



Bone Broth Diet Day Six

Be prepared. Don't leave your nutrition to chance. By now the pattern is clear. Eating three meals a day. One serving of fruit. 3 servings of protein. 4 servings of vegetables. 2 servings of healthy fat. If you need or feel like snacking the options are: 1 c bone broth or unsweetened coconut chips or Lightly salted nuts

Breakfast:

1 serving of protein + 1 servings of healthy fat + 1 serving of fruit
1 or 2 eggs + ½ avocado + berries

Lunch: Leftover Beef Bone Broth

Dinner: Salmon Salad

Ingredients:

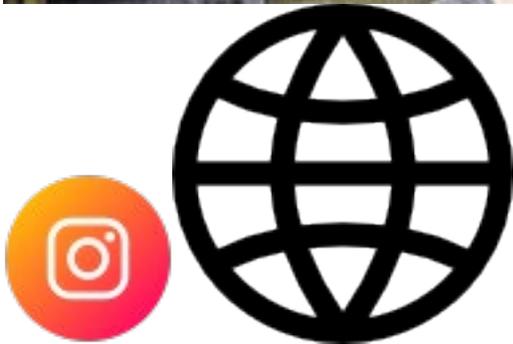
4 (4-5 ounce) salmon filets
extra virgin olive oil
sea salt and black pepper to taste
4 cups green cabbage ,finely shredded
2 cups red cabbage ,finely shredded
2 cups snap peas ,cut into 1 inch pieces
2 mandarin oranges ,peeled and separated into wedges
4 green onions ,sliced
1 cup broccoli microgreens

Cooking Instruction:

PREHEAT the oven to 425 F. PLACE the salmon filets on a lined baking sheet. Brush them with olive oil and season generously with salt and pepper.BAKE for 14-16 minutes or until they easily flake with a fork.

IN a quart-sized mason jar, layer 1/4 cup Balsamic vinaigrette 1 sliced green onion, 1/2 cup shredded carrot, 1 cup green cabbage, 1/2 cup red cabbage, 1 cubed salmon filet, 1/2 cup snap peas, a few mandarine orange wedges, and 1/4 cup microgreens.

1. COVER and keep in the refrigerator for up to 3-4 days.



BRIAN KAVANAGH

Whole30 Contributor

Brian Kavanagh, also known as The Sophisticated Caveman, is a creative professional with a special place in his heart for food. After struggling with weight loss for years, he stopped counting calories and began to look at the ingredients in his food and where it was coming from. He believes that eating simple, clean, real food is universal. For more Whole30 recipes and meal ideas, check out his [blog](#) and follow him on [Instagram](#).

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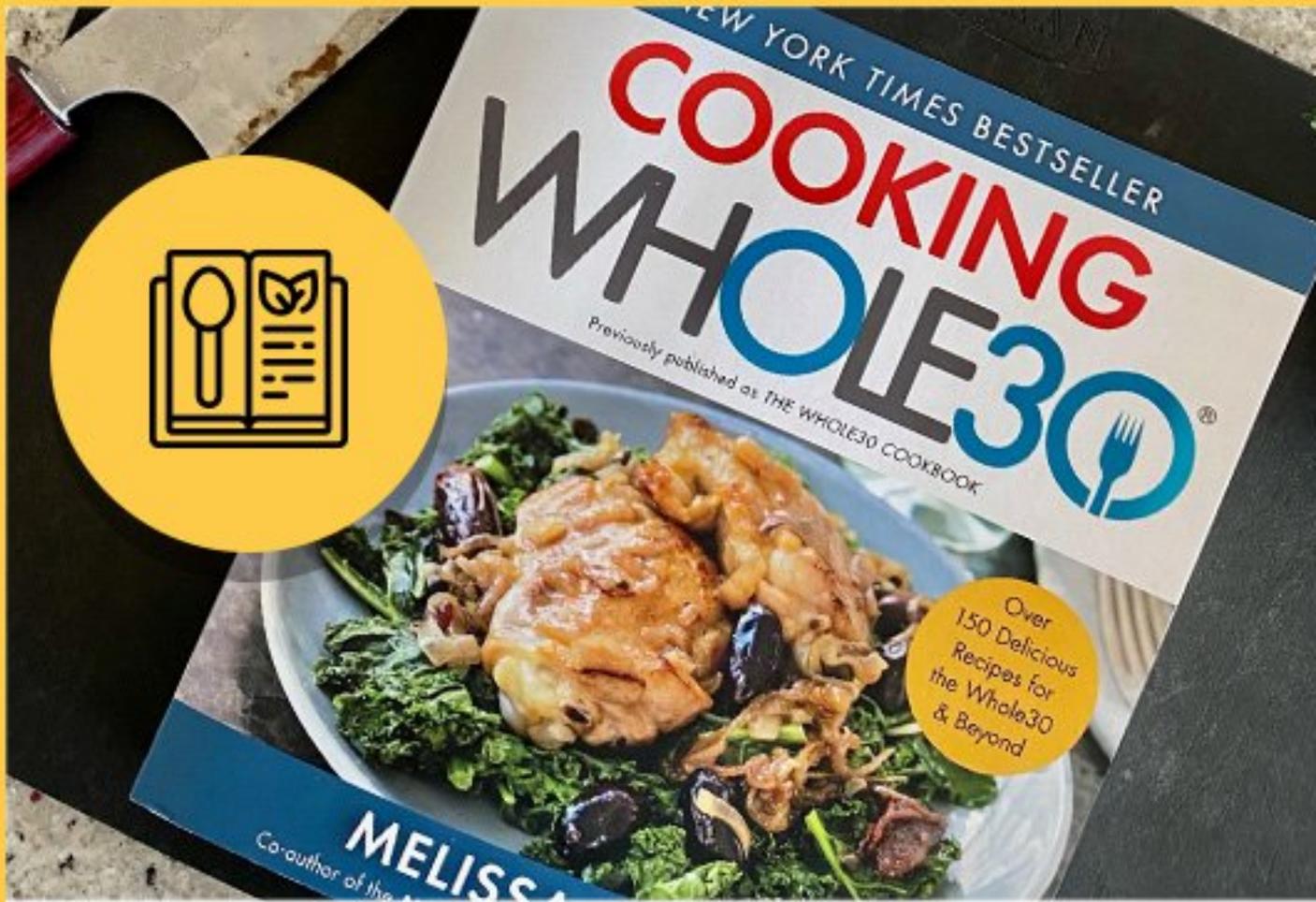
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