

MOSAIC HEALTH

3 DAY STARTER MEAL PLAN



DAY ONE

BREAKFAST

Fried Eggs & Bacon (Serves 1)

INGREDIENTS

- 1-2 Pastured Eggs
- 1-2 Strips Pastured Nitrate-free Bacon

INSTRUCTIONS

Heat eggs and bacon on medium-low heat

Read: [Get-Eggucated](#)

Nutrition Facts (Per Serving - Serves 1): Calories 331, Fat 24.6g, Carbs 1.2g, Protein 25.2g

LUNCH

Kale & Sausage (Serves 4-6)

INGREDIENTS

- 2 Tbsp Olive Oil
- 1lb Sausage
- 1 sliced Onion
- 5 minced Garlic Cloves
- 2 bunches chopped Kale
- 1/2 cup Broth

INSTRUCTIONS

Add 2 Tbsp Olive Oil & 1lb Sausage in skillet (medium heat for 2-3 minutes); Add 1 sliced Onion & 5 minced Garlic Cloves (2 minutes), Add 2 bunches chopped Kale and 1/2 cup Broth (cover for 3 minutes).

Serve with White Rice: 1 cup White Rice; Add 1-2 Tbsp Grass-fed Butter or Coconut Oil, Sea Salt, Lemon

Nutrition Facts (Per Serving - Serves 6): Calories 377, Fat 26.3g, Carbs 18g, Protein 20.1g

DINNER

Slow-Cooked Beef (Serves 3-4)

INGREDIENTS

- 2-3lbs Grass-fed Beef
- 3-4 chopped Carrots
- 3-4 chopped Celery
- 1 chopped Onion.
- Sea Salt

INSTRUCTIONS

Add 2-3lbs Grass-fed Beef, 3-4 chopped Carrots, 3-4 chopped Celery, chopped Onion. Cook low heat for 6-8 hours.

Serve with side of your favorite vegetables.

Nutrition Facts (Per Serving - Serves 6): Calories 438, Fat 14.2g, Carbs 3.8g, Protein 69.2g

DAY TWO

BREAKFAST

Bulletproof Coffee (Serves 1)

INGREDIENTS

- 12-16oz Brewed Coffee
- 1-2 Tbsp Grass-fed Butter
- 1 Tbsp Coconut Oil

INSTRUCTIONS

Blend all ingredients in blender.

Nutrition Facts (Per Serving - Serves 1): Calories 336; Total Fat 37.1g; Sat Fat 28.6g; Protein 0.5g

LUNCH

Meatballs & Broccoli (Serves 3-4)

INGREDIENTS

- 1 Egg
- 1/4 Cup Almond Butter
- 1 Tbsp Coconut Oil
- 1 Tsp ground Turmeric
- 1 Tsp Chili Powder
- 1lb Grass-fed Beef.
- Sea Salt

INSTRUCTIONS

Combine 1 Egg, 1/4 Cup Almond Butter, 1 Tbsp Coconut Oil, 1 Tsp ground Turmeric, 1 Tsp Chili Powder, 1lb Grass-fed Beef. Form mix into small balls & place on baking sheet. Sprinkle sea salt on top of balls. Bake for 20-25 minutes in oven at 350.

As a side: Steam Broccoli and ADD 1-2 Tbsp Grass-fed Butter or Coconut Oil & Sea Salt to taste

Nutrition Facts (Per Serving - Serves 1): Calories 266; Total Fat 12.3g; Sat Fat 6g; Protein 36.1g, Carbs 1g

DINNER

Slow-Cooked Chicken (Serves 4-6)

INGREDIENTS

- 1 Whole Chicken (Organic, antibiotic free)
- 1/2 cup coconut milk
- 1 Tbsp Turmeric
- 1 Tbsp Ginger
- 4 Cloves Garlic (diced)
- 1 Tsp Sea Salt
- 1 Pinch Black Pepper
- 2 Stalks Green Onion (chopped, garnish)

INSTRUCTIONS

Mix together the coconut milk, garlic, ginger and turmeric in the cooker.

Season chicken liberally with sea salt and pepper and place in the slow cooker on low for 6-8 hours.

Serve with steamed veggies and grass-fed butter!

Nutrition Facts (Per Serving - Serves 1): Calories 923; Total Fat 61.6g; Sat Fat 20.9g; Protein 70.8g, Carbs 3.3g

DAY THREE

BREAKFAST

Bulletproof Coffee (Serves 1)

INGREDIENTS

- 12-16oz Brewed Coffee
- 1-2 Tbsp Grass-fed Butter
- 1 Tbsp Coconut Oil

INSTRUCTIONS

Blend all ingredients in blender for 30 seconds.

Nutrition Facts (Per Serving):

Calories 336; Total Fat 37.1g; Sat Fat 28.6g; Protein 0.5g

LUNCH

Beef Taco Bowl (Serves 3-4)

INGREDIENTS

Meat:

- 1lb grass-fed ground beef
- 2 tsp apple cider vinegar

Taco Seasoning:

- 2 tsp chili powder
- 1 tsp cumin
- 1 tsp sea salt
- 1/4 tsp black pepper
- 1/2 tsp garlic powder
- 1/2 tsp onion powder
- 1/4 tsp oregano
- 1/4 tsp paprika

Bowls:

- White rice (or Cauliflower rice)
- 1/2 cup shredded cabbage green & red
- 1/2 cup grape tomatoes
- Avocado slices
- Lime wedges

INSTRUCTIONS

Combine all the spices for the taco seasoning. Brown the meat and then add 1 tbsp of taco seasoning. Stir in the vinegar and cook for another 2 minutes.

Nutrition Facts (Per Serving):

Calories 977; Total Fat 48.3g; Sat Fat 20.1g; Protein 88.3g, Carbs 41g

DINNER

Wild Salmon & Brussels Sprouts (Serves 3-4)

INGREDIENTS

- 2 center-cut wild salmon fillets (8oz each)
- 1 tsp MCT oil (or coconut oil)
- Sea salt
- 1 tbsp grass-fed butter
- 1 tbsp minced fresh herbs (e.g. chives, parsley, dill)
- Lemon

INSTRUCTIONS

Preheat oven to 320°F. Place salmon on parchment paper on a baking sheet. Rub salmon with MCT oil, season with salt, and top with butter. Wrap parchment around fish (fold seams to ensure steam does not escape. Bake about 18 minutes. Sprinkle with the herbs and a squeeze of lemon.

Steam 2-3 Cups Brussels Sprouts, cut in half; Add to pan with 3-4 Tbsp Butter, Sea Salt, Lemon

Nutrition Facts (Per Serving):

Calories 336; Total Fat 37.1g; Sat Fat 28.6g; Protein 0.5g