

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

Lei Huang



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