

Low Carb Meal Plan (30 grams per meal, 0-15 grams per snack)

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Breakfast	-2 eggs or eggbeaters -1 slice whole grain bread -½ grapefruit -Peppers and onions -1-2 tsp olive oil spread	-2-3oz Canadian Bacon, 1 egg -1 whole wheat English muffin -1 slice tomato -1-2 tsp olive oil spread	-3/4 cup of cottage cheese ½ cup cooked oatmeal -1 cup berries -cinnamon -2 Tbsp nuts	-2 Tbsp. Peanut Butter -1 sandwich thin -6 oz. milk -6 oz. low sodium V-8	-2 eggs or eggbeaters -1 Large orange -Sautéed spinach -1-2 tsp olive oil	-1 cup cottage cheese -1/2 apple -1/2 cup cooked oatmeal -Cinnamon -2 Tbsp nuts	-1 oz. ham -1oz. cheese -1 egg -1 whole wheat English muffin -1-2 tsp olive oil spread
Lunch	-4 oz. Chicken Breast -1 baked potato -2 cups assorted greens -Cucumber and tomato -2 Tbsp. vinegar and olive oil dressing	-4 oz. Tuna -½ whole wheat pita -1/2 cup diced pears -Lettuce, tomato -1 cup carrots -1-2 Tbsp. Olive oil mayo, dill	-4 oz. Turkey -1 slice whole wheat bread -1 cup vegetable soup -1 Tbsp. Olive oil mayo	-3 oz. Ground Round -1/2 cup black beans -10 tortilla chips -2 cups assorted greens -2 Tbsp. salsa -1 Tbsp. Salad Dressing	-4 oz Pork Loin - 1 whole wheat hamburger bun -1 cup assorted raw vegetables - 1 Tbsp. dressing -Mustard	-4 oz. Chicken -1/2 Pita Pocket - 1 clementine -1 cup vegetable soup -1 Tbsp. Olive oil mayo	-4 oz. Turkey -1 large apple -2 cups assorted greens -cucumber slices -2 Tbsp. vinegar and olive oil dressing
Dinner	-4 to 6 oz. Top Loin -½ cup potatoes -8 oz milk -1 cup green beans -2 tsp olive oil spread	-4 to 6 oz. Pork Loin -1/2 cup whole wheat noodles -1/2 cup unsweetened applesauce -1 cup broccoli -1-2 tsp olive oil spread	-4 to 6 oz. Chicken -1/3 cup brown rice -1/2 cup pineapple -1 to 1 1/2 cups stirfryveggies -1 to 2 tsp olive oil	-6 oz. Salmon or Tilapia -1/2 cup potatoes -1 cup cantaloupe ½ cup broccoli -1-2 tsp. olive oil spread	-4 to 6 oz. Chicken -1 Whole wheat tortilla -1 cup strawberries -shredded lettuce, tomato -1 cup sautéed peppers and onions -1-2 tsp. olive oil	-6 oz. Cod -1 cup corn -2 cups assorted greens -cucumber slices -2 Tbsp. vinegar and olive oil dressing	-4 to 6 oz. Tofu -2/3 cup brown rice -1 to 1 1/2 cups stirfryveggies -1 to 2 tsp olive oil
Snack	-1 string cheese -1 cup vegetables	-2 Tbsp. Hummus -1 cup vegetables	-2 Tbsp. Salsa -1 cup vegetables	-1 Tbsp. Salad Dressing -1 cup vegetables	-1/2 cup Nonfat plain Greek Yogurt -Cinnamon	-2 Tbsp. peanut butter with celery	-1/2 cup Nonfat plain Greek Yogurt -Cinnamon
Snack	-¼ cup nuts	-1 oz. cheese	-1/4 cup nuts	-1 oz. cheese	-¼ cup nuts	-1 oz. cheese	-¼ cup nuts