LOW CARB **MEAL PLAN**

DAY 1

Shakshouka

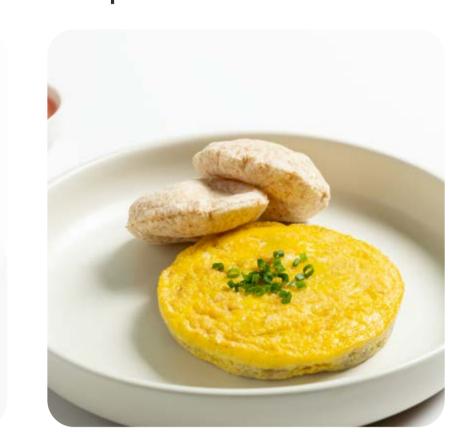


Moroccan Meatball

DAY 2



Chia Carrot





Meat Fajita



Neptune's Gumbo



Marinated Fish





LUNCH MEAL







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MAINS

DAY 3

DAY 4

Green Frittata

Sweet Potato Spanish Omelette

Balkan Beef Kababs



Roasted Fish

DAY 5



Croque Madame



Grilled Fish

Grilled Moroccan Fish



Healing Braised Chicken



Beef Kibbeh Bil Sannieh





Meal plans for every lifestyle



LOW CARB MEAL PLAN



DAY 1

Cauliflower Tabbouleh

DAY 2





Farmhouse Vegetable Soup



Soothing Carrot Ginger Spiced Soup



Grilled Pumpkin and Butternut Soup



Pineapple and Coconut Yoghurt







Chocolate Pumpkin Truffles







AFTERNOON SNACK

SIDES & SNACKS

DAY 3

DAY 4

Oriental Salad

Roasted Cauliflower

DAY 5

Rocca and Zaatar Salad



Blended Vegetable Soup



Lentil Soup

Orange and Cinnamon Yoghurt



Pistachio Cardamom



Citrus Curry Nuts with Chia Seeds







Meal plans for every lifestyle

