

LOW CARB

7
day

MENU PLAN

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BREAKFAST

LUNCH

DINNER

Monday

Yogurt, coconut cream and muesli.

Salmon sushi

Bacon wrapped meatloaf.

Tuesday

Scrambled eggs.

Mini meatloaf.

Almond and herb schnitzel.

Wednesday

Chocolate, green smoothie.

Schnitzel salad.

Courgette and mint fritters.

Thursday

Chia breakfast.

Tuna mayonnaise salad

Chicken, lemon and rosemary.

Friday

Yogurt, coconut cream and muesli.

Chicken, lemon and rosemary salad.

Teriyaki salmon

Saturday

Paleo pancakes.

Egg wraps.

Bunless burger.

Sunday

Big Breakfast

Beetroot and carrot salad.

Roast with roast veggies.

Serve the above meals with as many veggies as possible.

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Snacks

Boiled eggs.

Cheese cubes
and olives.

Nuts.

Cold meats.

Avocados.

Bacon.

Snacks

Antipasto platter

Tin of tuna.

Low carb
yogurt.

Berries.

Coconut cream.

Last nights
leftovers.

Treats

Desserts

Berries and
cream.

Low carb
cheesecake.

Dark chocolate.

Low carb lemon
and coconut
cake.

Low carb
carrot cake.

Chocolate
heaven cake.

When hungry, eat more fat!!! Don't let carbs creep back in.