

# Low Carb Sample Diet Plan

## MONDAY

**Lunch:** Chicken low carb wrap with avocado

**Snack:** Protein miso soup

**Shake:** Strawberry protein shake (low carb)

**Dinner:** Turkey steaks with spring vegetables

**Dessert:** Low carb chocolate pudding

**Evening Meal:** King prawns salad with lime dressing

**Next Day Breakfast:** Protein whey with chia seeds and almond flakes for yoghurt/shake (no carb)

1500kcal, 173g protein, 56g fat, 76g carbs, 26g fibre

## TUESDAY

**Lunch:** Low carb wrap with tuna

**Snack:** Baked turkey meatballs

**Shake:** Chocolate protein shake (low carb)

**Dinner:** Pork medallions, broccoli, red pepper, spinach, Dijon sauce

**Dessert:** Baked apples, walnuts and sugar free maple syrup, cinammon

**Evening Meal:** Thai style tofu salad

**Next Day Breakfast:** Protein whey with nuts for yoghurt/shake (no carb)

1484kcal, 166g protein, 56g fat, 79g carbs, 26g fibre

## WEDNESDAY

**Lunch:** Egg & crispy bacon low carb wrap with watercress

**Snack:** Beef jerky

**Shake:** Berries protein shake (low carb)

**Dinner:** Salmon fillet, cauliflower mash, green beans, tarragon sauce

**Dessert:** Ricotta cheese with crushed walnuts and sugar free maple syrup

**Evening Meal:** Mix sprout beans salad with herbs dressing

**Next Day Breakfast:** Protein whey for yoghurt/shake (no carb)

1497kcal, 155g protein, 69g fat, 64g carbs, 29g fibre

## THURSDAY

**Lunch:** Meatfree sausages low carb wrap with no sugar cranberry sauce

**Snack:** Boiled eggs with spinach and broad beans

**Shake:** Green vegetables protein shake (low carb)

**Dinner:** Courgette bolognese with spicy fresh salsa

**Dessert:** Sugar free jelly cubes with low sugar custard

**Evening Meal:** Chicken salad with pomegranate

**Next Day Breakfast:** Protein whey with nuts for yoghurt/shake (no carb)

1496kcal, 141g protein, 64g fat, 89g carbs, 38g fibre

## FRIDAY

**Lunch:** Prawns low carb wrap with avocado

**Snack:** Steamed chicken fillets

**Shake:** Strawberry protein shake (low carb)

**Dinner:** Sojabeen spaghetti with spinach, sundried tomatoes and basil

**Snack:** Cheddar cheese pieces

**Evening Meal:** Tuna salad with mix leaf salad, radish and dressing

**Next Day Breakfast:** Protein whey for yoghurt/shake (no carb)

1513kcal, 172g protein, 57g fat, 77g carbs, 34g fibre

## SATURDAY

**Lunch:** Spicy beef wrap with black beans

**Snack:** Tomato and mozzarella sticks with black olives

**Shake:** Green vegetables protein shake (low carb)

**Dinner:** Tuna steak with roasted artichoke, lemony kale, basil sauce

**Dessert:** Yoghurt with protein whey and almond flakes

**Evening Meal:** Stirfry chicken with spring vegetables, cashew nuts

**Next Day Breakfast:** Protein whey with seeds for yoghurt/shake (no carb)

1508kcal, 175g protein, 52g fat, 85g carbs, 38g fibre

## SUNDAY

**Lunch:** Falafel low carb wrap with hummous

**Snack:** Avocado and egg snack

**Shake:** Chocolate protein shake (low carb)

**Dinner:** Rumpsteak with tray baked vegetables

**Dessert:** Low carb cheesecake with jelly

**Evening Meal:** Frutti di Mare seafood salad

**Next Day Breakfast:** Protein whey for yoghurt (no carb)

1515kcal, 168g protein, 59g fat, 78g carbs, 35g fibre