Sample 7 day eating plan ( you want all natural organic food)

Quick notes

* Most of this was taken from my own experience and wild diet by abel james
* Cook the food in coconut oil , avocado oil, grass fed butter ( Kerrys gold)
* Aim for organic meats, froze vegetables are okay
* Raw beets are your best natural pre- workout due to nitric oxide levels

Day 1

BREAKFAST

Bacon and eggs with fatty coffee ( coconut oil or grass fed butter)

Lunch

Salad ( some type of greens : lettuce, spinach, kale) with a lean protein ( chicken, fish , beef)

Dinner

Pork Chop with a sweet potato and California blend ( broccoli , cauliflower)

**Dessert**

Fruit with whipping cream and nuts ( almonds, cashews , peanuts, etc)

Day 2

Breakfast

Bacon and eggs with tomato with fatty coffee

Lunch

Giant salad with avocado, cucumber and feta over mixed greens drizzled in balsamic and olive oil

SNACK

Plain yogurt ( fat based) with cinnamon and berries

Dinner

Stuffed grass fed burgers with onions, spinach and garlic with mashed sweet potatoes.

Use the sweet potato skin as a bun or use sprouted grains as your bread

Dessert

1 large dark chocolate bar

Day 3

Breakfast

Green smoothie ( kale, granny smith apple , blue berries , almond milk , and a protein powder) love me some hemp!

Lunch

Salmon and kale salad with bacon

Snack

Protein shake ( hemp, grass fed whey)

Dinner

T bone steak with a sweet potato and bacon wrapped asparagus

Dessert

Cheat meal, you choose!

Day 4

Breakfast

Loaded omelet with sautéed onions, bacon, garlic, spinach, and tomatoes topped with avocado

Lunch

Arugula salad with apple, walnuts and feta drizzled with balsamic and olive oil

Dinner

Bacon pineapple burger wrapped in romaine lettuce with homemade French fries ( fry sliced potatoes in coconut oil )

Dessert

Berries and whip cream ( feel free to add some almond butter)

Day 5

Breakfast

Fatty coffee

Lunch

Stuffed turkey meatballs with garlic, spinach and onions and veggies ( can be used for dinner also)

Snack

Tortilla chips and guacamole

Dinner

Chicken parm and mixed greens topped with olive oil

Dessert

Plain yogurt with cinnamon and dark chocolate ( feel free to add some berries )

Day 6

Breakfast

Green smoothie ( kale, granny smith apple , blue berries , almond milk , and a protein powder) love me some hemp!

Lunch

Salad ( some type of greens : lettuce, spinach, kale) with a lean protein ( chicken, fish , beef)

Snack

Plain yogurt ( fat based) with cinnamon and berries

Dinner

Pork Chop with a sweet potato and California blend ( broccoli , cauliflower)

**Dessert**

Fruit with whipping cream and nuts ( almonds, cashews , peanuts, etc)

Day 7

Breakfast

Loaded omelet with sautéed onions, bacon, garlic, spinach, and tomatoes topped with avocado

Lunch

Arugula salad with apple, walnuts and feta drizzled with balsamic and olive oil

Dinner

Bacon pineapple burger wrapped in romaine lettuce with homemade French fries ( fry sliced potatoes in coconut oil )

Dessert

Cheat meal your choice!