

# AIMEE'S 3 DAY FOOD JOURNAL



Since we are doing the 28-Day Kick Sugar Summer Boot Camp, I wanted you to see what I eat.

## DAY 1

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1st Meal:

- My Weekly Egg Dish w/ salsa
- 4 oz. tomatoes & 4 oz. cucumbers
- 4 oz. mixed berries

2nd Meal:

- 4 oz. lemon chicken thigh
- 4 oz. broccoli
- big spinach salad w/ peppers, carrots & celery
- olive oil & balsamic vinegar

## DAY 2

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1st Meal:

- Salmon salad w/ basil vinaigrette

2nd Meal

- Chicken sausage

2nd Meal:

- 4 oz. lemon chicken thigh
- 4 oz. broccoli
- big spinach salad w/ cucumbers & blueberries
- olive oil & balsamic vinegar
- mixed berries w/ keto granola

# AIMEE'S 3 DAY FOOD JOURNAL



This is a food journal of 3 days on the 3-Meal Miracle from our Kick Sugar Summer Boot Camp.

## DAY 3

### 1st Meal:

- Green Goddess Juice
- 4 types of lettuce, swiss chard, cucumber, celery, carrots, purple cabbage, lemon, lime

### 2nd Meal:

- Chick-fil-A breakfast menu - modified Egg White Grill:
- grilled chicken breast, egg whites, bacon, tomatoes, salsa
- omit English muffin and cheese

### 3rd Meal:

- Chick-fil-A Market salad modified:
- grilled chicken, romaine lettuce, baby greens, cabbage, strawberries, blueberries
- omit bleu cheese and apples
- olive oil & balsamic vinegar
- mixed berries w/ keto granola