

7-DAY SAMPLE MEAL PLAN

Very Low Carb Meal Plan (<50g per day)

<50g
per day

Are you wondering what to eat on a very low carbohydrate lifestyle? Look no further! Here is a sample 7-day meal plan to get you started. Breakfast, lunch, and dinner meals are listed below with total carbohydrate estimates.



SUNDAY		
Breakfast	Lunch	Dinner
3 egg omelet with ½ cup diced vegetables (peppers, onion, mushroom, tomatoes), and 1oz shredded cheese ½ cup sliced strawberries Total carbs: 10g	Wrap sandwich (8 inch low carb wrap, 4-5oz turkey, cheese, spinach, tomato, and onion). Add mustard, pickles, mayo, and seasoning as desired Total carbs: 25g	2 cups zucchini noodles topped with ½ cup low carbohydrate tomato sauce, 4-5oz ground beef, and 1 cup sauteed non-starchy vegetables <i>Optional: add grated Parmesan</i> Total carbs: 15g
MONDAY		
Breakfast	Lunch	Dinner
Baked avocado cups (cut avocado in half, add 1 egg to center of each half – bake at 425 degrees for 15-20 min) Total carbs: 18g	2-3 cups mixed greens topped with 4-5 oz tuna or chicken, diced cucumber, tomato, onion, pickles, olives, avocado, feta or shredded cheese Serve with 2 tbsp ranch dressing or lemon and olive oil vinaigrette Total carbs: 15g	Chicken Alfredo with 4-5oz chicken, Alfredo sauce, and 2 cups zucchini noodles Total carbs: 12g
TUESDAY		
Breakfast	Lunch	Dinner
¾ cup plain Greek yogurt topped with 1 oz chopped almonds, ½ cup mixed berries Total carbs: 18g	Lettuce wraps (2-3 large lettuce leaves topped with 4-5oz ground turkey or chicken, diced tomato, and ½ diced avocado, ¼ cup shredded cheese, 2 tbsp ranch dressing) Total carbs: 10g	Meatloaf made with sugar-free BBQ glaze, 1 cup sauteed green beans, 1 cup cauliflower mash Total carbs: 18g

The Carbohydrate Cravers Diet

Padhraic Smyth



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