

EXAMPLE DAY

	HIGH CARB DAY	MEDIUM CARB DAY	LOW CARB DAY
MEAL 1 [BREAKFAST]	Baked Egg and Sweet Potato (p.149) using 1 sweet potato the size of your 2 fists. Steamed Brussels sprouts on the side	Sweet Potato Breakfast Hash (p.153) using 1 fist size portion of sweet potato	Sweet Potato Frittata (p.155) using 1/2 fist size portion of sweet potato
MEAL 2 [SNACK]	Sweet Potato Muffins (p.157) , a handful of celery and carrots, and a palm of sautéed chicken breast cooked with 1 thumb of olive oil.	Sweet Potato Smoothie (p.161) using 1 fist size portion of sweet potato, 1 palm size portion of protein powder	Bbq Pulled Pork Stuffed Potatoes (p.199) using 1/2 fist size portion of sweet potato
MEAL 3 [LUNCH]	Shrimp, Sweet Potato and Kale Saute (p.223) with a sweet potato the size of 2 of your fists.	Ham and Sweet Potato Stew (p.173) using 1 fist size portion of sweet potato, 1 palm sized portion of smoked ham	Sriracha Salmon and Ginger Sweet Potato (p.227) using 1/2 fist size portion of sweet potato
MEAL 4 [SNACK]	2-3 hard boiled eggs, 1/4 avocado (size of your thumb, approximately) mashed and greens mixed into a salad. Can sub out avocado for a thumb of oil and vinegar dressing Or use the avocado dressing (p.213)	Sweet Potato Chips (p.185) using 1 fist size portion of sweet potato and 1 palm size portion of chicken	Chocolate chip sweet potato cookies (p.239) 1 serving and add 1 protein shake with 2 thumbs of almond butter
MEAL 5 [DINNER]	Sweet potato chili (p.169) with a side of grilled broccoli and carrots	Chicken Sweet Potato Curry (p.201) using 1 fist size portion of sweet potato, 1 palm size portion of chicken	Rustic Pork Chops (p.215) using 1/2 fist size portion of sweet potato

When batch cooking recipes, you can make enough for several meals through the week.