

## **Extreme Keto Dr. Berg - Meal Plans**

### **Fat Foods:**

2 strips bacon = 6.5 g fat - or 2 breakfast Sausage (4 inch) = 7.38 g fat

2 eggs = 19 grams fat

4 oz. steak = 24 grams fat - 4 oz. lamb shoulder blade 23.36 grams fat - or 1 Beef Patty = 17 grams fat – or 4oz. Ground Beef 80/20 = 23 grams fat

¼ medium avocado = 7 grams fat - 6 Stuffed Olives = 5 grams fat

Leafy greens with 2 TBSP Primal Dressing = 14 grams Fat

**Daily Total Daily fat = between 50 - 70 grams of fat**

### **Proteins:**

**Daily total Protein = Not to Exceed 55 grams**

Bacon 3g protein

Sausage 3g protein

Eggs 6g protein

4 oz. ground beef 19 g protein

1 grass fed beef patty, 21 g protein

4 oz. ribeye 22 g protein

4 oz. lamb shoulder blade 22 g protein