

LOW CARB Meal Plan

MONDAY

- Breakfast: Spinach and Feta Omelette
- Snack: Celery sticks with almond butter
- Lunch: Chicken Caesar Salad
- Snack: Hard-boiled egg
- Dinner: Grilled Steak with Asparagus and Mushroom Saute

TUESDAY

- Breakfast: Avocado and Egg Breakfast Sandwich
- Snack: Mixed nuts
- Lunch: Tuna Salad Lettuce Wraps
- Snack: Sliced cucumber with hummus
- Dinner: Baked Salmon with Roasted Vegetables

WEDNESDAY

- Breakfast: Broccoli and Cheddar Frittata
- Snack: Cherry tomatoes with mozzarella cheese
- Lunch: Grilled Chicken Caesar Salad
- Snack: Sliced bell pepper with guacamole
- Dinner: Shrimp Stir Fry with Cauliflower Rice

THURSDAY

- Breakfast: Greek yogurt with honey and sliced banana
- Snack: Small handful of almonds
- Lunch: Grilled chicken Caesar salad with parmesan cheese and Caesar dressing
- Snack: Carrot sticks with hummus
- Dinner: Baked chicken breast with steamed broccoli

FRIDAY

- Breakfast: Greek Yogurt with Berries
- Snack: Hard-boiled egg
- Lunch: Turkey and Cheese Lettuce Wraps
- Snack: Almond butter with celery sticks
- Dinner: Grilled Chicken with Roasted Vegetables



LOW CARB Meal Plan

MONDAY

- Breakfast: Chia Seed Pudding
- Snack: Mixed nuts
- Lunch: Greek Salad with Grilled Chicken
- Snack: Sliced cucumber with tzatziki sauce
- Dinner: Baked Salmon with Broccoli and Cauliflower Mash

TUESDAY

- Breakfast: Scrambled Eggs with Avocado and Tomatoes
- Snack: Greek Yogurt with Chopped Nuts and Berries
- Lunch: Tuna Salad with Hard-Boiled Egg and Cucumbers
- Snack: Sliced Bell Peppers with Hummus
- Dinner: Grilled Pork Chops with Grilled Asparagus

WEDNESDAY

- Breakfast: Scrambled Eggs with Avocado and Tomatoes
- Snack: Greek Yogurt with Chopped Nuts and Berries
- Lunch: Tuna Salad with Hard-Boiled Egg and Cucumbers
- Snack: Sliced Bell Peppers with Hummus
- Dinner: Grilled Pork Chops with Grilled Asparagus

THURSDAY

- Breakfast: Spinach and Bacon Quiche
- Snack: Hard-Boiled Egg
- Lunch: Greek Salad with Grilled Shrimp and Feta Cheese
- Snack: Sliced Cucumbers with Tzatziki Sauce
- Dinner: Grilled Salmon with Roasted Brussels Sprouts

FRIDAY

- Breakfast: Avocado and Tomato Breakfast Salad
- Snack: Hard-Boiled Egg
- Lunch: Cobb Salad with Grilled Chicken and Bacon
- Snack: Almond Butter with Celery Sticks
- Dinner: Grilled Steak with Garlic Butter Mushrooms and Roasted Asparagus

