



7-Day Low-Carb Meal Plan

Day	Breakfast	Lunch	Dinner
Monday	Scrambled eggs with spinach and avocado	Grilled chicken salad with olive oil and lemon dressing	Baked salmon with roasted Brussels sprouts and zucchini
Tuesday	Bacon and eggs	Grilled steak with a side of sautéed bell peppers and onions	Baked chicken thighs with roasted asparagus and cauliflower rice
Wednesday	Breakfast omelette with spinach, mushrooms, and cheese	Cobb salad with chicken, bacon, avocado, and boiled eggs	Beef stir-fry with broccoli and mushrooms
Thursday	Sausage and eggs	Tuna salad with mixed greens and olive oil dressing	Pork chops with mashed cauliflower and sautéed green beans
Friday	Egg muffins with bacon and spinach	Turkey lettuce wraps with avocado and cucumber slices	Shrimp and vegetable stir-fry with a low-carb soy sauce
Saturday	Scrambled eggs with sautéed mushrooms and onions	Grilled chicken with a side of mixed greens and avocado	Zucchini noodles with beef bolognese sauce
Sunday	Bacon and avocado breakfast salad	Chicken Caesar salad (with homemade Caesar dressing)	Grilled salmon with sautéed spinach and roasted carrots

Recipes:

Day 1 - Monday

Scrambled Eggs with Sautéed Spinach and Bacon

- **Ingredients:** 2 eggs, 1 cup spinach, 2 slices nitrate-free bacon, salt, pepper
- **Instructions:**
 1. Cook bacon until crispy. Set aside and chop.
 2. In the same pan, sauté spinach until wilted. Set aside.
 3. Scramble eggs in the pan, season with salt and pepper. Add spinach and bacon back in and serve.



Grilled Chicken Salad with Avocado, Cucumber, and Olive Oil Dressing

- **Ingredients:** 1 grilled chicken breast, 1/2 avocado, 1/2 cucumber, olive oil, salt, pepper
- **Instructions:**
 1. Grill chicken breast, slice into strips.
 2. Combine avocado, cucumber, and chicken on a plate.
 3. Drizzle with olive oil, season with salt and pepper.

Baked Salmon with Roasted Brussels Sprouts

- **Ingredients:** 1 salmon fillet, 1 cup Brussels sprouts, olive oil, salt, pepper
- **Instructions:**
 1. Preheat oven to 400°F (200°C).
 2. Drizzle olive oil over Brussels sprouts, season with salt and pepper, and roast for 20-25 minutes.
 3. Season salmon with salt and pepper, bake for 12-15 minutes until cooked through.

Day 2 - Tuesday

Bacon and Avocado Egg Muffins

- **Ingredients:** 2 eggs, 2 slices nitrate-free bacon, 1/2 avocado
- **Instructions:**
 1. Cook bacon until crispy. Chop into small pieces.
 2. Whisk eggs and pour into a muffin tin. Add bacon and avocado chunks.
 3. Bake at 350°F (175°C) for 15-20 minutes.

Tuna Salad with Mixed Greens, Olive Oil, and Lemon Dressing

- **Ingredients:** 1 can tuna, 1 cup mixed greens, 1 tbsp olive oil, 1 tbsp lemon juice, salt, pepper
- **Instructions:**
 1. Drain tuna and place in a bowl.
 2. Mix with greens, olive oil, lemon juice, and season with salt and pepper.



Grilled Steak with Steamed Green Beans

- **Ingredients:** 1 steak (your choice), 1 cup green beans, olive oil, salt, pepper
- **Instructions:**
 1. Grill steak to desired doneness.
 2. Steam green beans until tender. Drizzle with olive oil and season with salt and pepper.

