

Low Carb Paleo Zone 17 Blocks
5 feedings a day

Weigh and measure all quantities!

Prep – cook a couple of chicken breasts the night before and refrigerate to make it easier!!!

Meal 1 – breakfast (5-2-14)

5 eggs
1 apple
1 Tbsp + 2 Tsp canola oil

Beat canola oil into eggs, then scramble. Season w/ pepper.

Meal 2 – snack (2-1-5)

2 oz deli ham or turkey (usually 2 slices)
1.25 cups of broccoli
2 Tsp olive oil

Steam broccoli in ziplock steamer bag w/ red pepper flakes and garlic powder. Drizzle with olive oil when done.

Meal 3 – lunch (4-2-10)

4 oz chicken breast (about the same size and thickness as the palm of your hand)
2.5 cups cooked spinach
30 almonds

Season raw chicken w/ seasoning of choice. Most grocery stores sell a chicken “rub” that works well. BROIL chicken until just done. Do not overcook.

Meal 4 – snack (2-1-5)

Same thing as Meal 2

Meal 5 – dinner (4-2-10)

4 oz chicken breast
Lettuce of choice for salad (use as much as you want)
1/2 cup diced tomato
1/2 cup diced cucumber
Dressing: 2 Tbsp balsamic vinegar + 1 Tbsp olive oil (shaken together)