

CAVEMAN - July 2021

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #9				Menu #10	
	28-Jun	29-Jun	30-Jun	1	2	3
Breakfast	Chorizo & Eggs; 490 Calories; 35g F, 6g C, 45g P, 900mg Sodium	Strawberry Keto Cakes; 440 Calories, 34g F, 24g C, 19g P, 700mg Sodium	Chicken, Asparagus & Spinach Frittata; 500 Calories, 32g F, 9g C, 47g P, 420mg Sodium	Pork Sausage, Scrambled Eggs and Pico; 490 Calories; 38g F, 5g C, 30g P, 870mg Sodium	Huevos Rancheros, Vegetables & Spicy Salsa Roja 500 Calories, 34g F, 14g C, 37g P, 5g Fiber, 680mg Sodium	Cinnamon Pecan Keto Pancakes: 500 Calories, 42g F, 22g C, 19g P, 11g Fiber, 700mg Sodium
Lunch	Turkey Chili w/ Cheese & Sour Cream; 510 Calories; 29g F, 18g C, 45g P, 750mg Sodium	Pork & Squash w/ Mustard Sauce; 500 Calories; 41g F, 13g C, 41g P, 480mg Sodium	Chicken & Chorizo Sausage Jambalaya; 470 Calories; 25g F, 15g C, 46g P, 650mg Sodium	Shrimp Taco Salad-510 Calories, 33g F, 19g C, 38g P, 9g Fiber, 1480mg Sodium	Italian Chicken w Tomatoes, Peppers & Rosemary, Avocado 440 Calories, 25g F, 12g C, 43g P, 4g Fiber, 320mg Sodium	Oriental Chicken Salad w/ Vegetables: 500 Calories, 30g F, 14g C, 45g P, 5g Fiber, 320mg Sodium
Dinner	Ground Chicken Asian Stir Fry; 500 Calories; 36g F, 10g C, 35g P, 300mg Sodium	Salmon over Zoodles; 530 Calories, 36g F, 10g C, 36g P, 290mg Sodium	Tri Tip Fajitas; 530 Calories; 31g F, 23g C, 40g P, 310mg Sodium	Chicken Thighs w/ Cream Sauce and Carrots: 520 Calories, 33g F, 18g C, 39g P, 6g Fiber, 540mg Sodium	Tri-tip & Brussels Sprouts: 480 Calories, 30g F, 12g C, 41g P, 5g Fiber, 300mg Sodium	Pork Fajitas w Pico, Avocado & Sour Cream: 520 Calories, 31g F, 19g C, 42g P, 7g Fiber, 420mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #11				Menu #12	
	5	6	7	8	9	10
Breakfast	Shredded Chicken Hash & Avocado; 510 Calories; 28g F, 16g C, 48g P, 300mg Sodium	Banana Keto Pancakes; 450 Calories; 34g F, 26g C, 18g P, 350mg Sodium	Ham & Pepper Egg Bake; 490 Calories; 35g F, 16g C, 37g P, 1000mg Sodium	Red Pepper and Asparagus Frittata; 450 Calories; 36g F, 8g C, 29g P, 780mg Sodium	Peach Almond Pancake; 510 Calories; 40g F, 28g C, 21g P, 710mg Sodium	Smoked Chicken Scramble; 490 Calories; 37g F, 11g C, 34g P, 640mg Sodium
Lunch	Turkey Vegetable Chili; 500 Calories; 28g F, 19g C, 45g P, 710mg Sodium	Chicken w/ Pesto & Carrots, Zucchini; 490 Calories; 33g F, 10g C, 42g P, 680mg Sodium	Thai Chicken Lettuce Wraps; 510 Calories; 33g F, 19g C, 37g P, 330mg Sodium	Chicken Fajita Salad; 510 Calories; 31g F, 17g C, 29g P, 780mg Sodium	Grilled Chicken & Spaghetti Squash; 520 Calories; 27g F, 14g C, 53g P, 600mg Sodium	Pork Stir Fry; 490 Calories; 27g F, 16g C, 45g P, 570mg Sodium
