* **Day 1**
  + Breakfast: 2 eggs done any way with yolks. Sausage containing no carbs or sugar. Bacon.
  + Lunch: Chicken with as much skin and oily gooey bits as possible. Steamed spinach or broccoli.
  + Supper: Steak with cheese. Fried mushrooms. Leafy green salad.
  + Before bed 1 glass of water with a slice of cheese.
* **Day 2**
  + Breakfast: 2 egg omlette with friend mushrooms, cheese and chopped parsley.
  + Lunch: A whole duck breast if you can get it or chicken again with as much fatty skin as possible. Leafy green salad.
  + Supper: Hamburger made with high fat mince without the bun. The mince can contain the usual paprika, chopped onions and garlic if you like, but absolutely no syrup or sugar. Add Cheese, tomatoes, lettuce and any other leafy low-carb greens you like.
  + Before bed 1 glass of water with a slice of cheese.
* **Day3**
  + Breakfast: 2 eggs done any way with yolks. Sausage containing no carbs or sugar. Bacon.
  + Lunch: Chicken with as much skin and oily gooey bits as possible. Steamed spinach or broccoli.
  + Supper: Steak with cheese. Fried mushrooms. Leafy green salad.
  + Before bed 1 glass of wine with a slice of cheese.
* **Day 4**
  + Breakfast: 2 eggs done any way with bacon and usual no-carb sausage.
  + Lunch: Steak with cheese. Leafy green salad.
  + Supper Salmon (or other fish) fried and served with Bok Choy and your leafy green salad.
* **Day 5**
  + Breakfast: 2 egg omlette with friend mushrooms, cheese and chopped parsley.
  + Lunch: A whole duck breast if you can get it or chicken again with as much fatty skin as possible. Leafy green salad.
  + Supper: Hamburger made with high fat mince without the bun. The mince can contain the usual paprika, chopped onions and garlic if you like, but absolutely no syrup or sugar. Add Cheese, tomatoes, lettuce and any other leafy low-carb greens you like.
  + Before bed 1 glass of water with a slice of cheese.
* **Day6**
  + Breakfast: 2 eggs done any way with yolks. Sausage containing no carbs or sugar. Bacon.
  + Lunch: Chicken with as much skin and oily gooey bits as possible. Steamed spinach or broccoli.
  + Supper: Steak with cheese. Fried mushrooms. Leafy green salad.
  + Before bed 1 glass of wine with a slice of cheese