

7-DAY SAMPLE MEAL PLAN

Lacto-Ovo Vegetarian Low Carb Meal Plan (50-130g per day)

50-130g
per day

Are you wondering what to eat on a low carbohydrate lifestyle? Look no further! Here is a sample Lacto-Ovo Vegetarian 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



SUNDAY		
Breakfast	Lunch	Dinner
<p>1 cup plain Greek yogurt topped with 1 oz mixed nuts and ¼ cup blueberries</p> <p>Total carbs: 20g</p>	<p>Quinoa bowl (¾ cup cooked quinoa, ½ cup baked marinated tofu, ½ cup roasted sweet potato cubes, 1 cup lightly sautéed kale, 2 tbsp oil and vinegar dressing.)</p> <p>Total carbs: 56g</p>	<p>Cauliflower dal and lentil curry made by simmering a large head of chopped cauliflower, red lentils, garlic, and onion in a large pot with stock. Add in your favorite spices and finish off sautéed garlicky spinach.</p> <p>Total carbs: 45g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>Tofu scramble. Crumble a block of extra firm tofu and sauté with diced vegetables. Flavor with turmeric, garlic, onion, and cayenne powder. Serve with sliced avocado and some fruit.</p> <p>Total carbs: 25g</p>	<p>Egg bites. Whisk together 3 eggs, chopped onion, peppers, spinach, mushrooms, seasoning, and 1-2oz cheese. Pour mixture into muffin tin and bake at 350 degrees for 20 min or until set.</p> <p><i>Serve with side salad (spring mix, olive oil, lemon juice, salt/pepper, almonds)</i></p> <p>Total carbs: 20g</p>	<p>Chickpea and tomato stew. Simmered chickpeas in a rich tomato sauce with onions, garlic, bell pepper, and spices (cumin, paprika, coriander). Stir in fresh or frozen spinach and cook additional 5 min. Top with chopped almonds.</p> <p>Total carbs: 47g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>Moroccan-style eggs. Cook low-sugar marinara with diced bell pepper and onion. Cook until soft. Create 2-3 wells using the back of a spoon and crack an egg into each. Cover and simmer for 4-6 min or until desired doneness.</p> <p>Total carbs: 25g</p>	<p>Black bean salad. Over a bed of leafy greens, sprinkle your favorite toppings like ½ cup black beans, ¼ cup avocado, tomato, cucumber, 2 tbsp salsa, ¼ cup cheese, and dressing (try ranch or lemon and olive oil vinaigrette).</p> <p>Total carbs: 44g</p>	<p>Spaghetti squash with lentil sauce. Cook diced onion, garlic, celery, and mushrooms in olive oil. Add brown lentils and a can of crushed tomatoes. Simmer on low for 20 min. Season and serve over a bed of spaghetti squash or other low carb pastas (like Palmini).</p> <p>Total carbs: 53g</p>

WEDNESDAY

Breakfast

Chia pudding bowl. Combine ¼ cup chia seeds with 1 cup unsweetened almond/soy milk. Mix and refrigerate for 2 hrs or overnight. Top with ¾ cup plain Greek yogurt, ½ cup berries, and 1 oz nuts.

Total carbs: 26g

Lunch

Creamy white bean soup. In a large pot, cook chopped onion, garlic, carrots, and celery in olive oil. Add in 2 cans of white beans, 5 cups broth, and 1 can coconut milk. Simmer for 20 min and season to taste. Add 3 cups chopped kale or collards and some lemon juice.
Delicious with cheese crisps!

Total carbs: 28g

Dinner

Roasted chickpea and tempeh bowl. Place diced cauliflower, cubed tempeh, and a can of drained chickpeas on a tray. Coat with olive oil and season as desired. Bake at 375 degrees for 30 min. Serve with a creamy yogurt dressing and chopped cilantro. *Optional dessert: ½ cup berries and whipped cream*

Total carbs: 43g

THURSDAY

Breakfast

Blueberry cheesecake smoothie. Combine 6oz silken tofu, ½ banana, 1 oz cream cheese, 1 cup blueberries, and 2/3 cup unsweetened soy or almond milk. Blend with ice cubes and serve.

Total carbs: 45g

Lunch

Egg salad lettuce boats. Hard boil 3-4 eggs, peel and mash together with ½ cup mayonnaise, 1.5 tsp mustard, 1 sliced green onion, diced celery, and chopped chives or dill. Spoon over romaine lettuce 'cups' and serve.

Total carbs: 25g

Dinner

Grilled tofu skewers. Marinate tofu chunks in a peanut sauce. Assemble skewers with tofu, onion, zucchini, mushrooms, bell peppers. Grill or roast in the oven (375 degrees for 10-15min) until golden. Serve with cooked quinoa.

Total carbs: 55g

FRIDAY

Breakfast

PBJ overnight oats. Combine 1 cup rolled oats, 2 tbsp chia seeds, ½ cup plain Greek yogurt, 1.5 cups unsweetened soy or almond milk, cinnamon powder and 2 tbs peanut butter. Refrigerate overnight.

Top with mashed raspberries and serve.

Total carbs: 49g

Lunch

Taco salad. Crumble a block of tofu, cook and flavor with taco seasoning. Make your taco bowl with shredded lettuce and top with tofu, guacamole, sour cream, salsa, cheese, diced onions, cilantro, and a squeeze of lime.

Total carbs: 17g

Dinner

Lentil sloppy joes. Cook diced bell peppers and onion in olive oil. Add brown lentils, stock, and canned crushed tomatoes. Season to taste with chili powder and spices. Add stevia for some sweetness. Simmer on low for 1hr.

Serve over cooked greens or roasted jicama/kohlrabi.

Total carbs: 45g

SATURDAY

Breakfast

Egg scramble. Whisk 3 eggs and set aside. Saute diced onion and bell peppers in olive oil, then add the eggs and stir to cook. Fold in spinach and shredded cheese.

Serve with sliced apples or berries.

Total carbs: 24g

Lunch

Chickpea salad. On a bed of spinach, add diced bell pepper, onion, tomato, ½ cup chickpeas, avocado, and sliced almonds. Sprinkle feta cheese or cheese of choice. Season and toss with lemon and olive oil dressing.

Total carbs: 37g

Dinner

Black bean burrito bowl. Cook cauliflower rice and serve in a bowl. Top with seasoned black beans, diced onion, cheese, guacamole, salsa, sour cream, and cilantro. Sautéed onions and peppers are delicious too!

Total carbs: 41g