P, 239mg Sodium, 3g Fiber	Shredded Cancun Pork w Fajita Veggies & Mojo Sauce 510 Calories, 34g F, 8g C, 40g P, 419mg Sodium, 2g Fiber	Chicken Curry with Coconut Milk, Bell Pepper, Onion, Spinach & Bok Choy 500 Calories, 33g F, 15g C, 35g P, 565mg Sodium, 4g Fiber	Sesame Crusted Cod w/ Bok Choy & Garlic/Ginger Sauce 500 Calories, 37g F, 11g C, 32g P, 791mg Sodium, 4g Fiber	Grilled Tri-Tip with Green Beans and Chimichurri 500 Calories, 35g F, 7g C, 39g P, 461mg Sodium, 3g Fiber	Chicken Thighs w Rosemary, Olive Oil, Asparagus 480 Calories, 31g F, 5g C, 44g P, 330mg Sodium, 3g Fiber

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #3				Menu #4	
	16	17	18	19	20	21
Breakfast	Egg Bake w/ Spinach Bacon and Zucchini ; 500 Calories; 35g F, 7g C, 35g P, 1350 mg Sodium	Peach Keto Pancakes w/ Walnuts & Cinnamon; 480 calories; 38 g F, 22 C, 19 g P, 700 mg Sodium	Egg Bake w Ham & Peppers;510 Calories; 36g F, 11g C, 32g P, 1160mg Sodium	Macadamia Nut Keto Cakes; 500 Calories, 42g F, 22g C, 19g P, 700 mg Sodium	Spinach & Sausage Bake; 500 Calories; 38g F, 8g C, 36g P, 990mg Sodium	Eggs w Walnuts, Cream Cheese & Cinnamon; 480 Calories, 41g F, 6g C, 22g P, 410 mg Sodium
Lunch	Turkey Meatballs & Cream Sauce; 460 Calories; 27 g F, 15 g C, 42 g P, 470 mg Sodium	Chicken, Vegetables w/ Butter and Chives; 520 calories; 44 g F, 11 g C, 38 g P, 800 mg Sodium	Turkey Vegetable Chili w Cheese & Sour Cream; 540 Calories; 30g F, 23g C, 46g P, 850mg Sodium	Grilled Chicken Thighs w Green Beans, Bacon; 510 Calories; 41g F, 11g C, 44g P, 1000 mg Sodium	Ground Turkey w/ Mushroom Gravy; 530 Calories; 38 g F, 5 g C, 41 g P, 240 mg Sodium	Shredded Cancun Pork; 470 Calories; 26 g F, 17 C, 42 g P, 310 mg Sodium
Dinner	Salmon w/ Pistachios, Zucchini & Chipotle; 530 Calories; 39 g F, 8 g C, 36 g P, 350 mg Sodium	Shredded Pork w/ Pico, Fajita Veggies & Avocado; 510 calories; 29 g F, 21 g C, 42 g P, 350 mg Sodium	Steak w/ Brussels Sprouts & Bacon 510 Calories, 29g F, 10g C, 52g P, 670mg Sodium	Buttered Garlic Shrimp w/ Cauliflower Mash; 490 Calories; 34g F, 13g C, 36g P, 1560 mg Sodium	Braised Chicken Breast Stew with Fennel, Onions & Tomatoes; 480 Calories; 31g F, 16g C, 37g P, 470 mg Sodium	Grilled Tri Tip with Cauliflower Rice & Zucchini; 500 Calories; 33g F, 7g C, 45g P, 610mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #5				Menu #6	
	23	24	25	26	27	28
Breakfast	Egg Whites, Chicken Sausage, and Asparagus with Roasted Peppers, Paprika; 540 Calories; 42g F, 11g C, 30g P, 770mg Sodium	Cherry Pecan Keto Cakes; 500 Calories; 39g F, 27 C, 19g P, 700 mg Sodium	Eggs & Sausag; 500 Calories; 43g F, 2g C, 30g P, 740mg Sodium	Cheesy Turkey Egg Scramble; 470 Calories; 36g F, 4g C, 32g P, 500 mg Sodium	Bell Pepper Egg Frittata w Bacon; 450 Calories; 32g F, 11g C, 27g P, 860mg Sodium	Eggs & Chorizo over Spinach; 480 Calories, 37g F, 10g C, 25g P 670mg Sodium