Dinner	Pork Loin w/ Fajita Veggies; 530 Calories; 33g F, 18g C, 40g P, 350mg Sodium	Chicken & Brussel Sprouts; 500 Calories; 37g F, 9g C, 37g P, 470mg Sodium	Steak with Fajita Veggies & Avocado: 480 Calories, 28g F, 15g C, 44g P, 350mg Sodium	Steak w/ Shallots and Cauliflower; 510 Calories; 34g F, 15g C, 39g P, 300mg Sodium	Turkey Meatloaf and Cauliflower; 520 Calories; 27g F, 14g C, 53g P, 600mg Sodium	Chicken Pesto Zucchini Noodles; 510 Calories, 30g F, 12g C, 45g P, 350mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #13				Menu #14	
	12	13	14	15	16	17
Breakfast	Cajun Pork Sausage Egg Bake; 520 Calories, 43g F, 8g C, 31g P, 860mg Sodium	Keto Pancakes and Poached Pear; 450 Calories; 34g F, 29g C, 18g P, 700mg Sodium	Whole Egg Scramble w/ Ground Turkey	Keto Strawberry Pancakes w/ Butter and Pear	Keto Breakfast Taco Bowl	Spinach, Mushroom and Egg Scramble w/ Bacon
Lunch	Chicken & Spinach Salad; 520 Calories; 30g F, 8g C, 54g P, 590mg Sodium	Chicken & Zucchini w/ Pesto; 500 Calories, 34g F, 11g C, 37g P, 340mg Sodium	Turkey Lettuce Wraps; 520 Calories; 34g F, 17g C, 39g P, 330mg Sodium	Grilled Chicken w/ Green Beans, Bacon, Almonds	Tri-tip Fajita Salad: 510 Calories, 35g F, 10g C, 39g P, 4g Fiber, 230mg Sodium	Shredded Cancun Pork: 520 Calories, 30g F, 19g C, 42g P, 6g Fiber, 340mg Sodium
Dinner	Cajun Shrimp & Zucchini; 480 Calories; 31g F, 11g C, 40g P, 550mg Sodium	Tri Tip Stir Fry; 490 Calories; 30g F, 15g C, 42g P, 460mg Sodium	Pork & Stuffing; 520 Calories; 35g F, 8g C, 42g P, 360mg Sodium	Salmon Dore w Cauliflower: 490 Calories, 32g F, 10g C, 40g P, 3g Fiber, 470mg Sodium	Braised Chicken Thighs: 500 Calories, 29g F, 18g C, 42g P, 5g Fiber, 500mg Sodium	Keto Pot Roast: 500 Calories, 25g F, 17g C, 51g P, 6g Fiber, 460mg Sodium

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #15			Menu #16		
	19	20	21	22	23	24
Breakfast	Egg Scramble w Ground Turkey, Zucchini: 500 Calories, 40g F, 8g C, 29g P, 4g Fiber, 340mg Sodium	Keto Blueberry Pancakes: 450 Calories, 34g F, 28g C, 19g P, 11g Fiber, 700mg Sodium	Spinach & Bacon Frittata: 480 Calories, 38g F, 9g C, 31g P, 2g Fiber, 780mg Sodium	Scrambled Eggs, Tomatoes & Bacon: 490 Calories, 40g F, 6g C, 31g P, 1g Fiber, 900mg Sodium	Blackberry Keto Pancakes: 500 Calories, 39g F, 26g C, 20g P, 14g Fiber, 700mg Sodium	Huevos Rancheros: 490 Calories, 34g F, 12g C, 38g P, 4g Fiber, 670mg Sodium
Lunch	Ground Turkey Tacos, Pico, Avocado, Cabbage, Cilantro: 510 Calories, 34g F, 14g C, 41g P, 7g Fiber, 250mg Sodium	Grilled Chicken and Beet Arugula Salad: 490 Calories, 29g F, 11g C, 44g P, 3g Fiber, 320mg Sodium	Ginger Chicken w Bok Choy: 490 Calories, 30g F, 12g C, 44g P, 4g Fiber, 390mg Sodium	Buffalo Chicken Salad: 500 Calories, 26g F, 16g C, 48g P, 7g Fiber, 810mg Sodium	Ground Turkey Greek Salad: 480 Calories, 36g F, 12g C, 33g P, 3g Fiber, 980mg Sodium	Turkey Stuffed Bell Peppers: 530 Calories, 35g F, 16g C, 42g P, 6g Fiber, 400mg Sodium
