

# CLEAN EATING LOW-CARB MEALS

1 DAY SAMPLE MEAL PLAN

## BREAKFAST

### EGG OMELET

3 eggs, 3 oz cheese, & asparagus



## LUNCH

### SALMON SALAD

3oz Salmon, 1 small avocado, 1 tomato  
1 cucumber, 1 cup green pepper,  
and 3 cups salad



## SNACK

### HARD BOILED EGGS

1-2 hard-boiled eggs



## DINNER

### STUFFED PEPPERS

1 tbsp minced garlic, 1 small onion,  
½ lb ground turkey, 3 cups spinach,  
8oz can tomato sauce, and  
4 colored peppers



# Smart Guide To The Low Carb Antiaging Diet

**RJ Alexander**



## **Smart Guide To The Low Carb Antiaging Diet:**

Immerse yourself in heartwarming tales of love and emotion with is touching creation, Tender Moments: **Smart Guide To The Low Carb Antiaging Diet** . This emotionally charged ebook, available for download in a PDF format ( PDF Size: \*), is a celebration of love in all its forms. Download now and let the warmth of these stories envelop your heart.

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