Day 3 - Wednesday

Omelette with Mushrooms, Onions, and Sausage

- **Ingredients:** 2 eggs, 1/4 cup sliced mushrooms, 1/4 cup diced onions, 1 sausage link (cooked and crumbled), salt, pepper
- **Instructions:**
 1. Sauté mushrooms and onions in a pan until tender.
 2. Add crumbled sausage and cook through.
 3. Whisk eggs and pour over the mixture, cook until eggs are set.

Grilled Chicken Breast with Roasted Vegetables

- **Ingredients:** 1 chicken breast, 1 cup mixed vegetables (carrots, zucchini, etc.), olive oil, salt, pepper
- **Instructions:**
 1. Grill chicken breast to desired doneness.
 2. Roast mixed vegetables with olive oil, salt, and pepper at 400°F (200°C) for 20 minutes.

Baked Chicken Thighs with Cauliflower Mash

- **Ingredients:** 2 chicken thighs, 1 head cauliflower, 1 tbsp butter, salt, pepper
- **Instructions:**
 1. Bake chicken thighs at 375°F (190°C) for 35-40 minutes.
 2. Steam cauliflower until tender, then mash with butter and season with salt and pepper.



Day 4 - Thursday

Scrambled Eggs with Smoked Salmon and Avocado

- **Ingredients:** 2 eggs, 1/2 avocado, 2 oz smoked salmon, salt, pepper
- **Instructions:**
 1. Scramble eggs in a pan, season with salt and pepper.
 2. Serve eggs with avocado slices and smoked salmon.

Turkey and Avocado Lettuce Wraps

- **Ingredients:** 4 slices turkey breast, 1/2 avocado, lettuce leaves, salt, pepper
- **Instructions:**
 1. Slice avocado and layer on turkey slices.
 2. Wrap in lettuce leaves and season with salt and pepper.

Ground Beef Stir-Fry with Broccoli and Zucchini

- **Ingredients:** 1 lb ground beef, 1 cup broccoli florets, 1 zucchini (sliced), olive oil, salt, pepper
- **Instructions:**
 1. Brown ground beef in a pan, season with salt and pepper.
 2. Add broccoli and zucchini and sauté until tender.

Day 5 - Friday

Bacon and Eggs with Sautéed Bell Peppers

- **Ingredients:** 2 eggs, 2 slices nitrate-free bacon, 1 bell pepper, salt, pepper
- **Instructions:**
 1. Cook bacon until crispy. Set aside and chop.
 2. Sauté bell pepper in the same pan until tender.
 3. Scramble eggs and combine with bacon and bell pepper.



Chicken Caesar Salad

- **Ingredients:** 1 grilled chicken breast, 1 cup romaine lettuce, 2 tbsp homemade Caesar dressing, salt, pepper
- **Instructions:**
 1. Grill chicken breast and slice into strips.
 2. Toss with romaine lettuce and Caesar dressing.

Grilled Shrimp with Roasted Asparagus

- **Ingredients:** 1 lb shrimp, 1 bunch asparagus, olive oil, salt, pepper
- **Instructions:**
 1. Grill shrimp until pink and cooked through.
 2. Roast asparagus with olive oil, salt, and pepper at 400°F (200°C) for 15 minutes.

Day 6: Saturday

Breakfast: Scrambled Eggs with Sautéed Mushrooms and Onions

Ingredients:

3 eggs, 1/4 cup mushrooms (sliced), 1/4 onion (diced), 1 tablespoon butter or olive oil, salt and pepper to taste

Instructions:

1. Heat a skillet over medium heat and add butter or olive oil.
2. Add the diced onions and sauté until soft, about 2-3 minutes.
3. Add the sliced mushrooms and cook until tender, about 3 minutes.
4. In a bowl, whisk the eggs with salt and pepper.
5. Pour the eggs into the skillet with the vegetables and cook, stirring gently, until scrambled and fully cooked, about 2-3 minutes.
6. Serve hot and enjoy!

