

# Hispanic Meal Ideas

## 7-DAY LOW CARB SAMPLE MEAL PLAN

<130g  
per day

Here is a sample 7-day meal plan inspired by Hispanic cuisine for those interested in a low carbohydrate (carb) lifestyle. Breakfast, lunch, and dinner meals are listed below with total carb estimates.



*Find these recipes in detail and snack options at [michmed.org/wrKJm](http://michmed.org/wrKJm)*

<b>SUNDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Huevos Banderas</b></p> <p>2 scrambled eggs, ¼ tomato diced, ¼ onion diced, ¼ green bell pepper diced, olive oil, and salt and pepper to taste</p> <p>Substitute vegetables with any you like</p> <p><b>Total carbs: 10g</b></p>	<p><b>Tortilla Soup with Queso Fresco and Avocado</b> made with 2 corn tortillas (6" wide), 1 tbsp queso fresco, ¼ avocado in cubes, ⅓ pasilla pepper, sliced, and 1 cup of tomato soup</p> <p><b>Total carbs: 36g</b></p>	<p><b>Shrimp and Mushroom Casserole with Garlic</b> made with 2 tbsp olive oil, 3 cloves garlic, minced, ½ lb raw shrimp, ½ lb button mushrooms 50 grams guajillo chili, juice of 1 lemon, ½ tsp Paprika powder, salt and pepper, to taste, 1.5 tbsp white wine</p> <p><b>Total carbs: 20g</b></p>
<b>MONDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Chilaquiles</b></p> <p>Fried tortilla strips with chicken made with 1 chicken breast, ⅛ onion, 1 clove garlic, 3 oz queso panela, ½ cup sour cream, 120 g tortilla chips (about 40 chips)</p> <p>Served with salsa</p> <p><b>Total carbs: 32g</b></p>	<p><b>Spanish Tortilla with Serrano Ham</b></p> <p>Spanish-style omelet casserole made with 3 tbsp olive oil, 1 large potato, ½ large onion, 1 green bell pepper, 1 green chili, 5 eggs, 1 oz serrano ham, diced and a pinch of salt</p> <p><b>Total carbs: 13g</b></p>	<p><b>Low Carb Pozole Soup</b> made with 8 cups of water, 1 lb boneless chicken thighs, cut into chunks, ⅓ onion, diced, 4 cloves garlic, sliced, 1 tbsp each thyme, marjoram, bay leaves, 2 cups hominy (320g), salt and pepper to taste</p> <p><b>Total carbs: 15g</b></p>
<b>TUESDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Huevos Revueltos</b></p> <p>Scrambled eggs with chorizo made with 2 Eggs, black pepper, 2.5 oz (75 g) chorizo, ¼ cup onion, finely diced, 2 corn tortillas (6" wide)</p> <p><b>Total carbs: 29g</b></p>	<p><b>Caldo de Olla</b></p> <p>Comforting beef soup made with 1 lb beef, onion, garlic, guajillo peppers, 2 ears of corn, 2 carrots, 1 large potato, and salt and pepper to taste</p> <p><b>Total carbs: 32g</b></p>	<p><b>Aguachile de Pescado</b> made with 6oz (160 g, 1 filet) seasonal fresh fish, 1 cup (250 ml) Lemon juice, salt and pepper, to taste, cilantro, ½ cucumber, 1 green chile, 1 clove garlic, 1 oz (30g) white onion, 1 cup (250 ml) sparkling water, 2 oz (60g) red onion, ½ avocado</p> <p><b>Total carbs: 10g</b></p>

<b>WEDNESDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Pupusas Revueltas</b></p> <p>Salvadoran corn cakes filled with pinto beans, Oaxaca cheese, chicharron, served with cabbage and carrot salad encurtido</p> <p><b>Total carbs: 55g</b></p>	<p><b>Spanish Tortilla with Serrano Ham</b></p> <p>Spanish-style omelet casserole made with 3 tbsp olive oil, 1 large potato, ½ large onion, 1 green bell pepper, 1 green chili, 5 eggs, 1 oz serrano ham, diced and a pinch of salt</p> <p><b>Total carbs: 13g</b></p>	<p><b>Huarache Azteca</b></p> <p>Grilled nopales (cactus) and white fish with ¼ cup of Oaxaca cheese and ½ cup salsa verde. Served with steamed ½ cup cauliflower, ½ cup broccoli, and ½ cup carrots</p> <p><b>Total carbs: 24g</b></p>
<b>THURSDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Quesadilla De Queso y Chorizo</b></p> <p>made with 2 corn tortillas, 2.5 oz Oaxaca cheese, crumbled</p> <p><b>Total carbs: 25g</b></p>	<p><b>Sopa Tarasca</b></p> <p>Tortilla soup made with 1 cup chana dal, diced vegetables, and spices</p> <p><b>Total carbs: 27g</b></p>	<p><b>Asado De Res</b></p> <p>Beef stew made with 1½ cups cubed paneer, 5 cups of spinach, diced vegetables, and spices</p> <p>Serve with 3 low carb rotis</p> <p><b>Total carbs: 17.5g</b></p>
<b>FRIDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Beef Empanadas</b></p> <p>Corn pastries stuffed with seasoned ground beef made with 1 lb yellow corn flour, ½ onion, 1 tomato, diced, 1 clove garlic</p> <p><b>Total carbs: 25g</b></p>	<p><b>Jicama Fish Tacos</b> made with 1 lb of white fish, 2 large jicama, ½ cup coconut flour, ½ cup chicharron, crushed, spices and sauce</p> <p><b>Total carbs: 27g</b></p>	<p><b>Mole</b> made with 2 lbs of chicken, chicken broth, an assortment of peppers, 1 medium onion, 1 garlic clove</p> <p>Served with brown rice and tortilla</p> <p><b>Total carbs: 38g</b></p>
<b>SATURDAY</b>		
<i>Breakfast</i>	<i>Lunch</i>	<i>Dinner</i>
<p><b>Cachapas</b></p> <p>Corn cakes filled with cheese made with 2 cups corn kernels, 2.5 oz corn flour, ½ cup of milk, olive oil, ½ cup queso panela, shredded</p> <p><b>Total carbs: 32g</b></p>	<p><b>Crema De Calabacita</b></p> <p>Zucchini soup made with 1 lb zucchini, olive oil, 1 clove garlic, minced, ½ medium onion, diced, 1, 8 oz can of evaporated milk, and salt and pepper to taste</p> <p><b>Total carbs: 11g</b></p>	<p><b>Lettuce Wrapped Salmon Burgers with Jicama Fries</b> made with 5 oz cubed paneer and spices</p> <p>Serve with 1 cup spiced cauliflower rice</p> <p><b>Total carbs: 16g</b></p>

*Acknowledgements: This sample meal plan was made in collaboration with Araceli Sotelo De La Mora, Founder and President of Centro Cultural Hispano in Ferndale, MI.*