

7 DAY SAMPLE MEAL PLAN

	SAMPLE DAY ONE	SAMPLE DAY TWO	SAMPLE DAY THREE	SAMPLE DAY FOUR	SAMPLE DAY FIVE	SAMPLE DAY SIX	SAMPLE DAY SEVEN
Breakfast	1 Shake It Vanilla Shake	2 poached eggs with spinach, mushrooms and tomato (3 handfuls in total)	1 Shake It Dairy Free Chocolate Shake	1 Keto Crunch Bar (Cranberry and Almond Flavour)	1 Shake It Chocolate Shake	Mini Frittatas with Spinach and Tomato [#]	Spicy Breakfast Eggs [#]
Snack	3 finger portion of nuts	Half a Choc Mint Keto Bar	1 boiled egg	3 finger portion of nuts	1 boiled egg	Half a Caramel Keto Bar	3 finger portion of nuts
Lunch	Mini Frittatas with Spinach and Tomato [#] 1 Nectarine	1 bowl of Shake It Spring Vegetable Soup, garnished with parsley and black pepper	Thai Fish soup [#]	Herb Baked Salmon [#] and vegetables	Pear, Walnut, Feta and Chicken Salad [#]	1 Shake It Vanilla Shake	Slow Cooked Lamb Shoulder with BBQ Vegetable Salad [#]
Snack	1 Keto Snack Bar (Choc Hazelnut Crunch Flavour)	3 finger portion of nuts	1 Keto Snack Bar (Fruit Crunch Flavour)	Half a Cherry Coconut Keto Bar	1 Keto Snack Bar (Choc Hazelnut Crunch Flavour)	3 finger portion of nuts	Half a Vanilla Nougat Keto Bar
Dinner	Fish Burger [#]	Roast Chicken and Vegetables (3 handfuls of salad and vinegar dressing with 1 palm-sized portion of roast chicken)	Pork and Pistachio Terrine [#]	Steak and Salad (3 handfuls of salad and vinegar dressing with 1 palm-sized portion of steak)	Pesto Lamb with Stuffed Capsicums [#]	Spanish Chicken Casserole [#]	1 bowl of Shake It Spring Vegetable Soup, garnished with parsley and black pepper

[#]See the Shake-It Recipe Book for these and many more recipes.