7-DAY SAMPLE MEAL PLAN

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 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.

MCT2D

SUNDAY		
Breakfast	*Lunch*	*Dinner*
3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese 1 slice whole wheat bread or 1 cup mixed berries **Total carbs: 20-25g**	**Wrap sandwich** (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired *Optional: add 1oz nuts for crunch or avocado* **Total carbs: 25-30g**	**2 cups spaghetti squash*** topped with ½ cup low carb tomato sauce, 4-5oz ground beef, and 1 cup sautéed non-starchy vegetables *Optional: add grated Parmesan* **Note: Can also use high-protein, low carbohydrate pasta* **Total carbs: 40g**
MONDAY		
Breakfast	*Lunch*	*Dinner*
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) **Total carbs: 25g**	**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 Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette **Total carbs: 25g**	**Chicken Alfredo** (whole grain fettuccine with 4-5oz chicken grilled, ½ cup Alfredo sauce, and 2oz (dried) whole grain fettuccine) Serve with side salad (dressing full-fat or olive oil and vinegar) **Total carbs: 50g**
TUESDAY		
Breakfast	*Lunch*	*Dinner*
Baked avocado cups (cut avocado in half, add 1 egg to center of each half, then bake at 425 degrees for 15-20 min) 1 piece of fruit (1 small apple, plum, kiwi, 1 cup cantaloupe, 1 cup berries) **Total carbs: 30g**	**Lettuce wraps** (2-3 large lettuce leaves topped with 4-5oz turkey or chicken, 2 tbsp hummus, diced tomato, onion, and 1oz pumpkin seeds) **Total carbs: 20g**	**2 cups lentil soup** (brown lentils, onions, garlic, diced carrots, zucchini, celery, mushrooms) Chia pudding (mix 1 tbsp chia seeds, ½ cup coconut cream, and a dash of stevia. Let sit overnight) *You can make these in batches!* **Total carbs: 43g**

WEDNESDAY

Breakfast	*Lunch*	*Dinner*
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**	**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**	**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	*Lunch*	*Dinner*
Oatmeal (½ cup rolled/steel cut oats, cooked in water, topped with ½ cup berries and 1oz walnuts) 2 boiled eggs **Total carbs: 38g**	**2 cups chickpea and vegetable soup** Side spring salad with 1oz feta cheese or nuts **Total carbs: 25g**	**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	*Lunch*	*Dinner*
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**	**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)**	**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	*Lunch*	*Dinner*
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**	**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**	**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**