

2 WEEK

LOW CARB MEAL PLANS

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Low carb meal plan

Week 1

Low carb meal plan

Week 2

Day	Breakfast	Snack	Lunch	Snack	Dinner
Monday	Scrambled eggs with sautéed spinach and sliced avocado	Greek yogurt with berries	Egg Salad: eggs with mayo, mustard & celery with cucumber & lettuce	Sliced tomatoes & mozzarella cheese	Baked cod with roasted Brussels sprouts and quinoa
Tuesday	Omelette with mushrooms, bell peppers, and onions	A handful of almonds and an apple	Chicken and cucumber salad with a tahini dressing	Sliced cucumber with tzatziki sauce	Grilled chicken breast with steamed broccoli and cauliflower rice
Wednesday	Chia seed pudding with raspberries and chopped nuts	Baby carrots with hummus	Spinach and mixed bean salad with lemon-tahini dressing	Mixed berries with whipped cream	Baked tilapia with roasted green beans & broccoli
Thursday	Greek yogurt parfait with walnuts and strawberries	Sliced bell peppers with guacamole	Tuna Salad: Tuna with mayo, sliced celery, and pickles served with lettuce and cucumber	Hard-boiled eggs	Grilled shrimp with sautéed spinach, peas and quinoa
Friday	Cottage cheese with sliced peaches & chopped nuts	Pear and peanut butter	Chicken salad with cucumbers, tomatoes, and tahini dressing	Sliced bell peppers with hummus	Baked salmon with roasted asparagus and cauliflower mash
Saturday	Spinach and mushroom omelette with cheese	Cucumber sticks with hummus	Caprese Salad: Sliced tomatoes, mozzarella & basil drizzled with balsamic vinegar	Celery sticks with almond butter	Roasted chicken breast with quinoa and mixed vegetable stir fry
Sunday	Strawberry, peanut butter & almond milk smoothie	Cheddar cheese & nuts	Chicken Salad: Shredded chicken, avocado, sliced bell peppers and a light vinaigrette dressing	Flaxseed crackers & mandarin	Miso tofu with green beans and black rice

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G Psacharopoulos

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