Lunch: Grilled Chicken with a Side of Mixed Greens and Avocado

Ingredients:

1 chicken breast, 1 tablespoon olive oil, salt and pepper to taste, 1 avocado (sliced), 2 cups mixed greens, 1 tablespoon olive oil (for dressing), 1 teaspoon lemon juice (for dressing), salt and pepper to taste

**Instructions:**

1. Preheat the grill to medium-high heat.
 2. Rub the chicken breast with olive oil and season with salt and pepper.
 3. Grill the chicken for 6-7 minutes on each side until fully cooked.
 4. While the chicken is grilling, toss the mixed greens with olive oil, lemon juice, salt, and pepper.
 5. Once the chicken is done, slice it and serve on top of the salad.
 6. Add sliced avocado on the side and enjoy!
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Dinner: Zucchini Noodles with Beef Bolognese Sauce**Ingredients:**

1 lb ground beef, 1 zucchini (spiralized into noodles), 1/2 cup diced tomatoes, 1/4 onion (diced), 2 cloves garlic (minced), 1 tablespoon olive oil, 1 teaspoon dried oregano, 1 teaspoon dried basil, salt and pepper to taste

Instructions:

1. Heat olive oil in a large skillet over medium heat.
 2. Add the diced onion and garlic, and cook for 2-3 minutes until softened.
 3. Add the ground beef to the skillet and cook until browned, breaking it up with a spoon.
 4. Stir in the diced tomatoes, oregano, basil, salt, and pepper. Simmer for 10 minutes.
 5. While the sauce is simmering, spiralize the zucchini into noodles and set aside.
 6. In a separate pan, sauté the zucchini noodles in olive oil for 2-3 minutes until slightly tender.
 7. Serve the beef Bolognese sauce over the zucchini noodles and enjoy!
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Day 7: Sunday**Breakfast: Bacon and Avocado Breakfast Salad****Ingredients:**

2 slices bacon (sugar-free, nitrate-free), 2 cups mixed greens, 1 avocado (sliced), 1 boiled egg (sliced), salt and pepper to taste, 1 tablespoon olive oil, 1 teaspoon lemon juice

Instructions:



1. Cook the bacon slices in a skillet over medium heat until crispy, about 4-5 minutes per side.
 2. While the bacon is cooking, prepare the salad by combining mixed greens, sliced avocado, and sliced boiled egg in a bowl.
 3. Once the bacon is cooked, crumble it over the salad.
 4. Drizzle with olive oil and lemon juice, and season with salt and pepper.
 5. Toss everything together and enjoy!
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Lunch: Chicken Caesar Salad (with Homemade Caesar Dressing)

Ingredients:

1 grilled chicken breast (sliced), 2 cups romaine lettuce (chopped), 2 tablespoons homemade Caesar dressing, 1 tablespoon grated Parmesan cheese

Instructions:

1. Grill the chicken breast and slice it into strips.
 2. In a large bowl, toss the romaine lettuce with Caesar dressing.
 3. Add the sliced grilled chicken on top of the salad.
 4. Sprinkle with grated Parmesan cheese.
 5. Serve and enjoy!
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Dinner: Grilled Salmon with Sautéed Spinach and Roasted Carrots

Ingredients:

1 salmon fillet, 1 tablespoon olive oil (for grilling), salt and pepper to taste, 2 cups fresh spinach, 1 tablespoon butter, 2 carrots (peeled and cut into sticks)

Instructions:

1. Preheat the grill to medium-high heat.
2. Brush the salmon fillet with olive oil and season with salt and pepper.
3. Grill the salmon for 4-5 minutes on each side until it reaches your desired doneness.
4. While the salmon is grilling, sauté the spinach in butter over medium heat for 2-3 minutes until wilted.
5. Preheat the oven to 400°F.



6. Place the carrot sticks on a baking sheet, drizzle with olive oil, and season with salt and pepper.
7. Roast the carrots in the oven for 20-25 minutes until tender.
8. Serve the grilled salmon with sautéed spinach and roasted carrots on the side.