Dinner	Cod, Roasted Pepper- Caper Salsa w Olive Oil, Zucchini, Artichoke Hearts: 460 Calories, 29g F, 13g C, 35g P, 3g Fiber, 710mg Sodium	Grilled Tri Tip with Green Beans & Ginger Butter Sauce: 530 Calories, 37g F, 10g C, 40g P, 4g Fiber, 460mg Sodium	Coconut Chicken Curry: 490 Calories, 27g F, 15g C, 45g P, 6g Fiber, 410mg Sodium	Grilled Chicken w Buttered Squash: 530 Calories, 36g F, 8g C, 44g P, 3g Fiber, 350mg Sodium	Grilled Tri-Tip w Cauliflower & Green Beans: 490 Calories, 30g F, 14g C, 41g P, 7g Fiber, 480mg Sodium	Grilled Pork Loin with Brussels Sprouts, Cauliflower: 530 Calories, 30g F, 17g C, 48g P, 7g Fiber, 420mg Sodium
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Menu #17			Menu #18		
	26	27	28	29	30	31
Breakfast	Eggs & Bacon w Avocado: 480 Calories, 38g F, 8g C, 28g P, 4g Fiber, 920mg Sodium	Blueberry Keto Pancakes: 450 Calories, 34g F, 28g C, 19g P, 11g Fiber, 700mg Sodium	Chorizo & Eggs: 480 Calories, 37g F, 5g C, 32g P, 0g Fiber 810mg Sodium	Eggs with Vegetable Hash & Avocado: 460 Calories, 37g F, 16g C, 24g P, 8g Fiber, 410mg Sodium	Blueberry Keto Pancakes w Pork Sausage: 530 Calories, 41g F, 24g C, 23g P, 9g Fiber, 920mg Sodium	Egg Bake w Bacon, Spinach & Asparagus: 490 Calories, 38g F, 8g C, 34g P, 4g Fiber, 910mg Sodium
Lunch	Grilled Chicken Salad: 520 Calories, 33g F, 8g C, 47g P, 4g Fiber, 310mg Sodium	Turkey Chili: 510 Calories, 29g F, 24g C, 41g P, 4g Fiber, 750mg Sodium	Pulled Pork Bowl: 510 Calories, 30g F, 16g C, 44g P, 6g Fiber, 340mg Sodium	Salmon Salad with Red Onions & Feta: 520 Calories, 35g F, 11g C, 40g P, 4g Fiber, 450mg Sodium	Turkey Meatballs, Zucchini Noodles & Marinara Sauce: 480 Calories, 36g F, 13g C, 30g P, 3g Fiber, 790mg Sodium	Coconut Cauliflower & Ground Turkey: 490 Calories, 38g F, 11g C, 42g P, 4g Fiber, 240mg Sodium
Dinner	Tri Tip w Green Beans & Slivered Almonds: 490 Calories, 32g F, 12g C, 41g P, 5g Fiber, 460mg Sodium	Salsa Verde Chicken: 510 Calories, 28g F, 18g C, 48g P, 8g Fiber, 580mg Sodium	Ground Turkey, Mushrooms, Green Beans & Bacon: 490 Calories, 32g F, 12g C, 43g P, 5g Fiber, 850mg Sodium	Chicken Thighs, Coconut Milk & Curry Vegetables: 520 Calories, 29g F, 19g C, 44g P, 4g Fiber, 490mg Sodium	Lemon Chicken w Rattatioui: 470 Calories, 26g F, 13g C, 47g P, 4g Fiber, 530mg Sodium	Grilled Tri-Tip w Aminos Green Beans & Mushrooms: 490 Calories, 32g F, 11g C, 40g P, 4g Fiber, 260mg Sodium