

7-DAY SAMPLE MEAL PLAN

(<50g carbohydrates/day)

Are you wondering what to eat on a very low carbohydrate lifestyle? Look no further! Here is a sample 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>3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese</p> <p>½ cup sliced strawberries</p> <p>Total carbs: 10g</p>	<p>Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired</p> <p>Total carbs: 25g</p>	<p>2 cups zucchini noodles topped with ½ cup low carbohydrate tomato sauce, 4-5oz ground beef, and 1 cup sauteed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p>Total carbs: 15g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>Baked avocado cups (cut avocado in half, add 1 egg to center of each half – bake at 425 degrees for 15-20 min)</p> <p>Total carbs: 18g</p>	<p>2-3 cups mixed greens topped with 4-5 oz tuna or chicken, diced cucumber, tomato, onion, pickles, olives, avocado, feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p>Total carbs: 15g</p>	<p>Chicken Alfredo with 4-5oz chicken, Alfredo sauce, and 2 cups zucchini noodles</p> <p>Total carbs: 12g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>¾ cup plain Greek yogurt topped with 1 oz chopped almonds, ½ cup mixed berries</p> <p>Total carbs: 18g</p>	<p>Lettuce wraps (2-3 large lettuce leaves topped with 4-5oz ground turkey or chicken, diced tomato, and ½ diced avocado, ¼ cup shredded cheese, 2 tbsp ranch dressing)</p> <p>Total carbs: 10g</p>	<p>Meatloaf made with sugar-free BBQ glaze, 1 cup sauteed green beans, 1 cup cauliflower mash</p> <p>Total carbs: 18g</p>

WEDNESDAY



Breakfast

Farmer's breakfast made with 2 slices bacon or other breakfast meats

2 eggs, cooked in any style

½-1 cup spinach or other greens sauteed with garlic

½ cup berries

Total carbs: 12g

Lunch

Burrito bowl made with 1.5 cups cauliflower rice, 4-5 oz taco meat, 1 cup sauteed vegetables, 2 tbsp salsa, 1 tbsp sour cream, 1 tbsp guacamole

Total carbs: 17g

Dinner

4-5 oz grilled fish

2 cups sauteed non-starchy vegetables sprinkled with 1 oz walnuts

Total carbs: 10g

THURSDAY



Breakfast

Quick "breakfast board" (2 boiled eggs, ½ cup berries with ¾ cup Greek yogurt, and 1.5 oz mixed nuts or cheese)

Total carbs: 14-18g

Lunch

Cobb salad (2-3 cups lettuce or salad mix, 4-5 oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing)

Total carbs: 15g

Dinner

Chicken fajitas with 4-5 oz chicken, 1 cup sauteed non-starchy vegetables, 2 tbsp sour cream, ½ avocado

Serve with 2 cups of riced cauliflower

Total carbs: 27g

FRIDAY



Breakfast

Smoothie (Blend 1 cup unsweetened coconut milk, ½ cup raspberries, 1-2 scoops protein powder or 6oz silken tofu, 1 handful ice, stevia)

OR ready-made protein shake (check nutrition label for carbohydrate content)

Total carbs: 7g

Lunch

4-5 oz grilled chicken, beef, pork, fish

2 cups grilled/sauteed non-starchy vegetables (use frozen or fresh)

Total carbs: 5-7g

Dinner

Zucchini boats (Slice zucchini in half, scoop out seeds. Fill with ground turkey/chicken, ¼ cup sauce, ½ cup shredded cheese, and diced onion, bell peppers, and mushrooms. Bake at 400 for 15-25 min or until soft)

Total carbs: 10g

SATURDAY



Breakfast

Egg bites (whisk together 2-3 eggs, with chopped onion, peppers, tomato, spinach, mushrooms, herbs and spices, 1-2 oz cheese of choice. Pour mixture into muffin tin and bake at 350 degrees for 15-20 min or until set)

Total carbs: 5g

Lunch

1 cup tuna salad/chicken salad/egg salad

Serve over 2 cups of mixed leafy greens or make into a wrap or sandwich using low carbohydrate bread.

Optional: 1 oz cheese or nuts

Total carbs: 10g (26g with wrap)

Dinner

4-5 oz steak

Roasted brussel sprouts with crushed bacon

1 cup mashed cauliflower with garlic and parsley

Total carbs: 15g