Lunch	Green Salad with Blackened Chicken, Cucumber, Avocado, Mango and Lemon Juice; 500 Calories; 30g F, 10g C, 47g P, 210mg Sodium	Turkey & Spaghetti Squash; 490 Calories; 33 g F, 14 C, 35 g P, 650 mg Sodium	Chicken & Sausage Jambalaya;530 Calories; 29g F, 16g C, 51g P, 740mg Sodium	Chicken & Arugula Salad; 490 Calories; 30g F, 8g C, 47g P, 310 mg Sodium	Turkey Chili w Cheese, Onion & Sour Cream; 510 Calories, 28g F, 24g C, 44g P, 770mg Sodium	Chipotle Chicken Bowl, Avocado, Green Salsa, Zucchini;500 Calories; 28g F, 14g C, 47g P, 550mg Sodium
Dinner	Tri-tip w Brussels & Cauliflower; 510 Calories; 35g F, 10g C, 41g P, 300mg Sodium	Curried Cauliflower and Coconut Chicken w Roasted Squash; 520 Calories; 41g F, 11g C, 40g P, 840mg Sodium	Stewed Pork w/ Spanish Veggies; 510 Calories; 32 g F, 18g C, 39g P, 510 Sodium	Salmon Piccata, Cauliflower Mash, Broccolini; 500 Calories; 31g F, 13g C, 41g P, 310mg Sodium	Tri Tip, Sweet Potato Fries, Green Beans, Ginger Sauce; 520 Calories; 37g F, 9g C, 39g P, 270mg Sodium	Turkey with Portobello Mushroom Slices, Bacon, and Cauliflower; 510 Calories; 33g F, 12g C, 43g P, 880mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #7				Menu #8	
	30	31	1-Sep	2-Sep	3-Sep	4-Sep
Breakfast	Keto Blackberry Pancakes; 450 Calories; 34g F, 25g C, 19g P, 700mg Sodium	Ham, Eggs, Cheddar Cheese 490 Calories, 30g F, 2g C, 52g P, 750mg Sodium	Chorizo, Eggs & Spinach; 480 Calories; 38g F, 16g C, 31g P, 978mg Sodium	Asparagus Egg Bake w/ Bacon; 500 Calories; 37g F, 6g C, 42g P, 980mg Sodium	Keto Pancakes & Sausage; 490 Calories; 35g F, 23g C, 27g P, 1090mg Sodium	Chicken Egg Bake;500 Calories; 29g F, 7g C, 53g P, 470mg Sodium
Lunch	Chicken Greek Salad; 510 Calories; 26g F, 11g C, 50g P, 1170mg Sodium	Asian Chicken & Veggies; 481 Calories; 38g F, 14g C, 42g P, 860mg Sodium	Mexican Turkey Bowl; 480 Calories, 35g F, 18g C, 27g P, 180mg Sodium	Green Salad w/ Chicken; 527 Calories; 37g F, 6g C, 42g P, 320 mg Sodium	Mexican Turkey Bowl; 490 Calories, 30g F, 18g C, 42g P, 570mg Sodium	Grilled Chicken Bowl w/ Avocado
Dinner	Grilled Cod w/ Shallots & Stewed Tomatoes; 460 Calories; 29g F, 16g C, 35g P, 600mg Sodium	Cajun Butter Shrimp; 490 Calories; 33g F, 14g C, 34g P, 1600mg Sodium	Stewed Chicken Thighs 490 Calories, 32g F, 11g C, 40g P, 500mg Sodium	Salmon, Cauliflower & Broccolini; 470 Calories; 31g F, 11g C, 40g P, 220mg Sodium	Grilled Tri-tip & Green Beans; 520 Calories; 32g F, 17g C, 40g P, 280 Sodium	Ginger Amino Chicken; 510 Calories; 24g F, 11g C, 58g P, 1180mg Sodium