

**Coffee with Beef & Butter Fast Routine EXAMPLE**

Calories	Fat	Protein	Carbs	Breakfast	Lunch	Dinner
979	65%	33%	0%	2 cups coffee w/teaspoon butter in each	1 cup Ground Beef + 2 teaspoons butter	1.5 cups Ground Beef + 3 teaspoons butter
1167	65%	33%	0%	2 cups coffee w/teaspoon butter in each	1.5 cups Ground Beef + 3 teaspoons butter	1.5 cups Ground Beef + 3 teaspoons butter
1321	64%	34%	0%	2 cups coffee w/teaspoon butter in each	1.5 cups Ground Beef + 3 teaspoons butter	1.5 cups Ground Beef + 3 teaspoons butter
1543	65%	33%	0%	2 cups coffee w/teaspoon butter in each	2 cups Ground Beef + 4 teaspoons butter	2 cups Ground Beef + 4 teaspoons butter

**Coffee with Beef & Butter w/Avocado Fast Routine EXAMPLE**

Calories	Fat	Protein	Carbs	Breakfast	Lunch	Dinner
1111	59%	24%	1%	2 cups coffee w/teaspoon butter in each	1 cup Ground Beef + 2 teaspoons butter + 1/2 avocado	1 cup Ground Beef + 2 teaspoons butter + 1/2 avocado
1265	59%	26%	1%	2 cups coffee w/teaspoon butter in each	1 cup Ground Beef + 2 teaspoons butter + 1/2 avocado	1.5 cups Ground Beef + 2 teaspoons butter + 1/2 avocado
1573	64%	34%	1%	2 cups coffee w/teaspoon butter in each	1.5 cups Ground Beef + 2 teaspoons butter + 1/2 avocado	2 cups Ground Beef + 2 teaspoons butter + 1/2 avocado

**Bone Broth with Beef & Butter Fast Routine EXAMPLE**

Calories	Fat	Protein	Carbs	Breakfast	Lunch	Dinner
958	65%	32%	1%	2 cups beef bone broth w/teaspoon butter in each	1 cup Ground Beef + 2 teaspoons butter	1 cup Ground Beef + 2 teaspoons butter
1112	64%	33%	1%	2 cups beef bone broth w/teaspoon butter in each	1 cup Ground Beef + 2 teaspoons butter	1.5 cups Ground Beef + 2 teaspoons butter
1334	65%	33%	1%	2 cups beef bone broth w/teaspoon butter in each	1.5 cups Ground Beef + 3 teaspoons butter	1.5 cups Ground Beef + 3 teaspoons butter
1522	65%	33%	1%	2 cups beef bone broth w/teaspoon butter in each	1.5 cups Ground Beef + 3 teaspoons butter	2 cups Ground Beef + 4 teaspoons butter

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Disclaimer: Consult your doctor before starting diet.