

7-DAY SAMPLE MEAL PLAN

(50-130g carbohydrates/day)

Are you wondering what to eat on a 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>1 slice whole wheat bread or 1 cup mixed berries</p> <p>Total carbs: 20-25g</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><i>Optional: add 1oz nuts for crunch or avocado</i></p> <p>Total carbs: 25-30g</p>	<p>2 cups spaghetti squash* topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables</p> <p><i>Optional: add grated Parmesan</i></p> <p><i>*Note: Can also use high-protein, low carbohydrate pasta</i></p> <p>Total carbs: 40g</p>
MONDAY		
Breakfast	Lunch	Dinner
<p>¾ cup plain Greek yogurt topped with 1oz mixed nuts, 1 cup berries or 1 piece fruit (1 small apple, plum, kiwi, 1 cup cantaloupe)</p> <p>Total carbs: 25g</p>	<p>2-3 cups mixed greens topped with 4-5oz tuna or other canned fish, ½ cup chickpeas, diced cucumber, tomato, onion, pickles, olives, avocado, and feta or shredded cheese</p> <p>Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette</p> <p>Total carbs: 25g</p>	<p>Chicken Alfredo (whole grain fettuccine with 4-5oz chicken grilled, ½ cup Alfredo sauce, and 2oz (dried) whole grain fettuccine)</p> <p>Serve with side salad (dressing full-fat or olive oil and vinegar)</p> <p>Total carbs: 50g</p>
TUESDAY		
Breakfast	Lunch	Dinner
<p>Baked avocado cups (cut avocado in half, add 1 egg to center of each half, then bake at 425 degrees for 15-20 min)</p> <p>1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries)</p> <p>Total carbs: 30g</p>	<p>Lettuce wraps (2-3 large lettuce leaves topped with 4-5 oz turkey or chicken, 2 tbsp hummus, diced tomato, onion, and 1oz pumpkin seeds)</p> <p>Total carbs: 20g</p>	<p>2 cups lentil soup (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms)</p> <p>Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight)</p> <p><i>You can make these in batches!</i></p> <p>Total carbs: 43g</p>

WEDNESDAY



Breakfast

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

1-2 eggs, cooked in any style

½ cup sautéed spinach or other greens

1 slice whole grain toast

Total carbs: 20g

Lunch

Burrito bowl made with 1 cup cauliflower rice, 4-5oz taco meat, 1 cup sautéed vegetables, ½ cup black beans, 2 tbsp salsa, and 1 tbsp sour cream

1 small fruit

Total carbs: 42g

Dinner

4-5oz Grilled/baked fish

2 cups baked/grilled non-starchy vegetables sprinkled with 1oz mixed nuts

½ cup sautéed corn or 1 small baked sweet potato

Optional: add 1 tbsp sour cream or butter

Total carbs: 32g

THURSDAY



Breakfast

Oatmeal (½ cup rolled/steel cut oats, cooked in water, topped with ½ cup berries and 1oz walnuts)

2 boiled eggs

Total carbs: 38g

Lunch

2 cups chickpea and vegetable soup

Side spring salad with 1oz feta cheese or nuts

Total carbs: 25g

Dinner

Low carb pizza (bake low carb tortilla wrap or homemade cauliflower crust topped with ¼ cup sauce, ½ cup shredded cheese, meats, and diced vegetables)

Total carbs: 30-45g

FRIDAY



Breakfast

Smoothie (blend 1 cup unsweetened almond milk, 1 cup fresh spinach, 1-2 scoops protein powder, ½ banana, ½ cup berries, and 1 tbsp chia seeds or flax meal)

OR ready-made protein shake (check nutrition label for carb content). Can add a small piece of fruit or ½-¾ cup berries

Total carbs: 21g

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 carb bread

Optional: 1oz cheese, walnuts, or almonds

Serve with 1 cup mixed fruit

Total carbs: 25g (44g with wrap)

Dinner

4-5oz steak

Roasted Brussels sprouts (10)

1 small baked potato

Optional: 1 tbsp sour cream or 1oz shredded cheese

Total carbs: 30g

SATURDAY



Breakfast

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

1 small fruit

Total carbs: 20g

Lunch

Cobb salad (2-3 cups lettuce or salad mix, 4-5oz diced chicken or tuna, ½ diced avocado, tomatoes, cucumber, and 2 tbsp blue cheese dressing. Add ⅔ cup cooked quinoa)

Total carbs: 42-45g

Dinner

Chicken fajitas (4-5oz chicken, 1 cup sautéed non-starchy vegetables, 2 tbsp sour cream, and ½ avocado. Serve with 1-2 low carb tortilla wraps)

Total carbs: 48g