Homemade Caesar Salad Dressing

Ingredients:

- 1/2 cup mayonnaise (preferably homemade or a clean brand)
- 2 tablespoons Dijon mustard
- 2 tablespoons fresh lemon juice (about 1 lemon)
- 2 teaspoons Worcestershire sauce (make sure it's clean with no added sugar)
- 1 garlic clove, minced
- 1/2 cup freshly grated Parmesan cheese
- Salt and pepper to taste
- 2-3 tablespoons olive oil (optional, for a thinner dressing)

Instructions:

1. **Combine Ingredients:** In a bowl, combine mayonnaise, Dijon mustard, lemon juice, Worcestershire sauce, and minced garlic. Mix well until smooth.
2. **Add Parmesan:** Stir in the grated Parmesan cheese, and season with salt and pepper to taste.
3. **Adjust Consistency:** If you prefer a thinner dressing, slowly add olive oil, 1 tablespoon at a time, until you reach your desired consistency.
4. **Taste & Adjust:** Taste the dressing and adjust seasoning if necessary. Add a little extra lemon juice or Worcestershire sauce for more tang, or more Parmesan for a cheesier flavor.
5. **Serve or Store:** Serve immediately on your Caesar salad, or store in the fridge for up to 1 week.



Grocery List:

Proteins:

- 18 eggs
- 4 chicken breasts
- 1 lb ground beef (grass-fed, if possible)
- 1 salmon fillet
- 8 slices sugar-free bacon (nitrate-free)
- 2 slices turkey bacon (sugar-free, nitrate-free)
- 1 lb ground turkey
- 1 lb shrimp (peeled and deveined)

Vegetables:

- 1 zucchini
- 1 large cucumber
- 2 cups mixed greens (for salads)
- 1 avocado
- 1 head romaine lettuce (for Caesar salad)
- 1/2 red onion
- 1/2 yellow onion
- 2 bell peppers (1 red, 1 yellow)
- 2 carrots
- 1 bunch spinach
- 1/2 cup mushrooms (sliced)
- 2 cups cherry tomatoes
- 1/2 cup diced tomatoes (canned or fresh)
- 1 lemon

- 1 lime
- 1 bunch fresh parsley (for garnish)
- 1 cup cauliflower rice (optional)
- 1 small head broccoli

Dairy:

- 1/4 cup grated Parmesan cheese
- 1/2 cup heavy cream (for creamy sauces, optional)
- 1 block full-fat mozzarella cheese (for topping or snacking)

Healthy Fats:

- 1 bottle extra virgin olive oil
- 1 jar coconut oil
- 1 jar natural almond butter (unsweetened)
- 1 bottle avocado oil (for cooking)

Pantry Items:

- 1 jar organic tomato sauce (no sugar added)
- 1 bag of raw pumpkin seeds
- 1 bag raw almonds
- 1 bag raw walnuts
- 1 jar Dijon mustard
- 1 bottle apple cider vinegar
- 1 bottle balsamic vinegar
- 1 bottle organic soy sauce (or tamari for gluten-free)
- 1 bottle fish sauce (for stir-fry)



- 1 jar unsweetened dried cranberries (for snacks, optional)
- 1 bottle coconut aminos (for stir fry or marinade)

Spices & Seasonings:

- Salt
- Pepper
- Garlic powder
- Onion powder
- Italian seasoning
- Ground cumin
- Ground paprika
- Red pepper flakes (optional)
- Fresh garlic (3-4 cloves)

- Dried basil
- Dried oregano
- Ground turmeric
- Chili powder

Other:

- 1 bag cauliflower rice (optional, for serving with stir-fry)
- 1 bag of unsweetened coconut flakes (optional for snacks)
- 1 jar Caesar dressing (or ingredients to make homemade dressing – see recipe)
- 1 bag of unsweetened coconut flakes (optional for snacks)

This meal plan offers a variety of tasty, simple, and clean meals, with eas